



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **August 23, 2024**

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Have a Great Weekend!

*"Don't be pushed by your problems. Be led by your dreams."*

~ Ralph Waldo Emerson

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## The Assistant Chief's Desk

Chief Freitag underwent shoulder surgery earlier this week and requested that I write The Review. The past few months have passed quickly as we've been working on multiple projects. I'm grateful for everyone's exceptional dedication and commitment to CAFMA, especially as we've navigated through organizational challenges. Your hard work and resilience are truly appreciated as you uphold CAFMA's mission every day. Together, we will emerge stronger from these challenges. Thank you.

I was having trouble finding the time and inspiration for a topic this week, so I decided to share something I wrote a while back. The topic was the about the pursuit of happiness. The authors of the Declaration of Independence considered happiness to be important when they wrote: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." This statement formed the foundations of democracy in the United States of America and elsewhere in the world. The challenge is that there is no blueprint or map for this pursuit. So, what is happiness and how is it pursued?

The word "happy" is derived from the root "hap," which means "luck" or "chance." You take this same root and put it to another ending, haphazard, and you have a word that means that bad things happen by chance. The root meaning of happiness is "favored by chance," an emotion dictated by circumstances beyond our control. Was the pursuit of happiness in the Declaration of Independence based on luck? Probably not. I believe the perception of happiness has changed since 1776. I think the framers of the Declaration of Independence would have viewed happiness as more related to self-worth and dignity gained from pursuing purpose, rather than self-gratification. I could be wrong, but it's unlikely they could have foreseen our post-modern society, which sees happiness through the pursuit of "more" - more money, more power, more pleasure. Happiness is now associated with living "the good life," seeking pleasure, relaxation, and material goods. The danger in our current view of happiness is that it cannot be fulfilled through the consumption of material goods, but advertisers continue to promote the next best thing. Having enough has become a constantly evolving standard, and delayed gratification is a forgotten concept due to entitlement. Why wait until tomorrow when you can have it today and pay for it later? This concept is embraced not only by individuals, but also by cities, states, and nations.

"Would you know what enough looked like?" John D. Rockefeller was once asked this question. His response was, "Just a little bit more." At the peak of his wealth, Rockefeller had a net worth equal to about 1% of the entire US economy and owned 90% of the oil and gas industry at that time. Even compared to Bill Gates and Warren Buffett, Rockefeller's wealth overshadowed theirs, yet he still desired more. His relentless pursuit of wealth left him perpetually dissatisfied. Rockefeller's self-worth

### **Upcoming Events:**

Aug. 26 – Executive Staff Meeting  
Aug. 27 – Chino Valley Town Council  
Aug. 28 –  
Aug. 29 –

### **Board Meeting:**

Board Meeting: Aug. 26  
CAFMA – 1600-1800

seemed entirely tied to his net worth. His perspective should demonstrate that "enough" isn't a destination, but rather, an attitude.

I believe that the pursuit of happiness is a journey. Life has been described as vaporous, here today, gone tomorrow. It's important to find joy in today so you do not lose tomorrow. My encouragement is to work hard and strive to find the good in everything you do. Spread joy with a heart that is focused on contentment and hope. Carry this attitude into your conversations and interactions, both at work and at home. Remember, while misery loves company, joy is contagious.

Be humble, be coachable, walk with purpose, and work hard.

Have a great week!

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