



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – Jan 15, 2021

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"I don't trust anyone who's nice to me but  
rude to the waiter. Because they would  
treat me the same way if I were in that  
position."  
Mahammad Ali



Only ten more points on the entrance exam..... ☺ We love our LEO friends!

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## The Chief's Desk

My Jeep parts did not arrive in advance of last weekend, so the Jeep continues to sit waiting for the control arm rebuild. As you know, patience is not my thing. Not being one that can sit idle, I spent the weekend messing around my shop. After all, I do have a new welder, I was able to acquire a hydraulic press, and Jen was out of town for the week. I finally decided to tackle the fabrication of a third mounting point for my spare tire carrier. I have been looking at it since my trip to the Rubicon, but had not settled on a plan or design.

Fortunately, after poking around in my scrap metal pile for a bit I found a piece that finally allowed me to develop a plan. For the next three hours I put my new tools to work while I cut, bent, and welded things. It's home built, so it was a kind of design-and-solve-problems-as-you-go project. In the end, my tire carrier is completely secure, my welds don't look as agricultural as they used to, and I was able to use the press brake I had fabricated the night prior. All in all, not only a great day in the shop, but in the end I really felt a sense of pride and accomplishment in what I built.

Isn't it amazing how good we feel after we accomplish a challenging task? When we stretch ourselves, solve challenges, move barriers, and learn something from the experience, there is a strong sense of satisfaction and pride in a job well done.

Professional accomplishments provide one sense of satisfaction while academic accomplishments may provide another, and creative accomplishments yet another. It really depends on your focus at a given point in your life and career. For me, professional accomplishments make me feel fulfilled and give me a sense of purpose. Through the guidance and grace of others, I've been able to accomplish a lot in my career. When I look back at where I was 27 years ago when I started, to where I am today, I am dumbfounded. I certainly would not have predicted that I could have ever risen to the level of fire chief, let alone in an agency the caliber of CAFMA. There are a lot of people in my life to whom I owe a debt of gratitude.

When I build something on the Jeep, I feel a different sort of pride. Mine is not the prettiest, it's not the strongest, and it doesn't have a lot of high-end parts – okay, maybe some. However, my friends and I have built this thing in different garages over the last seven years with parts sourced from Craigslist, FB Marketplace, an occasional supplier, and raw steel that is cut, bent, and welded by us. When I'm on the trail and someone comments about how capable my Jeep is, it puts a smile on my face because I've had a role in every part of the build. And, when I break it, I know that I've learned enough to be able to fix it myself. For example, run into a boulder which results in a smashed bumper and broken weld? No problem, cut the end off, straighten it out, and weld it all back together. A little paint - then stand back and admire my handy work. I feel a great sense of accomplishment in the shop and on the trail not only because I did the work, but because I learned something useful in the process. **Cont. Page 4**

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### Upcoming Events:

Jan 18: Senior Staff Meeting, CVFD and CYFD special board meetings

Jan 19: PRCC Liaison, MAC/COOP meeting COVID

Jan 20: Chief Teaching in Kingman, PVEDF Board Meeting

Jan 21: Return from Kingman, Yavapai County Chiefs Meeting

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### Board Meetings:

Jan 25 Administration

CAFMA – 1700-1830

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## **The Janitor Who Helped Put a Man on the Moon**

**By: The Greennotebook**

In 1962, President John F. Kennedy visited NASA for the first time. During his tour of the facility, he met a janitor who was carrying a broom down the hallway. The President then casually asked the janitor what he did for NASA, and the janitor replied, "I'm helping put a man on the moon."

Take a moment, and reflect on this idea. The janitor knew something that most of us struggle with, the purpose of his work. He kept the building clean so that the scientists, engineers, and astronauts could focus on their mission of putting "man on the moon". They did not have to worry about spending their time on trashcans, bathrooms, or hallways. He did that for them. He saw where his contribution fit in the organization. He connected his purpose with theirs.

### **We determine our proximity to the objective**

Too often in the military, we think that if we're not the ones kicking in doors, maneuvering a tank, or firing artillery rounds, that our job doesn't matter that much. But it does. The staff captain who works on a slide is freeing up the major to look ahead to the next problem. The administration clerk worries about processing pay and personnel actions so that the infantryman can focus on marksmanship. The mechanic, who works late hours fixing an engine, enables that the Stryker crew to focus on maneuver. It is all connected.

Our proximity to the objective is not determined by an organizational chart or distance from the action, it is determined by our mindset. We are the ones who choose to go to work each day with the mindset of either "I sweep the floors" or "I help put a man on the moon".

[fromthegreennotebook.com](http://fromthegreennotebook.com)

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## **EVOLUTION STUDY SHOWS WHY FEELING PROUD IS KEY TO HUMAN SURVIVAL**

**By: Sarah Sloat**

Imagine that it's 70,000 years ago and you're living with a band of other ancient humans. You're pretty good at making hand axes, which is clutch in this crowd. But one day you fall ill, and you have no way of getting food this week. Do you sit by and hope Oogh brings you some grub, or do you bring up the fact that, as the local hand axe master, it's in everyone's best interest that you don't die? According to a paper recently released in PNAS, being proud of your talents is key to human survival.

In the new study, the researchers underscore the evolutionary importance of pride. Because it proved to be so beneficial to the survival of our ancestors, they argue, pride is built into our species' biology. The idea is that pride, described in the paper as a "neural system," increases an individual's self-esteem, which in turn increases that individual's status in the eyes others. Having that status, the University of

Montreal and University of California Santa Barbara researchers argue, increases the likelihood that the local community will help you withstand hardships.

Other researchers have suggested this theory before, but in an effort to show that pride really is a part of human nature, the team investigated pride in 567 people from 10 different small-scale societies in Central and South America, Africa, and Asia. If people of these varying cultures similarly valued pride as an emotion, they write, it would indicate that pride is a “panhuman adaption”:

[inverse.com](https://www.inverse.com)

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## **Chief's Desk Continued**

What is something that you do, or that you've accomplished that gives you that special feeling of accomplishment? Everyone is different so what makes you feel accomplished may be just a normal day for someone else. That doesn't discount or take away from you at all, at least it shouldn't. Many of my Jeep friends are far better at fabricating and welding than I am, but that doesn't diminish how I feel when I build something. Rather, I look to them for inspiration and guidance, always seeking to learn.

We've discussed the concept of stretch goals before. The basic idea is that you set a goal to accomplish something that takes you out of your comfort zone. Welding may not seem like much, but I've never had any formal training, I don't want whatever it is to break, and I would prefer it not look like total crap. So, each time I start to weld something that really matters, there is a slight feeling of discomfort. I mean really, rebuilding my control arms requires me to weld in some new parts. If they break while I'm driving, the outcome will not be very good. That said, I don't want someone to weld them in for me - this is something I have to do myself.

When I was in college, especially since I was paying my own way, I set a goal to turn in only high quality work resulting in a good GPA. For someone who was not a good student in any way during my K-12 years, establishing such a standard was lofty. I spent a tremendous amount of time and effort in each class and on every assignment. Jen did a lot of proofreading, which was very difficult, especially in the beginning. Ultimately, I graduated with a 4.0 GPA for both my undergraduate and graduate degrees. That did not come easy for someone like me - I'll just state the obvious, I'm not the brightest bulb in the bunch. It's possible that because I had to pay my own way, I was a bit more committed than if it had been handed to me.

The important thing about accomplishing things in life is that you have to make yourself uncomfortable to achieve great things – they don't just happen. I read the following somewhere, but can't remember where at the moment and this is not the exact quote, but you'll get the picture:

A man saw someone playing a guitar and was amazed at what he heard and the skill it took to play. The man then said to the guitar player, “I'd give my life to play the guitar like that”. The guitar player responded back, “I did”.

Nothing in life is easy. Talent gets you to a certain point, but it's determination, commitment, and grit that are needed to succeed. A person, or organization, cannot rest on their laurels and think they will

continue to progress. If you want to move forward and achieve good things, you have to put in the work. You also have to make mistakes, own them, learn from them, and adjust moving forward.

It's amazing that such a little thing like creating a third mounting point on a home built Jeep tire carrier can give me such a sense of accomplishment, but it does. In all reality, it's through these types of endeavors, i.e. facing a problem, looking at raw material, and creating a solution that we grow in all aspects of our lives.

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