



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **May 20, 2022**

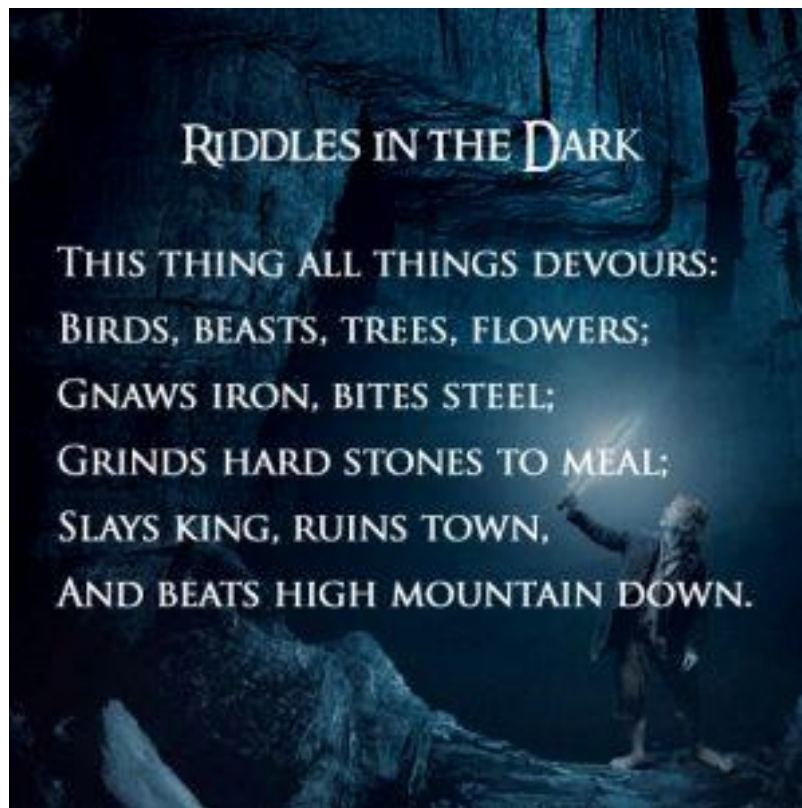
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That's it... You're welcome!

The two most powerful warriors are
patience and time.

– Leo Tolstoy, *War and Peace*.



The Assistant Chief's Desk

What is “this thing all things devours: birds, beasts, trees, flowers; gnaws iron, bites steel; grinds hard stones to meal; slays kings, ruins town, and beats high mountains down” (J.R.R. Tolkien)? Do you like riddles? Do you know the answer?

Before I go any further, I want to commend everyone for the hard work that's completed in response to the communities we serve. I'll never know all the good work that's accomplished on each call or by each individual within this organization, the good work that is accomplished in the middle of the night when no one else is around. The extra care that is given to a citizen in need, the extra effort that's given to prevent a catastrophic fire, or the double-check that is made to ensure the fire is out. For this I am sorry, but I'm also grateful. I'm grateful for each and every individual at CAFMA for your willingness to show up at the right place, right time, right uniform, and with the right attitude. Thank you.

So, what is this “thing” that devours all in its path like a cruel thief that waits for no one? This “thing” that's so precious that it cannot be bought, but it can be spent. It can be wasted, burned, and it can be killed. The answer? Time. So, what are you doing with your time? As you think about it, don't confuse this question with trying to encourage you to do more; to try and fill your life with more busyness, more activities, or more work. In fact, I'd recommend the opposite. If time was currency, how would you spend it? Would you throw it away at each opportunity, or would you invest it wisely, knowing that the supply is limited and cannot be replenished. If you knew the number of your days, would you more carefully consider how you're spending your time? I would expect that you would.

Instead of trying to figure out how much more you can pack into life, I'd ask you to consider the margin in your life. 'Margin' is defined as the amount available beyond what is necessary. It's the space between our load and our limits; the difference in what you have and what you need. This difference is a surplus, not a deficit. Margin, in relation to time, is the amount of time available beyond what's necessary to fulfill your obligations. It's the breathing room. Do you have margin in your life or are you too busy to relax? Do you have time to think, to laugh, or to cry? Do you have time to enjoy the sunset, to play games, or to enjoy your family?

As you answer the question, consider your stress and anxiety level. 'Anxiety' has been defined as the inevitable unease that gnaws at our confidence. The slow suffocation as we feel strangled by life. Consider how the trees bend from the pressure of the wind. We can't see the wind; however, we can feel it and we can see the effects. The stress and anxiety in our lives is no different, you can feel anxiety and it affects your life. If you don't find a way to get out of the wind and manage the stress, you may find yourself like a branch that has been worn down by life's storms.

Upcoming Events:

May 23: Board Meetings
May 24: ISO Survey Meeting
May 24: CV Town Meeting
May 26: PV Town Meeting

Board Meetings:

May 23: Administration
CVFD – 1600-1615
CYFD – 1615-1630
Joint Board Meeting – 1630-1730
CAFMA – 1730-1830

Have you ever reflected on how you manage the adversity and stress in your life? How you are able to handle the stress one week, but have difficulty the next week? I'd ask you to consider how margin affects your ability to handle the difficulties in life. When life pushes us toward the end of our rope, we need to have margin. We need to have a little rope left so that we may hang onto it as we weather the storm. If we're always at the end of our rope, there's nothing left to hold onto. Creating margin in your life will give you that extra rope to hold onto. The time to breathe, to think, and to relax. This is not the one-stop solution to the challenges we face; however, I believe it influences our resiliency, our ability to bounce back. If we're busy jumping from one activity to the next, we will have difficulty seeing a clear path forward.

When you consider your time and the ability to create margin in your life, it may require saying "no" to many good things so that you can say "yes" to the best things in your life. It may mean going to bed earlier and so you can start the day sooner. It may mean that you limit the use of technology so you can focus on reality. It may include scheduling a buffer between activities and not overbooking your time. It may mean investing more time with your family and less time at work. Margin will not just happen and it's not something you just find. You'll have to create, schedule, and fight for margin in your life. Remember, time is precious, so use it wisely and spend it well!

Have a great week!