



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **January 4, 2019**

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Quote of the Week

"I do the very best I know how - the very best I can; and I mean to keep on doing so until the end.

Abraham Lincoln



Engine 59 on Legend Hills

The Chief's Desk



Well, that was an interesting beginning to the New Year! You all know how I feel about snow i.e. its fine as long as it's nowhere near me 😊 I'd like to start by thanking everyone who came in to assist in putting up six additional pieces of equipment, as well as staffing a third BC position. As always, you represented our organization exceptionally well on every

response throughout the day and night as well as the days that followed.

Chief Polacek is working on call numbers, types of response, and final numbers related to damage of CAFMA equipment. Last I heard, we had one admin vehicle, and 3-4 engines damaged. It's unfortunate, but not completely unexpected given conditions that day.

I'd like to thank Domenic for forgoing his day off to assist Katie at an accident involving the admin Jeep, and then getting Susanne home. He then returned to coordinate with all of our fleet staff to ensure you all were able to continue responding. Outstanding coordination and effort by our fleet staff! Thank you to Bill and Patty Brookins for taking care of Katie! Apparently, Patty's Camaro doesn't work well in the snow, so Bill came to the rescue!)

Chief Light has reached out and requested an AAR of the day to include our agencies along with Life Line and PRCC. Chief's Polacek and Feddema will be working with representatives from the other agencies to coordinate an appropriate date.

Yesterday, Thursday, was Engineer Adam Wagner's last day on shift before his deployment overseas with the Army. We wish him safe travels and look forward to his return. Please make sure to reach out to Tricia and the kids as we work to meet their needs in his absence. At the Labor/Management meeting we agreed to fly a Service Flag at Station 53 and on Engine 53 until his return. Continued on page 4

Upcoming Events:

Jan 7 – Senior Staff Meeting, Final prep for Senior Leadership Academy
Jan 8 – Day 1 Senior Leadership Academy, CV Town Council
Jan 9 – Day 2 Senior Leadership Academy
Jan 10 – Reserve Pension Meeting, Transfer of Command Sedona, Swearing in new Mayor and Council PV

Board Meeting:

January 28th Admin

CVFD – 1600-1630

CYFD – 1630 -1700

CAFMA – 1700 - 1800



The First (and Hardest) Step to Getting Help

By: IAFF Staff

Being a fire fighter or paramedic means putting others first, whether it's a fire, a car accident or any other emergency. When events like these occur, people call 911 to ask for your help. But what if you're the one who needs help? What if you're in a personal crisis that a 911 call can't resolve? Perhaps it's substance abuse or a mental health disorder, such as post-traumatic stress disorder (PTSD), or maybe

it's both. When you're used to being the one responding to calls for help, it can be difficult to reverse roles and be in the position where you need to make a call.

For many IAFF members struggling with a mental health or substance use disorder, the first (and hardest) step to getting help is admitting you need it. If you're currently battling a mental illness or addiction, perhaps the reason for your struggle stems from fear of what will happen after taking that first step.

Three of the most common fears are:

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Another Shooting, Another Consideration – The Need for a Predictable Response

By: Chief Joe Pulvermacher



It is hard to believe that next year marks the 20th anniversary of the devastation at Columbine and that the Virginia Tech shootings were 11 years ago. Despite these events and many others, especially in the last decade, many questions remain regarding active-shooter incidents. Debate still surrounds a number of questions:

- Who is responsible for patient care in the active-threat environment?
- How do emergency-medical resources commit to the incident?
- Who is the incident commander and how does communication take place between disciplines?
- How long will it take firefighters, EMTs and paramedics to assemble and deploy?
- What is the appropriate number of medical-care providers needed to render emergency assistance?
- What supplies and PPE work best in the warm zone?

Regardless of the variables, it's safe to say that as long as these incidents continue to take place, there will be a need to plan and train for a coordinated response.

Active-assailant incidents have the potential to generate multiple injuries in a variety of locations. The number and location of the injured will impact your response, approach and ability to commit to the scene. Responders should plan to treat the injured immediately upon arrival, even if dispatched to a staged location away from the address of origin.

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Chief's Desk Continued

As you are aware, Engineer Josh Barnum is now at the IAFF Center for Excellence in Maryland undergoing treatment for PTSD. A Go Fund Me account has been set-up to assist him and his family with expenses for the program. We've been told that the Center will have a contract with Blue Cross Blue Shield in the next several weeks, which is several week too late to help the Barnum Family. Patty has been working with Josh to file the appropriate claims; however we all know that traversing the Work Comp system can be a challenge. Please keep the Barnum family in your thoughts and prayers. If you wish to donate, you can find the Go Fund Me Account on FB. If you don't have FB, please ask Patty how to gain access to the account.

We are fairly confident that Josh is not the only person in our family that is suffering, and that you may have reservations about coming forward. Please, if you feel you need to talk, get with someone you are comfortable with and they will guide you to the help you need. That is exactly what Jason Butler did for Josh. As far as I am concerned, there is no stigma related to PTSD. We would all much prefer you seek help than become a statistical casualty.

It's been said that the difference between us and the lay public is expectation. When we come to work we expect to see and address traumatic events. However, the fact that we wear a uniform, and that we expect to see things does not mean that these sights, sounds and smells do not stick with us. After all, when we take the uniform off we are just ordinary people underneath. It takes courage to do our job, and it takes that same level of courage to ask for help when you need it.

Josh gave some credit to the speaker Chief Feddema brought in to discuss PTSD – Engineer Ben Vernon, San Diego FD. His program was engaging, insightful and emotional. The Arizona Fire Chief's Association has secured him as a general session speaker for the Leadership Conference next summer in Glendale. Remember, this conference does seek to engage company officers as well as chief officers.

We will be starting the review of our strategic plan at the end of this month. The committee has been established and will meet January 29th with Retired Tempe Fire Chief Cliff Jones for our kick-off. Both internal and external stake holders make up the committee, which also includes the union executive board. As part of the process, we will once again reach out to all of you seeking input on our SWOC-T analysis.

Many are used to the SWOT analysis concept, or Strengths, Weaknesses, Opportunities and Threats. No matter how you slice it, the word "threat" is negative, and I do not believe it truly represents the "challenges" we may face. To that end, we will use the SWOC-T, or Strengths, Weaknesses, Opportunities, Challenges and Threats concept. Under this model, "Threats" are wicked problems i.e. things that threaten the wellbeing of our organization and are beyond our control. In our case, the example we've commonly used is PSPRS. The system is a strain on our finances and ability to provide services, yet there is absolutely nothing we can do at this point except to continue paying the bill – we've tried. Challenges on the other hand represent issues we face, or need to address, but remain

within our power to overcome. These may be potential political or legislative issues as well as growth in the area which challenges our ability respond utilizing current resource levels.

Watch for an email in February asking for input from every division and Engine Company within CAFMA related to our SWOC-T analysis.

For those not aware, Sedona Fire Chief Kris Kazian has accepted a job with Windsor Severance Fire District in Colorado near Fort Collins. His last day is Thursday, January 10th. We will have representation in attendance for the changing of command ceremony. Jayson Coil has been named the interim chief until a recruiting and testing process can be coordinated. Chief Coil has been serving as the interim ops chief since Chief Piechura left late last year. Kris has been an active member of the Arizona Fire Service helping to progress any number of programs in the State not the least of which has been serving as the Chair for the revision of the Fire Service Mutual Aid Plan. He's also been a close friend and confidant. While it's unfortunate to lose him as an asset to Arizona, Colorado offers a fantastic new opportunity for him and his family. We have reached out to Chief Coil and offered any assistance or support he may need during this transitional period. We've always had a good relationship with Sedona FD and want to see that continue in the future.