



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **December 7, 2018**

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Quote of the Week

"Racism springs from ignorance."

Mario Balotelli

ACKER Night tonight in Prescott! Stop by to support and listen to our Pipes and Drums Band entertain the crowd, along with Mr. and Mrs. Claus. It promises to be a good night in downtown!



**CENTRAL ARIZONA
PIPES & DRUMS**

winter is coming

ACKER NIGHT
12/7/18 FROM 5:30-8:30 PM
AT
OLD FIREHOUSE PLAZA
220 W. GOODWIN ST. PRESCOTT

The Chief's Desk

We have no tolerance for racism, bigotry or sexism.....

People are our greatest joy and our greatest frustration. They are our greatest strength and our greatest weakness as well. It's a dichotomy of sorts. We as humans are interesting creatures. As a group we develop standards of acceptable conduct, and then quickly violate the standard whether it's something ethical, legal, or moral. We say things we shouldn't, do things we shouldn't, think things we shouldn't, etc. And then, we defend our actions rather than accepting and admitting that we screwed up. I hate to paint with a broad brush as I know many people of high ethical and moral character. But, as human beings we are our own worst enemy.

In a recent Review, I wrote about the English language being hard - so many words and so many different meanings for the same words. It's like a puzzle, you can use the same words many different ways to get a multitude of different pictures or meanings. A sentence is just a string of words put together to relay some sort of message, although today we say the same things with Emoji's, which can at times convey our meaning better than our words. Who's felt like they've been yelled at in an email or text, but the Emoji at the end clarifies the sender's intent?? Don't judge – you know I use Emoji's☺

We have lots of words at our disposal that can help us convey our message. That said, in any communication there is a sender and a receiver. The sender must use the proper words to convey their message in a way that can be understood. The sender on the other end has to listen. Problem is we are even worse at listening. We listen to respond, or we multi-task and don't listen, or we listen with a preconceived notion of what is being said and miss the meaning. In short, we don't listen well, and we are not good with words. This can create a few "issues" when we communicate. Throw our tone and body language into the mix and watch how things really get screwed up.

We convey messages through our words, body language and tone that are part of our own deeply held personal belief systems. Sometimes these messages escape our brains and come out of our mouths at the most inopportune times. Generally speaking, what we "accidentally" say isn't an accident at all. The reality is that what we say is what we think - it's just that we may not have wanted you to know that's what we think. Many of us have the ability to exercise self-control, and have a set of values that are consistent with treating each other with respect despite race, sex, and/or creed. However, there are those that quiet simply hold a questionable set of values and have an inability to hold their tongue. They want to share their views with the world. Continued on page 5

Upcoming Events:

Dec 10 – Policy Committee, Chief in Long Beach for the week
Dec 11 – Fire Service State Mutual Aid Meeting , Chino Town Council
Dec 12 – SOG Meeting
Dec 13 – AFSI Phoenix

Board Meeting:

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

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



A Minute Decided Worcester's Fate

By: [Ed Ballam](#) December 2, 2009 Firehouse.com

It took a minute, a very long minute, for Retired District Fire Chief Mike McNamee to make a decision he would never forget, nor never regret.

An aggressive, veteran firefighter had just battled his way back out of the Worcester Cold Storage and Warehouse Co. building that was now becoming well involved and untenable. He had the stuffing knocked out of him, his coat was steaming. He pulled his mask off and gave McNamee, the incident commander, a report.

"It's bad in there," the lieutenant said, reporting zero visibility with thick black smoke that made any search and rescue impossible. McNamee considered the words of his trusted brother.

He knew there were six of his men inside. He knew their fate. He thought for a minute, a full minute he says, and made an announcement.

"Look, it's over," he told the crews packed up ready to go in to get their brothers. "It's over. No more."

In disbelief, they started yelling at the chief on that chilly Dec. 3, 1999 night.

"They were mad, they were yelling at me," said McNamee. "What do you mean we're not going up? What are you talking about? You can't do that."

McNamee steeled himself, braced his feet on the door jamb and put his hands over his head to more fully block the entrance. He raised his voice and bellowed, "Look, we've already lost six, we're not going to lose any more."

[More](#)

A Firefighter with PTSD fell into a hole and couldn't get out...

When an officer walked by, the firefighter called out for help, but the officer yelled back, "Suck it up son, dig deep and drive on," then threw him a shovel. The firefighter did as he was told and dug that hole deeper.

A senior officer went by and the firefighter called out for help again. The senior officer told him "use the tools your officer has given you", then threw him a bucket. The firefighter used the tools and he dug the hole deeper still and filled the bucket.

A psychiatrist walked by. The firefighter called, "Help! I can't get out!" so the psychiatrist gave him some drugs and said, "Take this. It will relieve the pain and you will forget about the hole." The firefighter said "thanks" and followed his advice, but when the pills ran out he was still in the hole.

A well-known psychologist rode by and heard the firefighter's cries for help.

He stopped and asked, "How did you get there? Were you born there? Did your parents put you there? Tell me about yourself; it will alleviate your sense of loneliness." So the firefighter talked with him for an hour, then the psychologist had to leave, but he said he'd be back next week. The firefighter thanked him, but he was still in the hole.

Another firefighter, just like him, happened to be passing by. The firefighter with PTSD cried out, "Hey, help me. I'm stuck in this hole!" and right away the other firefighter jumped down in there with him. The firefighter with PTSD started to panic and said, "What are you doing? Now we're both stuck down here!" But the other firefighter just smiled and replied, "It's okay, calm down brother. I've been here before..... I know how to get out."

* Having a good friend that understands is all you need to start recovering... you're never alone even though it might seem that way at times. *

This story is shared by our brothers and sisters in law enforcement and the military.

From: HR Manager Patty Brookins By: Miquel Ruiz

THE FOUR AGREEMENTS

1. BE IMPECCABLE WITH YOUR WORD
 - a. Speak with integrity.
 - b. Say only what you mean.
 - c. Avoid using the Word to speak against yourself or to gossip about others.
 - d. Use the power of your Word in the direction of truth and love.
2. DON'T TAKE ANYTHING PERSONALLY
 - a. Nothing others do is because of you.
 - b. What others say and do is a projection of their own reality, their own dream.
 - c. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
3. DON'T MAKE ASSUMPTIONS
 - a. Find the courage to ask questions and to express what you really want.
 - b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
 - c. With just this one agreement, you can completely transform your life.
4. ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
 - b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.
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Chief's Desk Continued

We do have freedom of speech in our country, but we do not have freedom from the consequences of our speech. Political correctness may have gone too far in some cases, my opinion only, but there remain some speech and belief systems that are just unacceptable in our society. As public figures, people listen closely to what we say, as well as how we say it. They also pay close attention to how we act.

Hate speech is something that may be protected, but the consequences of using such language to spread an ideology that is divisive and contrary to our collective American values is not something to which anyone, whether elected or not, should be immune. In our profession, we've read story after story of emergency response personnel losing their jobs for hate inspired rants made publicly, on social media, or in other sources of media. We are held to high ethical and moral standards by each other as well as all those we serve, and we are accountable for our actions.

Unfortunately, it doesn't appear the same is true with some of our elected officials. As you've surely seen in the media of late, our newly re-elected LD1 representative has gone on yet another racist tirade. He did it before the election, made national headlines and was still re-elected. The fact that he was re-elected is a sad commentary, but hey, at least he has the Prescott region in the national headlines again – wait, my fault, global headlines?!?! I must give full credit where credit is due.

Is it apathy that allows people that hold these beliefs to be elected to office? I cannot imagine that there are enough people in our community that condone such behavior, and would purposely elect someone like this to office. As a reminder, when the House expelled a member last year for egregious acts of sexual harassment only two member of the House voted against expulsion. I guess we should not be surprised that the two in question were both LD1 Representatives – Campbell and Stringer. They do seem to hold similar beliefs to the individual that was expelled.

It disappoints me to see the non-response by many other electeds' in this state that should unabashedly denounce such behavior and call for action. Some have stepped up, but many who could have a real impact at the State level remain silent. Seems a double standard exists, but I guess we knew that before this incident. The hypocrisy, and attempts by some to gloss over such a racist diatribe is disheartening to say the least.

I don't know Mr. Stringer other than what I've heard from him in a public setting over the last several years. That is enough for me to know he is not someone with whom I would want to personally or professionally associate with.

We live in the twenty first century, and it is proving a struggle to find our way as a country, a community, and as individuals. As I said in a speech given in 2017 at the Healing Fields, we have lost the front porch, neighborhoods, and civil discourse in favor of extremism. It's funny, I had someone in the audience after my speech come up and tell me what a great message I shared – it was one of those political persons I consider an extremist. It took all of my strength not to yell “it was about you dumb---!” For those that know me at all, you know that most of the time I lack a filter, but sometimes that thing kicks in seemingly out of nowhere☺ Probably good.....

As CAFMA, we have outlined our values as part of *The Compass*. Together we developed a foundation for our organization that outlines how we treat each other, as well as how we treat everyone we encounter. Maybe others should do the same, and then hold people accountable to the standards they set. Or, if they have standards, maybe they should hold people accountable to the fullest extent. One instance is bad enough and should be addressed, but a demonstrated pattern of behavior representing deeply held racist, sexist and bigoted values demands swift and decisive action. Too bad we're not seeing more leadership in action as opposed to in hiding.

As I said in the beginning, human beings can be a PITA. Words can be used as weapons, and we as humans are bad at listening. We would all do well to think before we speak, and listen with the intent to understand. In my opinion, we have gone overly soft and PC in some areas. That said racism, bigotry and sexism have no place in our society, organizations, or government. We as a collective at CAFMA hold ourselves to the highest standards of Professionalism, Respect, Integrity, Dedication and Excellence. Our community holds us to those same standards. It's a simple concept really, just a shame that others cannot do the same.

As a final note, I read that the NAACP of the East Valley has called for a boycott of Prescott Businesses because of Representative Stringer. I personally believe their efforts are misguided. The City of Prescott's leadership has taken swift and decisive action to denounce Mr. Stringer and his views. If you want to boycott something, boycott his businesses and business partnerships. Pull advertising from Mr. Stringer's publications, if you want to have an impact. We all know what he owns in part and in whole – there has actually been some pretty good written commentary about it in some Phoenix publications of late - [AZ Mirror](#). Let's also be clear that LD1 extends into the north valley so it wasn't just our area that re-elected him. To that end, I will be spending money in Prescott today, and in Prescott Valley.
