



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **October 7, 2022**

This Edition:

The Chief's DeskPage 2
How your brain copes with grief, and why it takes
time to healPage 3
September Call ReportPage 3

*"Those we love never truly leave us. There
are things that death cannot touch."*

— Jack Thorne

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

CAPTAIN ZACH FIELDS

EOW 2 October 2022

Candlelight Vigil Open to the Public
6:00pm
Central Arizona Regional Training Academy
9601 E Valley Rd.
Prescott Valley, AZ 86314



The Chief's Desk

I have always been open and honest with you, some might say a little too honest and straightforward sometimes, though I prefer to call it strategically planting seeds of information and debate. So, why change now... To that end, I absolutely don't feel like writing anything this week. There, I said it, I'm physically and emotionally drained, just as so many of you are right now. I am okay until I am not okay and then okay again.

The roller coaster of emotions this past week has been nauseating. From shock, to anger, to sorrow, to despair, frustration, and back again – it's quite simply been a terrible ride and I'm ready to get off any time now. I say this knowing that so many of you are feeling the same way. We have lost a peer, a brother, and a friend. It's left us with a giant hole in our lives and one burning question – why?

Unfortunately, the why in this tragedy will never be answered. Many of us were aware of what Zach had been going through since Lisa passed, but none of us expected the news we received last Sunday morning.

I will say the concept of telephone, tell a friend, tell a firefighter is alive and well. We understood that we could not stop the spread of information, but could ensure resources were rapidly deployed to provide support.

For me, I finally feel like we have most of the pieces in place and that they have somewhat gelled into a cohesive process. Quite honestly, just having that makes it feel like some weight has been lifted.

Things have ebbed a bit as of this draft; however, I know by the time this is sent Friday morning we will be preparing for the next phase. This will likely require some physical resources, as well as a need to dip into our well of additional emotional resources. After the flow on Friday, Saturday, and Sunday things will ebb again until we begin additional planning Tuesday morning and hold the candlelight vigil Tuesday evening. As we move toward the memorial, scheduled for Saturday, October 12 at 1000hrs, we will once again have to dip into our personal wells to seek additional strength. Likely by then, we will have to dig even deeper.

At some point, many of us will be emotionally spent. Our wells will be dry and our buckets empty. That, my friends, can be a lonely place. While there is no good way to avoid the occasional feeling of emptiness as we travel the road we find ourselves on, there is hope – there is always hope if we really look.

Cont. Page 3

Upcoming Events:

Oct 9-11: Chief in Mesa CEOP
Oct 11: Return from Mesa for Candlelight Vigil at CARTA
Oct 11-12: Chief back to Mesa for CEOP, then back to CAFMA
Oct 13: Chief between Mesa and CAFMA
Oct 14: Walk through, Chief to Mesa, then back up to PV
Oct 15: Captain Zach Fields Memorial – time tbd

Board Meeting:

Oct 24: Administration
CAFMA – 1700-1830

How your brain copes with grief, and why it takes time to heal

By: Berly McCoy

Holidays are never quite the same after someone we love dies. Even small aspects of a birthday or a Christmas celebration — an empty seat at the dinner table, one less gift to buy or make — can serve as jarring reminders of how our lives have been forever changed. Although these realizations are hard to face, clinical psychologist Mary-Frances O'Connor says we shouldn't avoid them or try to hide our feelings.

"Grief is a universal experience," she notes, "and when we can connect, it is better."

O'Connor, an associate professor of psychology at the University of Arizona, studies what happens in our brains when we experience grief. She says grieving is a form of learning — one that teaches us how to be in the world without someone we love in it. "The background is running all the time for people who are grieving, thinking about new habits and how they interact now."

Adjusting to the fact that we'll never again spend time with our loved ones can be painful. It takes time — and involves changes in the brain. "What we see in science is, if you have a grief experience and you have support so that you have a little bit of time to learn, and confidence from the people around you, that you will in fact adapt."

O'Connor's upcoming book, *The Grieving Brain*, explores what scientists know about how our minds grapple with the loss of a loved one.

npr.org

Chief's Desk Continued

What does that hope look like and how do you find it? Start by looking in the cab of the engine, cubicle, office, or fleet bay next to you. I would guess someone who is willing to offer support and encouragement occupies that space. Okay, I know, it starts by looking to our significant others, family, and friends, but it didn't flow as well to start there. Besides, for me anyway, Jen's in martial arts twice a day on Thursdays, and the way she looks at me lately makes me nervous 😊

The healing process includes recognizing when reaching out to family and friends is not quite enough. For those instances we have *Start Moving on Counseling Services*, or you can choose any other counselor that you feel is right for you.

Allow me to be abundantly clear, Jack Daniels, Jim Beam, Johnny Walker, etc. are not counselors, nor do they offer counseling services. In fact, they tend to lend themselves to additional feelings of despair and could lead to the need for a different kind of counseling. So, as you look to celebrate Zach's life while coming to terms with physically losing him, remember that moderation is key. Spend more time telling "Zach stories," remembering his smile, and giving meaningful toasts in his memory. And then, give your

family and friends a hug, tell them you love them, and continue to be there for them. Keep working to create memories that will last a lifetime.

Zach certainly left his mark on this world and on all of us. He has two beautiful daughters who will continue to be a part of the CAFMA family, and who will continue to look to some of you for support. His smaller, yet more talented on a mountain bike, older brother is here carrying on the Fields legacy just as he's done for over 20 years in the Fire Service. The Zach smile will never leave our hearts and minds, nor will some of the funnier tales of his more impulsive decisions – think motorcycle, broken mountain bike, etc. I mean, that's what Karl said, so it must be true 😊

Brody and I were able to have a nice visit at Admin on Wednesday this week when he stopped by to check on some paperwork. I appreciate that he referred to it as just “two guys bull\$#!@^&.” Sorry, had to censor it because this goes other places and for some reason the word/variations of the word \$#!& in print is still frowned upon. I don't know, I mean that's one of the least offensive words in my vocabulary.

After Tye's death, we sent out some paperwork asking you to let us know your last wishes should something happen to you whether on duty or off duty. Some of you filled it out, but many did not. We've also tried to provide information regarding the importance of having a will, adequate life insurance, etc. Finally, we remind you annually to update your beneficiaries – which is vitally important. Fortunately, Zach had done all these things which has helped his family as they try to process what's next.

Ultimately, I could badger you for days about filling out paperwork, having an up-to-date will, knowing where life insurance policies are located, updated beneficiaries, etc. However, I think it's better if I just encourage you to do whatever you can today to make things easier on those you care about should the unthinkable happen to you. It will take you a short period of time to handle those things now; however, if you don't, it could take your family weeks, months, or years to unravel the mess left behind.

I'd like to end this week with some sage advice from two of my favorite scholars, Bill and Ted, “Be excellent to each other.” Provide support, let people know you care, and give hugs “where appropriate.” I don't know that last part is some sort of HR thing... I did my job and added the disclaimer 😊

September Call Report

By: Michael Freeman GIS/Statistician

See next page



September Response Report - 2022

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

Responses in District

TOTAL FIRE INCIDENTS	6
STRUCTURE FIRE	0
STRUCTURE FIRE; CONFINED	2
MOBILE HOME/PORTABLE BLDG	0
VEHICLE FIRE	2
BRUSH/GRASS/WILDLAND FIRE	2
TRASH FIRE/OTHER	0

Fire is 0.51% of call volume

TOTAL RESCUE & EMS	791
--------------------	-----

EMS is 67.55% of call volume

OVERPRESSURE / OVERHEAT	0
HAZARDOUS CONDITION	6
SERVICE CALL	230
GOOD INTENT	92
FALSE ALARM/OTHER	46

Other is 31.94% of call volume

TOTAL INCIDENTS IN DISTRICT	1,171
INCIDENT RESPONSES BY CAFMA	1,321
TYPE-1 UNIT RESPONSES BY CAFMA	1,422

Fire Loss Summary

Residential Fire Loss	\$1,000
Commercial Fire Loss	\$0
Vehicle Fire Loss	\$49,000

Top 5 Call Types

733	EMS
135	Assist Invalid
50	Public Service
48	Cancelled en Route
30	No Incident Found on Arrival

Average total # of calls per day	39.03
Average fire calls per day	0.17
Average EMS calls per day	26.37
Average all other calls per day	12.47

Call Volume at PRCC

	Month	Year-to-Date
PFD	947	7,820
CAFMA	1,422	13,347
GCFD	22	127
OD	12	120
WKFD	3	39

Unit Responses

Unit	District	Total	Move Up
E50	141	158	18
E51	40	213	45
E53	212	215	6
E540	33	35	15
E54	133	133	0
E57	48	51	5
E58	172	178	1
E59	159	169	2
E61	93	95	7
E62	120	123	6
E63	41	43	27
TR50	4	7	0
B3	39	42	0
B6	21	23	0
Rescues	16	17	0

TYPE-1 ENGINES

Calls by Municipality

Calls in Town of Chino Valley	164
Calls in Town of Prescott Valley	647
Calls in Town of Dewey-Humboldt	54
Calls in District, Unincorporated Areas	306
Calls Out of District	12

Aid Agreement Summary

Aid Given to Prescott	167
Aid Received from Prescott	70
Aid Given to WVFD	0
Aid Received from WVFD	4
Mutual Aid Given	0
Mutual Aid Received	0