



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – April 26, 2024

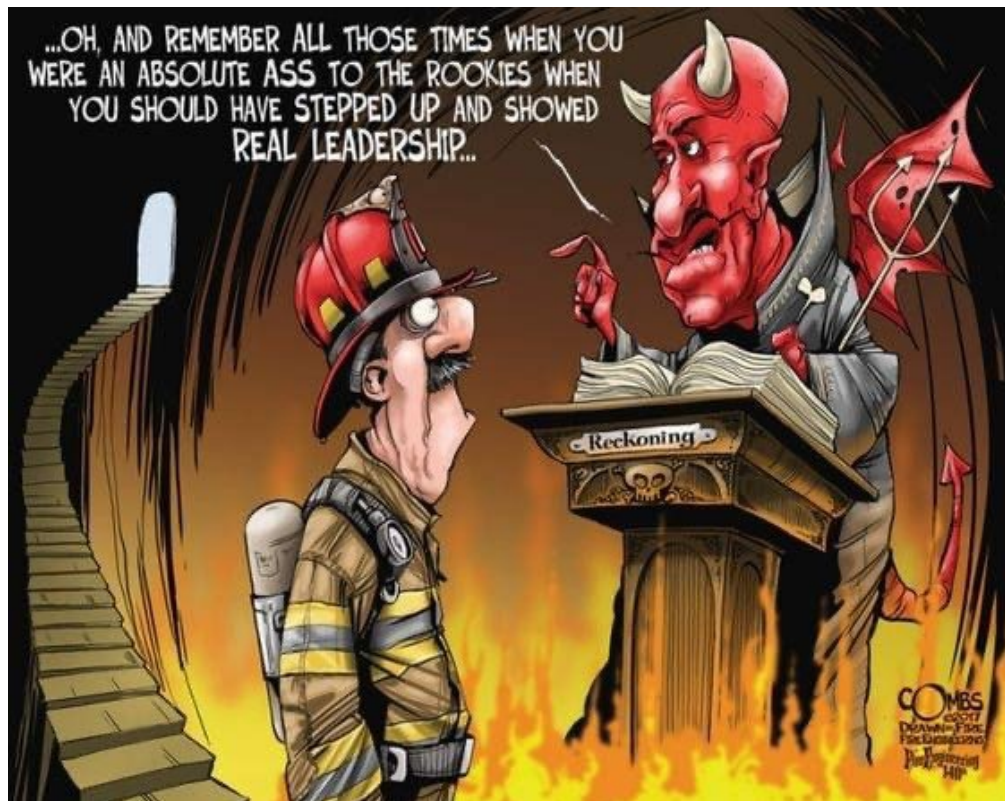
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"Today is not just another day. It's a new opportunity, another chance, a new beginning. Embrace it."

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The Chief's Desk

One of the most valuable commodities in life is time. We only get so much of it, and we cannot make more of it. If we waste time, we don't get it back. If we use our time wisely, we can create great memories, experience new things, develop the next great something, or simply enjoy the company of others.

It's often said that on our death bed, we won't be concerned with money, things, or careers. Rather, what we'll ask for is more time i.e., more time with family and friends. Time is not something we should take for granted, nor is life. As we know in this profession, life is fleeting and frail.

Over the last couple of weeks, I've had the opportunity to attend Jen's family reunion in Scottsdale, followed by some time with my family back in St. Louis. It would be easier to go back and see them if they didn't live in such an undesirable place to visit. I mean, I was greeted at my parents' house by a tornado siren sounding and meteorologists preempting whatever was on TV because of a severe storm moving through the area. Tornadoes did touchdown on the western side of the county and on the Illinois side of the river. Fortunately, the damage was minimal – this time.

Anyway, the last couple of weeks have been filled with family, some of whom I haven't seen in well over ten years. I know what you're thinking, it's hard to catch up with extended family e.g., cousins, aunts, uncles, etc. No, I'm speaking more of Jen's brother and his family, as well as her stepbrother who happened to visit Prescott. It's only been a few years since I've visited Jen's aunt and uncle in Scottsdale. Still, they live less than two hours away and yet we haven't seen each other in some time.

COVID was a factor in some of the extended time frames between visits. Life happens and things change. Because COVID kept us all isolated, I became more focused on the here and now with work and being out in the shop. I have been informed that spending less time in the shop, and more time hiking with Jen this year may be advisable – who knew... At the end of the day, once COVID restrictions lifted, many of us continued on with the habits we created while we couldn't travel and visit friends or family as freely.

This was my first trip back to St. Louis that was not tied to a funeral, some other special event, or because I was passing through for work. I went on vacation, on purpose, back to Missouri. It did give me an opportunity to help my parents around their house on a couple small projects. Just some basic toilet installs, and replacement of a plumbing valve. My brother and sister have been carrying the load for the last several years as my parents have struggled with some health issues, and I'm in Arizona.

I've made the decision that I have to get back to St. Louis at least once a year, twice if possible. My nephew will be getting married in early November, so I will be traveling back to St. Louis for a second time this fall. **Cont. Page 3**

Upcoming Events:

April 29-May 1: Chief in Washington DC for the AZ Fire Service Institute (CFSI)
May 4: CAFMA/PFD Family Day at Goldwater Lake

Board Meeting:

Board Meeting: May 27
CAFMA – 1700-1830

The Most Valuable and Underrated Leadership Skill? Listening

By: ANDREA WOJNICKI

When we think about successful leaders, we typically consider individuals who project a strong executive presence. In my role as an executive communication coach, leaders seek coaching on skills such as effective public speaking, demonstrating confidence, inspiring people, and communicating their personal brand.

It's all about projecting outward. What about listening?

In leadership, few skills are as routinely overlooked as listening. Yet listening is certainly a valuable leadership superpower. Listening is the quiet powerhouse behind effective people leadership, stakeholder management, and innovative progress.

Here's how three prominent CEOs harnessed the power of listening to transform their leadership and create impact.

1. Mark Cuban: From all talk to listening first

Billionaire entrepreneur Mark Cuban, known for his role on Shark Tank and for owning the NBA's Dallas Mavericks, admits that a common pitfall marred his early career: He was all talk.

Cuban's enthusiastic and assertive personality didn't leave much room for listening, which initially made him less likable. That all changed when a mentor advised him to write listen at the top of his meeting notes.

This shift didn't just alter how he engaged in meetings--it transformed his approach to business interactions by fostering better relationships and leading to more effective decision-making. Cuban's experience underscores that listening is not just about being quiet while others speak but about actively engaging with and considering others' perspectives.

[INC.com](https://www.inc.com)

The lure of alternative employment: Where will stressed-out firefighters go?

By: Dr. Reginald Freeman

In the heart of every firefighter beats the passion for service, the drive to protect their communities, and the camaraderie forged amidst the uncertainty of what the shift will bring. However, beneath this noble exterior lies a stark reality: A significant number of firefighters are considering leaving the service due to soaring stress levels. According to [FireRescue1's What Firefighters Want survey](#), a staggering 42% of

respondents expressed the possibility of departing from the fire service, citing stress as a primary factor. This alarming trend not only threatens the operational readiness of fire departments across the nation but also raises profound questions about retention strategies and the evolving landscape of firefighter demographics.

The stress conundrum

For generations, firefighters have confronted perilous situations with unwavering resolve, yet the invisible adversary of stress has emerged as a formidable foe. The nature of firefighting demands resilience in the face of adversity, but the cumulative toll of trauma, long hours and organizational pressures has taken its toll. The survey findings shed light on the pervasive impact of stress, prompting a critical examination of its root causes and potential remedies.

Many of these individuals once cherished their roles as firefighters, driven by a deep sense of purpose and a commitment to public service. However, the relentless onslaught of stress erodes this passion, sowing seeds of doubt and disillusionment. From sleepless nights haunted by traumatic memories to the [strain on personal relationships](#), the toll of stress permeates every aspect of a firefighter's life.

[FireRescue1](#)

Chief's Desk Cont.

There's been times since I moved that I've not gone back for family events or gatherings because I've been focused on work, or simply because of my life and friends here. That said, I've realized that time is not indefinite, at least not for me or my loved ones. To that end, it's important that I set time aside to get back, stay close to, and enjoy the time I have with my family. The same is true with Jen's mom and stepdad who live near my parents, as well as her dad and stepmom who live in South Carolina near her brother.

We talk about family a lot in the fire service. And, as I've said on numerous occasions, the fire service family feel/culture requires effort and engagement on your part, it's not something that exists without effort. I believe the same is true with our families whether at home or spread out across the state/country. Being blood relatives is one thing, but being a family takes effort. You must cultivate relationships, build friendships, and spend some of your time whether it's traveling 2 miles or 2000 miles.

We tend to get wrapped up in ourselves, and the direction we're heading in life. Sometimes, it's good to take a breath, slow down, and spend some time with those you love – or tolerate, I mean whatever the case may be 😊 And to my brother and sister, planes do fly to and from St. Louis and Phoenix – it's a real thing, I just did it... Just putt'n that out there for whatever 😊

Time is a commodity and none of us know exactly how much time we have allotted to us. Don't be selfish with it, share it with family and friends. Enjoy what life has to offer, go create, learn, and achieve. Your only boundaries are the ones you create for yourself.

No word as of this writing regarding our CON. If it's 30 calendar days that the Director of DHS has to make a final decision, we should hear by the first of next week. If it's 30 business days, we should hear the week of May 8.
