



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **January 18, 2019**

This Edition:

The Chief's Desk.....Page 2
Viewpoint: How to Practice Inspirational
Leadership..... Page 2
Self-Improvement for the Modern Day
Firefighter..... Page 3

Quote of the Week

"When you're at the end of your rope, tie a knot and hold on."

Theodore Roosevelt



**Arizona Fire Chiefs Association
Presidential Forum
Arizona Fire Districts Winter Conference**

The Chief's Desk



I am reading a great book right now entitled Leadership in Turbulent Times by Doris Kearns Goodwin. The book looks closely at the lives and times of Abraham Lincoln, Theodore Roosevelt, Franklin Roosevelt and Lyndon Johnson. As I've read further into the book, I've been intrigued by the concept of transformation. Not in the context of transformational leadership, or transforming a country, but in transforming one's self.

When we think, or read, about each of these great leaders, we generally think in terms of ascension into the presidency, and their impact on these United States. We often read about the trials, tribulations and triumphs of their time in office and the impact they had on our country. In general terms, these individuals exemplified servant leadership. However, what you may not know is that each of them experienced crushing blows that derailed their lives and careers for years leaving each of them in a deeply depressed state. While each man took a different path, they were each able to climb out of their own personal abyss to achieve greatness. All four regained their health, transformed their lives as well as their approach to life, and finally realized their place in history.

Abraham Lincoln was a self-made man. He didn't have much formal schooling, but he had a thirst for knowledge that could not be quenched. While in today's world we struggle for the desire and time to read, he would happily walk 20 miles to pick up a book someone was willing to lend. Lincoln decided early in life that he would not be a victim of his circumstances. One of his early forays into politics was at the State level. Based on where he grew up and where he lived at the time he saw a great need for infrastructure. In his mind, infrastructure was the key to prosperity as a community and a State. Without it, people would continue to struggle. While in the legislature he set forth a plan that leveraged some State monies for water, road and river projects that would yield dividends in the future. Continued on page 4

Upcoming Events:

Jan 21 – MLK Day, Meet with The Republic, Meet with The Courier
Jan 22 – Fire Service Mutual Aid Zoom Meeting, Capitol Planning Meeting, Meet with PVPD, Chino Town Council
Jan 23 – Office and Meetings
Jan 24 – PRCC Chief's Meeting, Yavapai County Chiefs in Jerome, PV Town Council

Board Meeting:

January 28th Admin

CVFD – 1600-1630

CYFD – 1630 -1700

CAFMA – 1700 - 1800



Viewpoint: How to Practice Inspirational Leadership

By: Paul Falcone (Submitted by HR Manager Patty Brookins)

Leaders motivate and inspire respect by supporting employees, listening and showing they care. There is no need to rack our brains to figure out how to motivate others when simple things done in kindness and selflessness inspire our employees to do their best.



"Think about it," said Heather Kruse, chief human resources officer at Viewpoint School in Calabasas, Calif. "Books are published focusing on hundreds or thousands of ways of motivating employees, but the truth is that workers motivate themselves. Your job isn't so much to motivate your employees as it is simply to create a work environment in which they can motivate themselves."

Workplace Wisdom

"What you want for yourself, give to another" is simple wisdom that is sometimes missing in corporate America. No matter where you work or what you do, you can be the best boss your staffers have ever had. "You can be that person who influenced and supported them to become better people and stronger contributors. You can be that caring [listener] that encourages, that experienced mentor who guides, and that engaged leader who motivates," Kruse said. Ask yourself two questions:

- Would you want to work for you?
- If all leaders within your organization followed your lead, would your company be a better place as a result?

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Self-Improvement for the Modern Day Firefighter

By: Nicholas Christensen



In today's ever-changing fire service, it is important more than ever before to stay engaged in progressive changes and career development. Today's modern day firefighter needs to have a hunger for additional job knowledge and to never stop improving themselves. My professional opinion is that everyone should attend an educational course or complete a fire service certification of some kind each year at a minimum, regardless of position or time in service. Even if you don't have plans to promote and are happy in your current position, I would pose the question; why not continue

to grow as a fire service professional and continue your self-improvement?

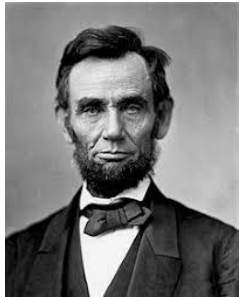
I am often asked the question, whether it be after a promotional process or in general as the Training Officer, what can I do to improve? Here are a few responses I share:

1. Certifications: Meeting the minimum certification requirements for a position is simply that, meeting the minimum. But how are you going above and beyond the minimum? Are you getting in the books to make yourself better and master your craft? Completing courses and certifications above and beyond your position to set yourself up for success? It is imperative to constantly strive to make yourself better and never too late to start. Ultimately, everyone has the same opportunities for personal improvement

and career growth, it is up to you what you choose to do with it. Applying your time and efforts into a course and completing additional certifications will only make you better.

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Chief's Desk Continued



Unfortunately for Lincoln, the State suffered a financial crisis and most of the blame was placed on him and his infrastructure programs. He left the legislature dejected and feeling a failure. At the same time, he had called off his engagement to his future wife. In the 1800's, breaking engagements and divorce were not common place so the situation only served to deepen Lincoln's depression. He was in such a bad place that friends removed sharp objects and weapons from his home for fear that he may harm himself. Fortunately for the country, friends stuck with him and helped him rebuild his lost dignity. He eventually reentered politics and saved our country. This is the abridged version.....

Franklin Roosevelt was a confident young man when he entered the world of politics in New York. He had been lauded early in his career as a gifted politician and someone that could get the job done. He was by all accounts very successful within the New York political machine. The more he accomplished the more bravado he displayed, and the louder more obnoxious he became. His approach to things eventually began to erode his support. During the birth of his first child, the doctors found his wife had a series medical condition that had been masked by the pregnancy. She died hours after giving birth. That same night in the same house his mother had died. These traumatic events were a defining moment for Mr. Roosevelt. He signed his new born daughters care over to his sister, packed his things and moved to his ranch in the Bad Lands for three years. It was through his work on the ranch that he eventually found himself and returned to politics after an extended hiatus. At one point, he considered his political career over. Rather than give up, he returned to New York, remarried, and took over the care of his daughter. The time he spent in the Bad Lands had offered him a new perspective and a clarity of vision that would lead him to become President of the United States.

Franklin Roosevelt was a hard charging political machine within the Democratic Party. His rise to power was suddenly derailed when he was stricken with polio and lost the use of his legs. In Mr. Roosevelt's mind, a politician was a tall, lean, and active man who could move freely and get things done. He felt that the visual of him in a wheelchair did not portray the strength the American people wanted in an elected official. Not wanting to give up and with a will to walk again he worked tirelessly convinced he could regain the use of his legs. Out of the lime light, he tried any treatment someone thought might help. At one point he purchased and renovated a resort in Georgia because he felt the natural springs had a healing effect. He also felt he could help others who had been stricken with Polio. The springs and the resort did help, but not necessarily in the



way he had initially hoped. While he did not regain the use of his legs, he did regain his confidence and found a new level of empathy for people. Franklin Roosevelt was not a naturally gifted public speaker; however through his work at the resort he found a new voice along with the patience and a willingness to try new things. Eventually Mr. Roosevelt returned to politics and ascended to become President of the United States.



Lyndon B. Johnson was moving up quickly in political world, but had developed a reputation as a result of his abrasive and bullish behavior. At one point in his life, he taught in a small school where the students struggled for even have one meal a day. He would scrape together his meager earnings to provide for the students. Without him many would have never had a chance. Over a period of years, Mr. Johnson lost what was once a level of empathy that allowed him to help impoverished children, and became someone that was more consumed by the gathering of wealth and power. He became a man respected by some and feared by others. In his mid 40's, he suffered a near fatal heart attack. He believed that his career was over and that he would never regain all he had lost while convalescing. With the help of family and friends, he transformed his life and lifestyle. The Lyndon Johnson that helped the kids so many years before reemerged. That Lyndon B. Johnson, the young man committed to helping others eventually became the President of the United States.

Each of these men had promising careers, and each, through a variety of circumstances, lost their way and fell from grace. The falls, although painful, did not kill them. Through the support of family, friends, and faith they transformed themselves into the leaders they were destined to become. At different times in history, each was able to make an indelible mark and help lead our country to accomplish great things.

Reading their stories has been inspirational for me. I know that throughout my life I've made mistakes, fallen down, picked myself back up, dusted off and moved forward with the help of family, friends and peers. Without their help and their confidence in me I certainly wouldn't be where I am today. The morale of the story, in my opinion, is that we can lose our way in this life, but that does not have to define us. If we have strength of character, humility, and support falling down can be nothing more than a foot note. As I've said before, challenge doesn't create character, it reveals it.