



THE REVIEW

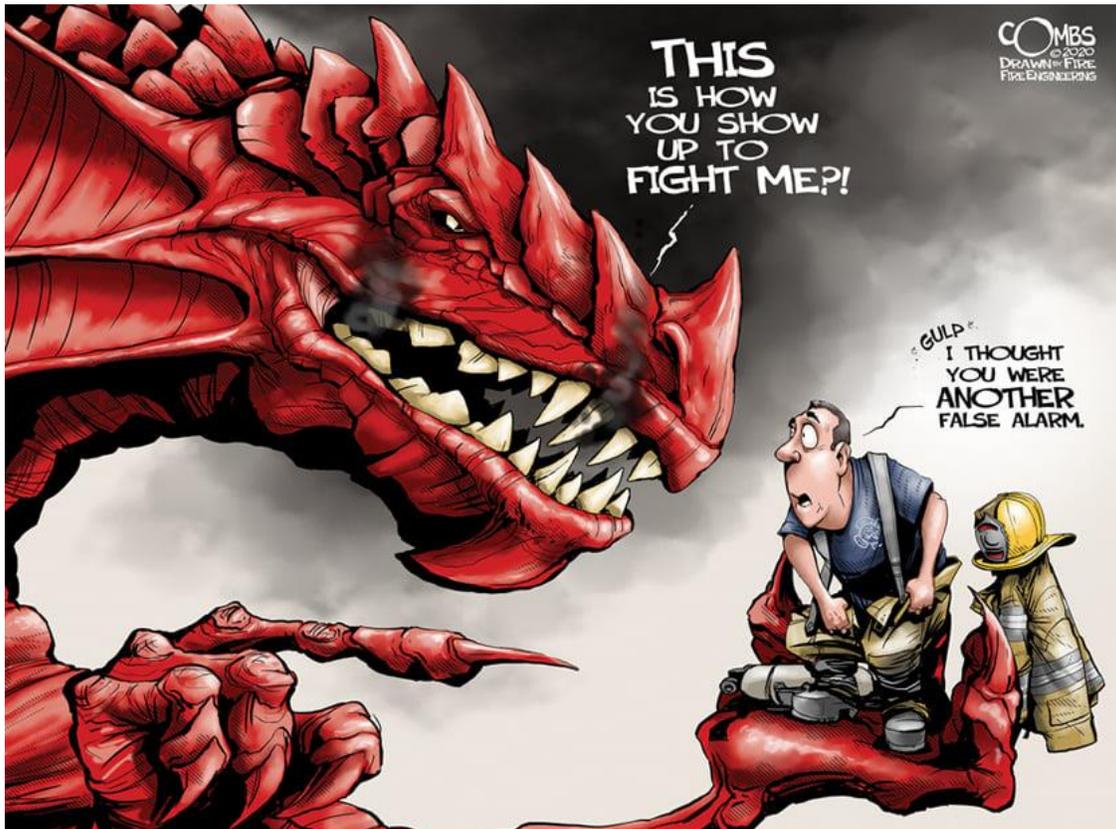
Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – August 21, 2020

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"Never underestimate the power of stupid people in large groups."

George Carlin



SECONDS COUNT - BE READY TO FIGHT!

The Chief's Desk

Monday, August 24th marks a couple of milestones for me. The first, and most important, is my 29th wedding anniversary. It seems like yesterday that we walked down the aisle, yet here we are 29 years later with both kids out of the house, and we live in a completely different state. Did I mention both kids are out of the house!! Time flies when you're having fun☺

The day also marks the seventh anniversary of the day we said goodbye to family and friends in Missouri and headed for new opportunities in Arizona. I know this is not what my mom wants to hear from me, but I have never looked back. Moving to Arizona has provided so much more than I could have ever imagined. The friends we've made since moving here, having our kids live and work close by, and the amazing career opportunities have truly been a blessing.

Both of the above share one common theme – time flies. Time is a commodity with a return on investment that is totally up to you. The difference between time and money is that you can make more money, but you cannot make more time. Once a minute has passed, that minute is gone forever. What's done is done - what are you going to do to make the next minute count?

Too often, we forget the concept and treat time as unimportant. We forget to enjoy the time we have, we forget to create memories that we can carry with us, and instead focus too much on things that we have no control over. Or, we squander opportunities to experience things focusing instead on work, TV, or social media. Time wasted is time you will never recover. As I type this, I'm looking at a picture of a golf outing that included me, Kris Kazian, Mark Gaillard, and Mike Cason. Always great memories and certainly worth the time spent with some fantastic people.

Lately I've looked back on other periods of my life and wondered if I spent my time wisely. It seems difficult, if not impossible to find that perfect work/life balance. On one hand, I would not be where I am today without the time I invested in training and education. On the other, was I there enough for my family? Certainly, my relationship with my family could be better, but there are any number of reasons within family units that things are not perfect. It is forever a work in progress – life is a journey, not a destination. You're always learning.

It is bad enough when you do not choose to spend your time wisely, but what's worse is when other people or things waste it for you. Have you ever heard the term time bandit? Time bandits can be people, thoughts, and things; pretty much anything that robs you of time. Some are easy to identify and deal with while others are not. Disagreements via email are time bandits for many reasons. Typically, the disagreement is created by a misinterpretation of the email as opposed to someone actually wanting to start an argument with you. Continued on Page 4

Upcoming Events:

August 24-27 – Chief on Vacation – Feddema will put out The Review
August 24 – Board Meeting Day

Board Meetings:

August 24
CAFMA – 1700-1830

Does Higher Education Really Fit into the Fire Service's Mission?

By: Benjamin Martin

Seldom is more heat generated than when firefighters sit around the kitchen table to tackle the latest list of promotions in their agency. One item that adds fuel to this fire is the disagreement about the role that higher education has come to play in the hiring or promotional process.

Who our organizations choose to hire and promote remains one of the most critical tests that the fire service faces. This applies regardless of whether you work for the FDNY or a small volunteer agency that has only a few members. As a younger generation of firefighters begin to move up the ladder into leadership positions, the future of the fire service rests with our ability to envision and offer the types of training that will help to prepare them to answer challenges, many of which might not even exist yet. So, what exactly qualifies someone for a leadership position in the first place?

Blue-collar beginnings

There simply is no arguing that the mission of the fire service has its roots in blue-collar work. This kind of labor, at times requiring tremendous amounts of training and skill, includes the types of tasks that are found in building construction and maintenance, machine and automotive repair, custodial work and manufacturing. Firefighters often perform many of these tasks at the firehouse or on a call for service, so hiring and promoting people who have this type of experience is extremely valuable for organizations. As an example, I spent years swinging a hammer on a construction site, gaining an appreciation of building construction as well as how awful it was to carry a bundle of roof shingles up a 30-foot ladder to a steep-pitched roof. What I learned during that time helps me to make better decisions on the fireground when anticipating how the fire is spreading in a house and attacking the structure.

firehouse.com

How to Maintain Motivation When Surrounded by Naysayers

By: John Rampton

I've had lots of business ideas throughout the years. Some have paid-off, while others never panned out. Thankfully, I have a great support system that is honest without exactly being a naysayer.

However, I've also encountered my fair share of naysayers. You know. Those people who drain every ounce of motivation out of you. Yeah. We want to steer clear of those people. But, unfortunately, there will be times when we can't help but get surrounded by them.

When we find ourselves in that situation, you can use these tips to keep your motivation rolling.

Put your goal in writing and keep it close.

Obviously, you're passionate about what you're doing. If not, then you wouldn't be doing what you do in the first place, right?

As such, you should have no problem verbalizing your goal(s) and then jotting them down. If you're having trouble getting started, begin with visualizing where you want to be in one year, three years, five years and 10 years from this point. Doing this makes your goals crystal clear.

This also creates benchmarks along your journey so that you can celebrate both small and big wins. Keep this written goal close by at all times, like on your bathroom mirror or computer monitor. Whenever criticism rears its ugly head, you have a method to remain focused and motivated.

entrepreneur.com

Chief's Desk Continued

Responding to an email that has upset you can rob you of valuable time during your day. Whether it is typing your terse response or you spend hours stewing and developing a response in your head, it is time wasted. What I've found works is picking up the phone, or seeking the person out for a face to face conversation. Typically, it was all a misunderstanding. Granted I have had times when someone is definitely looking to start a battle with me via email. I try to respond just once with my stated position. If they want to continue to argue with me, I find the delete key works well.

Arguing with people on social media is a definite waste of valuable time. Social media trolls lack meaning and purpose in their lives. They have nothing to lose as they seemingly live a miserable and angry existence. Social media is not a news source, nor is it a good forum for debate. When I waste time on social media I tend to look for funny memes, pets doing stupid things, custom cars, and Jeeps. If I see something that elicits feelings of anger, I move on. COVID has been good for one thing – it's made me spend less time on social media. Don't get sucked in, move on and find something more productive to do with your time like talking to your significant other or your kids. I do however enjoy window shopping on Market Place – I find time spent window shopping to be a productive endeavor for me. I'm not sure Jen agrees with my assessment.

Spending too much time in front of a television whether watching the news, or binge watching Netflix can be a time bandit. We canceled Direct TV and have started using Roku. In our house, we spend more time listening to music and reading than watching the mindless box on the wall. Don't get me wrong, I can get hooked on Motortrend TV, but that's rare and normally only when Jen is out of town. I've purchased more books in the last year as a result of listening to Podcasts than I have in a very long time. Between listening to people like Jocko Willink and exploring ideas through reading, I've been able to improve my approach to people and situations simply by refining and in some cases resetting how I process things.

People are absolute time bandits! I know because I walk around and interrupt every division in admin every morning. Actually, I have a real reason for doing it, and I try to limit the amount of time I take out of your day. It's my way of staying connected and not hidden in my office. I digress, back to people stealing time from you. People do not just steal your time when they are front and center in your personal space. Has anyone ever made you so angry that they occupied your thoughts throughout a day, days, weeks, or months? I'm going to hazard a guess that the answer is yes.

Dealing with someone taking your time in front of you is fairly easy e.g. walk away, shut your door, or tell them to get out. The problem is that when they physically leave they are still in your head. This is not an easy issue to deal with. It requires mental exercises, distractions, and/or a good network of friends and peers with whom you can talk through issues. There are some people that will come into your life who just shouldn't be there, but to what extent you let them control your time is up to you.

I have a friend that is retired from an internal affairs position with a large law enforcement agency. The day to day stress of that job can take a toll. He tells me that after a long day, he'd come home and spend 15 or 20 minutes alone in his shop tinkering with something. After that short respite, he felt ready to go inside and focus on his family – something he could not have done without engaging in a healthy distraction from reality. What do you do to reset when necessary? Taking the stress of work home and allowing it impact your interactions with your family is certainly not a healthy or helpful approach. We all do it from time to time, and most end up having to apologize at some point for our behavior.

Just investing 15-20 minutes in some other area to avoid taking your stress out on your family is time well spent. There is no way to avoid stress in our lives, especially in 2020. It seems that the events of this year are having a significant impact on the psyche of the American public. The stress is manifesting itself in unhealthy ways to include spending too much time on social media and/or arguing with people with whom you disagree. I had an experience with that in recent weeks. Ultimately, I stated my position in writing, there was some desire by the other party to continue the argument so I exercised the delete key. I stated my position, there was no need for additional debate, and I had other more pressing matters to address. It felt pretty good on my end, and I was able to move on with the day without dwelling on our differing opinions. I may try that exercise more often.... It's a rare moment when my filter engages completely 😊

I will say that during these unprecedented times, I've been able to take more time with friends, more time with the Jeep, Kayak, hike, etc. Generally speaking, I've taken more time to relax and stay away from the general populous. Don't get me wrong, I am in no way afraid of COVID and I do like people. I just disagree with the way things are going so rather than subject myself to frustration, I don't go out. Using what time I have being angry about something I cannot control is a waste of my time, and energy. Besides, I can shop on line and not subject myself to rules with which I disagree.

The bottom line folks is this, you should continuously reevaluate your priorities and determine whether you are investing in a good use of your time, or if you are squandering it. Your time with your family is fleeting, so it is important that you invest wisely. Don't let other people or situations steal a lot of your time they're typically not worth it. If they are, then invest in them. If not, boot them to the curb. Put

your phone down, stay off social media, try not to dwell on things you cannot control, and instead spend that time on a constructive hobby, reading, or with family and friends. Social media tends to constrict the mind, while reading, spending time with family, or creating something new tends to expand your mind as well as your horizons.

For me, 29 years of marriage has gone by in an instant. It seems I blinked and here we are celebrating another year. I'm not even sure Jen and I are old enough to have been married for this length of time – just say'n. The last seven years here in Arizona have passed just as quickly. What a blessing it has been, and such an amazing ride so far. Ten years to retirement seems like a long time, but when that day gets here I'll look back and ask where the time went. I hope my answer is that it was invested wisely and that I have some good memories created along the way.

Happy Anniversary Jen! Here's to the next 29 years, and our anniversary trip next week 😊