



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – Jan 29, 2021

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"Make your life a masterpiece; imagine no limitations on what you can be, have, or do."

Brian Tracy



The Chief's Desk

Snowmageddon 2021 has come and gone! Before I talk about all the wonderful things CAFMA folks did throughout, and subsequent to, the storm, I feel I need to provide a helpful safety tip for those of you unfamiliar with the white fluffy stuff that fell from the sky. I grew up in the snow, learned how to drive in the snow, and have responded to my fair share of emergency incidents during snow and ice storms. Personally, I was hoping I was done with all that when I moved to Arizona, but here we are.

So, what's the tip? Clean the snow off all surfaces of your vehicle before you drive it... Yes, I realize that the snow normally melts more quickly here. However, there are times when the snow doesn't melt within the day. When this occurs, the piles on your car turn into frozen projectiles when you drive down the road. When they come loose from your vehicle and impact another vehicle or a pedestrian, those ice packs can be deadly. For emergency vehicles, if your light bar is covered in snow, it no longer functions as an emergency warning light, i.e. no one can see your light bar is activated. I was going to point out that I saw a police department Tahoe completely covered and driving around, but it would not be fair to point fingers when I've now also seen several CAFMA staff vehicles covered. So please, for the safety of everyone else on the road, clean the snow off your vehicle. Soap box out 😊

You all performed some pretty amazing feats this week, going above and beyond for our citizens, our agency, and for other agencies! I'd like to begin by thanking Eric, Andrew, and Thaddeus for their efforts to keep our ramps, lots, and walkways clear of snow. Clearing that much snow requires long hours and tiring effort. I cannot quote Andrew directly, but he said he felt worn beyond his years each night when he finally arrived home. Eric's new plow did its job flawlessly, as one would expect having someone from New York who actually knows how to use a plow behind the controls. And some questioned why I thought we should purchase a plow several years ago. Thankfully, it was Eric's idea this time around so people listened. Not sure what that says about me, but whatever, we now have a plow and a skilled operator. Well done gentlemen!!

On Wednesday the 27th, YCSO had a piece of communications equipment fail on top of one of the mountains. As you can imagine, access to the top of any mountain around here right now is at best difficult, if not impossible, at least by ground. According to a thank you note from YCSO, they contacted Dave Legge as soon as they noticed a problem. Dave was able to gain access to the system so he could monitor and diagnose the issue. Meanwhile, Tony, who was on vacation, self-dispatched from home to Tech Services. He developed a ground plan should a planned helicopter insertion fail. Jonah coordinated a helicopter landing spot at CARTA and assisted in gathering needed equipment. He monitored both plans to ensure everyone had what they needed.

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Upcoming Events:

Feb 1: Labor/Management Fire District Funding Committee Meeting, Senior Staff Meeting, Fire Chiefs Academy Meeting, Finance Interviews

Feb 2: L/M Meeting, Wage and Benefit Meeting, Testify in the House - virtual

Feb 3: Teach in Kingman, Virtual Testimony in the Senate

Feb 4: AFDA meeting, HR, Training, and staff meeting

Board Meetings:

Feb 22 Administration

CAFMA – 1700-1830

Parents praise OKC FF disciplined for transporting child in fire engine, say EMS system 'failed'

By: Laura French

OKLAHOMA CITY — The parents of a toddler who was transported to the hospital in a fire apparatus after a cooking accident say the firefighter disciplined for making the transport did the right thing when the EMS system "failed."

Corey and Kristin Amme said they were left waiting for more than 20 minutes for an ambulance after their daughter Quinn, 3, was scalded by hot oil from a fondue pot on Christmas Eve, [according to KFOR](#). Kristin Amme said that after a 20-minute wait, with firefighters already on the scene, a dispatcher told her the ambulance was still at least 10 minutes away.

Oklahoma City Fire Maj. Corey Britt made the decision to transport Quinn and her mother in his fire engine, asking dispatch to cancel the Emergency Medical Services Authority (EMSA) unit that was en route to the scene, [KFOR reports](#). Britt was later [disciplined for his actions](#), with officials saying he went against protocol and state law by transporting the child in the engine.

Oklahoma City Deputy Fire Chief Mike Walker said Britt's discipline did not include demotion, termination or loss of pay. KFOR reported that Britt was removed from his role as senior company officer at Station 34, citing firefighters with knowledge of the disciplinary action.

The fire department reported that the EMSA unit was less than 1/2 mile away from the Ammes' home when Britt decided to make the transport in Engine 34, and dispatch records indicate that Britt was told the ambulance was just around the corner when he requested the cancelation.

(Note from Chief Freitag: The beginning of the on-line article raises the question about whether or not transporting a child, or anyone else for that matter, is appropriate in a fire engine. In my opinion, the answer is that while not ideal, if feasible, and in the best interest of the patient, YES it is. I struggle with the idea that it is not. Although, my real struggle, and the root of the problem is systems that do not provide the requisite level of transport service to meet community need.)

firerescue1.com

5 Self-Care Practices for Every Area of Your Life

By Elizabeth Scott, MS Medically reviewed by Steven Gans, MD

All the stress relief activities in the world won't help if you aren't taking care of yourself. Meditation won't do you any good if you aren't getting adequate sleep. In fact, when you try to meditate, you might doze off because you aren't taking care of your body's need for sleep.

Similarly, hitting the gym once in a while won't relieve much stress if you're only fueling your body with high-processed junk food. You need to take care of your basic needs first if you want your stress relief activities to be effective.

Self-care has been defined as, "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."¹

Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life.

Unfortunately, however, many people view self-care as a luxury, rather than a priority. Consequently, they're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.

It's important to assess how you're caring for yourself in several different domains so you can ensure you're caring for your mind, body, and spirit.

[verywellmind.com](https://www.verywellmind.com)

Chief's Desk Continued

A YCSO helicopter picked Dave up at CARTA and flew him to the mountaintop. Due to the deep snow the helicopter could not land. Instead they performed a technical power-on landing – if you're not sure what that is, ask Mazon or Dave Legge. Dave then jumped down from the helicopter into 3.5' of snow. He snowshoed his way over to the site, crawled through a fence, dug out the equipment with a shovel, and made the repairs.

Only a few hours passed from the time YCSO noticed the problem until the system was completely repaired. Our Tech Services folks perform miracles nearly every day, most of which we do not even know about. They are so in tune with our system that they generally catch problems and fix them before we realize that a problem exists. That said, for them to be notified of an issue with YCSO's system, plan a helicopter insertion in less than ideal conditions, and have YCSO back up and running in a few hours, rather than a few days, truly highlights their talents and dedication. Simply an amazing group of people!

I know that the crews who worked through the storm likely have any number of stories regarding challenges they faced. I'd like to highlight one that was submitted by Battalion Chief Cox. The morning of Wednesday the 27th, Engine 51 was dispatched to a medical call in our area. Upon arrival, they were faced with a home well off the roadway up on a hill. The only access was through 2' of snow on foot while carrying all of their equipment. Undaunted, Captain Brown and his crew did what was necessary to reach the patient.

While they worked to access and treat the patient, BC Cox coordinated with Prescott FD Battalion Chief Keith. Chief Keith reached out to the Yavapai County Roads Division who dispatched a front end loader to clear the roadway for patient extrication. While the picture makes it look like it was uphill to the house and downhill back out, Chief Cox assures me that the crew trudged through the 15' snow drifts uphill both ways...

This incident not only highlights the dedication of our folks, it truly illustrates how important working collaboratively is in an effort to provide the best possible service for all those who call the quad cities home. We can accomplish a great deal more when we work together, as we see in both Engine 51's call, and the situation with YCSO's radio system.

On the folklore side of things, we have a reported sighting of Firefighter Nelson DiVall running down a side street off of Gurley through a couple feet of snow with a medical box to get to a call. We do not have an official confirmation at this time. So, Nelson can you confirm or deny??? I think "whatever it takes," should become part of our motto...

This week on the podcast my guest is Andrew Deering. Tune in and remember to subscribe. Andrew plays guitar and sings this week. Those who come on the podcast have the opportunity to name the next victim – I mean provide an opportunity to another individual. I believe Firefighter DuCharme may have been thrown in front of the bus for an upcoming episode.