

# Jason Bitzer II - Episode 795

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## SUMMARY KEYWORDS

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## SPEAKERS

Jason Bitzer, James Geering

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**J** James Geering 00:00

Welcome to the Behind the shield podcast. As always, my name is James Geering. And this week it is my absolute honor to welcome back onto the show. Hawaiian lifeguard and founder of never off duty Jason bitser. Now my first conversation with Jason was on episode 439. And he detailed a host of elements when it came to ocean lifeguarding in Hawaii, some of the most elite lifeguards on the planet, and his journey through bodyboarding. As we revisited during this conversation, Jason is actually sitting in hospital with his young son James as they navigate his cancer diagnosis. So I urge you to listen to this from the beginning through to the end, there are so many takeaways, whether it's specifically pediatric cancer, and so many of the parents out there that are dealing with that, or the takeaways that apply to all of us and our own ownership of our health and advocation for our health with medical professionals. Now, before we get to this incredibly powerful conversation, as I say, every week, please just take a moment, go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast, therefore making it easier for others to find. And this is a free library of almost 800 episodes now. So all I ask in return is that you help share these incredible men and women's stories so I can get them to every single person on planet earth who needs to hear them. So with that being said, I welcome back Jason bitser. Enjoy. Jase, I want to say welcome back. It's been, I want to say I think three years since we last sat down. So firstly, welcome back to the podcast today.

**i** 02:08

Right on. Nice to talk to you again, James. I would like to talk about obviously, and just it's cool just to chat with you too. It's kind of like forces us into a conversation which is cool. If you get a little bit of time. Check in

**J** James Geering 02:19

Absolutely. Well, I know there's been so much change in your life, much of the goods obviously some some challenges that you're going through with your family at the moment which are ..

very, very, very, you know, hard for yourself and hard for I think most people do even visualize what that is like before we get to that because obviously there's going to be a very powerful moment I don't want to break the the momentum when we get there. Talk to me about the whole pandemic experience through your eyes in your in your work was on a Hawaiian beach, you know, in Florida here initially, we saw beaches closed, which I would argue is the thing that people needed not need to close. But I don't want to load the question. Just you know, totally through your eyes. Well, it's



03:01

been Yeah, so let's like play a little catch up from COVID Till now and everything that's going on. So it was a different world for us. We were still on lockdown like everyone else. However, Hawaiian culture kind of precedes that. The ocean is a religious practice. So there was a a solid and I think very, very poignant work around because Hawaiians they fish they gather as part of their religious practice to say that they couldn't go surf and they couldn't go, you know, gather food for their families was was pretty out there. And luckily, it got averted pretty quickly. Now that did open the floodgates, because what happened is, is that people looked at that as like a way to do a workaround from the mainland, and some people kind of just camped out. Not I wouldn't say overstay their welcome, but maybe took advantage that aloha spirit a little bit because there's some days during COVID, there was 5000 people on the beach. And what it did was the state parks in the city parks were closed, but then they would find these off the beaten path beaches. So there's a lot more like 911 calls to various beaches, you know, 1050 miles away from where you're normally attracting them. And we were doing a lot of mobile response. I would say the good thing we learned in lifeguarding is that we learned how to be a solid mobile response unit because it's part of what we do. So having such a high call volume, I think a lot of guys kind of figured out new destinations and how to do proper rescues and really like inconvenient spots, you know, you're not in a fishbowl anymore when you're got 40 miles of coastline to cover and people try to hide out so you know, the Silver Linings with that side of things. It wasn't slow though. It was definitely not much of a reprieve and then moving on until like 2023 I just I worked all the way up until that Eddie iCal event and what happened is after COVID It turned into like a crazy resurgence. So when it came back, like tourism came back card, and we got word like we're definitely As an organization we're trying to hire think it's another 150 people to go to the 410 schedule. Just because we need to cover more hours, just people everywhere on Hawaii right now, just like every nook and cranny, all those spots that kind of got exposed during COVID are now mainstays. So a lot of these people are going to real dangerous spots that they shouldn't. And that means you need more trucks, you need more towers need more beaches covered. So there, it's good. If anybody's got the muster and thinks they can be a wildlife guard, I would suggest it's time to go try for sure.



James Geering 05:29

Now with that, if you think about Costa Rica, think about Hawaii, think about some of these places that you know, a sport or a culture draws so many people towards it. What is Hawaii's filter? How do they stop ultimately becoming overrun with people even moving there or just an immense influx of tourists?



Jason Bitzer 05:46

Well, there's a, there's a definite issue. And I don't think it's just in Hawaii, I think it's I think it's worldwide almost, it's anywhere that's decent to live, kind of gets priced out for everyday middle class people. And then if say, if you're less affluent, you're maybe even coming from another country where you're have a hard station, like the nicer places, you're getting harder and harder to afford to live. So it's the same in Hawaii, it doesn't matter if it's San Diego, or it's you know, Palm Beach, Florida. So anywhere, it's like the real estate cost, which is like scarcity is value, especially why there's not a lot of land, that it just gets harder and harder. But that can be a deterrent for a lot of people from the mainland. And one thing they do really have to work on there is I think, more so what people will say like, the price of housing, I think actually what it is, is the salaries, because when you think about it is like the price of housing is the demand factor. The thing that is actually controllable is salaries, pulling from the tax base is doing budgeting, figuring out what you know, first responders, you know, teachers, the lifeblood of any community really should be paid and, and why I call it the palm tree tax, and it's probably gonna catch on, because I think it's really what it is, is you're getting a lower salary for the benefit of living in quote unquote, Paradise, right? However, it's, it's not paradise, when you have to work three, four jobs, or run a business and work, you know, a civil service job and another job just just to be able to afford to keep the lights on, it's like, you get to look at the palm trees for like six hours a day, and the rest of time you're working, you know, like for the week. So, you know, again, I think that's everywhere. I don't think that's just naturally a debit to why I think salaries have not met the pace of inflation, which is real estate always meet to meet his inflation. So we're all kinda like it is what it is, you don't I mean, that whole time bomb of low rates, and a lot of people moving from the West Coast, because a lot of people are trying to escape, you know, one the lock downs to the taxes. And they're like, Well, if I can sell my house, which is a one bedroom apartment in San Francisco for four or 5 million, and then go buy a house for 800,000. And why the local people are now at a price tag of 1.5, where 800 was hard to come by because the salaries are 20%, less on average, I would say unless you're like in a financial market where it's, you know, worldwide, but any regular job, which is what's needed to keep the community they get, they get nailed. And it's just it is what it is, is like the I really think the state and local governments need to reassess their budgets and start paying for their, their living wages. So to save their workers a little bit better.


 James Geering 08:22

One common I've heard from the older guys in the fire service is you know, back in our day, you know, we'd all meet together, we'd have barbecues, we'd play, you know, whatever sport on the weekend, kids would do this, like kids will do that. But what I've witnessed in the American fire service in the last 20 years since I've been here is that most people can't afford to live in the cities they protect so they can

 08:43

that's everywhere. Yeah, even in Ireland, I have friends that are firefighters there it's like they're they're driving two and a half hours for their 24 hour shift because to live in a suburb of Dublin would add 30% costs so they go to the country and then they just kind of if they have a back to back will sleep in their truck. You know what I mean? And then do the to, you know, a 48 hour or the six hour break between it's pretty crazy what you know, what people are expected to do and they're the ones who literally are protecting the community like say say you're wealthy, right? You own a \$2 million home and anywhere in America. What I've noticed

too, which is crazy is that you have overworked first responders right working overtime because they need the money or just because of their short staff or you have in these crazy communities I've noticed in the Northeast now you have volunteer fire services where people have I cannot believe you like in these multimillion dollar communities they're not paying for first response it baffles my mind even the lifeguarding I don't get it they have the same equipment they have the same training and you're expecting someone to leave their regular job to go fight you're you're fired \$2 million house I'm like you're paying massive property taxes. Why aren't we paying professionals give these guys a career in these you know 15,000 30,000 person towns that are expensive shore towns or wherever they may be and you're not paying for your first response. It's wild. I don't get it. I don't. I don't think that's a tradition that should be informed like, perpetuated, to be honest with you.

 James Geering 10:07

Ya know, I've said this many times I've had people on that, you know, started in the volunteers fire service, some that do volunteer now they transitioned out of their career position. But yeah, I mean, when you're talking about, you know, the middle of nowhere in Idaho somewhere, I totally get it. You know, the population. Yeah. But yeah. Yeah, exactly. Exactly. And even then, you could argue, okay, well, there's is there a federal way of covering it, too, but yeah, it's crazy. I would

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never want to volunteer life or like, I appreciate what they do in Australia, but they have professionals working with the volunteers. That's okay. You know, that makes sense. Because then it's altruistic, you're helping your community. But there is a layer of professionalism and accountability. But like, I would never want a lifeguard to be a volunteer, because they don't have accountability. Of like, Hey, man, I'm giving up my time. So if something goes wrong, and your kid dies, it's like, yeah, I know. Well, you put it on on a weekend warrior. That's not a professional. It's not smart. I don't think it's I don't like it to be honest with you. But that's just the way on my opinion.

 James Geering 11:02

Yeah. Now, it's a valid thing. I mean, if you know that your kid is bleeding to death or burning to death? Would you want that person to be in that fire station poised to respond directly to your home? Or would you want it to be a phone call to a pager to them getting in their private vehicle and then go into a fire station, it makes no sense. It's all about priorities

 11:22

it's training to is because even if you've never maybe they've had a handful those situations and they know how to deal with it better as a professional, and at least they've been trained in a controlled environment to know what to do to handle that type of situation. I mean, there's, there's a, there's a lot of layers to first response and experience. So like, the guy that's, you know, bid on the volunteer first aid squad and move to the fire squad, and then never saw, you


know, like, a crazy condition or, you know, four alarm fire, and then all of a sudden, he's called to your kids trapped in the middle of it. Like that's, that's a recipe for disaster. And it's not fair to the volunteer to because the amount of stress they're gonna carry are not, you know, what I mean? It's just, it's just a both sides of that scale.

 James Geering 11:59

Yeah. Well, also, I mean, like you said, there's some volunteers, obviously, they were, there was a career position, maybe they wouldn't qualify for it. But there's a lot of people that would probably love to be paid to be firefighters, but they have to do their other job to pay the bills.

 12:13

Yeah, that's one thing, because when I moved, I moved back to the northeast right now. But I'm still working my job remotely. My hours are kind of crazy. We were talking about that I started one basically, and ended like eight o'clock. So I had these all, you know, like, say, like, I'm up at six to 1230, where I'm doing other stuff and prepping. You know, my kid, obviously, is taking a lot of time. But I looked into his like, hey, you know, well, I can always become a firefighter because the schedule is so great. But they do this thing here. And probably is a lot of agents. They don't do it in Hawaii, but they do it here the age you out of 35. So I'm like, I'm 41. But just using me as an example, I'm still in really good shape. I tried to, you know, with everything going on, it's been a little bit hard. But I still could pass a fire exam, I still could do the physical, I guess there'll be PT, I could do it. I could do any one of the jobs going on, it's available as an T, private, because after 35 they age you out, which is rough, because like, you know, for the pension, I understand it. But there should be time like we're in the US, there should be some type of reciprocal like civil service transfer. So if you get to move, you just go, Oh, I can't work in the field that I did, because I just turned 40 Like, it makes zero sense, because some guys are hammers until they're 60. You know what I mean? And plus, it's not really it's like a waste of a resource, in my opinion.

 James Geering 13:25

Yeah. 100% and I'm 49 and I'm not wearing uniform anymore. But that was it two years ago, three years ago, I did the CPAP which is our entrance test just because I wasn't sure if I was gonna get sponsorship and in half to go back to the fire service. So I get it and you know, smashed it absolutely smashed. It's good

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budget like right now I'm not I'm I'm basically on a sabbatical or leave from my original position. Because the cool thing about I like about first responses usually there, you know, it's a high stress job. So if someone takes a year off, because they need a break, they give you a year to return, which is very nice of them. Because I think a lot of times a lot of these first response occurs like not everybody, some people get out of jail a little bit better than others. But I've seen a lot of heavy stuff and the cumulative stress is real. So you know, having that break in service, but that doesn't mean you come back in a year. And if you're got those 20

years of experience, and you're not physically fit anymore, you should be able to get in and prove your worth on merit. You know, I'm a big like a meritocracy type of person, like how good you are and how much effort you put in really should dictate it. I don't think he just started it backwards, like what you can actually do should be is what should be valued and kind of looked at as why you can get into a position of any job.

J

James Geering 14:40

Yeah, well, the reciprocity side two isn't insane to me. You know, I mean, yeah, I was actually very lucky. I trained in Florida. I had a I think it was even the lateral but they had a hiring in California, and they accepted my Florida cert. Beautiful because those two are kind of parallel. But then, you know, there's so many states where people will Learning to pull hose and throw ladders and do all the things that we do no matter where on the country we are. And they have to redo the entire Fire Academy in that state to get certified.

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15:10

Yeah, I just had something like that, too. So what I did, unfortunately, or fortunately, I don't know, like, I'm an EMR instructor for Red Cross, but unfortunately, I never had my EMT because my job never incentivize it until this year to get it. Now they're giving a differential for EMTB, which I think is a good step in the right direction, especially for creating like more professionalism and lifeguarding. But because what happened, my son, I wasn't able to do the first cohort, which was like an online blended learning for Honolulu lifeguards, because we're working full schedule. So how are you going to school full time. So they made it at night and online and then to do your skills and your ride alongs. And I missed that. But what I was like it was in my, I get like one of the I'm kind of in the sense that if I set a goal, I get very frustrated if I don't accomplish it because I put a date on it. So I just went out and I and I entered into a national EMS Institute. And I did this and I just paid for it on my own. And I did my EMTB and I just finished it actually on Monday, I didn't buy Nashville and Massachusetts, I shot up there from the hospital, waiting for my son to go to sleep, drove up there for hours in the night, pass the test between 711 and drove back to the hospital. But long story short, though, the same thing happens here. So I passed it in Massachusetts, I can do the national it's nationally standardized, but then I got to take it again. Whether it was gonna work in Hawaii as a state or New Jersey as a state still needs to do another layer. And I get it. I just think like, the more standardizing a quality of training nationwide makes us more unified. And the same thing with lifeguarding every town in New Jersey, I've noticed has their own standard of lifeguarding. And you can literally walk a two mile beach and have a totally different set of baseline training for open water or non open water some of them aren't even doing which is baffling. But I was like it doesn't need to be so daunting where it puts the training out of reach, but it should be standardized enough that I walk across a town line and have to do a rescue with the town over that we have some type of core competency we know what to do a C spine extrication. We know how to do the basics of like, you know, shorebreak extrication, they're not like, Oh, we don't do that. Here we lie and pull here we don't like it's just it gets so hodgepodge it that it's like, you know, it's kind of strange.

J

James Geering 17:24

Yeah, yeah, there's a lot of fragmentation in the fire service. And you'll find, you know, I've had

this in Orange County, I think it was Orlando had different size hoses. So we literally had to carry couplers. And you know, you have to know okay, this, this agency has this. This one has a Stuart's complaint, this one threaded and, you know, there does it's just all this added work for no reason. I mean, ultimately, you know, if you're in a state, choose a supply line, that's you know, it, I would argue the biggest the five inch, for example, make that standard across the board that way doesn't matter who you respond to, especially if it's a large incident.



17:57

It's logistics. Yeah, the same thing. And I think that way, when it comes to library to have it a little, I'm having a lot of good reception with it. Because I have always really trained a lot of the guards in New Jersey, New York and a lot of really good agencies are progressive. Long Beach Island has been a really great one. Seabright. And flux is a bunch of really good ones Spring Lake Siegert, we're, there's a lot of good agencies, but some are stubborn. And I think they need to get outside of the mind of that we're wagging a finger saying what you're doing is wrong. What we're saying is like, what we want you to do is have options and critical care. So we're also showing you what's progressive, you know, I mean, and then let's try to make it so to unison. So because if you're doing something old school and these guys are doing something new school, and then you hit heads, it'd be like having two different versions of CPR on the same, you know, the same like in a town that has a four four square miles in the next four square miles town, doing totally different things. It's it's like, it's almost like the sciences already is already decided on drowning. Let's all get on the same page. You know, like, we know how to do spines, let's all get on the same page. You want to do your physical test differently, totally fine. But when it comes to patient care, like it's pretty well, knowing what works best, like let's all kind of accept that and try to try to make that not be rigid. Be like, oh, we were doing this last 50 years and like, Yeah, well, there's been a lot of drownings in those 50 years. Let's maybe change it up a bit. You know, let's get those numbers down kind of thing.



James Geering 19:22

Yeah, I've seen a lot of reinventing the wheel. One of the places I worked at the theme park was a waterpark. And we were there and our orientation 2013. And they one of the guys that was teaching us said if anyone has any ideas on how to make rescue on this, it was like a chairlift like an A ski ski resorts, a fake ski waterpark. If anyone has any ideas, let us know. And I'm just thinking like if this thing's been open for like four years and you haven't figured out how to you know what I mean? And then same with that same orange county you want to work there, we had boats. And so we would go and do rescues and they were using regular backboards with tape and I've never been in the fucking water before that's yeah, there is an entire you know profession that specializes in water rescues. Why do we not have the velcro aquatic backboards? You know, so this is the problem is that you don't you don't need to look for the answer. The answers are there. You just need to have the humility to go hey, ocean lifeguards, can we steal some of your ideas?



20:25

Yeah, exactly. No, I totally I totally agree. It's funny. You mentioned the waterpark is I think I mentioned what I'm doing now I got a job offer right after the Adi Caliban, I was working with the whitewater patrol. Fortunately, it was a really amazing experience. But right after that, I got

the whitewater patrol. Fortunately, it was a really amazing experience. But right after that, I got asked to consult and work for two but one mainly as a job position for a place called Wi Fi lagoon. And you were talking to tell me about when you weren't used to work at the waterpark. And it was a great experience, essentially, because it's like football the amount of people that go through these properties, you actually really learn a lot about logistics and how important your your patient care is and how to set up staging and you know, different things that are a little bit more like, controllable, like you're in a more controlled environment. So you can get more into like, the details of first response. Because a lot of the times when you're in the field, you're already showing up to the scene, versus having a scene and being able to mitigate how things funnel how extrication is can be done. And you can kind of do that in the building plan. And so like it was cool, I remember we were having the last conversation and it is actually very interesting to me that world because there it's like they say it's a military formula, but Brian K a lot of products lifeguards, like people plus hazards equal risk. So these these attractions are bringing a lot of people to a risk, how do you mitigate and then respond for the, you know, like the unavoidable so to say. So it's been kind of interesting working in that world now to learning a lot.

 James Geering 21:51

When I was working in that department, there was kind of an arrogance towards the lifeguards, but having been the lifeguard myself only on lakes and, you know, theme parks and things. I was enamored by how professional is the Disney? So the Disney? phenomenal, absolutely phenomenal. And so this disconnect was actually from the fire department not working closely with the lifeguards at LA. Yeah. So you know, I'll give kudos to Disney lifeguards, they're, you know, you walk in and you hear you know, 123 being screamed down the hall. You know, there's two young Disney lifeguards that are just frickin muscle memory just nailing this CPR.

 22:28

Yeah, that's great. Yeah. Cuz the reality is, is like, whoever responds to your child, that's when it's gonna save your life. So like you want the best doesn't matter. Like I want the best citizens, you want them to be trained as well as possible, because that's my where it happened, you know, anything can happen anywhere. So that's, that's, it's good to hear that. For sure.

 James Geering 22:47

We talked about Ireland, Petro was on the show after thing you you introduced me to one of the funniest things was, he talked about Dublin was the only place I think in the whole of the Ireland and the UK, that has firefighter paramedics. And I was like, Oh, so you know, when did you go to the American model? And he goes, Oh, no. He said, we were doing this. And I think he said like 1898. And obviously it was a version of but it was the combined fire and EMS. And so I was I was like, oh how arrogant of me to assume that we copied you. But you know, it's probably the other way around. So yeah, they again, you talk about lack of communication, you got this, the city and in Ireland has been doing it the right way for over 100 years. The rest of the you know, the mainland, that's, you know, refusing to acknowledge

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is my best friend, just what's today. So Friday, he leaves he's gonna go visit Pedro, they're doing a photo shoot over there, they're gonna check up. He's a great guy. He's got a lot of experience, like just from the fire side of things that he brings to the water side of things, which is great for the surf because, like, I was trying to explain to a couple guys that I might help with safety this year. It's like well, you know, like, it's one thing to be able to drive a ski it's another thing to perform really quality BLS in the field and trauma medicine. So it's like if I was the surfer going to like a remote place or a big wave destination. I was like, Yes, I want the guy to be really competent on the jetski if you have an option have that guy also be a medic, a really quality medic and understand drowning science and and bleeding control and, and everything from you know, like, you know, sucking chest wounds to chest flail to when to use oxygen and when not to use oxygen because initial patient care is going to make secondary care important. And I think what my goal was was like we have these different organizations that are teaching water safety and things like that is like for first response at a higher level for surfing is extremely important because say someone like breaks their ribs, right? And they're they're having like, a major chest flail or something. They're like, well, do they know that you're basically going to get a splint by doing BBM they know what the right oxygen is. They know when not to use oxygen they lead to, like there's a lot of things that there's they just got, you know, it's just like getting the beach Oh transport but a lot of the stuff they're doing these days is remote and dangerous. And you're going to need like your own personal medic that hopefully is a really good jetski operator to and if not what I would do is get your operator and then work with the team. So the secondary care for the C spine matters everything like there's really quality as well because they're you know, you're you're you're only as good as your team in those situations in my personal opinion.

 James Geering 25:29

I've used ocean lifeguarding as a great parallel and I want to get to fitness standards again, the second we'll revisit that, but what you just said reminds me of some of the the resistance to EMS and the fire service. And ironically, pretty much everyone that I'm talking about, enter the fire service when EMS was already part of it. And so certainly California, Florida, the places that I've worked, you can say I just want to be a firefighter because that's not how we were trained EMS. But the analogy I've used is you know you do this, you flowerbed. You go down to the rig you drive lights and sirens you go into the building, pull the kid out. And now they're steaming on the front lawn. Now what just put a body out and it's the same with lifeguarding, you know, you go out and you Jessica, you make this amazing rescue, you pull them onto the beach, as you said they've got a sucking chest wound or you know, whatever it is, and, and now you just watch them die on the beach. So this is what's so ironic, because ultimately it is the EMS that saves lives.

 26:25

It is true because like for us, I'm glad we're doing EMT because I'd really like to be able to intubate and everything right on the beach because all we're doing is waiting 15 minutes to get that and we throw the OPA in but we what we're really trying to do is get, you know, get an intubation going and get a direct airway. But we have to wait for that. So we're pumping and breathing, pumping and breathing. But like if we just had that one extra little thing, it's just like the the numbers go up, you know what I mean, especially with drownings, and it's such a respiratory issue, getting knocked out surfing, whatever it may be dread, like you have such a

higher percentage chance to get high flow oxygen right in the lungs. So like we could do this, that one intervention, that's all we really need, you know. So it's little things like that, that I think are super important. It's the detailed everything's the details, everything you do in life is the detail. So I totally agree with that for sure.

**J** James Geering 27:12

Now, in the last few years was people have needed to hire more and more and more, we've kind of had a decrease in candidates. And I think there's a multi faceted reason why we do and a lot of people understand now what the fire service actually looks like. It's a, you know, an absolute burning love for that profession for me. But their the way that we work our first responders as devolved terribly just hasn't, you know, match the colors. But what a lot of these agencies answer is to lower fitness standards, lower standards to get more people in, which I think is the polar opposite of what you need to do. What have you seen in ocean lifeguarding? Have they been able to maintain that standard,

**i** 27:54

so I'm looking at it from the eyes. More likely the greatest group of lifeguards in the world. And there's been no degradation in the physical standards, which makes it hard to hire, it does attract the best of the best. The problem is sometimes we have high standards with low pay. So that's a contradiction of terms. So if you want high standards, you should pay for those standards. A good example is if so the Northshore lifeguards roughly 40 to 44 people, men and women in that district. Now, I would say at all honestly, 20 of those men and women are probably the most elite water people that grace the face of this earth. So you're paying very little money to get the cream of the crop. And then you're expected to do a great marketing campaign through it to get other people to do the same thing. And they're looking at the standards of how much effort did that guy do to do this job to be able to stay at the physical standards and make these rescues and then see his check, not move the needle ever. And it's it's like well, okay, I could do that for four years to say I did it. I can maybe do it for eight years to really enjoy it. But can I do that as a career. And sadly, it just the way it is, you know, say it's a 48,000 start, then you're maybe at 52 Within two years fire you're starting at 54 But you're up to 68 within a two year until you get to firefighter two, then with the overtime everything else you'd be making 100 the first year there's no option for that for lifeguarding so, you know not to harp on the pay factors that they want the best, but if you want the best, I think you should be paying for the best. I think that's for any agency, you know what I mean? And if you're gonna lower the standards, you're gonna get a subpar product. It's just like offshoring your product from like, like look at furniture these days. We want it quick and fast. We use press wood, well, do you want a piece of hardwood? You know, like I'm moving into a new place in the Northeast right now to temporarily for my family. And there's always people giving her away old school looking hardwood furniture. I'm like, I'll take that overpaying for IKEA, because I know that thing will be here 50 years, you know, it's like what what's tried and true is like the quality and you're going to segregate you're gonna get it's gonna fall apart. So it's just it's really common sense stuff. I think the attraction to be a wind lifeguard is really easy. But I think the staying in I used to talk to a lot of the bets they say, Yeah, around that 12 Year 15 year mark, you really see people go with you, they're gonna stick it out, or they're gonna have to make a move because of the pay. And that's that's the only reason otherwise, I think it's the greatest job in the world. There truly is. And I think a lot of these first responder jobs are, you

know, I talked to firefighters, and we're like, No, I wouldn't say the best I don't want to do anything else. But the good thing about fire is that not everywhere, but at least they have a standard pay. That's that's quality. You know what I mean and comparison of where they live? Why I wouldn't say that's the case, say the best lifeguards in the world are the most underpaid in the world for what these? Yeah, that's that's the truth.

**J** James Geering 30:57

Well, that underlines one of the reasons why I think we have the hiring problems that we do. I mean, the fire service you talked about was 60. But with overtime, well, that overtime shouldn't ever even be factored in. You know, it's 56. But if you if he was because

**i** 31:10

it's a lifestyle, you're getting burned out, and you're not I mean, it's just the way it is, you know, it's the stress out of stress, cumulative stress. It's all real. So, yeah. And then and then in the financial aspect, if you're not really you're trying to make ends meet, you know what I mean? And then you're frustrated at work? Well, that turns into quality of care. So, you know, I've even seen that in nursing lately, too, because we've had a lot of, you know, I'm not I'm not diminishing, because it's such a intense medical industry. But there's a lot of human error. And I think it comes from fatigue, overworked and within the nursing industry, the doctor send the marching orders, and the nurses facilitate it. So if you have overworked nurses, you're going to hit an impasse where there's going to be a mistake made because pain frustration there that do they want to be there, do they not want to be there. So really big important thing, attitude dictates outcome, every job, right? So if they're the ones like, you know, doctors are doing the rounds, amazing. They've had a lot of amazing doctors, a lot of agents. There's a lot of amazing nurses. But the one thing you will notice in the medical industry is you see nurses way more than you see doctors. So the volume leads itself to probability and probability says, If you're going to have a numbers game, at one point, it's going to fall apart. So it's no fault of their own, is there the least pain and they do the most work? That's the way it usually is, you know what I mean? And that's an average job. So it's, it's all very relative for first response?

**J** James Geering 32:34

Well, I think the other thing as well, that I've talked about a lot is, this is the internet age. So we you and I went into our professions, because we just wanted to make the world better, you know, and we assumed all the other stuff will take care of itself money and benefits. Yeah, the secondary to your mission. Yeah, it

**i** 32:50

wasn't a goal yet.

**J** James Geering 32:51

New people are going into, they're saying, I want to serve. Let me let me research the fire

now people are going into, they're saying, I want to serve. Let me let me research the fire service. Oh, there's all these, you know, suicides. And you know, they're understaffed, and they're working extra shifts, and now they're getting a picture of what it actually looks like before they step through the door. So this is the problem is that we have to create the working environment and the pay that you said, I mean, you said it perfectly, that mirrors the skills that you're asking these people to do, and then you've met that make that bar high. So that money, yeah, it attracts people, but you also make sure then that you deserve the money that you're getting paid. So it's a win win. Really,



33:28

yeah, like, you're gonna find your outliers, like, like me, probably because I have a slight ADHD that gets focused on certain things more than others. But I'm gonna like, I'm a controlled adrenaline junkie, like meaning I like to look at it, assess it, and then attempt it. I don't just jump into it blindly. But I definitely have my I guess it would be a healthy addiction to the fact that like, I'm missing the fact that I'm not doing rescue actively right now. It's 100%. But that's not every human. Some people still want to do this, but they're like risk versus reward, you're not going to just have every, you're not going to attract every adrenaline junkie and have a quality because a lot of those guys are off the rails too. If you just want that all the time, you're not going to get you're not going to get the control person that you need for that job ad you're gonna get this loose cowboy. And that's not always what you want either you need that hybrid of intelligence, how to execute how to follow protocols, but also not be afraid to jump into the fire when it hits either so that's that's a like a lot of those things are counter intuitive to each other. So how are you gonna market that with the pay market that with the lifestyle and make it so it's like a holistic view of how to attract the right people, especially generation I like to like no offense to the new generation but it is like trying to get blood from stone sometimes with millennials to try to teach them what the experience you have and relate to a lot of them are shaking their head and some of them I hate to say it or dinner fortunately for the Instagram likes which is you know what I mean? Like, posting a photo on Instagram of your job in uniform is not actually doing job doing the job is the grind But it's like, you know, probably something and I can't say I've never been a part of because obviously we all self promote a little bit. But like, the awards that I've gotten for my career are not nearly as intense for the things that have gone unnoticed. The day to day stuff that nobody knows about, and all my partners stuff that you don't even hear about these stories, and some of them are too brutal to explain to the general public. That's the real part of the job. It's not like the one time out of your 20 year career that someone hands you like a gold medal from a mayor or something and you're like, oh, cool, thank you. They don't get it. They don't even at the governmental, they don't see what we see. They they couldn't literally could not do our jobs, they were to have a breakdown of stress, I really get frustrated to see when politicians neglect their first responders, because it's such a critical part of society. And the I hate to say, but like they couldn't walk in our shoes. It's just the truth of matter. So it's like pay pay us for that, you know, pay it for the fact that you can't and chose not to do this, because somebody's got to do it. So that's, you know, not to kick a dead horse. But that's Yeah. comes it comes from the budgeting it comes from the government, they should hear that message.



James Geering 36:11

Yeah. Well, you heard in a very good point to the adrenaline side of us obviously yearns for that fire, but I'll be completely honest, and 2023 fires few and far between. And that's an amazing thing. You know, I mean, that means you know, it's not a death wish people have to have

thing. You know, I mean, that means you know, it's not we don't want people's houses to burn down. So a lot of the times it is EMS and I have in that a lot of times it's really non emergency. But I wrote a book about three years ago now and one of the chapters was on what we call a back to bed call. So yes, you might be on a roof of a building with a chainsaw and your hand cut in the heat hole, we might be making an entry or you know, cutting the car apart to try and get to someone. But equally, you might simply be in an elderly couple's home, and the wife has fallen down, the husband can't pick her up. And he used to be a big strong lad when he was younger. And now he's mortified that he can't pick up the love of his life off the floor. So we go in and we clean her up and we put her back in bed, you know, that is equally as important. So we're not looking for a two dimensional action hero either. You need to be able to go from one extreme to the



37:09

last two. Like the thing is we're doing rescues instead of preventatives, it'd be a lot of dead people. So in general is like that's one thing I've noticed on the East Coast is they blow the whistle. It goes in and out one year. It's not a preventative whistle is attention grabbing preventers, when you talk to the person say, Hey, man, I don't want to ruin your fun, but this rip will kill you. And this is why. So I'm letting you know, this is you know, because if you just whistle, and then you let them, you're just letting things accumulate. And you're also droning them out, they hear 1000 Whistles today at a 10,000 person beach in New York, or Florida, New Jersey. And they're like, is that whistle for me, I just heard it 1000 times, it's not an effective tool unless you're using it with a follow up. So there's all these different things. It's just patient contact. And you know that that in itself is very tiring to first responder, it's just all day long talking to people, but think about how many lives you saved or just doing preventative as a lifeguard or how many like, you know, contacts where you just did like, hey, maybe an Alzheimer's patient, elderly couple, trying to help them out for the day, they're just you know, they don't have full time care, you're, you're basically that little gap that got them back to having a normal day for you know, just living as an elderly couple. It's totally true. And those are the majority of your calls. But those are long days, too. You know what I mean? That's just the way it is.



James Geering 38:25

I remember lifeguarding, I did like a local leisure center that had a couple of slides, and mainly a pool and then a big place called center parks in the UK, which was under a big dome. But it was some much better slides, the waveform stuff, and then lakes and summer camps in New York. And I'd be bored most of the time. And that's a awesome thing. And it was because like you said, you'd get someone's attention, you'd crash down to that child's level, you talk to them, you explain, you know, hey, if you keep running, and the way I think that a lot of things are kind of projected at people today, to use it another lifeguarding analogy, there's a lot of whistleblowing, but there's no explanation. So like masks are bad, or Chinese conspiracy or whatever. But no one's actually just saying, Hey, here's the middle of the road. Here's, you know, here's the pros. Here's the cons, here's the ways now you make your own decision, and when you understand like, oh yeah, I did almost kill myself, then you change your own behavior.



39:33

□ 39.22

Yeah, and I think that's, well, that's this generation of let's instead of just wholesale hand holding. Let's educate people, there's a lot of like, people just kept in the dark on things which is stupid because that's where disaster happens like educate people, make them stronger, make them have good choices, you know, like allow them to have choice but give them the educated choice but if you just go like don't do this don't do that. You're just getting sheep that don't figure it out themselves. It's not going to help anybody because if I explained to the kid why, you know when he's you know, 910 years old run away from parents why shouldn't jump off this rocker? Why shouldn't jump in that rip, and then it comes back to the beach. I don't need to do it the next time because As he already has the knowledge and he sell any self manages, so there you go. That's that's lifeguarding one on one is like, like, don't give up, give them enough rope where they can, you know, learn, but given the education so they don't get themselves in trouble. And that's just life in general. It's like it's almost like parenting. You know what I mean? It's like, you gotta, you gotta keep it back and forth.

Ⓝ James Geering 40:19

Well, that was a perfect segue parenting. So you are sitting in the Ronald McDonald House right now. So your beautiful little boy James walked me through prior to you realizing something was wrong to where we are now. Yeah, it's,

Ⓝ 40:34

I'd say like, what I'm going through now I call it like life interrupted, so to say. And I will say, for people out there one, count your blessings because things move fast and life changes really quick. And I've had a few of these in my life where you're like, Okay, life interrupted sickness family, but it's usually been sister dad, mom, you know, middle aged elderly. Child sickness is the most daunting and cruel thing I've ever been a part of in my life. Now, to walk back as I probably told the story so far to a million people be or just on on Instagram, just so they understand that it's, it's a hard one to understand. So I basically left my career for 15 years around February 15. And the transfer week, I had some time off, you know, I burnt a little leave at to spend some time with my family. And I was having a boys day my wife and my daughter were out on their own little adventure that day. And I took my son to jujitsu we had a great day we went swam right after went had lunch. I'm literally telling you can look at the date on my Instagram is February 10. Or February. Yes, February 10. Perfect Health. I mean, like, nothing wrong with this kid whatsoever. swam all day had a ball like like, you can look at the bat and go like, what? He slipped very mildly coming down. Like a gravel Hill from jujitsu before we went swimming, hit his bottom, no big deal like toddler fall. It's like a one out of a 10. No big deal. Okay. That night, I go meet my wife and we go surf. We take turns watching them in the tide pool, a pipeline she serves, watching the kids everything's he just gets playing all day, eight hours. We switch roles. I gotta jump in and catch one way that she says, hey, you know, it was weird when we I had him I had too much stuff in my hand. So I had him walk up the beach. It's pretty like kind of long walks up. He's like, okay, she's like, Yeah, he's complaining about his feet like his feet hurting. I was like, Huh, you know, I was like, you know, that kid sometimes say it's one thing but it's another radiates. They don't really know how to explain it. He was a young three year old just turned three. And so we're like, okay, let's just monitor it. That night at 2am. He wakes up screaming, Daddy, I can't walk daddy. I can't walk and he's like trying to walk and can't walk. Well what happened? thinking maybe he has a hairline fracture. In his hips from that fall. I'm trying to work it back. Maybe he's super tired walking on even on the stand

and it you know, hip dysplasia as a young kid can happen. They shoot to the ER room. They're baffled. We're in the ER for three days. Nothing. They go. You know what? Here's some toradol here's some Tylenol. NSAIDs. Pain goes down. It's probably synovitis fluid in the hips postpartum. Yeah. Did you have a cold? Yeah, he had a cold at the end of January. Okay. Boy at male boys get this thing called synovitis it's just like an aberration that comes into us. Okay, it's slightly goes away. I go home during the Tumeric I'm doing a smoothies less inflammation. I take them that weekend. He's doing a little he's doing pretty good. Actually. Taking that weekend do the same thing. A beach day Macaw this thing. It's called the buffalo big board contest. It's like a big community surf contest for families spend the day everything's great. Same thing that night, Saturday, Saturday, Saturday now so this is the next Saturday. Wakes up inflamed. What's going on? Can't walk go straight back to the ER. So now we're in there for two three days. I'm kind of getting frustrated because like you know, I have a background in first response and they're doing one hit. They're doing one leg are doing. I'm like hey, can we just do a full body scan? CT X ray the whole thing do it bilaterally. Some type of comparison but stop hitting them. onesie? twosie. They do it? They find this very slight. I would say quarter of a not even fingernail possible nodule through an ultrasound. Maybe that's something there's no oncologist through Kaiser. They have to share a copy. Lonnie, luckily by that Wednesday, this is like going in Sunday. Now by Wednesday. She's like, hey, he looks so healthy. But let's just do a bone marrow scan. You know, like let's just rule out everything comes back. Sadly, devastatingly, like almost like in a like a bad movie scene. I had to like basically block my brain out because I didn't want to break down for my wife because my wife obviously had a nervous breakdown. She found out that it was preliminary neuroblastoma cancer, not leukemia, not neuroblastoma, which 30 years ago is a death sentence sadly and moving the needle forward. And now two weeks later, we finally got the final diagnosis. So as soon as I heard that, I'm looking into the disease and trying to figure it all out, trying to look what is neuroblastoma, I'm not in that world what it is specific cancer. How does it work? Okay. It usually stems from the adrenal gland. His is in the bone, his age. So usually, if he was like two, it would be a different diagnosis. But it's stage four, because he's age, like an xy axis of age and where it's at, and it's bone marrow, we do an MIB G scan confirms that it is neuroblastoma, it's not a false positive. And it's 85% of his bone marrow, very daunting, makes his scale go up pretty high. This soft tissue seems pretty minimal, but it's irrelevant. Since starting to test the size of the bone. We got to move. We got to figure this out. Now, no offense, why I did the best they could. But it's like anything, if you're gonna do something, do it right. And in those two weeks, luckily, I was just obsessive. And so it was my wife and talk to some families that moved from London, to Sloan Kettering for moved from California for some Kettering and upgraded their life and said they said in Law No, no, you know, not mincing words, they say get there. And when I did the research, and the choices were very invasive for this disease, a lot of residual side effects from the care for the current standard, the way that Sloan worked when we're in an N nine study, which is a it's a program that they've come up with about two years ago, and it's specific to neuroblastoma, you get a less side effect for a very equal amount of result. And then you take it from there, whereas the other studies are front ending with making it very invasive, and hoping for a very good outcome. But there's always you know, your sunco death, most likely sterile, liver, kidney, all the things for toxicity levels. Chemo is not fun. But with this disease, it's a necessity, because you have a lot of soft tissue. And the immunotherapy is what we're going into next, which I'm very hopeful for, because that's what's really changed neuroblastoma. We haven't done any rescan. So we still are in limbo, meaning the last five months, we've just done five cycles of chemo. And the one good thing is that when we made the decision, we were about to do surgery in Hawaii, and in my knowledge was that Sloan had the best surgeons in the world. And it proven that fact, they definitely have the best surgeons in the world. Also, with my opinion of it, and it just turns out that it's can Sloan's opinion, too, is that I'd rather treat the soft tissue with chemo and then remove versus removing a live tumor. There could be

debate on that my personal opinion because my sister died of cancer is when they did surgery, and they didn't treat it spread much quicker. So I was sticking to what I could see, you know, seeing to an interpret, and I was like, Okay, I want to treat it and then remove it. And that's what their protocol was. It didn't work out that we moved to Sloan. So the way the standard of care that I wanted to follow my wife as well, luckily. And so he just did a surgery he had probably the roughest thing I've ever seen a three year old go through he went he caught a flu while he was neutropenic on his third, his third round at Sloan fourth total because we didn't want to employ and he was stuck in the ER back and forth for two weeks. Then he went straight into a very invasive surgery, which you know, cuts about a 12 inch under his ribcage goes into the pleural space takes out his some limbs about 11 limbs and lymph nodes and his adrenal. But just to understand as heavy as it sounds, I've seen people with grapefruit sized tumors wrapped around the spinal cord that Sloan is dealing with as well. So like they say, like if you're standing in a room, and you author your your problems on the floor, never say you want someone else's problem because someone always has it worse. And that's one thing I'm learning is as bad as it is. You got to count your blessings and take the w's where it can because things can always be worse and as hard as things are just fight to fight you got ahead of you and don't ruminate on it because things change quickly. The one thing that hurt us really badly is that he has to be on a feeding tube, which is a blessing in disguise because he would bounce back really good from chemo and start eating again, the last few rounds he hasn't I think he just got really hit hard by the surgery, his intestines were obviously moved around to make space to find things everything's kind of getting back into place. He's healing well, considering it's hard to heal during chemo, but it's a very rough process to watch your three year old go through and remember he's growing up in this so that three to four year old your kid cognitively is he's very aware he's very intelligent knows what's going on. And he's also dealing with the trauma of it and you're trying to mitigate the trouble also absorbing trauma because you're seeing this happen to your child, and the only way out is through. You can't revert back to your old life like this is your new your new reality and you have to put your head through it and go through your emotions but then get back on track and you know with a parent with a parent with another child, another child goes too, so I have to mitigate her quality of life moving to New York, getting her into school, she cannot go to school, the girl needs solid education, there's, there's a juggle, and I've been making like an Evernote, basically manual for parents, because



50:16

every parent that I've talked to, the worst thing was is that they didn't understand what they had in front of them, which made decision fatigue, which delayed care was still a decision, which on the backfoot, the first six months are the most important from when you find out whether it's stage two or stage four, the earlier the better. So the better the decisions and quality of decisions you make in that first space is going to dictate the next four to five years of your life. And that's where we're very glad we made the decisions we made we we basically my new job fortunately worked out like it's like a blessing in disguise because their insurance actually got us to slum because my old insurance through Hawaii wouldn't allow us to travel outside and network. It wasn't deemed you know, you could there was a there was an intervention that they could do and why it wasn't preferred, but there wasn't intervention. So insurance game. So luckily, and huge blessing and then also the thank you to the Wi Fi team, because I'm luckily I'm able to do most of them I'd say 90% of my job remotely, besides like coming in for events and things like that nature, but they part of my saving James basically because he wouldn't have been able to get to sun and I think slug is going to be a very determining factor on his outcome. So we're in the Northeast now. Funny, as you say, because I



think the last time we talked, I was telling you that we were never off duty was going to be working with the State Department, they got picked up to do these lifeguard and conservation surf centric type things. And we're about to get on a plane to Sri Lanka to do that right when this happened. So it's like, what I will tell people is don't make plans in life, just just kind of do your thing go along, but get ready to you know, like, like Mike Tyson says, It's like everyone has a plan until they get punched in the face. And it's real, because until life hits you full force, you're gonna have to learn how to adapt in the moment and make a new plan. So it's like, yeah, great, we all have our plans. But don't be so rigid and think because if you get stuck in that way that nothing can change, we're gonna have a tough time when things do change. And that's one piece I would say for parents is like, just adapt or get slapped. Because you're gonna need to flow and kind of ride the wave. And make good decisions in the in the moment as best you can. Because you can freeze and get, you know, paralysis by analysis. And the delay, especially with cancer care is is very real, and it can screw things up. So it's like one of the reasons I'm actually writing this little journal so that parents can go okay, this is all the info I needed in those first two weeks right here. Whether it's the organizations that help you out like we've had a lot of help getting moved over here shipping a car, you know, what's it how do we fly? We don't have the funds to fly well, there's there's different programs that will help you fly. How do we choose the best hospital? Is it St. Jude? Is it our local hospital? Is it you know, Mass General? Is it Miami? Where is it? Why is it slow? And for this because it because every cancer is a little different. And this one specifically it was like the one you really got to get into the woods on there's there's genetic mutations that can make the the outcome very more daunting. And there's only certain specific treatments that are even effective on it. So you know where those treatments are, because you're basically establishing your life around your child's success rate and probability. So you're, you're doing a lot of a lot of juggling to get to where we're at right now.

 James Geering 53:39

Well, you talks about the the chemo versus immunotherapy, you know, options. One of the things I've always struggled to understand is the kind of Agent Orange approach of just killing everything and hoping fingers crossed that the right thing start up again. Talk to me about the immunotherapy side. What is the difference between that and the chemo in 2023?

 53:58

Sure, so let me let me say something from from personal experience. Chemo sucks. It is what it is. What I've seen, and I don't think it's anecdotal, is kids handle chemo better than adults. Now why would you do that because you're breaking them down to build them back up the regenerating quicker. Once you're 40 and you're in chemo, your body doesn't regenerate like it doesn't three year old. So your recovery from chemo and I have a friend going through it right now. And he's just going finally through to immunotherapy which is basically your body fighting and signaling the cancer versus the chemo just killing it and going back and forth with what he had because he didn't have a lot of soft tissue chemo is very good of eradicating it in the bone marrow. It was unnecessary means I obviously would never want my kid to have to go through chemo but the xy axis of the decision making we have to for this one, immunotherapy though, and the consensus is what I'm seeing and you know, someone can correct me online but I personally from what I've read and I've seen is immunotherapies were replaced chemo in the next five to 10 years as they get it more dialed in. specific cancers about saying chemo will

never be a use because there is a use for it's really useful like blood cancer, leukemia, leukemia, look at leukemias like 99% curable now. But for this specific one, it's it's a mix of a few different things is they want to eradicate the disease as best as possible, then start building them up with immunotherapy, which is very invasive and very painful, but it works 30% survivability increase, since they started using it, Sloan was the one who brought it to the forefront. So I want it to go up, you know, they're using it at Children's Oncology. They're using it everywhere now. But I wanted to go to the people that have been studying it and brought it to the forefront. Preferably, like example is like chemo is an old technology, I want to use it sparingly into the least amount for the most efficacy. And then I want to move on to the newest best. And that's what we're doing at this point is we've, we're following their protocols, and they have the data. So that's great. The other thing about Sloan, and I'm not here to do like a PSA on Sloan, but they're very forward thinking with integrative medicine. So they're not against the CBDs. They're not against the THC. They're not against anything that works when we've talked to, you know, post care said, hey, you know, I, there's a lot of snake oil out there. What do you think of this? Like, what do you think of Turkey Tail? There? There's good evidence, we've been following it, it's not going to hurt him, go for it when he's out of chemo. And he's, there's no reason there's not actually okay. So what do you think about tumeric. So our experience and our experience, but don't do it post surgery, because it's, it's a blood thinner, like an aspirin. So they're very, in my opinion, is where I want to be as well as I'm all for quality science. And I'm also also for holistic, and I think the pairing of the two, especially with what we have going on here is what's going to be the winning combination. Because a lot of things like just genetically I don't, I don't operate well with opioids, they don't do anything for me for pain. Same with my son, when he was on an epidural, he had pain relief when they switched to oral and they added like the Oxy or the Dilaudid just made him loopy didn't touch pain. So we took that out, they understand that they you know, we they agreed with us that's that's a great thing is that when they listen to the parents, it's massive, because you see him for 24 hours, they see him for an hour a day. It's a different when you have a really close relationship with your child and you know them well. You have to advocate. I will say for parents, your job is advocating for your child will not stop once you're on this rollercoaster. Do not ever think you can just sit back and ride the wave of care. People make mistakes, it's your job to catch them. You don't need to be you know, even though I have been at points where things have messed up, like I found antibiotics on the floor during this process and neutropenic fever when the syringe didn't push things go wrong, you know, not intentionally, but your job is to catch it. So be prepared that you're not on this whisk cloud, it's just gonna get you from point A to cure, you have to be on it. Because there will be things in this, this, this journey that it's on you to correct because if you don't correct it, they will spiral and every 12 hours, there's gonna be a new person looking at your child, and they don't know what the last 12 hours are. They don't understand what just happened and why he needs a rest or why you need maybe pause some type of treatment, or why he needs some type of other intervention and why this method doesn't work like an example is standard protocols. If the kid has anxiety to give them advantages, attend to a benzo sensitized, which is a very heavy medication. I was against it. It was given anyway and put my son into a catatonic state for 20 hours when he just was post op and was already walking. He had this huge progress three days already walking and playing down for five days. Now he has bed sores in his back hurts. So if you have a gut feeling, I know you're not a doctor, I know you're not a nurse. But if you're doing a lot of research, sometimes you do have the same information and you know your child better than anyone else. Make sure that you have your opinion voice. And even sometimes when you do and they don't listen, get patient advocacy, because nobody's trying to hurt your child. But inadvertently, you need to know that they are being checked just because of that fact that things can go wrong. Just like with our job. I used to say like, Hey, show up the pipeline today. I'm on my game, you're all going to show up tomorrow. I don't know who's here, new guy. It is what it is. It just is what it is.

So there's amazing people in this in this work. There's amazing doctors based in search amazing, amazing nurses too. But again, fatigue, pay time and circumstances you're the parent at the end of the day it's your job so so stay on it like anybody that might hear this is about to go on one of these massive care journeys is like you're in it, but prepare your mind it is your job your that is 100% your responsibility to follow up on everything

 James Geering 59:45

you have. Oh yeah, I think that's that's true for everyone. You know, whether we're taking care of our kids or ourselves or our partner, you know, the the margin for error and even some of the arrogance in medicine, you're obviously in a very good place. It's a very progressive forward thinking people But there are a lot of people that you know, prescribe and someone walks out, you know, so I think whether it's your actual medication and surgeries, or whether it's your received advice on nutrition and exercise or lack thereof, you know, you have to do the research knowledge is power.

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And I've been in for hospitals, since we've kind of found a home at Sloan, like we were trying to get my daughter in school in New Jersey, so she has some normalcy, and we're very great graciously. We're out to do outpatient at the Jersey Shore. And what I will say is, hospitals in general, they're different compartmentalize things. So the PICU is different than the ICU and the ICU is different from the emergency room, you come into the emergency room and you have a kid with neutropenic fever, their core competency is patch them up and go bleeding control, trauma, CPR, BLS. Move them into intensive care. If you arrived at midnight, which unfortunately, it just seems to be the time that fevers pop and distributed kids, and you have to go through the ER that is not a conducive environment for a three year old child under duress with neutropenic fever, no fault of their own. So what does that mean, you need to be on your game, you need to make sure that he's getting what he needs, you need to know what's happening, because it really isn't their core competency, you're almost being angry at someone for something that they're not trained to handle, you need to move the ball forward on your own and like, make sure the parts are working. And you know, it's midnight, and my calling is oncologists to make sure that my calling slow and get whatever it may be, you can't be angry at the system, the system is what you're gonna have to navigate better off knowing now that I'm in it is like I understand the medical system. But I would have loved to know what I know now, six months ago when this all started. So hopefully, you know, have a very have a success with James. And regardless, I'm going to put out this manual and I'm going to just I think I'm just going to do it as like a free thing for people. And if they want to donate to maybe Rob McDonald to repay him or some type of organization that's doing it, that's kind of what I want to do. Because the logistics side of doing what we just got to to save say we say we're at the 25% mark of this journey in my head, it had so many people involved. So many caring people, and so much help from Ron McDonough, so much help from like community that we're very fortunate. And I don't see every parent having the same resources. And it's still been extremely difficult. So if you remove that community aspect, you remove the robot Ramadan house, you removed the information from the other parents that are on this journey. And this little community, we would be so far on the backfoot. And I know some parents are that are just arriving now here doing it. And I talked to them. And they're like two years out to diagnosis to a proper diagnosis, six months out to a proper diagnosis, six, eight months to an actual care to

figure out where they're going to do the surgery where they did the surgery in the wrong place. And now they're here. And then it's just like and it's it's all dependent on the situation. But there's there is a lot of if you could read a 30 page 40 Page manual and jumpstart that I think it would be a really big help. And then any any of the residual stuff that comes from it to go back to help families and especially if we run a mcdonald house like these places, these guys are angels over here like no joke, like what I see like, as heavy as our situation. I see people coming from Tokyo coming from the Middle East moving their whole life here. There is no way they could come to New York City and have this level of medical care and the most competitive best medical care place probably on the globe. Without these resources. Without these caseworkers, the social workers, there's probably like hands on the five and 50 people that have helped us get to here. And it's still been difficult. So think about that. But if you don't know where to look, you're not going to get those resources, you're just going to be looking up at the sky, going wherever like Like think about London, the guy that we talked to London should have amazing care, but not specifically for neuroblastoma. So depending on the situation for your child, and hopefully nobody that listens to this, the child has nerve so it is a very rare disease. But whatever happens in your life is like you want the resources to get into the best care. I think hopefully this this will help people and I'm like literally if someone DMS me on Instagram has questions I've helped out like three or four families get here are ready to navigate it just in the last few months like one from Rhode Island I just met yesterday. Oh my god, thank you for that info. We just did the surgery yesterday. We're so happy that we've made this choice. And I was like, you know, I wasn't trying to, like tell you to do anything. I was just giving you my own experience. And it worked out for me and it might not work out for someone else. But like just having resources is massive for families.

 James Geering 1:04:42

Well, it's like we talked about with the fragmented fire service, you know, I mean, this is what we need. We need knowledge share any barriers to come down, not raise up. So I think it's amazing when the manual was is ready, let me know. And obviously I'll share that too.

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I actually read a book. It's called coming up for air. A buddy just kinda like an internet buddy that I've met a few times that that comedian Andrew Schultz, his buddy wrote it. And it was just called coming up for air. And it's more about business. And me being in the corporate world. Now, essentially, I wanted to fine tune some skills. I don't like being inept in any field of math. So I was like, Okay, let's, let's see how we can be efficient. And one of the acronyms you uses, I read the whole book, it's really interesting. It's CPR, which is very close to home, you know, like what we do all the time. But it's communications and then planning and then resources, meaning like, you communicate to develop plan, and you don't allocate resources until that plan is in effect. So a lot of people to start off assets at things or like, even even the cancer care, like, let's just hit it. To get this get this tumor out of my kid. Let's just do it like because you get anxiety, you just want movement, but movement in any direction without like, without accuracy could do more harm. So like communication planning, and I used it for all this, my Evernote, if you look at it, you'd be like holy shit, it is just like, it's just ongoing. I have to subdivide announces this info, INFO, info, INFO info, and then it's useful info. If This Then That, you know, like, if this happens, then we do that this and why we're doing it. And it's because I communicated with the community to get my plan before I got on, like to make the resources.

So in those two weeks, I had a very pressure cooker, but I had very, very good information for a very small period of time, but I didn't just make a decision, because you can't walk back that decision. It's like pushing a med, the meds aren't in the bloodstream, you should have researched it before you hit that syringe or let that nurse at the syringe, you can't walk back that so figure it out before you do it. Even if you have a pressure cooker of a timeframe, make sure you get as much data in your head to make the best plan you know, and then and then do the resources then get on the plane and talk to the doctor and things like that.

 James Geering 1:06:59

Well, I want to get on to kind of how you guys are coping and how you know what you do with James to kind of help him navigate the suffering but just before we do you sit in an environment with Donald's house this is the perfect example of why everything in life is nuanced. There's but it's not black and white. So of course, there's an element of what McDonald's does that I would argue makes our nation less healthy. But there's clearly an altruistic arm within that company that's doing incredible things. So talk to me about the actual house itself.

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So let's let's let's think about that in life. So okay, so what I would say this specific this is an each Ronald McDonald House is an autonomous thing and they get their own funding. They are you know, affiliated, they're getting funds from Robert from McDonald's, which is great because they should be giving back to you know, it's a very, very big company that's based off the back of American middle class that had been spending money there. So I think it's great that they do this however, the workers here they're they're constantly raising money and and working sports programs and teams and and benefactors and things of that nature to do this. It's a very necessity now, that being said, to wonderful experience here, nothing to complain to amazing. Now with our cancer, what we have now, again, not anecdotal, but still do your own research isn't environmental cancer. So 99 98%. So the if you look up the general data on Google says it's an environmental cancer sometimes started in utero, so biomagnification in the mother's womb, could be like, in my opinion, and theories or theories. Hawaii is a poison paradise, there's more Glisc of fate and pesticides in the water table there than anywhere in the world. If you look up Red Hill right now, the dichotomy of the world is like, yes, we need this modern world to survive, but also we're not doing a good job of mitigating and how it's poisoning our families. Food Systems probably made the biggest leap in, in population growth and affordability for food, all these pesticides but now on the back end, cancers are on the rise in massive droves. There's no denying it, like like, listen to Robert Kennedy, and things like that. And you know, it's like you're making you're making enemies by even stating these things, but it's like, hey, who cares at this point, money's fake anyway, we make it up. It's it's just a reference. You know, it's just it's an exchange of how we how we function. But when we're taking out lives, and we're not figuring out better ways. It's the same thing as lifeguarding don't get stuck in the old way because of work then doesn't mean to me to work. Now. We don't need to continue to do what we did wrong. Just because there's a profit margin involved in it. We will figure out other ways to make money and have livelihoods we should be doing this. The North Shore unfortunately, has cancer clusters. People don't maybe want to turn the blind eye to it but qui where we live on the North Shore of Oahu, it is agriculture. There is massive cancer clusters that have been covered up and it's bullshit. I walked on all the marches, the the indiscriminate spraying of pesticides close to residential is apparent. Hawaii is a Testing Zone.

or even more intense stuff because it's a bubble. Hawaii has always been a testing ground. Why? Because it doesn't have escape velocity, meaning if something fails there, it's not going to spread to the mainland. So what does that happen? Middle class lower class communities usually catch the brunt of it. Things like Red Hill with like the jet fuel leaking into the water table, people are gonna get cancer from that. Now what they do in the hospital is they're the cleanup crew, they are not at fault for this. What's at fault is a machine it's not a it's like a like you hear Joe Rogan. It's like a diffusion of responsibility. The guy that works for Monsanto, which is better now he doesn't really associate his job with the fact that his his neighbor got cancer in the community that he worked with, you know what I mean? But when I'm sitting in copy allottee, and I see all these young children with leukemia and blood cancers, and then you go like, what, what's going on here? And then you just see outcomes razor is the easiest answer. You're living next to like a test field for corn where they're testing new pesticides all the time. It's, you know what I mean, it is what it is at this point. And I think people need to stop bullshitting themselves that we're, we're in an environmental catastrophe of, and the human cost is real. And the fact that, you know, I'm like a canary, like, I have water filtration systems, I have everything in my house like it's possibly afford to do and it's still hit us. And that's because petrochemicals, there's not too many filters, like I was distilling my water in New Jersey. And the amount of crap that I took out of it is baffling. I'll send you a photo after we got to stop lying to ourselves that these problems are just not there. They're there. And I don't care who the fucking CEO is, I don't care who what money control what bank, whatever. It needs to be fixed. And there's probably money in fixing it. So how can we start figuring out and using our collective brainpower to stop like just saying and turning a blind eye and dealing with the lawsuits and spending that money to fix the fucking problem and figure out a new way? Because we all know there's a new way. That's what America is figuring it out. And, you know, like, again, no fault on the people that are here for the cleanup crew, because they're doing a wonderful job. And I think the real issue is, how do we mitigate it. So our children stop having to have this on a lower on a lowers? Right? There's always going to be cancers, there's always going to be genetic things, there's always going to be tragedy, but let's get less of it. Let's figure out ways to get less of it. Because it's really tiresome, knowing that there is interventions, and nobody's putting their hand up to do it.

 James Geering 1:12:23

Well, again, you look at there's a couple of things that have been an awakening for me. Firstly, you look at the arrogance of modern technology, the way that we're sold, like, oh, without us, we wouldn't be able to feel the world. Well, without us. Without you. The world was doing just fucking fine for a long, long time, unless you found yourself living in an arid part of the planet that was subjected to drought. Everyone else snapped or something like that. Yeah, yeah, everyone else is doing well. And obviously, the goal would that if that's, you know, left to the natural resources, you try and move people to where there is water and his food?

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Well, yeah, yeah, technology is like, technologies, technology, there's this type of technology. And then there's that type of technology. Let's see if the other one that has less has less negative effects works just as well. And then we can just replace it, you know, this is the way it is like, we wouldn't be talking without technology and community. I think there's, it's a great tool. But let's look at what's going on and say hey, just because that, that that technology has a

high grade has a higher rate of profitability. That doesn't mean it's the right technology, it just means it's a convenient one for some person, or some group, too fucking bad. Let's let's let's figure it out.

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James Geering 1:13:36

You know, we were doing fine as for you know, millennia without all this technology now, as you said, I'm not demonizing technology, there are areas of it of medicine of all these things that are helping but you know, if you look at the the Monsanto origin, it comes from, you know, unused chemical warfare, they were trying to apply somewhere else, you know, we didn't come from some amazing, you know, realization that this was going to be a healthy way of growing food

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that worked for another benefit. Sometimes those things happen sometimes you like there's there's certain medications that they found work for, like appetite that they really needed, it was used for a totally different thing. And sometimes there's accidents that work great. That's kind of sucks there is there is like, there's a what he calls like there's a serendipitous element to science sometimes, but let's just do less harm. You know, while we're doing it in that process, and let's focus on the things that are actually going to fix society ballistically not just go hey, well, good, we got great medicine, but let's stop creating problems to increase the need for great medicine. Let's give the volume a lot less like we can, you know, just through clean water. It would fix a lot of things then nationwide, like it's not just it's not just agriculture, there's old pipes, there's there's so people deal with lead pipes and half this nation. You know, we're gonna spend money and create jobs, let's do some infrastructure that actually will affect some people's lives. You know what I mean? Because you At the end of the day, you the diffusion of responsibility, I don't think these people in these positions really want to see people have kids with cancer kids that are ill. Like, why would someone wake up that day? Even if you're not the most perfect person that says it is, it makes zero sense. It doesn't do anything for anybody. So, I don't know, that's my little war cry. It's like, you know, you're gonna push people to a point and you're gonna get you're gonna get resistance, because you're ignoring the fact for for convenience, like, there is another way we know there's another way, you just don't want to do it because of laziness and convenience to your pocketbook. And that's shitty. That's

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James Geering 1:15:35

why I would argue as well as going too fast. She was one of Joe Rogan's guests. Sadhguru just it just said, you know, a passing comment, and it made me think, well, that's a really good point, we talked about the mental health crisis, you know, I mean, the the impacts of what we do for a living and how that factors in and unaddressed childhood trauma, but we think of it as manifesting and alcoholism and, you know, domestic violence and all this Well, I would argue that a lot of these people in charge of, you know, pharmaceutical companies, you know, the cigarette companies, etc. They can they sleep because they're mentally ill as well. Because no ethic, you know, ethical kind human being, would be able to sleep at night knowing that their

products are killing people. So I think this is the problem is we're dealing with a mental health crisis, even at the CEO level. And that is why we've got these predatory companies, like literally making themselves billionaires, as Americans die by the fucking droves. It



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simply put us as like, we have a very short view of history, but just look at the oxycontin crisis. I mean, it's like, how in the world could you say they didn't know what was going on? There's just no plot, there's no plausible deniability in any of that. Now, what I'm saying is, there is I think the the antidote to that is good people putting themselves out there and grinding to go try to make money because money isn't evil, it's how it's used. So if you can figure out a way to fix a problem, and while making money and being altruistic, then I think you should go out there and do that. Because if you do have a brain and you do have a good heart, you could correct a lot of those problems. You can't just sit back like, well, there's evil people in the world. Yeah, that's nothing new. It's just getting exponentially exacerbated by technology, and people using it for the wrong thing. But at the same time, it's like, I use chat GPT, from a friend of mine from Germany, to see more info on neuroblastoma. Right, that's a good thing for AI. It's not the tool, it's, it's who's using the tool and for what, so if you got a good heart, and you want to put some work in and try to fix some problems, don't just sit back and be a negative person. I see a lot of people do this. They just, they just stay problems all day. They're like, God, these guys are doing this to us and this and this, and like, you know what, you can literally go out and put all of your energy into fixing that problem. Or you could spend the next 20 years talking about how someone's profiting off your, your decay of life. You know what I mean? It's like, you didn't get to do anything. At the end of the day, you're just going to be a depressed person, because you got walked all over. How would you fight back through using whatever resources you have and, and make some type of inroads to fix the problem. So even if it's just speaking about it, like me personally, like I don't, I'm like down the road. I'm not red. I'm not blue. I'm like purple. If Robert Kennedy is saying what he's saying, I'm definitely getting my vote for and I really hope, I really hope a lot because I you know, he does have a good track record. I don't care what political I don't give a shit about any of that stuff. Good. People are good people. And people that want to fix problems are the people I'm interested in. Because it's like, if everyone just sits there and takes the football about about their ideologies, it's like, at the end of the day, kids are still getting sick. Who the fuck cares? You know what I mean? Like you're you're you're not doing anything, you're just arguing. You know, I mean, we're trying to we're trying to move forward. That's the goal with all these things and all these conversations like you need to action. So if if that is you know, a leader like we need more leaders that have like actual historical record of doing things and completing tasks for the benefit of of the whole not the not just the pockets. That's that's the only thing I'm interested in at this point, especially in the situation I'm in because it literally in my opinion, was an avoidable life interruption this wasn't something he was born as a congenital heart failure this is this is something that got put into play and I tried to avoid it at all costs is still hit me and it's hitting other parents it's like that will give you some motivation and be like you know, fuck you guys fix your fit fix your problem. You know what I mean? Like you're we don't care we don't care how much power we don't because that means nothing at the end of the day. You don't I mean your kids is the most important thing to fight for. So you really want to see the motivating factors watch your child gets sick and see where he ended up on your opinion scale on what's going on in the world and you're gonna have a different view of it.





 James Geering 1:19:47

Exactly. I yesterday or the day before yesterday, and yesterday was Fourth of July. My I put a few posts on Instagram and it was simply this. Like, every year we'd be our chests and we talk about we're the greatest country in the world and all this stuff. And it's not about shitting on the country, but it's like, well, wait a second, you're celebrating when a group of people was sick and tired of tyranny and the overthrow it, it wasn't against the UK, most, you know, British people were back, fuckin living their best lives, you know, trying to get on and feed their kids. It was it was a tyranny of oppression. So

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you're like, you don't want it? You don't want an absentee landlord?

 James Geering 1:20:26

Exactly. So, you know, my thing was this, you've had that happen again, there has been oppression through the ill health of this nation. And you can talk about pediatric cancer and the opiate crisis. I mean, you name it the obesity epidemic, there's 1000. So it was a call for action. Rather than just wave flags, you know, blow yourself up with fireworks and eat hot dogs. How about you actually look in your own home? And then your community and figure out how can I do something to make this a little better? Some of our being the greatest fucking hate that phrase, we're the greatest country in the world. A it's not a competition be we're fucking not just let that resonate.

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My opinion on America, because I've grown up, I've seen so many different aspects of it. I think it's a place it always should be a place of hope, to manifest the best things in humanity. Like you can come here. I'm, personally I hate when people get like, or like the immigration thing. I'm like, I'm all for immigrants, because they usually come over here, they want to grind. And I hate seeing lazy Americans that complain about their country and do nothing about it like this is your home. So why are you shitting on your home and not trying to fix it? You know, I mean, because like I made a post yesterday, it's like, America is not a sum of its bureaucracies. It's a sum of its neighborhoods and communities. So if you have a problem in your community, go fix your community, like go out and do it. It's your country. So to say it's like, you're only as good as your action. So like, personally, like, we don't need to beat our chest. But we should be like, hey, as a whole, people that come here work for the better. Many of them have their livelihoods as a whole. So this, this, this country gets better and stays like as good or great, or however you want to label it. But if you're just going to point fingers and wait for the government to do that, that's not what America was. America was a frontier. But she was here for adventure. It was here to figure it out, to not do what they were doing the old way and progress. So I'm all for people coming from other countries with great ideas, and working hard and fixing America because we're in a we're in a slump right now. And I think it's apathy, we're in an apathetic slump, where we're like red, blue, shut the fuck up and get to work. Like, you know what I mean? Like, stop talking about problems that some guy in a room you think creative your life and just fix the little things like, if you do a water test, you're like, Oh, what the water, go do a water test. If they're pretty water test, show what it actually isn't go, You know what, we need

to fix this, Hey, 10,000 people in my community, you want to go pick it at the waterboard and say we don't want this in our water anymore. It'll change like that. It's you are your country, your country isn't some thing that unless you let it oppresses you, it's your country. I don't care where you live. I don't care where you live, look at how history plays out. People get fed up, it goes into a Silikal cycle, and then they get apathetic and they get oppressed. Don't let it get to that point. Figure it out, fight for what you need. It's your world, whether it's your country, it's your world, organize fix problems. That's that's the only way around it essentially said, it's in my opinion.

 James Geering 1:23:35

I've said this a few times on the show already one of my guests gave an analogy a little while ago, and he said you're a medieval England. And you're you know, you're looking over the the castle wall, and you've got the peasants arguing with each other. You guys were if they're arguing with each other, they're fighting each other where they're not looking at the castle. That was like that's, that's it that sums it up, divide and conquer. The only way that we're going to make change is you stop pigeonholing each other and fighting each other. And you actually realize that you are you all live in that town, that street that whatever that projects, whatever it is that you live in, and you are part of the solution, but the moment that you blame or the fucking lib tardes or, you know, fascists or whatever you labeling, and you actually realize, yeah, you do you want your kids to die? No, okay, you already got commonality there. Do you want to get you know, you want to stay warm? You want a roof over your head? Do you want your kids to be fed you want clothes on their back? That is 80% commonality. Stop looking at where you disagree, and look at where you agree and like you said, fix your home and then step outside your fucking front door, look around and go How can I use my skill set to make this community a little better?

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And personally like so, you know, for whatever reason I've been around an element of whatever I don't know if you want to call it like celebrity or what I've seen. I literally could give a shit about Politicians are a celebrity unless they're using it to benefit. The whole don't care, you're worthless to me, you just got a camera put on you. It's all that happen. If you're not doing anything with that, you're useless to me, like literally useless, you're just a voicebox. For that you don't have any you have no, you have your own thoughts. You're just like a frickin ventriloquist, for some agenda, that will give a shit about it. Unless you're putting your money where your mouth is, and going out there and like fighting for what you really believe in. It's like, I don't use a waste of space to me. And, and I hate to say that, but sometimes it's like, you got to hear it. People need to hear that. The fact that is like if, if you're if you're like, as grandiose person as a politician, and like in just in face value to spitting all this thing, and never having never actually having done anything, it's like, You're the worst of the worst. Because all you're doing is delaying you're, you're delaying tasks that need to be accomplished. You're just you're not doing shit. And it's sad, because I think that's what America has become. It's a lot of a lot of talk and not a lot to do. And I think we got to get back to doing that talking. And it's just me, myself included, like hold yourself accountable. Like don't just don't just get on a podcast, say Good, go fix something, whatever it is in your wheelhouse that you can fix booklets that? You don't I mean, don't be afraid you're gonna live once anyway, we get pissy you notice a corporate company off, piste some politician off who's going to fade into the fucking block

anyway, in a couple of years. Like we get to shit. You know what I mean? Like, hold them to the screws, you know, you don't like you know, you just have to just have to shed light on the bullshit. That's the way it

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James Geering 1:26:30

is. Absolutely, yeah, I've always said, you know, this podcast is not to make friends, it's to actually try and make a difference. And not me. But that's why I'm inviting people like you 800 People now have come on bringing solutions to problems. I mean, someone listening now, if they have a kid that is going through any sort of medical issues, they're going to take what you told us the last 30 minutes and apply that to their care, this is a solution.

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And that's like the essential. And that's like, the central thing is like this technology can be used for good or for bad. It just depends who is at the helm of the ship. You know, like I have to, I have to get back to care. So probably wrap it up with this. I was like, you know, every day you're making like a degree change of shit. And you're trying to get back to court, right. So make sure like when you're doing that you're doing it with the goal in mind and get get back to safe and sound and like make good decisions that benefit yourself in the hole. Don't make decisions that are just going to benefit you and screw up the whole. Like it's there is win wins everywhere in life. And like even this, like just just having info, like I said, anybody listening to they need some, some little bit of hints, I'm happy to take time to help. Like, I'm so passionate about helping parents now considering what I see people go through and just do that. Like, if that's all you can do do that. But whatever you can do to help out the community. Do that and watch how quickly things get better. It will get better like but my dad, people like to keep like, I hate to say this, but I've heard it so many times. I can't imagine I can't Yeah, you can't imagine. But like, here's a scenario, like, you get life thrown at you, you don't have a choice, you can either sit back and wallow in it, or you can get moving and my dad taught me he's like, Hey, you're gonna have problems in life. But it's it's hard to hit a moving target. So if you just keep moving, and you keep marching forward, your problems will get better. So if people just adapt that attitude, and they don't just sulk in it, like it is a sad thing when we're going through, but it's like an anchor to change it. So like, like, let's get let's get some movement going. You know what I mean? Even now, when I'm going over the hospital, I gotta go with my wife we've been doing on and off nights. I gotta get my mind right, because I need to motivate this kid because he hasn't been getting PT like just because of the holiday everything. And he's actually I got to come in with a smile and, and be the hype man to get him out of bed. Because him sitting in bed is not going to fix the situation me being lazy and waiting for someone else to do it. Oh TPT hasn't showed up. There's been a delay the call didn't go in whatever it well, okay, does that excuse figure it out, I can make him kick my leg and move his legs. And I can do this. Don't wait for other people to fix your problems because they're not going to go away. get hands on, start moving. And then people see you and they get motivated. And you're like, Oh, cool. Like, what are we doing? You know what I mean? Like, don't just sit there is nobody's coming to see you just get move in and figure it out kind of thing like that's the old The old way is the right way. And that in that world is where nobody's going to do it for you. That's where America should go back to screw politicians through politics. Start working towards a better tomorrow, it'll happen like just do it like, get it get it out of your head that somehow some social program or this or that they're needed. But that's not really how you fix your problems. You fix your problems by

having a mission by having determination, and then you have satisfaction because at the end of the day, you said oh, I got myself out of the hole with the help of the community. But it wasn't just waiting for some helicopter money or some some from some like handed guy to come down there and get me out of it. I at least I put the two foot instead of one foot for the next gun. Okay