



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **November 23, 2018**

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Quote of the Week

"Life comes from physical survival; but the good life comes from what we care about."

Rollo May

Report warns of crisis in Pennsylvania fire, rescue services

The 95-page legislative study said there were about 300,000 volunteer firefighters in the state in the 1970s, a number that's fallen to about 38,000 currently. Emergency medical services have also seen recent declines in personnel.

HARRISBURG — A report released Wednesday warns that Pennsylvania's fire and rescue services face a crisis, saying the number of volunteers continues to fall amid funding needs and training challenges.

The 95-page legislative study said there were about 300,000 volunteer firefighters in the state in the 1970s, a number that's fallen to about 38,000 currently. Emergency medical services also have seen recent declines in personnel.

"I've never been one to cry wolf, never in my life, and I'm telling you, we're in a crisis right now," said state Sen. Randy Vulakovich, R-38, Allegheny, who helped lead the study effort. "We've got to get a handle on this thing."

The report's 27 recommendations include simplifying regionalization, boosting state aid, setting standards for firefighter training and requiring sprinklers in new home construction.

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The Chief's Desk



The Honey Badger
(Some of you will get it)

So I'm reading a new book that a colleague recommended when I was attending the Baggers meeting. I mentioned it to someone recently and their response was, "let's see you work that one into *The Review*." Hmmmm..... Challenge accepted☺

The book is entitled, *The Subtle Art of Not Giving a F!#\$: A Counterintuitive Approach to Living a Good Life*. If you look it up on Amazon using all the correct letters, it will come up. Hardcover is just

under \$15, or at least it was when I bought it.

You're probably thinking the content is focused on just not giving a f!#\$ about anything. To the contrary, it's about choosing what to give a f!#\$ about. As human beings we only have so many to give, and when we allow ourselves to be sucked into a cycle of giving a f!#\$ about everything we wear out.

I think we can all relate. If you read the article series by Fire Chief Scott Ferguson, which was included in *The Review* over a couple of editions, you realize he's asking similar questions just using some "slightly" different language. Over your careers, especially as you promote, you will be pulled in a multitude of different directions. At the same time, it seems no matter what decisions you make criticism is sure to come from somewhere. The reality is that it's part of life, and I would guess every profession, but that does not change the fact that it can wear you down. As Chief Ferguson points out in his article, you just get tired after a while.

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Upcoming Events:

Dec 3 – Senior Staff Meeting, Chiefs Interviews, Beer Brewing for a good cause
Dec 4 – Labor/Management, Sign PAF's
Dec 5 – Sign PAF's, hopefully visit a station, meet with A&B Signs
Dec 6 – **Jasmine's last day**☺
AFDA Meeting followed by Fire Mutual Aid meeting
Dec 8 – **Annual Awards Banquet**

Board Meeting:

December 20th Chino Valley
Town Hall
Swearing in new Board Members

CVFD – 1600-1630
CYFD – 1630 -1700
CAFMA – 1730-1830ish



Chronic stress puts your health at risk

By: Mayo Clinic Staff

Chronic stress can wreak havoc on your mind and body. Take steps to control your stress.

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today, but that doesn't mean that life is free of stress.



On the contrary, you undoubtedly face multiple demands each day, such as shouldering a huge workload, making ends meet and taking care of your family. Your body treats these so-called minor hassles as threats. As a result you may feel as if you're constantly under assault. But you can fight back. You don't have to let stress control your life.

Understanding the natural stress response

When you encounter a perceived threat — a large dog barks at you during your morning walk, for instance — your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with regions of your brain that control mood, motivation and fear.

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The Mayday Project

By: Don Abbott



“Mayday! Mayday! Mayday!”—the three words no incident commander (IC) ever wants to hear. But what do we *really* know about maydays? Most of us have never experienced one, which relegates us to learning about them through articles or reports on the subject.

After I made this realization, I decided to do my own investigation into fire service maydays. What I found was that no one is really tracking them—why, when and how are they occurring, and what the response has been. So I decided to pursue this information on my own. Most maydays don't get much attention unless they result in injuries or death. Therefore, there is not much information-sharing on the how, when and where they take place, or what the rescue results were. The more we know about maydays, the more we can tailor our training so that we can address the aspects of our job where firefighters are most in danger.

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Communications Clues

By: Don Abbott



“Predictable is preventable” is a comment often made by risk-management specialist Gordon Graham. The same remark could be made related to some of the radio communication heard on the fireground by the incident commander (IC) just minutes before a mayday occurs—except it’s too late in many cases to prevent the mayday.

Project Mayday and communications

Basic fireground operations involve initiating, maintaining and controlling the communications process. Communications is a reflection of our operations—the good, the bad and the ugly. During many incidents, communications becomes a problem and causes the incident to become out of balance. This is especially true during maydays. Why? In most cases, there is either NO communication model or the model is not being followed.

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Chief’s Desk Continued

On the way home from work Wednesday night, I was talking to another fire chief friend and confidant – using a hands free device of course. He’s been through the cycle before, and seems to be starting the next round of beatings. For what you might ask? Someone is pissed off about something so they are sniping anonymously utilizing what I have defined before as paper terrorism – or, ridiculous records requests totaling thousands of pieces of paper that reveal absolutely nada. The advice he’s received from others is, let it go - easy to say, very hard to do.

I have to say over the last couple of years I’ve gotten better at deciding what I should give a f!#\$ about and what I shouldn’t. If you let everything bother you, it will eat you alive e.g. inability to sleep, poor nutritional intake, excess energy drinks or coffee, weight gain, etc. Stress releases the chief stress hormone Cortisol. Cortisol increases glucose levels, and increases our brains use of glucose. Short term stresses e.g. someone jumping out and scaring you, isn’t a problem – unless you have a heart condition and die of a heart attack. That would be bad. I digress, the long term effects of increased glucose levels and a decreased immune response can have a significant impact on your health and wellbeing.



The art is getting to a point where you do not allow yourself to be sucked into a cycle, or allow others to dictate your mood on a regular basis. This doesn't mean you don't get mad or frustrated, that's unrealistic, but it does mean you are able to temper your response and remain in control of you. Someone once told me, "well, they can't eat you." The meaning is that they cannot physically hurt you. They can yell, gnash teeth, lie, and, in today's world post mean or erroneous things about you on social media or on their fake news blogs. But, they cannot touch you – that my friends is illegal.

That doesn't mean that all of the verbal or written stuff doesn't hurt psychologically, but how you respond to it is up to you. If you've spent your life establishing yourself as a person of high moral character with impeccable ethics and unwavering integrity, then much of what others say will have little, if any significant impact on you. In reality, it only serves to lessen any possible standing they have within your organization and/or community. It can take a while, and it can be brutal in the heat of things, but ultimately you have to be comfortable with who you are and believe that everything will be okay in the end, as long as you maintain the high road. The other side of this is that you may have to walk away at some point to maintain your own sanity.

I've been told a story a couple of times now about Alan Brunacini sitting in front of a room of fire service professionals years ago who were very angry about the new (first) NFPA 1500 standards. While he wasn't the only one on the committee, he was the only one on the stage at the front of the room taking the hits. He sat there calmly, he listened, and he answered with well thought out responses based on expertise and supported by statistical data. In the back of the room Cliff Jones, now the Retired Chief of Tempe FD, stood watching, concerned about his friend when another person put his arm around him and said, "don't worry, he has them severely outnumbered." I love the essence of this story. If you remain calm, stick to the facts, and listen you can take on an army of naysayers and still come out intact on the other side. Without Chief Brunacini leading the charge, we may not be as safe as we are today in our profession.

When my friend and I were talking Wednesday night about his situation and how he felt, we discussed the concept of not letting some of the stressors get to us. In our positions, there are going to be people that we make unhappy, and some will act out. No one said it was easy. The conversation quickly turned to someone we felt epitomizes where we would like to be – Fire Chief Mark Gaillard. In our opinion, he is an amazing example of someone who has perfected the art of caring when necessary and not letting emotion drive his decisions or his life. Whether through experience, or he was just born that way we're not sure, but the reality is that he exemplifies cool under pressure – actually he's just cool at all times.

Could be his wife Cheryl, she is awesome!



In the end, we only have so many f!#\$% we can give in our life time, and quite honestly, if we give too many to the wrong situations or individuals, it will have a negative impact on our emotional and physical health. It's important that we choose what to care strongly about, and what we let go. As Winston Churchill said, "You have enemies? Good, that means you stood up for something, sometime in your life." I understand what Churchill was saying, but let's be honest some people are just @%&*^%#

and deserve the enemies they create. Those are the people not worth giving our fl#\$ to.

I understand this one may not be fit for publishing, but I write *The Review* for each of you in our CAFMA organization, and someone did challenge me soooooo..... Besides, the book puts things in a language I understand☺ The reality is this folks – **Life’s too short, don’t let it eat you. Make it yours and enjoy it.**

The author of my new favorite book is Mark Manson. Look it up, it’s a good read.

Stuff that’s Happening

The December board meeting has been moved to Thursday, December 20th due to Christmas. We will be at the Chino Valley Town Hall.

Don’t forget our annual employee awards next week Saturday, December 8th!

The two new staff Impalas have been delivered and are currently residing at fleet. Domenic expects to have them ready in January. Once in service, fleet will pull my Yukon in and do the necessary work to get it ready to be deployed in prevention. Chief Tharp’s Tahoe will be pulled and prepped to take over as the Ops vehicle for classes, and the current Ops Tahoe will be reassigned to Fire Marshal Chase. Rick’s vehicle will be then go through fleet and reassigned to one of the inspectors in prevention. The two prevention trucks will be repurposed: one for wildland medic duty, and one to the warehouse. In all, we saved about \$30,000 in our capital plan by repurposing vehicles and shifting some of our approach.

The Arizona Fire Service Institute (AFSI) met via Zoom meeting on Tuesday to discuss the recent changes at the State regarding the Department of Forestry and Fire Management (DFFM). The approach at this point is to set a meeting with the Governor’s staff in an effort to understand what end result they desire, while sharing our thoughts. It seems at this point that the Governor’s staff is interested in hearing what we have to say. The hope is that by providing more background, and potentially establishing a regular meeting schedule with those involved we, will all be able to more closely work together to achieve both efficiency and improve effectiveness. As always, I’ll keep you posted.

Jason Butler is working on a schedule for helping the King family with the construction of their new home, which is a unique construction project. Thank you to everyone who has offered their assistance, and please look for the sign-up sheet. Baby King is almost here, so we need all hands on deck.

We have at least two more babies due in or around February. Katie in finance and Shaun Jones and his fiancé Dusty are due in about 10 weeks’ish. Stay tuned for the latest CAFMA family birth announcements☺

Our newest board member, Dane Beck, will be sworn in at the December 20th CYFD Board Meeting, along with our newly reelected Director Packard. Reelected CVFD Directors Cyndy Dicus and Dave Dobbs will be sworn in at the Chino meeting the same night.