



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **August 26, 2022**

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Have a Great Weekend!

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

- **John Quincy Adams, 6th President of the United States**

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The Assistant Chief's Desk

Do you have a personal philosophy on leadership? Have you ever considered what has shaped your understanding and belief on leadership? Have you ever reflected on your own leadership and your behavior? If you haven't, you should. Leadership is a powerful tool that focuses on the influence of people. While there's a great deal involved in the concept of leadership, a key concept is the process whereby an individual influences a group of individuals to achieve a common goal. This influence may not always be positive and may come from an individual in a position of authority or from someone with no authority at all. Leadership may be used to motivate or manipulate. It may be used to move an entire country in a specific direction or it may be used to simply help a child correct a behavior. Leadership may be clear and effortless at times and it may also be difficult and frustrating. Why is the concept of leadership so difficult to define? Defining leadership is elusive because leadership is about influencing people and people are complicated. Long-term success will be based on the ability to adapt and overcome the challenges faced along life's journey.

As I review where I derive my opinion on leadership, I find that it's shaped by my upbringing, my values, and my faith. When I was growing up I listened to stories from my father's experience as a supervisor at a manufacturing plant. He talked about his role in leading people in order to get the best out of them. He had pursued a degree in psychology and he used his education effectively in his supervisory role. I remember fondly listening to stories about how he would work with someone to help them maximize their potential and achieve personal success. As I reflect back on those conversations, my father had a significant role in shaping my opinion on leadership and human interaction. My upbringing helped shape my values and influenced my thoughts on leadership. With leadership defined as 'the ability to influence others toward a common goal,' the next key component is the values of the leader; values determine the motive.

What do you value? I value the same things many people would describe as important for a leader. I value honesty, integrity, dedication, humility, professionalism, respect, and competency; just to name a few. The list could go on; however, coming up with important leadership values is simple. The difficult part is the application of these values with consistency, regardless of the circumstances. This is where many leaders fail. They can have all the tools and knowledge at their disposal, but it's performance during the most difficult times in life that will determine whether these are spoken values or heart values. Are they just words or are these values imprinted on the heart of the leader? From the heart, our behavior will flow.

Upcoming Events:

Aug 30: DEI Seminar
Aug 31: Quarterly Command Staff Meeting CAFMA/PFD
Sept 1: Trautwein Retirement

Board Meetings:

Aug 22: Administration

Health & Wellness

By: Patty Murphey, HR Manager

I'm excited to introduce a new feature to *The Review*! Once a month we will highlight a different health and wellness topic; for example, cancer prevention, peer fitness information, healthy recipes, mindfulness, etc.

For those who have met me, you know I'm a Crossfitter and have been checking out the gyms during my Station visits. Health and wellness refers to more than just working out, though; it's what we eat, our mental health, and an overall positive approach to living. I'm looking forward to using this space to highlight any and all issues surrounding health and wellness. Please send me your ideas! Is there a topic you want to know more about? Questions you have? Wanna work out together? Bring it on and I'll make it happen. Thanks for reading, and I can't wait to meet more of you in person as I continue my Station visits!

Prevent, identify and treat sleep disorders in firefighters

By: Sara Jahnke, Ph.D.

It is not news to any firefighter or first responder that sleep can be a challenge – what is news is how big the issue of sleep deprivation can be and the negative impact it can have on your health.

Interrupted sleep, not getting enough sleep or sleeping at irregular times can have severe implications for health by interrupting circadian rhythms. These rhythms are the physical, mental and behavioral changes that occur over a 24-hour period and regulate the body's processes through the release of melatonin.

According to the American Academy of Sleep Medicine, interruption of these rhythms leads to short term impacts like difficulty with concentration, headaches, mood changes and irritability. In the long term, interruption of these chemical processes can increase risk for cancer, cardiovascular disease and obesity.

Shift workers face particular challenges related to sleep. When workers start shift work, it is not uncommon for them to have difficulty falling asleep or staying asleep and they often find themselves tired even after 7-8 hours of sleep. If this trend continues for several weeks, it can be considered Shift Work Disorder. The disorder is the result of a workers' circadian rhythm being interrupted and melatonin being produced at the wrong time by the body.

Work-related impacts of shift work include higher rates of injury, accidents, mistakes and missed work days.

[READ MORE](#)

The Assistant Chief's Desk Continued

Personally, my values are shaped by my upbringing and my faith. If I were to sum up my leadership philosophy in one verse it would be, "Honor all people, love the brotherhood, fear God, honor the King." 1 Peter 2:17. It's about my personal behavior toward everyone I come in contact with. It's treating everyone with value regardless of their rank, race, gender, political beliefs, or their success in life. It's treating everyone with dignity and honor, regardless of how they treat me. If people understand that I'm working to support them with the best of intentions, then my level of influence will be greater. My leadership philosophy is focused on my behavior and attitude toward others. I'm well aware of my limitations, my insecurities, and my mistakes. I move forward, whether as a leader or a subordinate, doing the best that I can to work towards the common goal. I believe that this is my purpose in life, to be a good husband, father, son, supervisor, and subordinate. My opinion regarding leadership is based on behavior, doing the work. Theory is only as good as its application.

If I fail as a leader, I would prefer to fail with the best of intentions. This is not a please everyone approach. It's not about always saying yes. It's about having the difficult conversation and knowing they are difficult even before they take place. What may not be difficult to say, may be difficult to hear. It's my responsibility to know the difference, because leadership may be demonstrated through a dynamic speech or through words spoken in kindness. As Admiral William McRaven wrote in his book *Make Your Bed*, "Sometimes all it takes is one person to make a difference." He was describing the difficulty in comforting a grieving family during loss. We may find ourselves in difficult circumstances and it is our behavior that will say the most about our values.

Leadership, influencing others, can also be difficult to achieve. There are moments where it's important for a leader to take a step back and rediscover their sense of purpose and reorient themselves when overwhelmed with confusion or uncertainty. Sometimes it only takes one degree of change to reorient ourselves and get back on track. This reorientation is not something we can always do on our own, and often takes those closest to use to help us make that one degree of change. Trying to lead others toward a common goal can be difficult and, at times, feel like hiking a mountain in a fog. While you continue to drive forward up the mountain, you're working uphill toward a summit you can't see. Even when you reach the summit, it's often difficult to know that you arrived. My leadership philosophy is centered on my behavior, behavior focused on treating everyone with dignity and honor, working hard to do my best in all aspects of my life, and doing everything I can to influence those around me in a positive direction. If my opinion is based in reality, then my philosophy on leadership should match my behavior. Does your behavior match your belief?

Have a great week!

2022 Patriot Run



What is it? The Patriot Run is a 10k, 5k, and 1 mile running event that starts and finishes at the Prescott Valley Healing Field of Northern Arizona. The Patriot Run is a fundraiser for the Central Arizona Honor Guard.



Where? The Prescott Valley Civic Center at 7501 Skoog Blvd, Prescott Valley, AZ 86314



When? The event is on September 10th, 2022

- Check-in and walk up registration opens at 6am
- The 10k starts at 7am
- The 5k will start at 7:10am
- The 1 mile will start at 7:20am

How do I sign up? Register at patriotruncv.com &

Walk up registration starting at 6am on 9/10



Follow us on FB at [The Patriot Run at the Northern Arizona Healing Field](https://www.facebook.com/ThePatriotRunattheNorthernArizonaHealingField) and IG at [patriotruncv](https://www.instagram.com/patriotruncv)

