



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **August 17, 2018**

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Quote of the Week

“Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself.”
 Henry Ward Beecher

Thank you!

Our family owns a cabin that survived the Donnell Fire in CA. As we were delivering some pies today to say thank you we saw one of your trucks. Hopefully your crew will get some of the sweet treats.
 We proudly fly the AZ flag at our cabin as my husband and I recently purchased a home in Camp Verde. Thank you for helping fight this horrible fire.

Dennis and Jan



- The Patriot Run is a fundraising event for the Central Arizona Honor Guard
- September 8th at the Prescott Valley Civic Center
- 10k & 5k 6am registration – 7am start time
- Honor Guard & Pipes and Drums perform at 9:30am
- 1 mile fun run and family fun event with fire trucks, kids obstacle course, a raffle, and a silent auction at 10am.
- Reasonable registration fees
- U.S. Military Vets and Active Duty run for free. (Free registration only on the day of the event with any form of verification of service.)

Online Registration: www.raceentry.com

Search: **The Patriot Run** On: **September 8th, 2018**



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The Chief's Desk

Lessons from a Navy Seal

Captain Damian Lys loaned me a book last week entitled *Make Your Bed* written by Retired Admiral and Navy Seal William H. McRaven. It was as described, a fast read and an outstanding take on leadership, accountability, and fairness. A little hint, life just isn't fair sometimes.....



It's funny how reading something like this can make you think about your current situation and cause you take a moment for some introspection. While not writing about the concept of making your bed, I will say I got up this past Wednesday morning after not sleeping only to decide a day in the office was not feasible – the fever didn't help things. As I drug my sleepy and aching self out of bed I thought about not making it – Jen's out of town and I really wanted to collapse back into the blankets and try to sleep. However, Admiral

McRaven's first lesson rang loud and clear in my head: Making the bed is your first accomplishment of the day, and you should always start your day with an accomplishment. So, as much as I didn't want to, I made the bed. One accomplishment checked on a day when I didn't feel like accomplishing anything – I did collapse back on the couch though – no sheets to deal with.

In Navy Seal training they have an additional 2 hour calisthenics session at the close of the day for those that did not meet the standards called "the circus." What infraction they committed to be assigned to the circus may be a mystery, but in Seal training that is irrelevant. After a grueling day of harsh physical exertion, going to the circus means you have to expend energy you don't have, and lose two hours of recovery time making it more likely you'll end up on the list again tomorrow. No one makes it through Seal training without ending up part of the circus. No matter how hard you try, no matter how good you are you will end up taking part in the after-hours calisthenics as punishment for some real or perceived infraction.

While it wasn't necessarily self-evident during training, the extra work was actually improving strength, stamina, and will. Did the trainees think it was fair? No, however one of the main themes throughout the book is - life isn't fair so get over it, deal with what comes, gain from it and move on. It's not always what happens to you, but how you respond to it that counts.

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Upcoming Events:

Aug 20 – CAFMA Board work study, Meet with training
Aug 21 – PRCC Liaison Meeting
Aug 22 – Special guest on Magic 99.1 0700
Aug 23 – Yavapai County Chiefs Meeting, Meet with DPS in Phoenix, PV Council Meeting

Board Meeting:

August 27th Chino Valley Town Hall

CVFD – 1600-1630
CAFMA – 1630 -1800
CYFD – 1800-1830



Firefighters must practice self-care to achieve post-traumatic growth

By: Dr. Sara Jahnke Firerescue1.com



With the thousands of first responders who have been called on to help with the natural and man-made disasters, it's more important than ever to pay attention, not just to the response efforts, but to the responders themselves.

Disaster response – whether it's a hurricane, an active shooter incident or a terrorist attack – is particularly challenging because it has so many layers. In Houston, for example, many of the first responders were not only facing the trauma in their communities, but also were managing the risks and losses their families, friends and neighbors were facing.

It is not uncommon for responders to have negative behavioral health responses in the wake of a disaster, including feelings of burnout and compassion fatigue in the form of secondary traumatic stress. In particular, responders are vulnerable to feelings of anger, sorrow and guilt.

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I had the privilege of meeting and spending some time with Dr. Jahnke in Dallas last week. I'm currently working with the education committee through the Arizona Fire Chief's Association to invite her to speak at the leadership conference next July. She has already assisted us by speaking with Max at the Courier about cancer in our profession.

Report: Massive Carr Fire tornado trapped, killed Calif. firefighter

By: Kevin Fagan, San Francisco Chronicle via Firerescue1.com

REDDING, Calif. — Death came in an instant. And as never seen before in California history.

The Redding firefighter who died on July 26 as the fast-growing Carr Fire hit its apex was in fact killed by a fire tornado, the most intense tornado ever in the state, according to a report The Chronicle obtained Wednesday.

The monster tornado with a base the size of three football fields and winds up to 165 miles an hour swept down upon Jeremiah "Jeremy" Stoke in mere seconds, according to the California Department of Forestry and Fire Protection report.



At 7:39 p.m. the longtime Redding Fire Department veteran was driving his Ford F-150 truck down Buenaventura Road in northwest Redding, working on evacuating residents. One minute later he radioed out a “mayday” call saying he was getting burned over, and then his transmissions abruptly stopped, according to Cal Fire’s Green Sheet, the agency’s report on serious injuries and accidents.

Fire dispatchers desperately tried to find him by “pinging” his cell phone. One Cal Fire supervisor, leading evacuees as he went, drove north on Buenaventura toward where Stoke, a 37-year-old fire inspector, had been headed. There was no sign of him.

The blazes all around continued so savagely that his body wasn’t located until early the next morning by Redding fire crews. He was among six firefighters killed this year as they fought or responded to California’s historic wildfires. That’s made this the most lethal season for fire crews since 2008.

[More](#)

Chief’s Desk Continued

The concept surrounding the circus really stood out to me. Not because I have to do extra calisthenics after work, but because of the seemingly endless and unwarranted battles we’ve had to deal with the last couple of years. Each time an accusation has been hurled at us we’ve been able to prove it false. Yet, the accusations persist. Each time the same or new accusations are presented we have to expend time and resources to respond appropriately – seriously, it’s like *Ground Hog Day*. The constant exercise of having to go through this is physically and emotionally exhausting. There is seemingly no reason for it, and yet here we are. It’s not unlike being put on the circus list Admiral Mc Raven describes i.e. extra mental calisthenics in addition to the normal work required to run a fire service agency with little time for recovery.



Alas, we must fall back on the Admiral’s overarching theme i.e. life isn’t fair so get over it, deal with what comes, gain from it and move on. Unwarranted attacks and accusations are just part of the world we live in today – not that they should be. As an organization, we have worked tirelessly to formulate an approach that provides excellent service to our community, is fiscally responsible as well as sustainable, and, as the Rotary Four Way Test says, *is fair to all concerned*.

While the exercise can be mentally and physically draining, the reality is that we are getting stronger. We have been able to strengthen our community bonds over the last few years as well as establish ourselves as a transparent and responsive organization; one that exemplifies professionalism and integrity in all we do.

Admiral McRaven realized at the end of his training how much stronger he was for the additional work he did as part of the circus. I believe we have realized the same. While I can't explain why we've been tested in this way, I can tell you that as an organization and community we have united as one supporting each other every step of the way. We have shown everyone what it means to be a part of CAFMA and to live by our stated mission, vision and values as well as by our overarching philosophy as outlined in the Compass. When this comes to an end and the smoke clears we will be stronger and standing triumphant because we persevered.



Thank you for loaning me the book Cap! I liked it so much I ordered my own copy.....

Stuff that's happening

I just returned from Dallas after attending the Fire Rescue International Conference put on by the International Association of Fire Chiefs. There were some great training classes, good networking opportunities and an expo. It was good to catch up with old friends and make new ones. Chief Karrer and I presented on the topic of Collaborative Efforts and Joint Ventures for one of the Officer Development Tracks. It was an honor to be able to present at a conference of this size. We are working on another presentation for next year: *Managing beyond Operations*.

The Arizona Fire Chief's board along with board members from the Arizona Fire District's Association met recently for an after action related to this year's leadership conference. Our conversation about the expo was interesting and really hit home while I was in Dallas. As Fire Chiefs, we no longer purchase things.... Yes, we approve the purchases, but in general terms we are no longer looking at the products; you are. As I walked through the expo in Dallas, I realized that more than anything I was trying to avoid being stopped to discuss a new product. One rep in a booth selling foam cornered me so I had no choice but to speak with him.

Sales Rep: Does your agency use foam

Me: Yep

Sales Rep: Well let me tell you about our new formula!

Me: Ummmm, I don't buy this stuff, nor do I use it, you really need to speak with our warehouse manger

Sales Rep: But, here's all the exciting information

Me: Great, here's the number for our office, please ask for Erik

My apologies Erik, but using your name was my only escape☺ Not that I don't like shiny things, but you all are the ones that use the equipment every day. Long story short, we will be promoting the leadership conference expo next July in an effort to get you to come down for a day. Entry will be free, and all your favorite stuff will be there i.e. bright, shiny and new things. I did get to catch up with some old friends from St. Louis while wandering around, so that was good.

The CAFMA board will be meeting next Monday in a special work study to review and begin to finalize their board policy manual. We hope to have the project complete in the next couple months and then begin work on the CYFD and CVFD board manuals using CAFMA as a template.



The final day of the Modern Fire Attack training at CARTA was Thursday. For the first time in years I was able to take part in a live fire revolution. It was a blast! Made me miss the engine.... I spoke with Captain Parra and Chief Feddema about me attending additional training from time to time as quarterly training ramps up. It'll be good to knock some of the rust off now that things are settling down a bit. Feel free to poke fun when I show up..... We will be using deck guns!!

We have not heard anything back on the SAFER Grant as of today. However, we do know they are starting to announce every Friday, so here's hoping!

Tech has started the process of replacing outdated computers, and has completed the AV install at CARTA. They'll finish the ZOOM install in classroom 1 once the drop mics arrive. They're currently on back order. They will be starting on the classroom at Station 61 in the near future.

The Station 61 remodel project is progressing. If I have it correct, we are nearly ready to go out to RFP for a builder.