



Southern Division Quarterly Meeting Agenda

September 17, 2020

Host Agency: Oxnard Fire Department

AFSS September Quarterly Meeting via Zoom – Thursday, September 17, 2020 - 8:30 am

Click [Here](#) to join the meeting via computer/smart device, or call 669-900-9128 to attend via telephone audio.

Meeting ID: 840 2592 3348

Password: 133056

0830 Registration – Login to Zoom Platform

0900 Call to Order – President Maria Koolhoven

Flag Salute – Francine Gutierrez, Oxnard Fire Department

Inspiration – Tentative – moment of silence for lost member

Welcome – Alex Hamilton, Interim Fire Chief, Oxnard Fire Department

Self-Introductions – New Members/First Time Attendees

0915 President’s Report

Consent Calendar:

- Approval of June 19, 2020 Quarterly Meeting Minutes – Recording Secretary Diana Herron
- Approval of Treasurer’s Report – Treasurer Christina White

Reports:

- Section Chief Report – New Liaison to be announced
- Correspondence Report – Corresponding Secretary Maria Cabral
- Committee Reports – 1st Vice President Michelle Pearson

930 Strategies for Maintaining a Healthy Work-Life Balance in the Midst of Stressful Times, hosted by Dr. Ryan Sharma, PsyD. ABPP

- Didactic instruction on the signs and symptoms of stress
- Open and supportive discussion on the challenges facing fire support personnel in a COVID world
- Training in stress reduction and self-care

1100 Business:

- Charitable Contributions
- Executive Board vacancy-Corresponding Secretary
- Phil Armentrout Scholarship Fundraiser
- 2021 Conference Scholarships update
- Member of the Year Nominations-Fan out notification
- Election of Officers for 2021/22 Executive Board
- Cal Chiefs’ Conference

1145 Good of the Order

1200 Adjourn