



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **September 9, 2022**

This Edition:

The Chief's DeskPage 2
I am a firefighter, now retired': Defining yourself post-retirementPage 3
August Run ReportPage 5

"Pain sucks."

— Unk

[The CAFMA Connect YouTube Channel](#) – Like, Subscribe, Watch, and Learn

CAFMA now
HIRING FIREFIGHTERS



- ✓ FF/EMT \$52,119 / ANNUAL \$17.43 / HOUR
- ✓ FF/PARAMEDIC \$58,619 / ANNUAL \$19.61 / HOUR
- ✓ NO PREREQUISITE EXCEPT EMT (AZ STATE OR NREMT)!
- ✓ CAFMA PROVIDED RESOURCES TO 42 DIFFERENT FIRES IN 8 STATES IN 2021
- ✓ OPPORTUNITIES INCLUDE: TYPE 3 OR 6 ENGINE CREW SUPPORT & TAC TENDERS MEDICAL TEAMS REMS TEAMS OVERHEAD IMT POSITIONS
- ✓ CAFMA HAS EMPLOYEES IN THE FOLLOWING AREAS: ENGINE BOSS, HEAVY EQUIPMENT BOSS, FELLING BOSS, FIRING BOSS, STRIKE TEAM, TASK FORCE, DIVISION, FALLER 1, 2, 3, SAFETY OFFICER, MEDICAL UNIT LEADER, IC TYPE 3, 4, 5, AND OPS SECTION CHIEF

APPLY NOW!
WWW.CAZFIRE.ORG



APPLICATIONS DUE BY SEPTEMBER 11, 2022 AT 12:00 A.M. (MST).
QUESTIONS? EMAIL HR@CAZFIRE.ORG



<https://www.cazfire.org/join-us/>

#JoinCAFMA

Yes, we do have our own real hash tag. Please share it everywhere...

The Chief's Desk

Good morning from summer Fire School in Mesa. I'm down this week helping to facilitate the New Fire Chief Seminar, something I've done the last several years. It's a great opportunity to network and help provide information to some of the newest fire chiefs and chief officers in the state.

I'd like to take a moment to recognize the monumental effort that Jonah and his team undertook to move us to Microsoft Office 365 and migrate our domain and emails. As someone who's not well-versed in the magic of the IT world, I don't have a true understanding of what it takes to migrate an entire agency IT system. However, I can tell you that there's a tremendous amount of work that happens behind what we see on our computer screens.

Jonah and Titus spent the entirety of their Labor Day weekend working to ensure as smooth a transition as possible for those on duty, and for everyone back in the office on Tuesday. There have been some hiccups on our side of things, but I can assure you the challenges that those two worked through behind the scenes were much larger. I, for one, greatly appreciate the consistent, clear communication Jonah sent out to keep us all in the loop as the migration progressed.

Because there was still a lot of migration work to be completed this week, we opted not to record a podcast. As Jonah is currently our producer, I couldn't see putting more work on his plate just to get the podcast out.

If all goes well, we'll have another podcast episode up next week; however, because I have back surgery scheduled on Tuesday, John, Cody, or Dave will be handling the podcast and *The Review*. I'll talk with Jonah and see if we can do a tutorial podcast for working with Microsoft 365 and some of its new features in the coming weeks.

I wasn't going to mention this until I could get into a specialist for more information, as well as a plan for treatment, but it seems that may take awhile. As a result of an increased level of pain in seemingly every joint in my body, one of my doctors had some blood tests done. Based on those results, the cause of the pain and swelling is Rheumatoid Arthritis (RA). Why do I feel the need to tell you? Because I look more terrible than normal, and am having trouble getting around. Yes, some of that is back pain, but moving my head, knees, feet, shoulders, elbows, etc. has become quite a challenge. Both of my hands are swollen, and somedays my right hand is a bit less than useless. Just typing this is a significant challenge that requires frequent breaks.

Cont. Page 3

Upcoming Events:

Sept 6-11: Chief attending Fire Summer Fire School in Mesa
Sept 11: MC Healing Field Ceremony

Board Meeting:

Sept 26: Administration
CAFMA – 1700-1830

'I am a firefighter, now retired': Defining yourself post-retirement

By: Larry Baker

Retirement is close! You've waited at least 25 years for this moment, and the day is fast approaching. You've been to the pension board – all looks good financially.

You and the spouse have talked about a trip and a new boat. Great! You even have decided to get a part-time job. Also great.

The excitement has reached peak levels. Then the big day comes and suddenly you don't feel quite so elated. It dawns on you that your whole world has changed. After more than two or three decades of dedication to the fire service, it's gone.

"What is going on with me?" you might ask.

WHO ARE YOU NOW?

There is this useful tool called the Holmes and Rahe Stress Inventory, essentially an assessment of the stress in your life. The inventory looks at 43 life stressors, each with a stress score. Retirement is the top 10 life stressors. (Note: Number 1 is death of a spouse, and you are finding that retirement feels like the death of a career.)

Are you surprised? Sure you are; no one prepared you for this aspect of retirement. Lots of people said to make sure you have enough money and square away your pension. A few even reminded you to have your will and insurance in place. But not a single person mentioned the emotional impact that such a life-altering event might cause. Think about it for minute – your whole life, daily activities and way of functioning has suddenly changed.

In fact, this realization often does not settle on us right away; it is a gradual creep into our lives. The first weeks are filled with activities, parties, catching up on chores at the home, and maybe a quick fishing trip. But then one day you are introduced to a stranger who asks, "What do you do?" It is then you have to decide how to respond:

firerescue1.com

Chief's Desk Continued

Those that follow me on social media know that I have not helped my condition by pushing to get my Jeep project done. In my defense, I need it for my son Andrew's wedding the end of October, so I had to get it to a certain point before my back surgery. The remaining items will be completed by friends while I am convalescing from surgery and trying to get the RA under control.

The bad thing about RA is that it's not curable; however, I feel very fortunate knowing that it's treatable once I can get into an RA doctor and start a treatment regimen. Until then, things may be a bit of a struggle.

Due to the flare up I'm experiencing, I now have no choice but to take Prednisone, something that I don't want to take because of past bad experiences with that medication. So far, I've been resistant, but I'm at a point where I have to break down and accept the inevitable. To that end, if I suddenly start to look like a chipmunk, it's not fried foods, candy, and beer... it's the steroids. I'm not sure what I can or cannot take with surgery next Tuesday, so for now I'm living on Ibuprofen trying to at least take the edge off.

While I have not been able to get into an RA specialist yet, I did drive up from Mesa on Thursday to see Dr. Williams, my ortho doctor, to see if he could do something to control the hip pain. After evaluating my symptoms and looking at my hands and hips, he prescribed two medications. One is a Medrol Pack, and the other is something called Lyrica. The goal is to get this flare up under control and get me into a specialist before the end of this month. I have to call my neurosurgeon this morning to see if he is still comfortable with doing back surgery Tuesday. Personally, I am ready to go, but I am not the surgeon, and I am a horrible patient.

I have to say, despite my current level of discomfort, I'm thankful. I'm thankful that I have something that is treatable and not deadly. I'll admit, this pain absolutely sucks, but I know it can be managed once I start treatment. Long term, I won't be golfing, but as much as I enjoyed the sport, I was horrible at it anyway 😊 I'll be able to hike, Jeep, hit the gym, etc. so that's fantastic. And I'm pretty sure there will be some nutritional things that change as we move forward. Apparently, Rockstar, protein bars, and pretzels are not considered healthy eating— who knew?!

I did see a commercial for an RA med in which after starting treatment the woman was able to play the drums. I've dreamed of playing the drums since I was a little kid, so I'm pushing for that med 😊

Ultimately, I felt you all needed to know what's up because I'm a little out-of-sorts between pain and fatigue. I don't move very well, and I may be on a steroid that makes me look a little different in the short-term. In my mind, it seems better to just let you know upfront rather than you having to ask questions or make up your own stories around the Table of Treason.

In other news, more pertinent to CAFMA, we had another firefighter resign. For those not aware, Adrian decided it was best for his family to go back to running his business full-time. The 24-hour schedule just wasn't conducive to his family's needs. The minimum number of firefighters we need to hire is six, plus one, just in case. The bottom line is that we need more personnel and to do that, we need to hire just above the minimum to ensure we have a chance of maintaining minimum staffing.

We're in a weird place in the Fire Service today where people are leaving to pursue other interests. And yet, we continue to hire based on the models from the '80s or '90s. It's time for us to shift, and really focus on hiring above our current "minimum" standards – as much as the budget will allow.

If Prop 310 is successful, we'll use some of those funds to bolster our numbers over the next few years. We'll see what the public thinks in November.

We held our joint quarterly Senior Staff meeting with Prescott recently. It's good to get us all together to ensure we're working jointly for the betterment of our communities and organizations. Prescott has moved BC Ralph Lucas into a temporary Operations Chief position in the hopes that it will become permanent. This will allow Chief Knapp to focus more on community risk reduction, and allow Chief Durre to focus on the big picture for Prescott FD.

Chief Feddema and Chief Lucas will be meeting regularly once Ralph takes his spot mid-month. Additionally, we're talking with Prescott about starting a regional Firefighter and 2 Academy in the next year. They're evaluating the idea of dropping their FF 1 and 2 requirement, which means they would need to run the same academy that Chief Parra and Captain Merrill put together. It just makes sense to work together creating more efficiency and cost savings. We'd still hire separately, but our new recruits would go through the academy together. We're also talking with agencies on the Verde side about partnering as well. I'll keep you posted, but I think things are looking good for our agencies moving forward.

August Run Report

By: GIS/Statistician Michael Freeman

Continued next page



August Response Report - 2022

Land Area: 369 sq. miles Population: ≈106,500 Fire Stations: 10 Full-Staffed

Responses in District

TOTAL FIRE INCIDENTS	7
STRUCTURE FIRE	0
STRUCTURE FIRE; CONFINED	2
MOBILE HOME/PORTABLE BLDG	2
VEHICLE FIRE	1
BRUSH/GRASS/WILDLAND FIRE	0
TRASH FIRE/OTHER	2

Fire is 0.52% of call volume

TOTAL RESCUE & EMS	872
--------------------	-----

EMS is 64.79% of call volume

OVERPRESSURE / OVERHEAT	0
HAZARDOUS CONDITION	13
SERVICE CALL	294
GOOD INTENT	103
FALSE ALARM/OTHER	57

Other is 34.69% of call volume

TOTAL INCIDENTS IN DISTRICT	1,346
INCIDENT RESPONSES BY CAFMA	1,473
TYPE-1 UNIT RESPONSES BY CAFMA	1,557

Fire Loss Summary

Residential Fire Loss	\$335,000
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$5,000

Top 5 Call Types

919	EMS
158	Assist Invalid
82	Public Service
71	Cancelled en Route
43	Vehicle Accident w/Injuries

Average total # of calls per day	43.42
Average fire calls per day	0.23
Average EMS calls per day	28.13
Average all other calls per day	15.06

Call Volume at PRCC

	Month	Year-to-Date
PFD	895	6,873
CAFMA	1,346	10,023
GCFD	22	127
OD	13	95
WKFD	7	36

Unit Responses

Unit	District	Total	Move Up
E50	167	181	19
E51	34	194	58
E53	216	218	6
E540	34	39	17
E54	168	170	0
E57	64	65	3
E58	208	208	0
E59	182	186	2
E61	101	103	6
E62	128	133	2
E63	55	57	25
TR50	3	3	0
B3	50	54	0
B6	16	20	0
Rescues	31	31	0

TYPE-1 ENGINES

Calls by Municipality

Calls in Town of Chino Valley	176
Calls in Town of Prescott Valley	735
Calls in Town of Dewey-Humboldt	47
Calls in District, Unincorporated Areas	389
Calls Out of District	10

Aid Agreement Summary

Aid Given to Prescott	159
Aid Received from Prescott	83
Aid Given to WVFD	0
Aid Received from WVFD	3
Mutual Aid Given	0
Mutual Aid Received	0