



# THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – July 10, 2020

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It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.

- WILLIAM ERNEST HENLEY



[Overcoming with Jason Redman | Mighty Oaks Show 072](#)

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## The Assistant Chief's Desk

Over the last several weeks, I have been blessed to watch my sons play baseball. The Little League Baseball season was canceled this year, just as the teams began practicing. Never did I think I would miss the obligation of practice and game schedules until COVID struck. The activity has been good for the kids and I find it relaxing to sit and watch. I don't worry much about the score. I enjoy watching their successes and failures, knowing that there is a resiliency that develops from both. The ability to win humbly and lose graciously. Neither are the stars of their team; however, they are both content with their position and work hard to be successful.

Two weeks ago, one of them was able to play in a tournament in Prescott. There were four teams in the tournament with players 10 years old and younger. The team played hard but only won one of the three games. Not having a lot of practice before the games caused a lot of mental errors to be committed. I smiled when one of the coaches stepped out of the dugout following a misguided play. He then quietly got the team's attention and used both hands to point at his head. Very little had to be said because the motion said it all; use your head and think before you act. His goal was to help the players win the battle between their ears and play to the best of their ability. Often these poor kids are bombarded with all kinds of distractions. Everyone in the stands is constantly yelling and telling them what to do. That, in addition to the nerves of playing in front of people, adds to the confusion when the ball reaches them. To win the mental battle, they have to be confident in their skills and rely on their training. They needed to have a pre-pitch plan and know what to do with the ball when it came to them.

It is my hope that the skills they learn on the field will translate to the rest of their lives. We can all find ourselves on a peak of success or in a valley of despair. It is how we handle these moments that speaks the most about our character and resiliency. In a recent podcast, I listened to [Jason Redman, Navy Seal](#) and author of the book "Trident: The Forging and Reforging of a Navy SEAL Leader", speak about resiliency. On the podcast, he talked about the wounds he received in combat and the mental approach he took in his recovery. On the door of his hospital room he wrote a note that read:

"Attention to all who enter here. If you are coming into this room with sorrow or to feel sorry for my wounds, go elsewhere. The wounds I received I got in a job I love, doing it for people I love, supporting the freedom of a country I deeply love. I am incredibly tough and will make a full recovery. What is full? That is the absolute utmost physically my body has the ability to recover. Then I will push that about 20 percent further through sheer mental tenacity. This room you are about to enter is a room of fun, optimism, and intense rapid regrowth. If you are not prepared for that, go elsewhere." It was signed, "The Management."

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### Upcoming Events:

June 13 – MAC Meeting  
June 14 – Virtual Meeting with YRMC regarding current situation  
July 15 – PVEDF Board Meeting  
July 16 – Continue working on HR 7073

### Board Meetings:

July 27 Admin  
CAFMA – 1700-1830



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# A User's Guide To Masks: What's Best At Protecting Others (And Yourself)

By: Maria Godoy

**Note by Chief Freitag:** I want to make clear that I still do not recommend healthy people wear masks. However, I do think if you choose to wear a mask, or if you need to wear a mask, you should be provided the proper information. This includes what type of masks are effective, the limitations of each, how to properly utilize your mask of choice, and how to decontaminate your mask. Currently, very little accurate information has been provided to the public regarding any of the aforementioned. Chief Bliss shared this article with me. After review, I felt the author and those she interviewed did a good job explaining the dynamics, limitations, and specific qualities of each mask. Additionally, the data they use is supported by other peer reviewed academic studies I've read on the topic.

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So you want to wear a face mask? Good call. A growing body of evidence supports the idea that wearing face masks in public, even when you feel well, can help curb the spread of the coronavirus — since people can spread the virus even without showing symptoms. That's the main reason to wear a mask: to protect other people from you. Face masks can also offer the wearer some protection — though how much varies greatly, depending on the type of mask. No mask will offer full protection, and they should not be viewed as a replacement for physical distancing of at least 6 feet from others, frequent hand-washing and avoiding crowds. When you combine masks with those measures, they can make a big difference. But what kind of mask is best?

When choosing a mask, experts say focus on the fabric, fit and breathability. How well a mask protects is a function of both what it's made of and how well it seals to your face. But if you can't breathe well through it, then you're less likely to keep it on. Here's a look at different kinds of masks you might consider and how effective they are at protecting the people around you — and you as well. Since the Centers for Disease Control and Prevention says people should wear cloth face coverings in public, we'll talk about fabric masks first. But if you've purchased a medical mask or respirator, scroll down for some important notes — like how to spot if you've got a fake.

## Fabric Masks

First, consider the fabric itself. "The tightness of the weave is really important. That's the first thing I would ask people to look into," says Supratik Guha, a professor of molecular engineering at the University of Chicago. To check your fabric, hold it up to a light: If you can easily see the outline of the individual fibers, it's not going to make a great filter.

Researchers say a tight-weave 100% cotton is a good bet. That's because at the microscopic level, the natural fibers in cotton tend to have more three-dimensional structure than synthetic fibers, which are smoother, says Christopher Zangmeister, a researcher at the National Institute of Standards and Technology. That 3D structure can create more roadblocks that can stop an incoming particle, he explains.

[npr.org](https://www.npr.org)

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# June Response Report - 2020

Land Area: 369 sq. miles    Population: ≈100,000    Fire Stations: 10 Full-Staffed

### Responses in District

TOTAL FIRE INCIDENTS	17
STRUCTURE FIRE	2
STRUCTURE FIRE; CONFINED	3
MOBILE HOME/PORTABLE BLDG	1
VEHICLE FIRE	2
BRUSH/GRASS/WILDLAND FIRE	4
OTHER/TRASH FIRE	5

**Fire is 1.53% of call volume**

TOTAL RESCUE & EMS	730
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**EMS is 65.47% of call volume**

OVERPRESSURE / OVERHEAT	1
HAZARDOUS CONDITION	15
SERVICE CALL	225
GOOD INTENT	99
FALSE ALARM/OTHER	28

**Other is 33.01% of call volume**

TOTAL INCIDENTS IN DISTRICT	1,115
INCIDENT RESPONSES BY CAFMA	1,208

Residential Fire Loss	\$611,800
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$2,000

Calls in Town of Chino Valley	172
Calls in Town of Prescott Valley	565
Calls in Town of Dewey-Humboldt	49
Calls in District, Unincorporated Areas	329
Calls Out of District	6

Average total # of calls per day	37.17
Average fire calls per day	0.57
Average EMS calls per day	24.33
Average all other calls per day	12.27

Aid Given to Prescott	120
Aid Received from Prescott	77
Mutual Aid Given	4
Mutual Aid Received	0

### Unit Responses

	In District	Total
E50	139	148
E51	36	166
E53	208	209
E54	156	160
E57	57	60
E58	164	166
E59	111	117
E61	100	100
E62	123	129
E63	53	54
T50	1	1
B3	53	59
B6	32	34

### Call Volume at PRCC

	MONTH	YTD
PFD	784	4,292
CAFMA	1,115	6,047
GCFD	8	56
OD	11	47
WKFD	6	25

### Top 5 Call Types

671	EMS
112	Assist Invalid
54	Cancelled en Route
38	Public Service
33	Unauthorized Burning

### Move Ups by Station

50: 43	57: 3
51: 39	61: 10
53: 12	62: 8
54: 1	63: 17
58: 1	
59: 0	<b>TOTAL: 134</b>

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## Chief's Desk Continued

We cannot always control the valleys we enter; however, we can control our response. Often, it is our mental approach to whatever challenge we are facing that will determine success. On June 7th, I attended the [Mighty Oaks Legacy Program](#) at the Blaylock Ranch in Junction, Texas. The program is a five-day intensive peer-to-peer program that serves as the catalyst to help Veterans and First Responders fight through the challenges of post-traumatic stress (PTS). The Mighty Oaks Foundation was started by Chad and Kathy Robichaux. They are residents of Williamson Valley and have spoken at CARTA about resiliency, PTSd, and marriage. Chad is a former Force Recon Marine and professional Mixed Martial Arts (MMA) Champion who has gone through his own share of valleys in life.

I attended at the invitation of Chad and went through the program with nine other individuals. In my application, I highlighted that I have attended many training events in my life to make me a better firefighter; however, I have never attended a program that focused solely to strengthen my resiliency. We all have a level of strength and resiliency; however, there are valleys in life that are difficult to climb out of, especially alone. I was the only First Responder in the group; however, that didn't inhibit the camaraderie that developed through the course. This is a faith-based program that utilizes peer leadership to equip Veterans and First Responders to fight through life's challenges.

Of the five days spent at the program, only one hour was spent on PTSd. This was intentional. The first evening when everyone arrived it was very clear that there was no rank and no one's experience exceeded anyone else's. This set the tone for the rest of the course and eliminated the comparison and judgment that we are all prone to commit. Their goal was to help each participant, regardless of their experience, achieve personal success by avoiding a victim mentality. Jason Redman highlighted in his battle to recover from the mental, physical, and emotional wounds that he was not going to have a victim mindset. He also spoke about how he had taken the opposite approach early in his Seal career when he was faced with his own failed leadership. During that time he blamed others for the situation he was in and portrayed himself as a victim of mistreatment. He said that it took him a lot of time and investment from good leadership on his team to help him realize his part in his failure.

One of the quotes from the Mighty Oaks Program was "Never Fight Alone". There are many resources available and our Peer Support team members have been working their way around to stations to discuss the various options for support that are available to you. These are options to help you navigate the valleys you may find yourself in both personally and professionally. The Mighty Oaks Program, available to men and women is certainly not the perfect solution for everyone. However, in a recent conversation with Chad, he highlighted that if someone feels that they would benefit from the program, have them apply. You do not need to be in crisis to apply. They will process the application and prioritize your attendance according to your need. They have not turned anyone down. If anyone would like to ask questions about the program, I would gladly talk about my personal experience and what I feel I took from the program. Do you know what to do in your own life when faced with challenges? We have an excellent Peer Support Team that can help.

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To find out more about the Mighty Oaks Program, visit their website at:

<https://www.mightyoaksprograms.org/>

To find more options available to you through the Peer Support Team visit:

<https://firestrong.org/>

**“NEVER FIGHT ALONE”**