



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **January 25, 2019**

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### **Quote of the Week**

*“Disappointment to a noble soul is what cold water is to burning metal; it strengthens, tempers, intensifies, but never destroys it.”*

Eliza Taylor



**Not B-Shift 😊**

**Suspects – If seen,  
please report...**



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## The Chief's Desk



We've all suffered disappointment in our lives – at least we did before the nanny state that provides everyone a trophy. I digress, disappointment is inevitable, it's how we deal with it that defines who and what we are. Not that we will always respond the way we should, we're human so we will throw the occasional temper tantrum, but in general terms it's important for us to maintain perspective i.e. focus on what's really important in our lives.

I have a dear friend that has been sick on and off for several years now. Each time he seemingly takes a step forward, he gets a gut punch and slides just a little bit back again. His illness has derailed much of the professional career he enjoyed so much. However, over the last several years he's shed most of his outside activities to focus on his family and his friends. In short, he shifted his priorities and truly found happiness in spending time with those he loves. He's also taken the time to start tackling those bucket list items most of us set aside until we forget what they were, or it's too late for us to be able to enjoy the experience. The illness certainly caused great disappointment and frustration for someone so vibrant and active. And yes, I'm sure there were/are times he just wants to wallow in self-pity. Instead, he's chosen to enjoy his family and all that life has to offer. That my friend is pretty cool, and my admiration for him and his response is beyond measure.



In the fire service, we have the opportunity to test for promotions. Generally speaking, there are more people testing than there are positions open. It is a competitive process that requires a tremendous amount of dedication and hard work. On game day, you have to be ready to play at the highest of levels if you want to land the top spots, or near enough the top to be promoted. I've seen some people who did their best, but just didn't put themselves in a position to be selected. Some people I've known have taken the time for introspection, and used the disappointment as a catalyst to work harder and be better not just for the next test, but for the next day. Others have chosen to kick the dog and blame everyone else for their placement. For whatever reason, they're just not able to accept responsibility for their position. Many of these folks not only do not place themselves in a better position for the next process, they don't place themselves in a spot to be effective the next day. Your response or reaction is about choice, not any outside influence – it's all you. Continued on page 5

### Upcoming Events:

Jan 28 – BC Meeting, Interview with the Courier, Mutual Aid Meeting, Board Meetings  
Jan 29 – Strategic Planning Kickoff  
Jan 30 – Meet with IAFC in Phoenix  
Jan 31 – Chief in Phoenix at the Capitol  
Feb 1 – AFCA Exec Committee Meeting

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### Board Meeting:

January 28<sup>th</sup> Admin

CVFD – 1600-1630

CYFD – 1630 -1700

CAFMA – 1700 - 1800



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# 13 Daily Habits That Can Make You A Better Leader

By: Forbes Coaching Counsel

Being a leader is about consistently growing and developing. While some growth is long-term and big-picture, some of the most impactful changes can come from adopting small, positive habits that happen every day.

We asked a panel of Forbes Coaches Council members what daily habits leaders can adopt to improve their careers, leadership skills, productivity and even happiness. Their answers follow.

## 1. 'Rewire' Your Brain For Happiness

Science proves that when we are happy, our brains allow us to be more creative, make better decisions and see more opportunities. Therefore, rewiring our brains for happiness is crucial for our high performance and success. The most powerful happiness habits are gratitude exercises, meditative visualization of your vision and journaling. - Amy Nguyen, Happiness Infinity LLC

## 2. Write Down Your Goals

Every leader should get into the habit of writing down their goals and what they desire in their lives on a daily basis. It's so easy to get stuck in the day-to-day and lose your vision of what you are really working toward. I have found writing down what I want on a daily basis has helped me hit those goals much faster and feel the purpose in what I am doing that day. Try it! - Taylor Manning, Taylor Manning Creative

[More](#)

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## Stuff That's Happening

Nice job by all this week on two separate fires in as many days. What a fantastic effort by all of our on-duty personnel as well as those who responded for a general recall during the Prescott Valley Fire. How a nearly 400 acre wildfire burns in January with muddy ground is puzzling, but apparently it can happen. I blame the investigative reporter from The Republic who left our offices not long before it started. He had asked if a fire could start in the current conditions. We told him it was unlikely, but possible. He left, and not long after his departure the fire started. I wonder if he can provide evidence to prove he wasn't involved;) (Disclaimer – the last remark is meant as sarcasm....)

Great effort by all involved in battling the fire in Prescott Ranch! A big house on a hill in rough terrain, and the fire had one heck of a head start. Not much could be done to save the house itself, but the fire didn't spread and no one was injured. Someone did catch a nice picture of Truck 50 in the air, but if I remember correctly – B-shift wasn't on it..... 😊

The two Impala's are done and in service. I'd like to offer my gratitude to everyone in fleet and tech services that had a hand in these vehicles. This has to be one of the cleanest and most professional installs like this that I've seen. They are admittedly not cool like the Truck Company or an Engine, but they're inexpensive, functional, and get good fuel economy.

The Yukon and Dave's Tahoe have been taken in by fleet to start the process of repurposing those vehicles for their new assignments. I do not have a time line, but know there will be some shuffling in the coming months.

As you may have heard, the admin Jeep is totaled. At this point, we are thinking we will delay replacing it with something different until after July 1<sup>st</sup>, but that is still to be determined. For now, the Highlander has been moved from 61 to admin. We will have another vehicle for use temporarily, if needed for ops out of B6.

The Arizona Fire Chief's Board along with Phoenix Fire representatives will meet with the advanced team for Fire Rescue International 2020 in Phoenix next week. We'll be starting preliminary work on the conference to be hosted in Phoenix that year. Stay tuned for more details, and plan to attend at least the expo.

We met in Laughlin the first part of last week for the Arizona Fire Chiefs Association's Presidents Forum. The group set some strategic priorities for the upcoming year:

- A Blue Ribbon Committee was established to identify ways in which we can improve participation in the association.
- We have decided to move the president's forum from January to the first part of October, and move from Laughlin back to Arizona alternating locations between north, central and south. The next forum will be in the Tucson area. Our hope is to engage local agencies and politicians while getting the opportunity to visit different regions. The move in dates allows us to better align the meeting with our budget year, is only a few months after the conference which will aid with the AAR, is only a couple months after the new President is elected, and avoids the opening day of the legislature.
- We will be establishing committee charters for all committees and sections which will hopefully be shared in the members section of our web-site. This will also allow us to formalize existing committees and add when necessary. Having them available for members will let people see what committees exist, what their responsibilities entail, and hopefully encourage participation.
- We will be filling the Executive Director's role on a part-time volunteer basis with Fire Chief Paul Adams as he transitions from President this August. He will take on more of the day to day role of accounting and general operations.
- Finally, we will be reaching out to our partners with the PFFA to see if we can work together in an effort to firm up the behavioral health services available for fire personnel within our state. Currently, we see a number of holes in the program, and statewide there is a disconnect between fire agencies. Connecting the dots will open lines of communications and resources that individually we may not know exist.

The AFCA/AFDA joint Leadership Conference is scheduled for July again this year in Glendale. Our speaker slate has been set, and expo planning is underway. It is important that we encourage our personnel to attend classes, and also attend the expo. CAFMA will encourage our personnel to come

down and interact with vendors during the exposition. Entrance is free, and it serves as a good opportunity to see all the shiny stuff. I walk through, but the expo really isn't for me because it's all stuff you use. To that end, we need you to explore the options.

Dave continues to push onward and upward with the VHF system. I will provide no guestimates, but it is real.

AT&T, as part of the FireNet build out is working with the county to place a new tower in the Williamson Valley area. There is some concern from residents in the area near the tower location, so I'm not sure how the vote will go at the County Supervisor's meeting. This tower is a start, but does not provide near the coverage we need, so we will not consider switching carriers at this time.

The preliminary budget process has started internally. We just finalized the Capitol Plan for presentation to the board at the February meeting, and will be meeting on the PIR's in the next few weeks. It seems the budget cycle never ends. Once we have an approved budget, the audit starts. Once the audit is complete, the budget starts again.

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## Chief's Desk Continued

In full disclosure, I haven't watched football in two years, and I am absolutely no longer a Rams fan 😊 That said, last weekend the L.A. Rams narrowly edged out the New Orleans Saints in the Championship Game. By all accounts, yes, I did watch the replay; it really should be the Saints in the big show and not the Rams. I cannot imagine the disappointment of a team that worked and played so hard throughout the entire season only to lose the Championship due to an egregious missed call by the officials. My heart sank for them as I watched their receiver take a WWE blow before the ball was even near him. Now, let's be honest, the Saints did allow the game to be tied and let their entire season come down to one missed opportunity by shoddy officiating, but still.

What would you do, if you were the quarterback of the Saints after a crushing defeat that kept you out of the Super Bowl in the twilight of your career? If you're Drew Brees, you understand your priorities and focus on your family. The below is a blog post by Chris Davis ([ChrisDavisBlog](#)):

After one of the worst losses of his career... a trip to the Super Bowl being ripped from his hands in dramatic fashion... Drew Brees keeps his priorities in check.

He let his kids run around the field, played catch with them and stopped to tie one of his sons shoes. (Per Saints reporters)

His kids probably don't even realize the magnitude of the loss their dad just experienced but what they do know in this moment is that they're valuable to him.

There's a lot of talk about masculinity lately. In my opinion, how you respond to adversity is what defines the kind of man you are. When things don't go your way, do you still put your kids and spouse first? When you've had a bad day, are you able to still show them their value? When

you are struggling, are you still able to help them succeed? When you hit a rough patch in life, are you able to use it as a teaching moment for your children?

The stadium was close to empty at this time. This wasn't for the cameras. This wasn't for social media.. this is just who Drew is.

Thanks Drew for this reminder and challenge to keep my priorities in line even in my worst moments.



(Twitter/Diana Russini - ESPN)

What are your priorities in life? No matter your occupation, hobbies, education, or family status you will experience disappointment and challenge in your life. It will occur more than once, and may occur more than once in a day. It may be an external force that acted on you, or it may just be that you need to take responsibility for you. Honestly, the only thing we control in this life is ourselves. If we allow every other outside force to control us, we'll never get anywhere and will miss the opportunity to truly experience all that this life has to offer each and every one of us.