



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – July 16, 2021

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*"The world is moving so fast these days that a person who says it can't be done is generally interrupted by someone doing it."*

**Elbert Hubbard**

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## **The Assistant Chief's Desk**

**By: Dave Tharp**

With Chief Freitag being incapacitated due to his shoulder surgery, he announced in an email to Senior Staff that one of us would be doing the Podcast and another would doing the review. He also stated that he appreciated those that were "volunteered" for the assignments. Chief Feddema and I met in his office and inquired as to who "volunteered" for these assignments – because none of us had any knowledge of who was doing what and it was the day before his surgery. He smiled like a cat that ate a canary and said, "I figured you guys would work it out." Chief Feddema and I immediately looked right at each other and said, "Cody!" Chief Rose was not there to defend himself... and you know the saying about not being in a room when assignments are handed out. However, Chief Rose came up with a brilliant rationale – he was leaving after Tuesday and would not be anywhere with internet. Lucky... this time.

Honestly, Chief Freitag is asking for help, and we are happy to assist. There is something to be said about that simple act of vulnerability and humility – asking for help. My daughter, Naya, taught me a valuable lesson regarding asking for help just the other day and I had to learn the hard way about vulnerability and humility. She told me that she had some LED lights that she wanted to hang in her room to produce a "starlight" effect, but she wasn't tall enough. I'll be honest, my attitude was not necessarily helpful as I was tired from the day's activities and still had dinner to prepare and homework to accomplish. She sensed my reluctance when I groaned and said, "Now??" She looked at me and said, "no worries, Dad, I know you need your rest." – Which is a wicked way to manipulate me into action.

So, while she tried to provide some direction, I rapidly got the ladder, guessed where the lights should start and end, attached connective tape, and installed the lights. Along the way, my poor daughter would try and provide me some "help" – which I dismissed as her comments just added frustration to the situation for me when she would point out that the lights were crooked, the tape was showing or they were too far away from the plug. After multiple installation "attempts", I finally

installed them to her liking and plugged them in. They didn't work. Now my frustration was clearly visible and I said a few choice words to match my attitude. I stated something to the effect of – “This was a total waste of my time and effort as this was a stupid project” (redacting the curse words). I started checking on all the connections and plugs – muttering sarcastic and angry comments under my breath. My daughter, sitting on the bed, said, multiple times, “Dad, you did great, but I got this.” This frustrated me even more as I could not get the lights to work and felt that she was placating my ineptness and failure. I finally erupted and said – “Naya, you asked me to help you – I'm helping you, now be quiet!!”

Out of the corner of my eye, she took something shiny and round and put it into a flat piece of plastic. She closed a small flap and turned the flat plastic over and pushed a small button. The shiny, round thing was a watch battery. The flat piece of plastic was a remote for the lights. When she pushed the button, the lights came on and worked perfectly. She quietly said, “I asked you to help me because I wasn't tall enough, not because I don't know how to work twinkle lights.” Mic drop...

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## **TED Talks – Asking for help is a strength, not a weakness**

By: Michelle Sullivan

[https://www.ted.com/talks/michele\\_l\\_sullivan\\_asking\\_for\\_help\\_is\\_a\\_strength\\_not\\_a\\_weakness?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/michele_l_sullivan_asking_for_help_is_a_strength_not_a_weakness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

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## **Assistant Chief's Desk Continued**

I learned a powerful lesson. When my daughter (or anyone for that matter) asks for help, they are not asking you to do everything for them, to solve all their problems, to take away all their pain or overcome all their challenges. They are humbly (and with some vulnerability) asking that you provide that assistance for something they are unable to do for themselves at that time. They are giving you an opportunity to help them and yourself. We all become better when we truly support each other!

Some simple rules to being helpful is to listen, ask, and act. Listening can be helpful in itself, but truly listening to what is needed is essential. Asking for clarification, what can be done or what is expected further provides a positive plan towards being supportive. And finally, willingly acting with compassion and purpose can truly set up a “helpful” situation. I love kids and their perspectives on life – they are still teaching me as much as I'm teaching them – humbling and painful at times - but necessary to become better than yesterday.

“May we never lose our way.”