



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **June 14, 2019**

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Quote of the Week

“You’re going to come to a lot of intersections in your life, roads and otherwise, and you cannot always turn around. You have to summon the courage to go forward.”

-Pricilla Cummings



The Chief's Desk

Some will relate to this and others will not, at least at first, but I think by the end you'll understand what I am not so skillfully trying to say. I've been working on this analogy for several weeks now, and I think today may be the day I figure it out! Or, not.....

Life and work for me, and probably for many of you, is like the game of golf. Golf is a game that I enjoy, but I'm not particularly good at it. With some additional lessons and practice my goal is to achieve a level of mediocrity – no need to set my goal too high☺

Depending on the course you choose to play, you can enjoy some amazing scenery and some challenging approaches. No matter what course you choose you will encounter some hazards along the way e.g. water, bunkers, trees, etc. With the correct instruction and the right clubs in your bag, even the hazards can be overcome, and at times turned into opportunities. Okay, with the exception of the ball in the water – not much you can do with that one but laugh and take a drop.

Golf is a mental game. If you overthink your shot, you're bound to send the ball into an area other than where you're aiming. During my golf lesson last week – focused on chipping and putting – the instructor was demonstrating how to read a green, line up the shot, and then hit the ball. He said the key is that once the ball is lined up the player should take their stance and hit. Don't look at the ball, look at the target, and don't spend more than 1.2 seconds in your stance. Be ready, visualize the ball going in the hole, and hit it i.e. visualize success, and have faith. In putting distance is everything, your aim will come over time. In life, the stamina to go the distance in some cases is more important than hitting your target each and every time.

There are many people who simply do not enjoy golf. It is not only a mental game, but it can be extremely frustrating, if you take yourself and your play too seriously. One of the most enjoyable things about being on the golf course is that, for the most part, you get to choose those you are playing with. Being on the course provides an opportunity to enjoy the company of good friends while savoring a frosty beverage and maybe a good cigar. This simple game and time with friends can sometimes provide just the mental break from life that we need.

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Upcoming Events:

June 17 – Strategic Planning final meeting.
June 18 – Safety committee meeting, PRCC Liaison Meeting
June 19 – Meet with DFFM Phoenix, Meet with reps National Mutual Aid System
June 20 – Meet with VFIS Phoenix

Board Meeting:

June 24th Chino Valley Council Chambers

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



The Generation Gap

By: Jake Barnes

I have been fortunate in my fire service career to serve in three departments as a civilian and military firefighter. I have done this in three states and on two continents. Because of my background, I can say one thing for sure: The fire service is always changing—and the average firefighter hates change. Whether it's related to a tool or a tactic, firefighters will instinctively try to find a flaw or a reason not to use or apply it.

Of all the things I have seen firefighters balk at and avoid, there is one where there seems to be resistance from individual firefighters and the fire service as a whole—trying to understand the generational gap and how to make it work for the department. Because the fire service typically attracts younger people, and older firefighters tend to stay past their projected retirement date, the result is a huge melting pot of different upbringings, ideas and views on how to accomplish goals. Understanding and dealing with the different generations in order to effectively facilitate our mission is now as crucial as any other skillset taught in the fire service.

What makes a group of people born around the same time share so many traits? In a nutshell, it is the culture of the time. The experiences, beliefs and attitudes that we are exposed to as a group shape our thoughts and feelings. For example, I have a very laid-back approach to raising my children, while across my street are neighbors who are much stricter. While the children are close to the same age, their actions and beliefs are often quite different as a result of the different cultural exposure.

[Firehouse.com](https://www.firehouse.com)

Retired firefighter develops decon kit to battle occupational cancer

By: Fire Rescue 1 Staff

A retired Arizona firefighter developed the Rehnke Decon Kit to help prevent fellow firefighters from contracting occupational cancer.

According to AZ Family, El Mirage Firefighter Ed Cunningham named the kit after Capt. Dave Rehnke, a Peoria firefighter, who is battling kidney cancer.

The solution created by Cunningham is designed to completely detoxify gear.

"What most people don't know is once we exit the structure, our gear becomes so saturated with these toxins, that it becomes our greatest threat," he said.

According to the IAFC, cancer is the leading cause of line-of-duty deaths for firefighters. Baylor University is poised to release a study later this month proving there are more than 30 different carcinogens left on firefighters' gear after battling a fire.

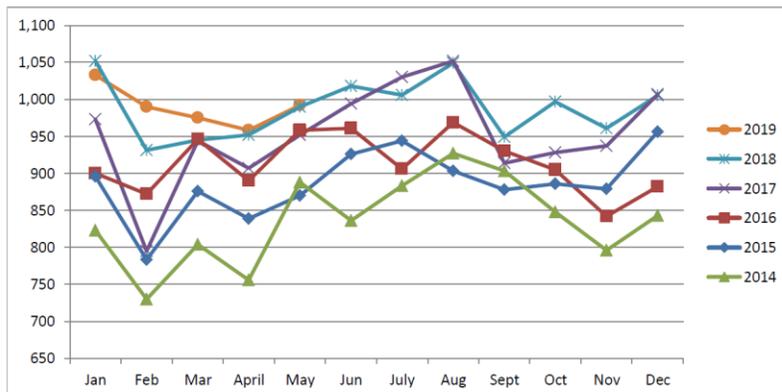
[Firerescue1.com](http://firerescue1.com)

Monthly Run Report

By: GIS Statistician Michael Freeman

CALL VOLUME HISTORY

| | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 |
|--------------|---------------|---------------|---------------|---------------|---------------|--------------|
| Jan | 823 | 896 | 900 | 973 | 1,052 | 1,033 |
| Feb | 730 | 783 | 872 | 795 | 931 | 990 |
| Mar | 804 | 876 | 946 | 944 | 945 | 975 |
| April | 756 | 839 | 890 | 907 | 952 | 958 |
| May | 888 | 870 | 958 | 952 | 990 | 992 |
| Jun | 836 | 926 | 961 | 994 | 1,018 | |
| July | 883 | 944 | 906 | 1,030 | 1,006 | |
| Aug | 927 | 903 | 969 | 1,052 | 1,049 | |
| Sept | 903 | 878 | 930 | 914 | 949 | |
| Oct | 848 | 886 | 905 | 928 | 997 | |
| Nov | 796 | 879 | 842 | 937 | 961 | |
| Dec | 843 | 956 | 882 | 1,007 | 1,005 | |
| AVG | 836 | 886 | 913 | 953 | 988 | 990 |
| TOTAL | 10,037 | 10,636 | 10,961 | 11,433 | 11,855 | 4,948 |





May Response Report - 2019

Land Area: 365 sq. miles Population: ~100,000 Fire Stations: 10 Full-Staffed

Responses in District

| | |
|---------------------------|----|
| TOTAL FIRE INCIDENTS | 13 |
| STRUCTURE FIRE | 0 |
| STRUCTURE FIRE; CONFINED | 3 |
| MOBILE HOME/PORTABLE BLDG | 0 |
| VEHICLE FIRE | 1 |
| BRUSH/GRASS/WILDLAND FIRE | 4 |
| OTHER/TRASH FIRE | 5 |

Fire is 1.31% of call volume

| | |
|-----------|-----|
| TOTAL EMS | 665 |
|-----------|-----|

EMS is 67.04% of call volume

| | |
|-------------------|-----|
| OVERPRESSURE | 3 |
| HAZMAT | 13 |
| SERVICE | 175 |
| GOOD INTENT | 86 |
| FALSE ALARM/OTHER | 37 |

Other is 31.65% of call volume

| | |
|------------------|-----|
| TOTAL # OF CALLS | 992 |
|------------------|-----|

| | |
|-----------------------|----------|
| Residential Fire Loss | \$44,733 |
| Commercial Fire Loss | \$0 |
| Vehicle Fire Loss | \$2,000 |

| | |
|---|-----|
| Calls in Town of Chino Valley | 181 |
| Calls in Town of Prescott Valley | 511 |
| Calls in Town of Dewey-Humboldt | 35 |
| Calls in District, Unincorporated Areas | 265 |
| Calls Out of District | 6 |

| | |
|----------------------------------|-------|
| Average total # of calls per day | 32.00 |
| Average fire calls per day | 0.42 |
| Average EMS calls per day | 21.45 |
| Average all other calls per day | 10.13 |

| | |
|----------------------------|-----|
| Aid Given to Prescott | 161 |
| Aid Received from Prescott | 58 |
| Mutual Aid Given | 0 |
| Mutual Aid Received | 0 |

Unit Responses

| | In District | Total |
|-----|-------------|-------|
| E50 | 141 | 153 |
| E51 | 18 | 180 |
| E53 | 154 | 155 |
| E54 | 130 | 131 |
| E57 | 28 | 29 |
| E58 | 151 | 155 |
| E59 | 107 | 114 |
| E61 | 96 | 97 |
| E62 | 141 | 143 |
| E63 | 51 | 55 |
| T50 | 9 | 11 |
| B3 | 37 | 43 |
| B6 | 26 | 29 |

Call Volume at PRCC

| | MONTH | YTD |
|-------|-------|-------|
| PFD | 785 | 3,650 |
| CAFMA | 992 | 4,948 |
| GCFD | 12 | 56 |
| OD | 7 | 25 |
| WKFD | 3 | 12 |

Top 5 Call Types

| | |
|-----|------------------------------|
| 611 | EMS |
| 93 | Assist Invalid |
| 52 | Cancelled en Route |
| 37 | Public Service Assistance |
| 26 | Vehicle Accident No Injuries |

Move Ups by Station

| | | | |
|-----|----|---------------|------------|
| 50: | 66 | 57: | 7 |
| 51: | 41 | 61: | 10 |
| 53: | 19 | 62: | 3 |
| 54: | 0 | 63: | 18 |
| 58: | 3 | | |
| 59: | 7 | TOTAL: | 174 |

Chief's Desk Continued

Depending on who you're with, they may even be able to provide some sound advice that will improve your play. Other times, their advice may only serve to clutter your mind as you approach your next shot causing you to hit an errant ball. Not that you can't recover, but sometimes locating that ball can be difficult. Honestly, I hit enough of those on my own so I really can't blame anyone's advice for that. In the end, choosing the right circle of friends and peers will make your life more enjoyable, and give you the support you need when challenged. Not all of their advice will be best for your situation, so choose carefully what you take and what you disregard. One more thing, have a sense of humor and use it 😊 Life's too short to be serious all the time.

At my first golf lesson, the instructor initially just wanted to see how I held the club and handled my approach. He said I needed to focus on my grip, my stance, and my follow through. The body mechanics are vital. He wouldn't let me hit a ball until I could prove some proficiency with follow through, rotation of my wrists, and not raising my body up and away. Once I was able to hit the ball he told me not to focus on where the ball went, but rather to focus on the mechanics.

You won't hit where you are aiming, or think you are aiming, each time you swing the club. The important thing is to make contact with the ball for now and understand that wherever it lands you'll still eventually get to the green. Funny thing is that I would hit where I aimed, it's just that I thought I was aiming one way, but was actually aimed slightly off target. He said that my aim would come with more time and practice; right now I just need to be able to connect with the ball. In life, family, and career, set your goals and aim true. Sometimes you won't hit the target, but in general terms you can recover from wherever you land and still stay the course.

The great thing about aiming in golf is that you always have the opportunity to disengage, take a step back, reassess your aim before you swing, and step back up. There is no rule that you have to approach the ball, aim, and shoot without reaffirming you are actually headed towards your target. This doesn't mean you won't slice, push, or cut the ball and send it somewhere else, but I think you get the idea. There are very few times in life when you have to make a decision in the moment – you'll usually have time to consider your choices..... Take it.

I very much enjoy playing a variety of courses. Antelope Hills is probably the course I play most often, which is not nearly enough, but I like to travel around trying new courses with new and old friends. When I return to my "home" course I usually have something new that I can apply – sometimes it's only a hat, but rest assured it's stylish. Trying new courses can provide some fresh perspective and opens the mind up to new ideas. As I've told you before, seek opportunities to learn outside of CAFMA. If you want to expand your professional knowledge, you have to learn from others outside our organization and our State. Open up your mind and think globally. Isolationism leads to stagnation.

Learning golf is a journey. Even the best golfers continue to practice day in and day out honing their craft over time. In each round they play, they hit good shots and bad shots. The difference between

them and most average golfers is that they've put in the time and effort to deal with the challenges they face. They have the tools and expertise to get out of the bunker with relative ease, at least it seems that way. Have you prepared yourself to deal with challenges? You cannot be prepared for every situation life throws at you, but if you've created a solid set of knowledge, skills, and ability you'll have a tool box robust enough to successfully face a challenge.

There are times that you may get hit with another golfer's errant shot. Hopefully they've yelled FOUR so you have a chance to duck, but there are times that little sucker comes out of know where and just wallops you. That can be painful! Things in life will blindside you from time to time. It's not what hits you, it's your preparation and the people you've surrounded yourself with that will make the difference

In golf, as with life, I struggle at times to hit the target, and often end up in some sort of hazard. However, at the end of the day I've usually hit enough good shots to keep me coming back. For me, even one good shot out of 18 holes is enough to make it a good day.

Life is about the people you surround yourself with, practice, preparation, follow through, and developing the tools you need to handle life's challenges. You'll miss the target from time to time, but if you've practiced your craft and developed the requisite knowledge, skills, and abilities you will succeed. There will be times you get blindsided, people don't always yell FOUR, but, you can get back up, dust yourself off, and continue on with your game.
