



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **May 31, 2019**

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Quote of the Week

“As a coach, I care less about your potential and more about what you do with it. The world is full of gifted underachievers. Don't waste your gift”
-Craig Harp



The Chief's Desk

I hope you all enjoyed your Memorial Day weekend, and took a moment to remember why Memorial Day exists. It's not just the weekend that marks summer; it's about taking time to honor those men and women who served our country and never made it home. They gave their lives so we could enjoy our freedom.



It was a weekend getaway to Barstow, CA for me. I had never heard of Barstow prior to this trip; however those of you that provided some insight before I left were spot on. Thankfully, we camped outside of Barstow in an OHV playground. Jeeps, trails, and good friends was just the break I needed. And, I was able to keep the shiny side up all weekend – which is a plus.

For those not aware, we have been working over the last six weeks or so to purchase four parcels of land around Station 59. I am happy to report that we closed on the final parcels at 1630 Thursday. By Friday afternoon the deeds will be filed with the County and the properties officially transferred to CAFMA. Some of you may not yet be familiar with 59, or at least are unaware of some of the limitations and restrictions we have related to access due to easements on the surrounding parcels.

I was not aware that when the station was built in 1998 that it was built on a parcel of land too small to actually house a fire station. It never occurred to me that our back ramp was not our ramp, but rather an easement on someone else's property. Nor was I aware that where a majority of you park behind the station was not our property. Looking at the parcel map what you will notice is that our building is squished onto a lot that does not appear to allow the setbacks that are common by today's standards. We're not sure how it was approved as it sits, but it was.

Talking with a former Assistant Chief, she told me that they had tried to purchase the parcels in the past to address access and easement issues, but at the time the owners were not willing to sell. All four parcels went on the market in the last year. They were being sold as a pairs by different sellers. We did try to purchase just portions of the properties, but that was a no go. Fortunately, our tank project in the Blue Hills came in under budget which freed up budgeted, but unspent funds, to purchase the properties.

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Upcoming Events:

June 3 – Assist Sedona FD with Chief's Interviews
June 4 – Office, Chino Valley Town Council Meeting
June 5 – Senior Staff Meeting
June 6 – AFCA/AFDA meeting Phoenix

Board Meeting:

June 24th Chino Valley Council Chambers

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



More Firefighters Committed Suicide In 2017 Than Died In Line Of Duty

By: Nicole Fisher



Capt. Wayne Habell

Last week, Southern California was stunned by the disappearance of an LA County Fire Department Captain. For almost a week family, friends, firefighters and first responder communities came together to help locate him. Unfortunately, for the loved ones of Wayne Habell, five days after his disappearance he was found, having taken his own life.

Sadly, for those in first responder roles, suicide is nothing new. In fact, the Journal of Emergency Medical Services reports in a 2015 survey of more than 4,000 first responders, that 37% had contemplated suicide and almost 7% had attempted it. That is more than 10 times the rate of the general population. Nevertheless, the Firefighter Behavioral Health Alliance (FFBHA) says that despite that staggering number, they estimate only 40% of firefighter suicides are voluntarily reported. Another study concluded that at least 143 firefighters had taken their own lives in 2015, while far fewer had died in the line of duty. This same report also highlighted that firefighters commit suicide at a higher rate than even their police officer peers. And if the FFBHA is correct, that means more than twice the number died at their own hand than in the line of duty. At the time of publication, FFBHA had confirmed 43 firefighter suicides in 2018.

Firefighters, like many first responders, spend a career facing death and destruction. Shift after shift trying to save others while putting themselves in harms way. But for firefighters, a challenging schedule can intensify issues. Sleep deprivation, 24-hour work shifts, lots of missed family time and generally low pay. Consequently, there is plenty of opportunity for frustration and stress – professional and personal. And despite being five times more likely to suffer from depression and PTS symptoms than the rest of the population, very few fire stations support mental health care needs (supposedly less than 5%).

Forbes.com

I Was One Of The Top Doctors In My Field. I Was Also An Opioid Addict.

By: Kayla Webley Adler 2/25/2019



Alison ran around her palatial six-bedroom house in Georgia on a crisp January night in 2016, preparing to depart the next day for a family ski trip in Colorado. She washed dishes, tidied counters, put in several loads of laundry, and crossed items off her packing list. Whenever she found a moment alone-every 45 minutes or so-she retrieved the syringe containing sufentanil she'd tucked inside the Ugg boots she wore around her house, pulled a makeshift tourniquet out of her hooded sweatshirt, found a usable vein, and plunged the

needle into her arm, delivering one tenth of a milliliter of the most powerful opioid available for use in humans.

That night, as Alison hustled her house into order, she shot up in her 13-year-old daughter's closet (she once used her ballet-shoe laces as a tourniquet), her oldest son's bathroom (he was away at college), the kitchen pantry (she sometimes kept vials inside boxes of dry pasta), the laundry room (her favorite place to use), the bathroom (her least favorite), and the stairway leading up to the second floor, where she could gauge if family members were getting close.

By the end of the night, she had polished off two milliliters, an amount that could kill an average-size adult if given in a single dose. Sufentanil is an opioid painkiller five to seven times more potent than fentanyl-another powerful opioid-at the time of peak effect and 4,521 times more powerful than morphine, but Alison wasn't intimidated. As an anesthesiologist, she'd spent her entire professional life delivering such substances to patients during surgery.

[MSN.com](https://www.msn.com)

New Mobile App Helps Firefighters Track Exposures, Health

May 31, 2019 Jim Philipps



The IAFF announced this week that a new mobile app is now available for recording and providing evidence of work-related exposures to help protect them against deadly cancers and other occupational hazards in the fire service.

NFORS Fire Fighter Exposure Tracker was developed through a partnership with the IAFF, IAFC, Metro Chiefs, International Public Safety Data Institute (IPSDI) and other fire service experts. It is funded by the U.S. Federal Emergency Management Agency's (FEMA) Assistance to Firefighters grant program and the Ramsey Social Justice Foundation.

View brochure (PDF), which quotes IAFC 2nd Vice President/Metro Chiefs President Otto Drozd.

Read the full announcement from the IAFF (PDF):

[IAFF.org](https://iaff.org)

Chief's Desk Continued

We purchased parcels 103-35-197, 103-35-196, 103-35-755F, and 103-35-190A. If you look at the parcel map, you will notice a parcel/easement 800-12-018D. This easement cuts right through what little parking we have in front of the building, as well as the front ramp. Our hope is that we can change the easement now that we own the other properties, and potentially re-zone all of it as one parcel.



In the next fiscal year we plan on addressing some issues with the back ramp. First, we want to secure the area so people will stop blocking access to the ramp for Engine 59. Second, we hope to resurface the ramp so it is serviceable; something we couldn't do previously because we didn't own it. When resurfacing, we may take the opportunity to actually pave where you park. Chief Bliss and Eric will establish the plans and set the priorities, but you get the general idea. We will also work with the Town on some zoning changes.

Our new web-site is scheduled to go live next Tuesday, June 4th, in the afternoon. Jonah and Michael did an outstanding job laying it out, updating the look to something that better suits our organization, and making it easy to navigate. Once it is up, we will make a social media push directing people to the site. Take some time to check it out. Right now the Stations and Apparatus page only shows stations. I will work with Bill in the near future to get updated pictures of all stations with apparatus.

The State did pass a budget late last weekend. I think the most important item for us is that the revolving fund for wildland reimbursement increased from \$10 million to \$20 million. This will certainly help us in terms of being reimbursed for off-district assignments in a timelier manner. I think it is

important to point out that revolving fund monies are actually State reserves that serve as a pass through account. This means that there is no real increase to the budget in terms of expenditures. We submit for reimbursement from a Federal fire, the State pays us from the fund, and the feds reimburse the State. The money from the reimbursement goes directly back into the fund. We owe President Fann along with Speaker Rusty Bowers a debt of gratitude for ensuring the increase was in the budget.

PSPRS held a meeting with their new actuarial firm on Tuesday, along with some new board members appointed by the Governor. They confirmed what we already knew – the assumptions that have been used for years are wrong, and our rates are going up. The projections have already gone from 1% to 4.5% for next year, without some of the adjustments being proposed. Buckle up; it looks like we are in for a bit of turbulence again. Here's part of the bottom line. PSPRS is a State mandated program that is over seen by the State. We as individual agencies have no oversight, but have the responsibility to pay the mortgage.

The State for their part, the very people who created the problem, doesn't want to pay for it. Locally, folks don't want to pay for it. As agencies, we have to pay the bill with little access to necessary revenues especially as Fire District's. It is a revenue problem at this point. There is no getting rid of the system and its legacy costs so the bill has to be paid whether anyone likes it or not. The question is, how? For agencies like ours that have no ability to raise additional revenues, and are subjected to tax cap limitations we have few if any options other than to pay the bill and hope that our Net Assessed Valuations continue to rise. We have been paying in more each year than required, but have not realized a return on that investment.

My apologies, I have not had any real philosophical epiphanies leading me to write anything other than current events. I have been reading a book on golf tips, and started taking lessons, but I'm certain that my perspective on golf will not help anyone. Those who've seen me on the course can attest. I've also been researching Jeep stuff, which doesn't really help you, or Jen – at least that's what she says. I totally disagree with her 😊 Golf, no matter how bad I am at it, and Jeeping keep me sane which I think is good for everyone.
