



THE REVIEW



Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – Dec 25, 2020

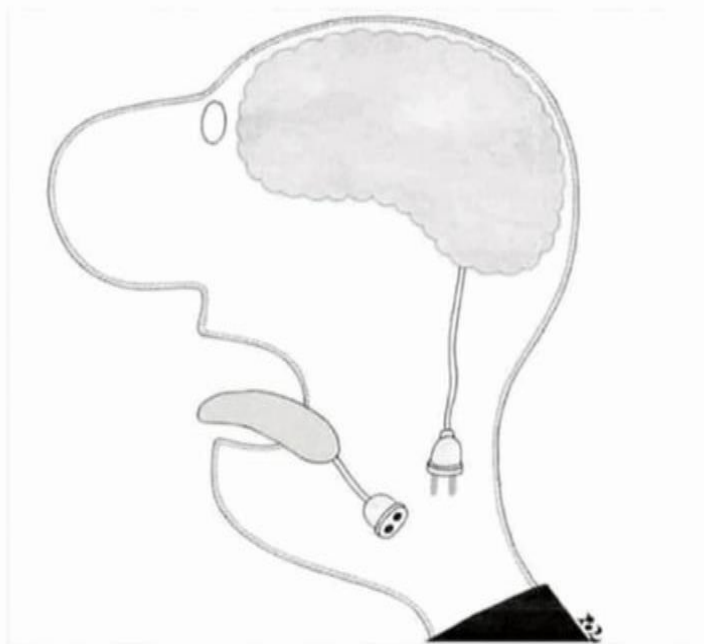
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“Christmas isn’t a season, it’s a feeling.”

Edna Ferber

Make sure it's connected before you start talking.



Think before you speak

Before you say anything, yes I do think before I speak, it’s just sometimes people don’t appreciate what I have to say 😊

The Chief's Desk

Good morning and Merry Christmas!! I hope you are enjoying a special day with your family, and maybe some friends. For those on shift today, thank you for sacrificing time with your family to watch over and protect our community. Hopefully you were able to enjoy some family time on Christmas Eve, and hopefully some of your family will stop by the station today.

Personally, I think that this year in particular it is important that we remember the importance of Christmas and what it means. This is the day we celebrate the greatest gift ever given – the gift of both life and sacrifice in the form of Jesus Christ. I know there are a number of different religions and belief systems out there, however this is Christmas Day so that is the focus.

This past Monday we had the privilege of witnessing the first Christmas Star in over 800 years when Jupiter and Saturn crossed close together. I am taking it as a sign of hope for brighter days and calmer seas ahead. Alexander Pope wrote in his *An Essay on Man* published in 1733 that “hope springs eternal.” According to some interpretations, he meant that people will continue to hope even when they have evidence that things cannot possibly turn around.

Others believe it means that people can always find a reason to hope even in the darkest of situations. In my opinion, there are times that hope is all we have, and sometimes it may be just what we need to see light through the darkness. As we celebrate Christmas and we look towards 2021, I think we all need to hold on to the hope that together we can make things better. Hope does not replace the work and courage needed to make things better, but it can help drive us.

Today, and throughout the holiday season, we celebrate the spirit of giving. The idea is not that we go into enormous debt to buy things we cannot afford for others. Rather, the idea is that we give of ourselves. That may mean just being there for someone else who would otherwise be alone. It may mean that we made a gift for another person utilizing whatever talents that we have – Jeep parts can be fabricated. These are the gifts that mean more to another person than something from a store. In other cases, there may be a special gift that carries meaning for another person that can be just as special – lots of places sell Jeep parts 😊

The gift I remember the most from my youth is my Marlin 30/30 deer rifle. I'm not sure who was more excited about it, me when I received it, or my dad when he gave it to me. Listen, we all know that it is typically the moms who purchase all the gifts and dads simply stare in wonder when the kids unwrap the boxes. I am certain that my dad was as excited as a kid on Christmas morning just making the purchase, and was probably more excited when he was able to present it to me Christmas morning. That gun hasn't been used in years, but it is still with me and I will never let it go.

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Upcoming Events:

Dec 28: Short week, holidays
Dec 29: Short week, holidays
Dec 30: Short week, holidays
Dec 31: New Year's Eve –office closed for New Year

Board Meetings:

Jan 22 Administration

CAFMA – 1700-1830

How to Recognize A Strong Leader In A Group Of People

By: Lolly Daskal

Strong leaders emerge in different ways and at different times. Some people seem born to leadership, and others build their abilities more slowly. Some have the capacity but need their confidence to develop before they can make best the best use of it. Others don't step into their leadership until the circumstances call for it—usually in difficult times.

But in any group of people there will be a few who show leadership qualities, even if they're not fully developed. Here are some things to look for if you want to know who's capable of being a strong leader:

They share their expertise. Those who are supportive of others, those who guide and mentor and are quick to share their expertise are showing key leadership traits. Their attention inspires others to care about what they do, and they're committed to helping others be their best.

They are trust builders. People build trust in lots of different ways. Many prospective leaders do so by being competent and reliable in their job. That dependability is the foundation for them to build strong relationships with the people they work with at every level, from their bosses to their peers to support staff. They show integrity, focus on solving problems instead of placing blame, and when things go well they share the credit.

lollydaskal.com

Five Steps to a Firefighter Fitness/Wellness Culture

By: Jim Moss and Dan Kerrigan

Fitness is essential to the job of firefighting. Period. But whose responsibility is it for you, the firefighter, to be fit for duty? Some may give the excuse that their fire department doesn't have a fitness program, that they don't have fitness equipment at their firehouse, or that they don't know where to begin.

The obligation to be fit for duty lies solely with the firefighter. Whether we have formal fire department support or not, we must take ownership of our personal fitness. But know that there is strength in numbers. Don't underestimate the power of positive peer pressure. Building a fitness culture at your fire department is achievable, and it can be done at the grassroots level.

1. Take Personal Ownership

In our book, [Firefighter Functional Fitness](#), we stress the importance of the three A's: Accountability, Attitude, and Action. We must personally take full responsibility and have accountability for our fitness. We must also have the right attitude and mindset that our level of fitness is of utmost importance.

Finally, we must take action to continually improve ourselves through frequent exercise, sensible nutrition, and healthy habits (e.g., be tobacco free, get sufficient sleep, and stay hydrated, etc.).

2. Hold Others Accountable

If we really care about our fellow firefighters (those we call “our brothers and sisters”), we will expect them to be fit for duty. How do we accomplish this? We ask them to work out with us regularly. Keep your approach open and welcoming, inviting them to your workout with the following queries:

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Chief's Desk Continued

There are times when I get the opportunity to choose a gift for someone whether it's Jen, or one of our kids. I am thrilled beyond words when I have the opportunity to buy them something special e.g. new parts for Andy's Jeep, or a special new tool for Jen so she will stop stealing – I mean borrowing – mine. I had something I was excited to give Jen this year, but as happens sometimes, it was lost in shipping and I was not informed in time to adjust. Fortunately, she has me which is pretty special so I wrapped up a selfie of my face instead☺ I tried to draw one with Crayons, but it just didn't capture the essence of me.

I hope you take some time to relax, surround yourself with your family, and reflect on how fortunate you are and how many gifts you have around you every day. This year especially, we've been more isolated and unable to enjoy the company of some of our family members and friends. Make time, use technology and reach out to those both near and far that you are unable to be with in person. That connection may be the best gift you could ever give.

We are blessed beyond measure to work in our profession, to work at CAFMA, and to work with so many talented professionals. Never forget that each day is a gift, and each moment we have should be treasured. Nothing in this life is promised so take each day and live it to the fullest.

I'm going to cut this short so I can enjoy some time with my family. I hope you all have a blessed day no matter how you choose to celebrate.