



THE REVIEW

Central Arizona Fire and Medical - 8603 E. Eastridge Dr., Prescott Valley, AZ 86314 – **Aug 2, 2024**

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"Be yourself; everyone else is already taken." —Oscar Wilde

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WHAT WILL YOUR SHADOW SAY ABOUT YOU?

The Chief's Desk

There is still good in the world despite what the talking heads on the news would have us believe, and some of the rhetoric we hear in the community. I'm serious, not even kidding, good people and good deeds. Unfortunately, most of them don't make the news.

Some of you might know that my truck left Jen and I stranded at a gas station on 93 North about 50 miles south of Boulder City, NV last Friday. The middle of nowhere. I was towing a trailer with the IKEA truck and had the motor, transmission, transfer case, wheels, and boxes of parts in the bed, as well as the cab of my truck. We were headed to meet friends at their rental place in Washington, UT, so we could pass the IKEA truck on to them. For clarity, the IKEA truck is a 1978 Chevy step-side 4x4 I purchased as a project. It was in pieces with no directions, coffee cans full of bolts, and parts missing. It did come with a fresh 383 motor and a newly rebuilt transmission, though.

For you Ford people out there, yes, my Chevy let me down – sadly. I had my scan tool with me, so I scanned the truck for codes with no luck. I Googled stuff and tried those things, but nothing. I called Chris and Domenic who were both as helpful as they could be from a distance.

One of the things they recommended was to jump the battery to rule out a voltage issue. I asked a guy at the pump next to us, but he wasn't interested. Enter Good Samaritan number one. A gentleman who was leaving the station asked if we needed a jump. As we were hooking up the cables, he told me his mom just died and that he was on his way to the hospital. He said that when he saw the hood up, he thought maybe he could make someone else's day a little better, so he offered to assist. Imagine you're just notified that your mom passed and you're traveling to be with family. Along the way, you spot someone needing some assistance, and despite your grieving, you feel compelled to help. That's something truly special.

The jump-start thing didn't work, so now we know it's not voltage related. At this point, a call to AAA for a tow is the only option. AAA informed me that my trailer wasn't covered for a tow. In walks Good Samaritan number two. He said he lived just up the road and had room for my trailer if the tow company wouldn't take it. He gave me his contact information and said he'd come back in his truck to take the trailer to his house and secure it until we could pick it up.

Fortunately, the tow company, for a fee, was willing to take the trailer and IKEA truck with us. I texted the gentleman who offered to house the trailer thanking him for the offer and letting him know the trailer was with us and headed to Boulder City. **Cont. Page 4**

Upcoming Events:

Aug 5: Community Relations Meeting

Aug 6: Labor/Management, Senior Staff

Aug 7: Help fleet, Meet with KYT

Aug 8: Monthly CAFMA/PFD Meeting, Attend Town of PV Council Meeting

Board Meeting:

Board Meeting: Aug 26
CAFMA – 1700-1830

Mental Awareness to Enhance Preparedness

By: Andrew (Andy) Altizer

Athletes often hear, “Get your head in the game.” The same applies to preparedness. Without focused mental agility in any emergency management phase, especially preparedness and response, mistakes or subpar performance are likely. The challenge is knowing how to get in the game and be at peak performance during critical incidents and stressful days.

Elevating the Need for Mental Fitness

Emergency managers, public health officials, and first responders often stress the importance of physical fitness. Sustained operations can be exhausting, and good physical condition can aid the operation and overall well-being of the operator or responder. Emergency managers urge businesses and the public to be on their own for up to three days after a disaster. However, the same emphasis is not always on the well-being of those involved in the operations.

Improvements in physical health continue to gain momentum, but mental health efforts still lag. In many professions like the military, police, firefighters, etc., mental health can be a taboo topic. When discussed or planned for, it is usually in the context of the recovery phase through critical incident stress management. In other cases, the topic focuses on helping others, ignoring everyday mental complications that can cloud even the toughest life safety professional.

Being mentally fit takes some self-reflection, understanding, and perhaps research. Professionals should be encouraged to understand the importance of mental health, identify signs of struggle, and seek help when needed. Public safety professionals who spent endless days responding to emergencies like the Hawaiian wildfire, Hurricane Katrina, or COVID-19 had to mentally manage the anxiety and aftermath of what they did and saw. There are actions that these professionals can take before such stressful sustained operations to be more mentally prepared.

Implementing the M.I.N.D. Concept

Preparedness is about planning and being ready. It is time to add mental health to the preparedness plan. It could start slowly. With decades of experience in emergency management planning, I needed an easy way to remember to prioritize mental health personally and in the planning process. So, I created the M.I.N.D. concept. This acronym stands for Mindfulness, Intuition, Never Ignore a Potential Problem, and self-Discipline. Remember, being prepared takes an open and clear mind and the ability to process information without distractions. Shifting the focus onto others can neglect building the mental agility to prepare and respond.

Mindfulness

According to Psychology Today, mindfulness is a state of active, open attention to the present. Perhaps a better definition of mindfulness as it relates to preparedness “is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

DomesticPreparedness.com

Chiefs Desk Cont.

When we arrived at the shop there wasn't room to drop the trailer. Fortunately, the Boulder City Fire Department was directly across the street. Their training center is in a large open lot, so we temporarily dropped the trailer on their property. The tow company then dropped my truck in the tightly packed parking lot and were off for their next mission.

We now had another issue. Jeremy and his wife were enroute from Washington, UT, and somehow, I needed to get the motor, transfer case, and transmission out of my truck and into his. Enter Good Samaritan number three. The service manager at Auto Specialists said he would use their forklift to transfer everything for us.

Once Jeremy arrived, we loaded everything and were ready to move the IKEA truck from my trailer to the one he borrowed. That's when he realized the trailer wasn't wide enough for the truck. So, we hooked my trailer to his truck, he and his wife took Jen and me to a hotel, and they started their 12 hour round trip trek to their home outside of Salt Lake City to drop the truck and various pieces at their house. Once unloaded, around 0200, they got a quick nap before getting on the road at 0600 to bring my trailer back to Boulder City.

They arrived just after our son, Andrew, who volunteered to drive up from Phoenix to pick Jen and me up to take us and the trailer back to PV. Today, after I hit send on *The Review*, a good friend will drive me back to Nevada to pick up my truck from the shop. It seems every road trip he and I take together ends with something not-so-good happening – so why not tempt fate... In the end, it's usually a good story 😊

In addition to our son, I had CAFMA folks willing to rescue us. Thank you to those who offered!

At the end of the day, and my drawn-out saga of delivering the IKEA truck, the message is to be kind. Even when you're having a bad day or going through one of life's rough patches, offer kindness to someone else. You never know how that will impact your day, or how it will theirs.

Note: For those wondering, the fuel filter housing cracked allowing air into the system so it couldn't hold a prime. One new housing, a new filter and it's back on the road. At just under 200,000 miles, it's going to a diesel specialist in Prescott next week to have everything checked.