



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **March 13, 2020**

This Edition:

Not The Chief's Desk Page 2
What is Discipline over Default?.....Page 3
CYFD Board Vacancy.....Page 4

Quote of the Week

“Everything can be taken from a man or a woman but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”
-Victor Frankl





Not The Chief's Desk

Chief Freitag asked me to send out the review and while I intended on discussing all the activities that have been going on internally, yesterday started a snowball response to the coronavirus (COVID-19). It has been very interesting to watch the national reaction to the coronavirus over the last 24 hours. I understand that these types of events can produce a very strong emotional response. Some feel the response to the threat is inadequate and others feel this is all extreme exaggeration. I want to make clear that we are taking the coronavirus seriously; however, I believe we need to avoid creating more fear within the Department and in the community. While we can control our preparations, we cannot control how people react and what they do with fear. This may not be simply a fear of the virus but a fear that arises from social pressure to do something. That something is certainly not clear.

All life is precious and no one wants to be accused of failing to respond, plan, or react in a situation like this. In a matter of 24 hours, many schools have closed, FDIC has been postponed, the NBA has suspended their season, Disneyland will be shutting down until the end of the month, and Little League International has given direction that all seasons should be postponed. This is a shortlist of examples. Regardless of our opinion about the dangers related to coronavirus, our normal routine is going to be affected.

There are several meetings scheduled next week to discuss our situation and how we move forward as a community. We will be meeting with multiple community partners including PRCC, PFD, YRMC, and Yavapai County. These meetings intend to discuss a plan to bring uniformity to our response to an unclear challenge. The goal will be to move forward as a community. The expectation for CAFMA personnel is that we are following our SOG's and that all personnel are utilizing the proper PPE for the needed responses. If you are sick, please stay home. If you are healthy, please come to work.

Continued on Page 3

Upcoming Events:

Mar 16 – PRCC Meeting
Mar 17 – Senior Leadership Academy
Mar 18 – Senior Leadership Academy
Mar 19 – BC Meeting

Board Meeting:

Mar 23rd Admin
CVFD – 1600
CYFD – 1630
CAFMA – 1700



What is Discipline over Default?

By: Tim Kight

What is Discipline over Default?

Discipline over default means thinking and acting discipline-driven rather than default-driven, a core practice of our training. The unfortunate fact is that most people behave default-driven and don't even realize it. Choosing to be discipline-driven over default-driven isn't a one-time decision, it's an everyday decision. More functionally, it's an every-moment decision as we encounter constant events that can trigger default over discipline.

It happens when you're lying in bed and your default negotiates with your discipline to go back to sleep rather than get up and workout. Or when you're trying to be disciplined with your budget but your Amazon shopping cart keeps accumulating things on default. How can you say no to free 2-day shipping? Default is the enemy of discipline. It's the self-perpetuating chasm between you and your goals, and that should frustrate you.

Let's break this down

[Discipline over Default](#)

Not the Chief's Desk Continued

While I want it to be abundantly clear that we are taking this issue very seriously, I do find it somewhat humorous that toilet paper seems to be the most important commodity to people in this situation. Costco cannot keep it on the shelf longer than a few hours and they have now instituted limits on how much you can purchase. What are people doing with all of this toilet paper and where are they storing it? You may want to consider the fire loading related to hoarding toilet paper the next time you respond to a structure fire. I also find it interesting the new phrases that become popular. One that seems to have gained traction is "social distancing". This is the first time I can remember that my antisocial tendencies were considered a positive attribute. You never know how things change.

This is not the first pandemic I have witnessed in my career and I don't believe it will be the last. We do not have the luxury of shutting all operations down. We are not just called to survive in these situations, we are expected to thrive. To rise above the public hysteria and reaction to respond when called. I would ask that you take care of yourselves, your family, as well as your crew and show up to every incident with the right uniform, the right PPE, and the right attitude. We cannot ignore the reaction of those around us but that does not mean we have to contribute to the fear. We are called to bring calm within the chaos. When we can control nothing else around us, we can always control our attitude and effort.

If you have made it this far in your reading, I appreciate your time.

CYFD Board Vacancy



BOARD OF DIRECTORS

VACANCY ANNOUNCEMENT

The Central Yavapai Fire District Board of Directors is seeking a community-minded individual to fill a current vacancy on their five-member board. This term expires November 30, 2020. This is a voluntary position.

Board members must be registered voters and reside within the Central Yavapai Fire District boundaries. Regular board meetings are held on the fourth Monday of March, April, May, June, September and December at 4:30 p.m.; other meetings are scheduled as needed.

Applications are available at 8603 E. Eastridge Drive, Prescott Valley, or on our website: www.cazfire.org.

Completed original application must be received by 5:00 p.m. on March 26, 2020. Interviews will be conducted in Open Meeting on Wednesday, April 1, 2020 at 4:30 p.m.; applicants must attend this meeting to be considered.

Please deliver to:
Central Yavapai Fire District
8603 E. Eastridge Drive
Prescott Valley, Arizona, 86314

No faxed or emailed applications will be accepted.

For additional information call: 928-772-7711.