



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – April 1, 2022

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"Today is April Fool's Day. Believe nothing
and trust no one... Just like any other day."

Unk



The Chief's Desk

(Note: I wrote this prior to Governor Ducey rescinding all emergency declarations regarding COVID. Additionally, our administrative directive was sent out well before the Governor made any changes. To that end, we are happy that he finally decided to follow our lead 😊 He should have followed our example from the beginning.)

Happy April Fools' Day!! It's not a federal holiday or anything, but the tradition of playing practical jokes on April 1st each year is alive and well in 2022. More on that in another section. That said, have fun, and be mindful that not everything you hear today will be true 😊

What I'm about to write may seem like an April Fools' joke, but it is not. However, I think April 1st may mean something different to many of us at CAFMA moving forward. The AD was already sent, but I wanted to take a moment to remind you of the significance of today for our organization, and take a moment to reflect. As of Friday, April 1, 2022, as far as CAFMA is concerned, the pandemic is over and we have declared COVID endemic. We've recognized that COVID has been endemic for a long time; however, the Federal Government and State of Arizona have not officially moved from 'alert five' to 'calm down'.

Why are we declaring COVID endemic for our organization? First and foremost, forcing people to stay home for five to ten days has caused staffing issues, and taken a toll on our budget. We simply cannot keep operating the way we have throughout the "pandemic." Second, the numbers and science do not add up to a pandemic any longer, and there is some question as to whether or not they ever did. Apparently, the CDC and the Feds are not great with numbers so their data is a mess. Adding to that is the fact that many of the tests cannot differentiate between COVID and the flu or a cold.

So, what does this mean for CAFMA? We never mandated masks, didn't shut down training, only limited access to stations for a few months, and we have not, nor will we, mandate the shot/s. Seems like we have been acting as if COVID was endemic for much of the pandemic anyway. The only thing that we have been following is the length of time a person should be out of work as recommended by the CDC, and that ends today.

Starting April 1, 2022, CAFMA will no longer mandate the number of days you must remain out of work if you are sick. In short, we are returning to our normal sick leave policy. We do ask that if you are sick and have a fever, that you stay home until you are 24 hours post-fever... you know, the normal way of doing things. If you do not have a fever and do not feel sick, we ask that you come to work.

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Upcoming Events:

April 4: Senior Staff Meeting, Stakeholders meeting at the Capitol

April 5: Labor/Management, Lunch Meeting

April 6: Preseason Cooperator's Meeting, FRI Program Planning Meeting

April 7: AFDA meeting, Admin Specialist Interviews

Board Meetings:

April 18: Administration
Budget work shop – 1300-1500

April 25: Administration
CVFD – 1600-1630
CYFD – 163-1700
CAFMA – 1700-1830

April Fools' Day

By: History.com editors

April Fools' Day—celebrated on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools' Day prank. While its exact history is shrouded in mystery, the embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life.

Origins of April Fools' Day

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1.

People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools.” These pranks included having paper fish placed on their backs and being referred to as “poisson d'avril” (April fish), said to symbolize a young, easily caught fish and a gullible person.

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

These five steps will help you toward a safe, secure, and fun retirement

By: Julia Kagan

Retirement planning is a multistep process that evolves over time. To have a comfortable, secure—and fun—retirement, you need to build the financial cushion that will fund it all. The fun part is why it makes sense to pay attention to the serious—and perhaps boring—part: planning how you'll get there.

Retirement planning starts with thinking about your retirement goals and how long you have to meet them. Then you need to look at the types of retirement accounts that can help you raise the money to fund your future. As you save that money, you have to invest it to enable it to grow.

The surprise last part is taxes: If you've received tax deductions over the years for the money that you've contributed to your retirement accounts, then a significant tax bill awaits when you start withdrawing those savings. There are ways to minimize the retirement tax hit while you save for the future—and to continue the process when that day arrives and you actually do retire.

We'll get into all of these issues here. But first, start by learning the five steps that everyone should take, no matter what their age, to build a solid retirement plan.

KEY TAKEAWAYS

- Retirement planning should include determining time horizons, estimating expenses, calculating required after-tax returns, assessing [risk tolerance](#), and doing estate planning.
- Start planning for retirement as soon as you can to take advantage of the power of compounding.
- Younger investors can take more risk with their investments, while investors closer to retirement should be more conservative.
- Retirement plans evolve through the years, which means portfolios should be rebalanced and estate plans updated as needed.

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

Chief's Desk Continued

We will no longer be testing for COVID unless you specifically request to be tested. If you test positive, stay away from the rest of us until you are 24 hours post-fever – like we do with any other virus. If you test positive, and feel that it was an on-duty exposure, please follow our standard workers' compensation reporting procedures. Any leave related to COVID under workers' compensation will follow the normal industrial leave policy.

What have we learned through this experience? [In an effort to comply with our attorney's advice, I will provide this disclaimer: The following is my opinion only, and some of it is simply meant in good humor].

- Don't lick random people;
- Don't lick stuff in the store;
- Masks do not work (honestly, it says that on the box);
- Policymakers should not leave decisions solely to "experts." Science is imperfect and always evolving, it's not absolute as many wanted us to believe;
- Health care institutions and the CDC cannot count, and do not understand how to collect and/or analyze data;
- The entertainment media is not to be trusted with anything at all;
- Politicians do not have your best interest in mind;
- Fear is not healthy – okay, some fear is healthy, but not what was sold to the public throughout COVID;
- You are not going to stop a virus;
- You cannot spit on your hands to clean them. You must use soap and water;
- Washing your hands is good;
- Being sedentary is bad for your health;
- Eating unhealthy foods is not good for you;
- Staying completely out of the sun is not good for you; but also, wear sunscreen;
- It's not good to cancel, or refrain from scheduling, doctor appointments for treatment of long-term health issues because you are too afraid to leave your home;
- People are mean (also, don't be those people);

- People have different opinions, and that's okay;
- Shutting down the economy is bad for the economy;
- Having a hot mic during a virtual meeting is not good;
- Virtual meetings are not a replacement for face to-face interaction;
- Lockdowns are counterproductive and counterintuitive;
- The long-term behavioral health impacts resulting from lockdowns, isolation, and fear is immeasurable, but we know they are significant;
- People who are supposed to be collecting and analyzing data to ensure the cure is not worse than the disease will not do so if it hurts the narrative.
- Governor Ducey should have followed CAFMA's example from the start of COVID
- Hugs are important

I could go on, but you get the point. What we learned are lessons that were learned and studied after the Spanish Flu pandemic in the early 1900s. Unfortunately, those lessons were dismissed in favor of making the same bad decisions again. What is it that Winston Churchill said? *"Those that fail to learn from history are doomed to repeat it."* And we elect these people into office – Republican and Democrat alike.

As I said in the beginning, it is April Fools' Day; however, this has not been a practical joke. CAFMA is completely back to pre-pandemic normal. In short, we are over it. Continue to protect yourself in the field as you deem appropriate per our protocols. Other than that, carry on – you are free to move about the cabin – racers, start your engines – move out - #StopTheFear - #DontBeAfraid - #MovingOn.

Our budget work study session has been scheduled for Monday, April 18 starting at 1300. We will be meeting in the multi-purpose room at Admin.

I hope you enjoy the day, and play a practical joke on your kids and/or that special person in your life. The kids definitely deserve it, but you might want to think before you launch something in the direction of your significant other.
