



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – August 23, 2019

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Quote of the Week

“Life isn't about finding yourself. Life is about creating yourself.”

George Bernard Shaw



Beginning

End



The Chief's Desk



I'd like to thank Chief Tharp and Chief Feddema for covering The Review for me last week. I personally enjoyed their writings and appreciated the article at the end. For those wondering, I apparently forgot to send them the updated format. So, as any good professionals would do they adapted. Quite honestly, they've worked with me long enough to know that they are going to have to pick up my slack 😊

As an FYI, the Jeep in the picture last week was not mine – although it felt like it could be a couple of times. That said the one above is my Jeep. More about that later.

Most of you know I was able to check off a bucket list item last week by running the Rubicon Trail in the Sierra Nevada's near Lake Tahoe. It was the first time in my career that I did not have cellular service or Wi-Fi. I must say, it was awesome! My mind was so occupied with the trail, and broken stuff, that I never once thought about work 😊

It is easy in both life and your career to find yourself on autopilot. Get up in the morning, drink the nectar of the gods (coffee), hit the gym, come to work, deal with everything that's thrown at you, go home and continue to work, go to bed, and repeat. Auto pilot does not encourage you to strive to be the best you that you can be. Auto pilot does not spur new thoughts, progression, or innovation. Auto pilot does not inspire other people to innovate or progress. We know this and yet over time we all hit auto pilot at some point in our life and career. If we don't catch it and make changes, we are destined to fail.

I don't feel that I was on auto pilot, but I was definitely at a point that I needed something to rejuvenate my mind. It's not that I feel the need to be in perpetual motion. However, I do feel I need to be in a constant state of learning, challenging myself and those around me, as well as providing for my family and CAFMA. Personally, I just felt kind of tired.

The trip to the Rubicon helped me reset and clear my mind. I feel like I'm approaching my days with a new sense of clarity and purpose.

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Upcoming Events:

Aug 26 – Meeting, Eval, Board meeting marathon
Aug 27 – BC Meeting, Chino Town Council
Aug 28 – Cochise County Fire Chiefs Meeting
Aug 29 – Wage and Benefit Committee, Meet on Ambulance issues

Board Meeting:

August 26th Chino Valley Town Hall

CVFD – 1600-1630
CYFD – 1630-1700
CAFMA – 1700-1830



3 keys to enhancing PowerPoint programs for fire service professionals

By: Linda Willings



At some time in their careers, most emergency responders will have the opportunity to deliver a presentation that involves PowerPoint or a similar program. You might use such a program to deliver training to your fellow firefighters. You might develop a program as part of a public education effort. Or perhaps you will be called on to do a presentation to city council or fire department board members. Regardless of the reason, fire service professionals should be comfortable using PowerPoint-type programs to develop and deliver presentations.

3 KEYS TO POWERPOINT PRESENTATIONS

Everyone has sat through a mind-numbing slide presentation. Even having experienced the pitfalls personally, it is surprising how many presenters continue to fall into the same traps that diminish their effectiveness and limit their essential purpose.

PowerPoint and similar programs are tools, not an end in themselves. When used well, they are valuable assets for teaching or conducting persuasive presentations. But certain guidelines must be followed to achieve maximum value.

There are three aspects to any slide presentation: 1) preparation, 2) delivery and 3) troubleshooting. Being prepared in all three areas will make your presentation shine.

Firechief.com

Leadership Tips: Establish Accountability and Responsibility

By: Mary Juetten



Part of leadership is holding others to account when the occasion arises. It's not the most pleasant part, by any means; not many people particularly enjoy having to be the "bad guy" or the "wet blanket", and fewer still have much of an appetite for confrontation and uncomfortable conversations. But the mantle of leadership comes with its share of difficult chores, and delivering the occasional harsh rebuke or reprimand when work remains unfinished or targets unmet is what is asked of those who accept the role.

As a leader, your first responsibility is to those reporting to you, and for those same individuals as well. Your role can feel like that of a parent at times: to shepherd and protect in many instances, to punish and instruct as needed for the long-term betterment of both the person and the team. But of course you're not a parent, and those in your employ aren't children; there is work that needs to be done, and it's your job to see to it that it gets done.

Handing out responsibilities might be a matter of choice and consideration, or it might come tailor-made with the job and title a person steps into. Regardless of how they've come by it, each person should understand the importance of the responsibility they've been given, and the necessity of living up to the standard that is required of the trust that comes with it. They may be working alone, but there are others relying on them to do their job well and in a timely fashion, in ways big and small. In failing to achieve what is expected of them, they are creating an issue and a problem that redounds to everyone around them dependent on a full team effort.

[Forbes.com](https://www.forbes.com)

Firefighter sues Buffalo Fire Department, saying he was left behind in burning attic

By: Patrick LaKamp

BUFFALO, N.Y. — Eric Whitehead credits his fellow firefighters for saving his life when they pulled him from the attic of a burning house in January.

"I just knew my brothers were there," Whitehead told The Buffalo News in a February phone interview from the burn unit at Erie County Medical Center, where he recounted how they picked up his 5-foot-11 inch frame and carried him down two-and-a-half flights to safety.

But in a lawsuit filed Aug. 7 against the Buffalo Fire Department, Whitehead says he was put in danger, blinded by smoke and steam, after a fellow Engine 21 firefighter evacuated the house without him. Isolated and disoriented in the attic, Whitehead was unable to press the "man down" button on his radio. So he removed his gloves in a final attempt to operate his radio, resulting in severe burns to both hands, according to a report from the state Public Employee Safety and Health Bureau.

Whitehead sued the fire department for "negligence, carelessness and recklessness" and violating its procedures and practices when fighting the fire at 82 Butler Ave.

The results of the state bureau's investigation of the Jan. 10 fire will likely be a factor in his civil case. The bureau cited the fire department for three violations, calling two of them "serious" and the other "non-serious."

[Firerescue1.com](https://www.firerescue1.com)

Chief's Desk Continued



My Rubicon adventure also taught me something about myself. Some things I liked and some I did not. First lesson – sometimes you have to embrace the suck in life. We started our trip around 0500 Tuesday morning, leaving the house early to fuel up in Chino. That was the beginning of a very long 30hrs of travel for what should be a 12-14 hour drive. My patience was tested by 0545 when the wheel bearings on one of the trailer wheels heated up. That led to repacking of the bearings and an hour delay in our departure. For some reason just that hour delay was testing me.

Not to be out done by the trailer, the truck lost power on 89 headed towards Ash Fork. I won't bore you with all the sorted details, but suffice to say that \$280 later, and at 1500hrs we were finally back on the road thanks to Devine Diesel in PV. A nap in nowhere Nevada on the side of the road from 1230-0415 and we finally made Tahoe at 1100 on Wednesday, too late to hit the trail.

I was absolutely not in a good state of mind during the truck debacle. Although I may have appeared calm on the outside, my mind was racing with thoughts to include "screw this truck, can I buy one at York and get back on the road?" I did not mention this thought to my lovely bride;)

Once we were on the road, the other tow vehicle had some overheating issues that caused us to crawl at a snail's pace from time to time. What I found interesting is that I am way more frustrated if I am the cause of the delay. I really didn't have any issues with slowing down because someone else's vehicle was having an issue. I never realized before that I have the capacity to be more understanding of other people than I am of myself. (This is where Jen will be rolling her eyes and laughing. She may disagree)



Getting back to the broken axle..... This is when I experienced first-hand the impact of ego over sense. We couldn't hit the trail Wednesday because it was too late so we opted for Thursday. Once we arrived at the trail head we took our obligatory pictures, aired down, and headed for the gate keeper. One small problem with someone else's rig and we were up and going again.

We made it to some granite steps not too far into the trail. As we sat in line waiting for our turn to climb the normal trail route, my son points out an alternate set of steps. He said that his friend had a hard time climbing them last year and had to give up. I assessed from my seat and determined these steps to be nothing more than child's play. If we were in Moab, or on a trail in Arizona I may have been somewhat correct, but we were not. I decided I would show my son and the Californians how we do things in Arizona: /

My front tires climbed easily followed by my rear tires up the first part of the steps. Then it happened, the Jeep started bouncing. Normally I would immediately take my foot off the gas, but I was so stunned at what was happening that I didn't. I did stop when someone got my attention. However, at that point my ego felt a little bruised which only served to increase my determination to climb the damn steps. On the fourth attempt I blew the driver's side rear axle, and unknowingly twisted the passenger side rear axle. This led to a retreat from the trail, a 4.5 hour turn around for parts, and not getting back on the trail until 2130 that night.

I know better than to do what I did, but my ego blinded me to reality. The result of my carelessness had an impact on everyone I was with. Besides the blown and bent axles, I backed into a giant boulder that bent my fuel pack mount and dented the Jeep not once, but twice. There is video in which you can hear the axle snap, and watch the Jeep hit the boulder the second time. It's kind of a painful reminder and yet somewhat funny at the same time – at least it is now.

In life, it's important to check your ego and not let it override your good sense. Honestly, in this situation the damage was relatively minor. In our everyday lives, letting our egos control our actions or emotions can cost a lot more than an axle and/or a dent.

All in all, the trip was epic, a chance to reset, and provided a number of life lessons. It was also a great time to share with my son, and a couple of good friends.

In summary, don't allow your life to coast on auto-pilot it leads nowhere that will benefit you or anyone around you. Practice patience no matter the situation. You may not always understand why something is happening, but it is and you have to deal with it – embrace the suck in life sometimes. Learn to be patient with yourself as well as others. Finally, do not let your ego drive you. Be confident, be intelligent, and be situationally aware. Ultimately, I have a very nice and somewhat expensive paperweight that now resides on my desk☺ It serves as a reminder that ego has no place in my office.

