



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **December 15, 2023**

This Edition:

The Assistant Chief's Desk..... Page 2

Have a Great Weekend!

“Don't judge each day by the harvest you reap but by the seeds that you plant.” - Robert Louis Stevenson

[The CAFMA Connect YouTube Channel](#) – Like, Subscribe, Watch, and Learn



The Assistant Chief's Desk

I would like to start this week by saying thank you. There is so much work that is completed each day that doesn't get acknowledged but keeps the organization moving forward. I want to commend everyone for the hard work that's completed to respond to the communities we serve. I'll never know all the good work that's accomplished on each call or the extra effort 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. This year has been busy, and I am grateful for 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.

Upcoming Events:

Dec 18 – Board Meetings
Dec 19 – Presidents Forum
Dec 20 – EOP Interviews
Dec 21

Board Meeting:

Board Meeting: Dec 18
CAFMA – 1700-1830

As we approach the holiday season, I would encourage you to spend time with the ones you love. In a season where it is often said that "it is better to give than receive", consider what gift you can provide. When we think of giving, we often think about presents that are purchased; however, you should never discount the gift of being present. When you give the gift of time, you are giving someone the most valuable possession we have. It is something so precious that it cannot be bought, but it can be spent. It can be wasted, burned, and it can be killed. But 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, the time you have available. With that available time, what are you doing with it. If time was currency, how would you spend it? Would you throw it away at every 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.

Because your time is limited, this week is a short Review. Use this season to give the gift of time and connect with loved ones. We are all burdened with obligations in our life and sometimes our available time is limited but use that time wisely. Spend it well, knowing that you are investing in relationship around you. When you consider your 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 deliberate time with your family. 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!
