



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – July 17, 2020

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"When you cannot control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is."  
Unk

"KEEP LOOKING UP ...  
THAT'S THE SECRET OF  
LIFE ... "  
Snoopy



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## The Chief's Desk

I think it is time that we reclaim our greatness as individuals and as a collective! What does that mean? We need to take our lives back, understand what we can and cannot control, and continue to seek a level of inner peace. Almost sounds like I'm in Sedona writing this, but I'm not. In my opinion, reclaiming our lives starts with turning off the TV, limiting social media, and, if you absolutely need information, researching it yourself.

These are emotionally tough times for all of us as well as our families. Unfortunately, sometimes we do not realize how much stress we are carrying until it manifests in some unhealthy or unpleasant way. As much as I talk about responding and not reacting, I allowed myself to react to something last week. That instance served as a wakeup call for me. Fortunately, I was headed up to camp with my family, which provided a bit of a respite from reality. It's nice to be somewhere without service on occasion.

It is vitally important today that we not lose track of family and friends. This does not mean sit around and incessantly talk about the crisis of the year. Rather, play a game, BBQ, hold a sing along, or whatever. The important thing is to take a step back and reset. The stress we are all exposed to at the moment has a direct impact on our family as well as our professional life. As much as we may not like to admit it, life is a journey. It is not a destination, and it is not a race. What is happening today is a moment, albeit a seemingly long and absolutely frustrating moment, in our lives.

This does not mean check out completely. There are things happening and decisions being made that I believe are on a very slippery slope – some have already crashed head long down the slope followed by a boulder that landed on top. Reminds me of Road Runner and Coyote. If we do not hold people in check, things could easily get (further) out of hand. Being involved and taking a stand is part of what makes America great. However, that doesn't mean you have to be atop the soap box 24/7. Be strategic, be vocal, and then take a breather.

What are some good outlets? When I was in college and was required to read novels or Greek Philosophy, I would sometimes get a copy for Jen. We would sit on the couch together to read, and then exchange ideas and share our thoughts. I've always retained more of what I've read when I could discuss the topic with another person. Hearing a different viewpoint or learning what is important to the other person as they read the same text can be enlightening.

This is a good time to learn something new or pick-up an old hobby and renew your interest. For example, my son Andrew played guitar for years, and I have a lot of money invested in some of his collection as well as lessons. This would be a fantastic time to knock the dust off and start playing again. Since he gets a copy of *The Review* each week, we shall call this a hint.

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### Upcoming Events:

July 20 – Fire Service Mutual Aid AAR  
July 21 – CAFMA Podcast Meeting  
July 22 – Fire Service Mutual Aid meeting  
July 23 – NSDC Federal Advocacy Coordination Meeting

### Board Meetings:

July 27 Admin  
CAFMA – 1700-1830

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## Drawn by Fire: The Breakup

By: Paul Combs/Drawn by Fire



THE BREAKUP

*I don't know how else to say this – we're done! It's over! I'm breaking up with you. I purposely packed all your hate, anger, divisiveness, lies, mistrust, and verbal abuse into tidy little boxes – they're on the front lawn – take them when you go! You are not welcome back.*

*Sincerely,*

*Humanity*

The age-old relationship between humanity and hate does not discriminate between sex, race, religion, nationality, greed or culture – because it claims them all. Sadly, this is not a relationship of necessity, but of choice – a personal choice.

We foster this toxic relationship by turning a blind eye to its misdeeds, or worse, nurture it with our willingness to happily mistreat others for our own twisted gratification. Humanity and Hate will never truly be apart – history teaches us this with brutal honesty – but we can lessen its impact in our lives by making a personal choice to break up! Send it packing with all the putrid baggage that has been cluttering your life so you can move on to more constructive relationships. STAY FIRED UP, and it's time – write your breakup letter.

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## **What makes a difficult conversation difficult?**

**By: Hank Boyer**

A difficult conversation is any conversation in which there are strong differences of opinion between two people and has the potential to become emotional.

Why are some conversations difficult? People enter almost every conversation with certain expectations and opinions/positions. Those expectations are based on the relationship between the people, and the circumstances surrounding the conversation.

When it feels like those expectations or positions are being challenged, human nature often reacts initially with emotion. For example, when a co-worker with a smile on her face after a holiday weekend approaches you and asks you about your weekend, you expect a pleasant conversation. Conversely, if you made a sizable mistake and your boss asks to meet with you, you enter the discussion with a degree of apprehension.

What are the emotions that often characterize a difficult conversation? People are by nature emotional creatures. Emotions tend to influence the direction of most conversations. Having too much emotion often leads to bad outcomes, while having too little emotion can make the conversation seem fake. Unless one is intentional, emotions can take over a difficult conversation.

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## **Chief's Desk Continued**

Whether an artist, nature enthusiast, musician, wood or metalworker, etc. now is a great time to renew your interest and revive your skills. Or, if you are interested in a promotion, there are any number of on-line programs you can explore while striving to meet the current succession plan requirements, or just to sharpen the saw so to speak regarding your leadership ability.

FRI will be completely virtual this year and has been tentatively moved to September and October. I'll keep you posted on dates, times, costs, and opportunity. All presentations will be pre-recorded and aired at prescribed times with no audience interaction. I still believe there will be some good curriculum from some great fire service leaders. I was scheduled to present two programs in person. One with Chief Karrer and one with Chief Rhoads. We opted not to record ours as we feel the programs we present

would be far more beneficial with audience interaction. It is almost as if we would be short changing people if they didn't have us live and in person – just saying☺

Whether in your personal or professional life, it is important that you not sit just to become stagnated and embittered at the same time. You have to find a healthy outlet. If you do not already have one, start looking today. The lunacy that is our world right now is clearly not going away any time soon.

The bottom line is that idle hands and stress do not mix well together. We are seeing this manifest itself in our kids, friends, spouses, etc. as the divide within our country seems to widen.

I have found it heartening to see families out together enjoying the outdoors. I've also seen the strained looks on the faces of teenagers out on "forced marches," otherwise known as walks, with their families. Those of us with older kids are familiar with the looks, and their desire to be anywhere but with their parents. However, many of the kids today are missing out on direct social interaction with friends. The lack of personal interaction in some cases has led to less than appropriate interaction via technology. Seems everyone is braver, and their inhibitions lower when interacting virtually, through social media, or text. I'm not just talking about kids in this regard, adults have been far worse than kids. So, despite the anguished look on your kids' faces as you drag them around on family adventures, deep down they appreciate the interaction. Okay, maybe not today, but at some point in the future they'll wake up and realize how much fun they had.

This is also time to check yourself and your environment. Remember, you are judged by the company you keep. It's important to surround yourself with the right network of friends and colleagues. It's the same lesson we strive to teach our kids. I found the below recently, which is very similar to what I have mentioned in earlier writings about surrounding yourself with successful people.

- If you hang around 5 confident people, you will be the 6<sup>th</sup>
- If you hang around 5 intelligent people, you will be the 6<sup>th</sup>
- If you hang around 5 millionaires, you will be the 6<sup>th</sup>
- **If you hang around 5 idiots, you will be the 6<sup>th</sup>**

Be smart, choose your circle of influence wisely.

Finally, choose to be the greatest person you that you can be. Spread a smile any time you can, lend a hand to someone whether they are a friend, family, or a stranger. Take this opportunity to expand your horizons by learning something new or rekindling an interest in an old hobby.

I noticed on an AZ camping Facebook Page that there are a lot more folks camping this year than you would normally see. Some complained, but I view it as a positive. Reconnecting with the outdoors and the beauty that Arizona has to offer can be refreshing. In the hustle and bustle of our normal lives, we sometimes forget to stop, look, take a deep breath, appreciate and enjoy all that's around us.

Bill and Ted's new movie should be released soon, that may help solve all of our current crisis.... How could it not, I mean after all being excellent to each other is good advice. One final thought that may help, something I learned as a little kid in elementary school – "Sticks and stones may break my bones but words will never hurt me." For the masses – for the love of all that is good grow up and stop being offended by everything! Just a little pearl of wisdom from the Kindergarten playground☺

