



# THE REVIE



Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – November 26, 2020

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### Quote of the Week

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”*

John F. Kennedy



**OFF DUTY RULE: NEVER LET A TRUCKIE CARVE THE TURKEY!**

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## The Chief's Desk

I'm fairly certain that we can all agree 2020 has been a crap show of a year. Actually, that is probably an understatement for many of our friends, families, and colleagues. Nevertheless, it is the day after Thanksgiving, the holiday season, and a time to be thankful. Quite honestly, we should be looking for things to be thankful for every day, not just at Thanksgiving, and *especially* during trying times. Maintaining a positive outlook and being thankful is good for our health, especially when it seems the world around us is imploding.

We could give into the negativity, stress, and fear that has been created around us. However, kicking the dirt and complaining won't change anything, and it's not healthy. My challenge to everyone reading this is to put the negativity and fear aside to focus on the positive for the remaining weeks of this year. If you look for happiness, you will find it.

I'm thankful for my family. We are fortunate that the kids were able to come up and enjoy Thanksgiving with us. I'm also thankful we live in Arizona where the Governor didn't try to limit our family time – I wouldn't have listened anyway, but it's good he didn't try. Next year, my daughter's family, which includes our grandkids, will be somewhere else for the holidays. Their assignment in Arizona with the Army is coming to an end and it's time for them to transfer. While it will be hard to see them go, I'm thankful that we enjoyed three good years living close to one another.

I'm thankful that our son Andy graduated from NAU on a Friday last December and started a fantastic job with McCarthy Construction on the following Monday. He has done exceptionally well over his first year of employment, and it is good to see him both happy and finding success. His girlfriend, Becca, has a fantastic job just a few blocks from his office, and together they have a very nice apartment in Tempe. We really like her, she is excellent at keeping him in check 😊

I'm thankful that I am married to a very special woman. Jen and I have been together 29 years as of August 2020. While we didn't get to enjoy a Caribbean getaway, we did get to explore a part of Colorado we've never experienced before. Thank you Chief Niemynski for the recommendation. As a result of some of the happenings this year, we ended up buying a couple kayaks, which has been a blast.

Because of the issue that shall not be named, I have not been able to travel as much for work. However, that has provided more time for me to focus on a few projects, as well as work to develop some new ideas. I do believe there may be some that work in Admin who would very much like me to go away and stop coming up with fantastic, innovative, and creative things for us to do 😊 Our podcast is up and running! This has been in the works for over a year, and now, for better or worse, we get to see and hear the results. A big thank you to Jonah for organizing the technical side of this, which is a tremendous amount of work! I'd also like to thank Eric and Andrew for the work they did to make the studio look inviting and clean. **Continued Page 4**

### Upcoming Events:

Nov 30 – Office Day, Board Meeting

Dec 1 – Labor/Management, Board member swearing in

Dec 2 – Wage and Benefit Committee

Dec 3 – AFDA Meeting, AFSI Special Meeting

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### Board Meeting:

November 30<sup>th</sup> Administration  
CAFMA – 1700-1830



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# Gratitude Is Different (and More Powerful) Than You Think

BY BENJAMIN HARDY, PH.D.

Life is harder now because our world is designed to distract us. Our world is more confusing than ever. This is no secret.

Depression and anxiety rates are skyrocketing. Addiction is an epidemic. Obesity continues to rise in America. General unhappiness, numbness, and dissatisfaction are basically the expected norm.

If your life isn't moving in the direction you want it to go, or if you feel overwhelmed by everything on your plate, then this article is for you. You can apply the methods in this article and see *immediate* results.

If you begin to develop a practice to apply the methods in this article, then you will learn how to achieve any goal you set. Gratitude is the mother of virtues. You've heard that a thousand times.

But what does it actually mean to be grateful?

Clearly, it isn't writing down a list of what you're grateful for once per year on Thanksgiving. And even though that is a helpful exercise, there's a lot more to it, although it isn't complicated.

## Gratitude Transforms 3 Things

Fundamentally, gratitude is intended to change three things:

- Your past
- Your present
- Your future

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## ***Be Thankful – See the Good in All That We Have***

By: Leslie Catherine

It's that time of year when our thoughts turn to Thanksgiving and the day that is set aside to feel thankful for what we have. Hopefully this is a mindset that is already present in our daily lives...feeling gratitude and appreciation for the many blessings and opportunities we have. Our lives can be enriched so much if we take the time to be thankful and see the good in all that we have.

We live in a consumer-driven society where we are often wanting more and comparing what we have to what other people have. Yet simply by living in the United States with our freedoms and opportunities, we already have so much compared to others. Each day we have freedom to practice any religion, to speak freely, to enjoy prosperity, to get an education and to work hard for what we want. Our opportunities are limitless.

How can we turn gratitude into a daily habit instead of a once a year holiday obligation? By recognizing the abundance we already have...our family, our relationships, our material things that bring us comfort and our memories, dreams and hopes.

Be Thankful for Family

Family relationships, connections and support are things that we can easily take for granted. However, having the love of family, to support us in hard times and cheer us on in the good, is a gift that is more precious than anything we can buy. Family is the rock and foundation of earthly life and we should take time to see and appreciate the good that family provides.

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## **Chief's Desk Continued**

I'm thankful that we did not shut completely down and that we are coming out of the year a stronger team. Our Administrative folks kept things moving and had fun while doing the work. I never realized how many talented artists we have in our Admin office. I'm very thankful that we all pulled together to keep our operations running and to support one another.

Our training folks did an outstanding job keeping things moving through CARTA, even hosting some advanced training that included outside instructors and attendees from around the state. Chief Feddema and his team did a fantastic job pulling together the Battalion Chief Academy this year! It was definitely a challenge, which also served as a learning experience. The feedback from the students clearly shows that their efforts exceeded expectations.

I'm thankful for the outstanding work our Operations folks continue to do representing us in the community. The feedback from our constituents is almost always outstanding!

Chief Polacek and Chief Bliss made it through their careers to retirement. I'm thankful for the opportunity I had to work with both of them for nearly seven years, and am sorry to see them go. That said, I could not be happier with the two new members of our team – Chief Feddema and Chief Rose! Who would have thought a little over seven years ago when I met then Captain and Union VP Cody Rose that we would be working together as part of CAFMA? Seems like just yesterday.

Unfortunately, we were never able to hold our large retirement, promotion, and graduation ceremony. However, I'm thankful that we did not short-change our folks by doing something that would not allow families to participate. We say it, and I hope we live it here at CAFMA -we are family. To that end, while

delayed, and on a smaller scale, we will still recognize our honorees after the first of the year with family and friends.

I'm thankful for friends both new and old. Since moving to Arizona I have had the privilege of meeting and getting to know any number of peers who have become close friends. Despite not being able to see each other in person as we would normally, we have still remained in close contact via Zoom, phone calls, and texts. I never thought I would be thankful for a virtual meeting platform, but it is 2020 so there you go.

I'm thankful that I was able to get out with friends and travel to both Moab and Sand Hollow, Utah this year for a couple of Jeep outings. Getting out and away is a good stress reliever – helps me find center again so I can refocus.

I'm thankful for my family back in the St. Louis area, and I'm thankful I don't still live in that oppressive climate ☺ Sorry mom and dad, but your weather year-'round is absolutely terrible. Thankfully, we have Zoom so we can still catch up face-to-face and enjoy an occasional virtual adult beverage together.

There are certainly things, people, and areas of my life that I have not mentioned here, but that I am equally thankful for. I have a good life and I plan to spend my time enjoying it, not kicking the dirt or living in fear. We live in the greatest country in the world, even when we don't agree with everything that is happening around us. At least we have the freedom to disagree, and the ability to affect change.

I hope you take some time this Thanksgiving to enjoy your family whether in person or virtually. And, I hope you will take more than a moment to really think back on the year and identify all that is wonderful in your life. The year 2020 is a moment in time, not the entirety of our lives. Live yours to the fullest, be kind to others, and have gratitude for all you have each day.

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