



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – July 12, 2019

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Quote of the Week

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all love of what you are doing”
-Pele



Firefighter Aaron Moore and the crew of Engine 53 made an interesting rescue..... Just in case you were not aware, Aaron's picture did make the news



The Chief's Desk



This week was the annual Arizona Fire Chiefs/Arizona Fire Districts Summer Leadership Conference. For those that don't know, I have served as the Vice President of the AZ Fire Chief's for the last two years, and was honored to be sworn in as the new President of the organization on Tuesday. I greatly appreciate the support of the board and a number of staff

personnel that were able to attend, and look forward to serving the Arizona fire service in this position.

I'd like to give a big shout out to Captain/Honor Guard Commander Jeremiah King (JK) as well as Honor Guard members Captain Dennis Brown and Warehouse Manager Erik Trujillo! At a dinner for the Chief's Association Board Monday evening, I was approached about our Honor Guard as well as our Pipes and Drums Band. For the first time in our long history the Honor Guard who normally handled opening ceremonies for the conference could only muster one member. Between 1830 Monday evening and 2200, JK was able to reach out across the State and put together a well-staffed and amazing Honor Guard. Dennis and Erik volunteered that night to come down and support the efforts. JK, Dennis, and Erik, you not only epitomize *The Compass*; your efforts were well noted across the State! Thank you, you guys are fantastic!!

I've included an article this week concerning an award received by the Florida Firefighter Safety and Health Collaborative. I was approached by PhD. Sarah Jahnke, a leading researcher in the country concerning firefighter health and safety. She's also a close friend of Chief Jake Rhoades, which we are not holding against her 😊 Dr. Jahnke and the owner of HeartFit for Duty out of Gilbert, AZ, Kepra Jack, were part of establishing the Florida Collaborative. They would like to start one in Arizona as they're next project. We had a meeting Wednesday afternoon along with Chief Karrer, Golder Ranch Fire, Chief Polacek, and Chief Tom Shannon, Scottsdale Fire and the new VP of AZ Fire Chiefs. Kepra has already been meeting with a representative from the Professional Firefighters of Arizona.

After meeting with Kepra and Dr. Jahnke, we decided that this is something the AZ fire service should pursue. To that end, we will meet again when the AZ Fire Service Institute reconvenes in September. In the intervening time, I have volunteered to be a member of the task force pushing the initiative forward. Take a look at Florida's web-site to get a better sense of what collaborative entails. In short, it's a resource that will guide a member through a diagnosis of cancer e.g. finding the right help, and traversing the documentation/maze of workers compensation. Additionally, the collaborative will pre-identify culturally competent behavioral health specialists and facilities. Continued page 6

Upcoming Events:

July 15 – Morning meeting, Meet with Town of Chino Valley
July 16 – PRCC Liaison Meeting, Meet with Signals
July 17 – PVEDF Meeting, Accreditation Consortium Meeting Admin
July 18 – PRCC Chief's Meeting, Town of Chino Valley Council Meeting

Board Meeting:

July 22nd Administration

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



Creating Calm Within Your Work Storm

By: Kevin Eikenberry

The work of a leader can get harried, rushed, and stressful. The challenge is to not let the stress negatively impact our health, our productivity, or our results. That's why I suggest you find ways to create a circle of calm in the storm and stresses of work and leadership.

When you create a circle of calm, you have a chance to respond rather than react. Here are some quick ideas to help you slow down enough to make better decisions, communicate more effectively, and in general, get better results for yourself personally and in your work.

Creating Your Circle of Calm

Take a deep breath (or two). Breathing helps our physical stress, and taking those breaths gives you a moment to recalibrate your next move.

Stay present. Every storm is easier to deal with when we aren't stewing over what has happened and is past or worrying about what's next. Stay in the moment and you will be better able to deal with any storm.

Ask if your worry is worthy. Let's face it, we create much of the storm we see, and worry is part of it. Is the thing you are worrying about important enough to place your energy into it? And perhaps more importantly, can you change or influence what you are worrying about? If it isn't or you can't, it is time to let it go. If it is important and you can influence the outcome, get to work.

[KevinEikenberry](#)

How leading organizations put firefighter health and safety first

By: Sarah Calams



The Florida Firefighters Safety and Health Collaborative and the Denver Fire Department have been selected as co-recipients of the Senator Paul S. Sarbanes Fire Service Safety Leadership Award, which recognizes organizations for their profound contributions to the overall health and safety of firefighters. They will be presented the award on April 25, 2019, in Washington, D.C., at the 31st Annual National Fire and Emergency Services Dinner.

Created in 2009, the award is named in honor of former Senator Paul S. Sarbanes, a former Chair of the Congressional Fire Services Caucus who wrote the legislation that established the National Fallen Firefighters Foundation in 1992. He retired from the U.S. Senate in 2006 following a distinguished 36-year career in Congress.

The National Fallen Firefighters Foundation and the Congressional Fire Services Institute co-sponsor the award, and previous recipients include the likes of the International Association of Fire Chiefs, the National Volunteer Fire Council, the International Association of Fire Fighters and more.

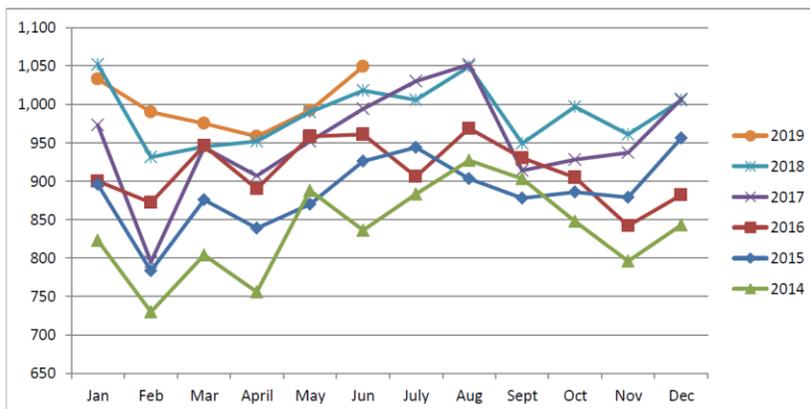
Firechief.com

June Response 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	1,049
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	1000
TOTAL	10,037	10,636	10,961	11,433	11,855	5,997





June Response Report - 2019

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

Responses in District

TOTAL FIRE INCIDENTS	19
STRUCTURE FIRE	1
STRUCTURE FIRE; CONFINED	3
MOBILE HOME/PORTABLE BLDG	4
VEHICLE FIRE	2
BRUSH/GRASS/WILDLAND FIRE	8
OTHER/TRASH FIRE	1

Fire is 1.81% of call volume

TOTAL EMS	689
OVERPRESSURE	0
HAZMAT	10
SERVICE	190
GOOD INTENT	102
FALSE ALARM/OTHER	39

Other is 32.51% of call volume

TOTAL # OF CALLS 1,049

Residential Fire Loss	\$229,550
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$28,000

Calls in Town of Chino Valley	182
Calls in Town of Prescott Valley	508
Calls in Town of Dewey-Humboldt	42
Calls in District, Unincorporated Areas	317
Calls Out of District	8

Average total # of calls per day	34.97
Average fire calls per day	0.63
Average EMS calls per day	22.97
Average all other calls per day	11.37

Aid Given to Prescott	109
Aid Received from Prescott	81
Mutual Aid Given	0
Mutual Aid Received	0

Unit Responses

	In District	Total
E50	136	143
E51	32	144
E53	184	186
E54	142	143
E57	38	38
E58	147	150
E59	111	119
E61	101	103
E62	130	136
E63	54	57
T50	13	14
B3	49	52
B6	35	42

Call Volume at PRCC

	MONTH	YTD
PFD	757	4,407
CAFMA	1,049	5,997
GCFD	13	69
OD	15	40
WKFD	5	17

Top 5 Call Types

650	EMS
97	Assist Invalid
56	Cancelled en Route
56	Public Service Assistance
26	Vehicle Accident w/Injuries

Move Ups by Station

50: 68	57: 7
51: 55	61: 11
53: 21	62: 4
54: 0	63: 28
58: 7	
59: 7	TOTAL: 208

Chief's Desk Continued

Rather than try to fill another page with information, I'd like to draw your attention to the other attachment accompanying this week's *Review*. I recently went through *The Compass* with the assistance of our wonderful administrative staff in the front office. We worked to clean up some of the grammatical challenges in the document, and I made a couple of minor tweaks. I think the most important adjustment was the addition of language related to the topic of second chances. In short, I added the words, "to the best of our ability" to the section about being a second chance organization.

Do not get me wrong, we want to provide opportunity when appropriate, but it is not always appropriate. Folks have come to me and said, "*The Compass* says we are a second chance organization." While they are correct, *The Compass* says a lot more than just that one sentence. It talks about our overall philosophy of accountability and responsibility.

Given it's been 3 years since we debuted *The Compass*, and we have addressed some challenges over the last seven or eight months, I think it is a good time for all of us to review it again. The changes are not substantive necessarily, but I'd like you to read it as a reminder of who we say we are for our community and for each other.
