



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – September 20, 2019

## This Edition:

The Chief's Desk.....Page 2  
 When Cancer Strikes in Your Department . Page 3  
 Tips to Improve General Fitness for Firefighting  
 .....Page 3

## Quote of the Week

"Train people well enough so they can leave. Treat them well enough so they don't want to."

-Richard Branson

**STONE RIDGE**

1601 N Bluff Top Drive  
Prescott Valley AZ

Golf Scramble Format  
Buffet Lunch and Raffle Included

7:00 am Check-In / Registration  
8:30 am Start



[www.iafflocal3066.org/golf](http://www.iafflocal3066.org/golf)




2901 N. Glassford Hill Rd  
Prescott Valley, AZ  
929-772-1800

**CAFMA FIREFIGHTERS CHARITIES**

Formed in 2010 as the CYFD Firefighters Charities and renamed in 2016. The CAFMA Firefighters Charities is a 501(c)(3) non-profit organization created to assist the community in which we live and serve. We are a non-political entity that uses funds collected to assist citizens in our community who have been impacted by fire or medical emergencies as well as other 501(c)(3) organizations including but not limited to Habitat for Humanity, The Yavapai Food Bank, Yavapai Big Brothers Big Sisters, and The Firefighter Angel Foundation.

Thank you for your time and helping us serve our community.

Hosted In Partnership with  
IAFF Local 3066



Sponsorship information  
Jaron Kirk  
928-853-5142 or 928-772-7711  
jkirk@cazfire.org  
[www.iafflocal3066.org/golf](http://www.iafflocal3066.org/golf)

**CAFMA FIREFIGHTERS CHARITIES**

Golf Tournament



October 5, 2019



- A. EXECUTIVE SPONSOR \$2000
    - Signage at two tee boxes
    - Acknowledgment as Executive Sponsor on the welcome banner
    - Acknowledgment on tournament brochure and flyers
    - Two golf foursomes
  - B. GOLD SPONSOR \$1000
    - Signage on one tee box
    - Acknowledgment as Gold Sponsor on tournament flyers
    - One golf foursome
  - C. SILVER SPONSOR \$500
    - Signage on one tee box
    - One golf foursome
  - D. GOLF ONLY
    - Green Fee, Cart Fee, GPS, Range Balls, Gift Bag, Buffet Lunch, Raffle
    - Golf Foursome \$400
    - Twosome \$200
  - E. PIN FLAG SPONSOR \$200
    - Limited Sponsorships Available
  - F. HOLE SPONSOR \$150
    - Signage on one tee box
  - G. GIFT BAG SPONSOR \$50
    - Business card (company logo)
- DONATIONS ONLY**  
No Minimum
- RAFFLE PRIZE DONATION**  
No Minimum

**REGISTER ONLINE**

[www.iafflocal3066.org/golf](http://www.iafflocal3066.org/golf)

Players - Foursomes / Twosomes  
Sponsors  
Donations  
Pin Flag Sponsors  
Player Package Donations


**CAFMA Firefighters Charities**  
Tax ID # 27-2450789

If unable to register online

Make Checks Payable to:  
CAFMA Firefighters Charities

Golf Tournament  
8603 E. Eastridge Drive  
Prescott Valley, AZ 86314

**Sponsorship**



IAFF Local 3066

GOLF FOURSOME \$100 (per player)

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_  
Name on Credit Card: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Card Number: \_\_\_\_\_  
CSCV Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Type of Card: MC VISA  
Card Holder Signature: \_\_\_\_\_

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## The Chief's Desk

At the beginning for last week's Review I mentioned that I was in Kansas City, KS for a one day seminar called Surviving the Fire Service. As a reminder, the seminar brought together some of the leading minds in research pertaining to firefighter cancers, PTSD, cardiac issues, and sleep deprivation. I have to report that it was fantastic! It's not that I came back with an expanse of new knowledge, but I now know what they're working on, and have some ideas related to things we may need to work towards.

We have watched and listened to numerous stories of firefighter cancers in the State of Arizona. The stories are not necessarily about cancer itself, but about firefighters battling cancer and workers compensation at the same time. Despite the clearly articulated presumptive laws in the state, workers compensation companies are still denying the claims on the advice of one particular Independent Medical Examiner (IME) they've employed out of the valley. Despite letters from the Arizona Attorney General, and calls from Governor Ducey, some of our fellow firefighters are still battling insurance when they need to focus on beating cancer.

Recognizing the cost of a cancer claim, the Professional Firefighters of Arizona (PFFA), the League of Towns and Cities, as well as individual cities are coming together to discuss the concept of a workers comp risk pool. As the AFCA President, I am now engaged in the conversation as well. You are all aware that Chief Tharp has worked for several years now to get a special taxing district risk pool off the ground. We had achieved critical mass and everything was in place when the workers compensation company now involved in the cancer disputes offered deferred rates to many of our partner agencies. Their boards took the short term gain which meant our critical mass was gone.

I'm asking Chief Tharp to engage with the group listed above on the statewide efforts to start a risk pool as I would consider him the leading fire service expert in regards to workers compensation – Holiday Inn Express style. Hopefully, we can get the risk pool off the ground even if statute will only allow for separate municipal pools, and special district pools. Having one pool would absolutely be best for everyone.

Having attended the seminar last week, and been through some of this with Tharp before, it is important for all involved to understand that the risk pool is not just about ensuring solid financial backing. The pool must focus on prevention and education. If we don't want the significant expense related to a cancer claim, then we must spend some dollars up front to educate and employ procedures that will help prevent exposures. Continued page 4

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### Upcoming Events:

Sept 23 – Conference Call Dr. Jahnke, Board Meetings  
Sept 24 – Meet with Fire Marshal and Asst. Fire Marshal, Meet with new PV Council Member, Chino Town Council  
Sept 25 – Lunch meeting, Elks Dinner in Chino  
Sept 26 – Evening: Guest lecture on Leadership at Tucson Fire Headquarters with NAU, PV Council Meeting

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### Board Meeting:

September 23rd Administration

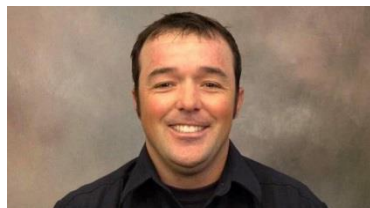
CVFD – 1600-1630  
CYFD – 1630-1700  
CAFMA – 1700-1830



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## When Cancer Strikes in Your Department

By: Russell Osgood



Goodyear Engineer Austin Peck

Awareness of the cancer epidemic among firefighters has received a great deal of attention in recent years. Firefighters are changing habits and taking action to protect themselves from their higher cancer risks. Ongoing research continues to help us understand better ways to reduce our exposures to carcinogens. I am impressed by the firefighters who are aggressive about acquiring and sharing this important information.

While teaching cancer awareness and prevention courses across the county, I have seen departments big and small implementing recommended practices. Our brothers and sisters are better protected today because of these efforts, but firefighters everywhere are still facing cancer diagnoses. If a member of your department is diagnosed with cancer, are you prepared?

I look back to 2007 when Firefighter Sarah Fox, pregnant with twins at the time, told us she had cancer. Sarah's cancer had a large impact on our department, and we all became more educated during Sarah's four-year battle with cancer.

[FireRescueMagazine](#)

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## Tips to Improve General Fitness for Firefighting

By: Dr. Jeanna LeClaire Hill, PT, DPT, ATC, CSCS, USAW-L1SP



Functional fitness and High Intensity Interval Training (HIIT) are popular ways to exercise these days. Exercise regimens such as CrossFit, Hard Exercise Works, OrangeTheory, and Fit Body BootCamps are examples that use these principals in their workout programing. Function and intensity are great, but it's important for firefighters to consider what functional movements and what intensities are important for their jobs, daily tasks, and goals. The motions firefighters need to be efficient in include the following: lifting objects from ground, climbing, carrying, pulling, pushing, lateral swinging, lifting overhead, and maintaining endurance. Those motions should be efficient with gear on, at fairly high intensity, with the duration mimicking a call length, and in various weather situations depending on geographical location. Doing bicep curls and sit-ups are not functional exercises that help with your career.

Here are a few tips to improve general fitness for injury prevention and career livelihood as a firefighter:

Practice engaging your core while imagining someone punching your stomach. You would want to be braced and secured with normal breathing. (Normal breathing is the key to add in movement.) This transverse abdominus activation is your internal back brace to prevent injury when on a call or during training.

Perform push/pull exercises. If you can access a gym that has sleds to perform push/pull exercises, this will help you with hose drags and pulling a body while strengthening.

## [FireRescueMagazine](#)

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### **Chief's Desk Continued**

As some of you know, a couple years before I left the St. Louis area the agency I worked with went through five cancer diagnoses in 24 months. We ended up coordinating three funerals, one medical retirement, and we had one person who achieved remission. Folks, it's not if it will happen, it's when it will happen? We know more today than we did back then, but if we do not employ the knowledge we gained over the intervening years we will continually and unnecessarily expose ourselves. That said, let's be abundantly clear, we will never be able to completely eradicate exposure to carcinogens in our field. To that end, it is your responsibility to follow procedures and guidelines to protect yourselves, as well as remove, to the best of your ability, cancer causing habits from your life style. It is our responsibility to continually seek new equipment, and standards of practice to limit your exposure.

In speaking with the head of the Firefighter Cancer Support Network, Bryan Frieders, I learned that there is research underway into the most appropriate interior finishes for a fire station that will help prevent cross contamination. As some may be aware, one of our objectives from last year was to identify a standard for station re-models and design. Unfortunately, no information was readily available. Bryan assures me the research is out there and there will be recommendations forthcoming. The clean cab concept is another practice that research shows helps prevent exposure. Stay tuned as we continue to follow the research.

Regarding behavioral health, I met the Deputy Director of the counseling unit for FDNY, Frank Leto. I will not belabor 9/11, but suffice to say he has worked through the years to aid FDNY personnel suffering from both the physical and mental issues caused by the attacks as well as the subsequent rescue efforts at ground zero. He also sits on the board for the Center for Excellence in Maryland. Frank did come up through the ranks at FDNY on an engine.

We now have an open invitation to visit him in New York to shadow the CSU. While I understand we do not have the resources of FDNY, I fully believe that we can bring nuggets back that will help guide us in the future. Since the seminar, and visiting with the numerous researchers in attendance, I have scheduled a conference call with Dr. Sara Jahnke – absolute awesome person – who is a lead researcher. We will be discussing possible AFG grants that may assist CAFMA with developing a more robust behavioral health program. I do not know what the possibilities are right now, but will have a better picture after next

Monday. The concept in my head includes a grant managed by CAFMA, but offers access to firefighters and their families throughout the Prescott Basin. Behavioral health, and wellness AFG grants, especially regional request, tend to have a better chance at success.

We're certain that there are folks struggling with behavioral health issues in our ranks still today who have not come forward to ask for help. The hope with the grant would be to institute a program that would provide access to a culturally competent clinician before it gets to a crisis level. Nothing is 100% as was mentioned above about cancer prevention, but the more preventative services we can provide the better for all of our personnel. At least that is the way I look at it.

I was also able to listen to and meet the former head of the Illinois Fire Service Institute who is now a leading researcher with Underwriter Laboratories. I look forward to seeing and hearing more from them related to firefighter health and safety as it relates to gear and initial attack. Cool stuff!

In the end, the seminar in Kansas City was probably one of the best seminar's I've attended in recent years. It also provided a fantastic opportunity to spend some quality time with the United States Fire Administrator. We've actually had similar challenges in our professional lives – we've both worked with, and are friends with Jake Rhoades Fire Chief of Kingman and NACFED. It was good to share stories and provide support for each other..... As I've said before, building a network is vitally important.