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00:00:00,000 --> 00:00:03,820

This episode is brought to you by Thorne and I have some incredible news for any of you

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00:00:03,820 --> 00:00:07,960

that are in the military, first responder or medical professions.

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00:00:07,960 --> 00:00:15,860

In an effort to give back, Thorne is now offering you an ongoing 35% off each and every one

4

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of your purchases of their incredible nutritional solutions.

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Now Thorne is the official supplement of CrossFit, the UFC, the Mayo Clinic, the Human Performance

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Project and multiple special operations organizations.

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00:00:31,480 --> 00:00:36,420

I myself have used them for several years and that is why I brought them on as a sponsor.

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00:00:36,420 --> 00:00:42,080

Some of my favorite products they have are their Multivitamin Elite, their Whey Protein,

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the Super EPA and then most recently, Cynaquil.

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00:00:45,840 --> 00:00:50,120

As a firefighter, a stuntman and a martial artist, I've had my share of brain trauma

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00:00:50,120 --> 00:00:55,520

and sleep deprivation and Cynaquil is their latest brain health supplement.

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00:00:55,520 --> 00:01:02,640

Now to qualify for the 35% off, go to thorn.com, T-H-O-R-N-E dot com.

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Click on sign in and then create a new account.

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00:01:05,460 --> 00:01:09,800

You will see the opportunity to register as a first responder or member of military.

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00:01:09,800 --> 00:01:14,680

When you click on that, it will take you through verification with GovX.

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00:01:14,680 --> 00:01:18,980

You'll simply choose a profession, provide one piece of documentation and then you are

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00:01:18,980 --> 00:01:20,920

verified for life.

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00:01:20,920 --> 00:01:26,680

From that point onwards, you will continue to receive 35% off through Thorn.

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00:01:26,680 --> 00:01:33,120

For those of you who don't qualify, there is still the 10% off using the code BTS10,

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00:01:33,120 --> 00:01:36,240

Behind the Shield 10 for a one time purchase.

21

00:01:36,240 --> 00:01:42,040

To learn more about Thorn, go to episode 323 of the Behind the Shield podcast with Joel

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00:01:42,040 --> 00:01:45,640

Titro and Wes Barnett.

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00:01:45,640 --> 00:01:46,880

Welcome to the Behind the Shield podcast.

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00:01:46,880 --> 00:01:50,800

As always, my name is James Gearing and this week it is my absolute honor to welcome on

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00:01:50,800 --> 00:01:57,760

the show, wild lamb firefighter and the man behind Wild Fit Life, Justin Mahaffey.

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00:01:57,760 --> 00:02:03,040

Now in this conversation, we discuss a host of topics from his challenging early life,

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00:02:03,040 --> 00:02:08,840

growing up in a Mexican community, the beautiful elements of Hispanic culture, his journey

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00:02:08,840 --> 00:02:17,360

into wild lamb firefighting, the importance of fitness, mentorship, community, family,

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00:02:17,360 --> 00:02:19,800

homelessness and so much more.

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00:02:19,800 --> 00:02:23,800

But before we get to this incredibly powerful and important conversation, as I say every

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00:02:23,800 --> 00:02:28,800

week, please just take a moment, go to whichever app you listen to this on, subscribe to the

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00:02:28,800 --> 00:02:32,400

show, leave feedback and leave a rating.

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00:02:32,400 --> 00:02:37,720

Every single five star rating truly does elevate this podcast, therefore making it easier for

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00:02:37,720 --> 00:02:39,320

others to find.

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00:02:39,320 --> 00:02:44,480

And this is a free library of almost 900 episodes now.

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00:02:44,480 --> 00:02:50,120

So all I ask in return is that you help share these incredible men and women stories so

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00:02:50,120 --> 00:02:55,160

I can get them to every single person on planet earth who needs to hear them.

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00:02:55,160 --> 00:03:00,920

One more side note, I had a technical nightmare at the very end of last year, got a brand

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00:03:00,920 --> 00:03:03,600

new webcam that ended up glitching.

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00:03:03,600 --> 00:03:09,600

It was faulty and kind of corrupted my sound on this particular interview.

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00:03:09,600 --> 00:03:11,280

Luckily Justin's is perfect.

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00:03:11,280 --> 00:03:13,000

Mine is just subpar.

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00:03:13,000 --> 00:03:16,940

It's not bad, but it's not the quality that you're hearing now, for example.

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00:03:16,940 --> 00:03:19,040

So just know it's not your stereo.

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00:03:19,040 --> 00:03:20,040

It's on my end.

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00:03:20,040 --> 00:03:22,000

It was a gremlin that has since been remedied.

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00:03:22,000 --> 00:03:27,480

I've got rid of that equipment now, but was completely unknown until I started editing.

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00:03:27,480 --> 00:03:33,360

So anyway, that being said, I introduce to you Justin Mahaffey.

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00:03:33,360 --> 00:03:43,560

Enjoy.

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00:03:43,560 --> 00:03:57,640

Well, Justin, I want to start by saying firstly, thank you so much for taking the time and

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00:03:57,640 --> 00:03:59,800

coming on the Behind the Shield podcast today.

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00:03:59,800 --> 00:04:02,120

Yeah, thank you for having me, man.

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00:04:02,120 --> 00:04:03,120

It's an honor.

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00:04:03,120 --> 00:04:07,560

Where on planet earth will be finding you your morning, my afternoon?

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00:04:07,560 --> 00:04:11,360

So I'm in Southern California on the central coast.

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00:04:11,360 --> 00:04:12,520

Actually, I'm in Santa Maria.

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00:04:12,520 --> 00:04:14,960

I'm not sure if you're familiar with it.

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00:04:14,960 --> 00:04:18,200

Kind of like right where the state got that little elbow.

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00:04:18,200 --> 00:04:19,680

I'm right there.

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00:04:19,680 --> 00:04:20,680

Beautiful.

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00:04:20,680 --> 00:04:25,200

So I would love to hear the kind of beginning of your journey because I know that you were

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00:04:25,200 --> 00:04:27,280

raised in quite a unique environment.

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00:04:27,280 --> 00:04:29,280

So let's start at the very beginning.

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00:04:29,280 --> 00:04:32,600

Tell me where you were born and tell me a little bit about your family dynamic, what

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00:04:32,600 --> 00:04:34,720

your parents did, how many siblings.

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00:04:34,720 --> 00:04:39,600

Well, that's kind of an interesting and dynamic topic as far as it goes back.

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00:04:39,600 --> 00:04:42,000

I was actually born in Jacksonville, Florida.

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00:04:42,000 --> 00:04:48,720

Yeah, all my family is from that area.

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00:04:48,720 --> 00:04:55,000

My mom and dad got divorced when I was about five years old and we moved here to Santa

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00:04:55,000 --> 00:04:56,480

Maria when I was six.

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00:04:56,480 --> 00:05:03,840

So we went across the country and all it was was me, my mom, sister and brother.

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00:05:03,840 --> 00:05:08,120

Other than that, I didn't really know any of my family after that.

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00:05:08,120 --> 00:05:09,520

I didn't talk to my dad.

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00:05:09,520 --> 00:05:15,560

I talked to him about three weeks before he died when I was 11 and he died playing Russian

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00:05:15,560 --> 00:05:17,360

roulette.

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00:05:17,360 --> 00:05:22,120

And then my mom was remarried and that didn't last either.

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00:05:22,120 --> 00:05:26,880

So she got divorced to that guy when I was like 12.

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00:05:26,880 --> 00:05:32,480

So I grew up a lot of my own at that time at 12 years old.

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00:05:32,480 --> 00:05:37,120

My mom started dating her new boyfriend, who's now her husband.

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00:05:37,120 --> 00:05:43,400

And my brother was in prison back in Florida and my sister, she was 18 and lived with her

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00:05:43,400 --> 00:05:48,440

boyfriend on the other side of the city.

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00:05:48,440 --> 00:05:53,360

My mom started staying over her now husband's place a lot.

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00:05:53,360 --> 00:05:57,040

So I ended up on my own on the streets a lot.

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00:05:57,040 --> 00:06:00,760

And I got really involved in that.

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00:06:00,760 --> 00:06:06,240

My sister came back to live with me a couple of times.

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00:06:06,240 --> 00:06:10,920

She was a real influential character in my life.

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00:06:10,920 --> 00:06:16,640

She would always be there for me and help me take care of me in different ways.

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00:06:16,640 --> 00:06:18,600

We were real close.

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00:06:18,600 --> 00:06:20,440

My brother always stayed real close.

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00:06:20,440 --> 00:06:22,240

We were always riding each other.

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00:06:22,240 --> 00:06:23,240

So that's all we had.

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00:06:23,240 --> 00:06:27,920

And me and my mom, you know, like I tell that about my mom, but we were always close as

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00:06:27,920 --> 00:06:28,920

well.

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00:06:28,920 --> 00:06:33,040

We went through a rough patch, but life was just happening, you know, and I was on my

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00:06:33,040 --> 00:06:34,040

own all.

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00:06:34,040 --> 00:06:35,680

But all we had was us.

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00:06:35,680 --> 00:06:41,280

I didn't really have cousins and other big like a big family like everybody else.

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00:06:41,280 --> 00:06:42,880

That's all it was.

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00:06:42,880 --> 00:06:45,760

And we're still close to this day.

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00:06:45,760 --> 00:06:50,600

My mom at the time, she went from working at Grocery Outlet, which is a little convenience

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00:06:50,600 --> 00:06:56,800

store, you know, in the struggle to getting an opportunity to have a better life with

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00:06:56,800 --> 00:07:04,680

her now husband in the Beverly Hills of the part of town where we're from, you know, is

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00:07:04,680 --> 00:07:05,680

what I call it.

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00:07:05,680 --> 00:07:08,400

But so that became her life.

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00:07:08,400 --> 00:07:14,160

And she now has a business taking care of animals.

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00:07:14,160 --> 00:07:17,500

It's always been a real big passion in our lives is animals.

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00:07:17,500 --> 00:07:25,000

My mom, when she was with my dad, they used to breed animals and show dogs and stuff like

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00:07:25,000 --> 00:07:26,000

that.

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00:07:26,000 --> 00:07:27,000

So it's always been a real big thing for my mom.

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00:07:27,000 --> 00:07:32,000

Now she has a business where she takes care of other people's animals and runs her life

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00:07:32,000 --> 00:07:34,320

like that.

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00:07:34,320 --> 00:07:39,280

As far as anything about my dad, I don't really know too much about him or his side of the

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00:07:39,280 --> 00:07:40,280

family.

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00:07:40,280 --> 00:07:43,800

He and his entire side of the family are all dead.

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00:07:43,800 --> 00:07:46,760

So it's just like I say, it's us.

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00:07:46,760 --> 00:07:51,880

I'm in touch now with my cousins from my mom's side, which is cool.

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00:07:51,880 --> 00:07:57,140

I didn't know them growing up, but that's a cool part of life now that I'm connected

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00:07:57,140 --> 00:07:58,140

with them.

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00:07:58,140 --> 00:07:59,720

And social media is awesome for that.

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00:07:59,720 --> 00:08:03,880

You know, it's a great way to stay connected like that.

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00:08:03,880 --> 00:08:10,880

But when I was a kid, so in my teens, it was all about survival, figuring things out, growing

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00:08:10,880 --> 00:08:15,380

up real quick, always wanting to build my own family.

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00:08:15,380 --> 00:08:17,480

And that comes from the dynamics of my own, obviously.

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00:08:17,480 --> 00:08:19,160

So I always wanted to build my own family.

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00:08:19,160 --> 00:08:25,300

I had kids when I was young, my oldest daughter when I was 17, my son just like a year and

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00:08:25,300 --> 00:08:29,220

a half later.

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00:08:29,220 --> 00:08:35,160

So in my teens, I got in a lot of trouble, a lot.

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00:08:35,160 --> 00:08:37,080

I like that part of my life.

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00:08:37,080 --> 00:08:39,640

You know, it is what it is.

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00:08:39,640 --> 00:08:42,160

And it's just everything I knew at the time.

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00:08:42,160 --> 00:08:43,880

But I took a lot from it.

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00:08:43,880 --> 00:08:51,120

You know, when I was in boys camp, when I was 16 years old, that's where I got introduced

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00:08:51,120 --> 00:08:54,440

to fire and fell in love with it.

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00:08:54,440 --> 00:08:59,640

We worked across our camp was located across the street from the hotshot crew.

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00:08:59,640 --> 00:09:01,560

And so we would always go work with them.

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00:09:01,560 --> 00:09:03,000

And that's where I really got introduced to it.

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00:09:03,000 --> 00:09:04,640

I loved it.

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00:09:04,640 --> 00:09:06,000

So I got out of the camp.

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00:09:06,000 --> 00:09:10,960

I kept getting in trouble, though, is still just what it was.

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00:09:10,960 --> 00:09:13,960

But my friend had been doing it for like 10 years fighting fire.

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00:09:13,960 --> 00:09:19,080

And later on down the road, he ended up helping me get into fire.

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00:09:19,080 --> 00:09:21,400

You know, so that's where I got into that.

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00:09:21,400 --> 00:09:29,200

I actually changed everything that was important to me when I was 23, took custody of my kids.

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00:09:29,200 --> 00:09:31,560

And what mattered to me was providing for them.

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00:09:31,560 --> 00:09:35,480

And every decision that I made was with consideration of them.

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00:09:35,480 --> 00:09:36,480

Right.

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00:09:36,480 --> 00:09:40,280

So I was in construction.

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00:09:40,280 --> 00:09:41,520

That's what I did in my teens, too.

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00:09:41,520 --> 00:09:47,960

When I had jobs, I was either doing construction or or kitchen work, you know, just surviving

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00:09:47,960 --> 00:09:48,960

the grind.

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00:09:48,960 --> 00:09:52,000

And then I got into fire at 25.

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00:09:52,000 --> 00:09:57,640

And I've been doing that since I'll be 42 in a couple of months.

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00:09:57,640 --> 00:10:02,280

We can dive more into different pieces of that if you want to if any questions struck

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00:10:02,280 --> 00:10:03,280

your mind.

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00:10:03,280 --> 00:10:04,280

But that's like the basis of it.

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00:10:04,280 --> 00:10:05,280

You know?

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00:10:05,280 --> 00:10:07,240

Yeah, no, I've got lots, lots of questions.

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00:10:07,240 --> 00:10:09,000

Let's go back to 12 years old.

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00:10:09,000 --> 00:10:16,240

So you know, as you see your mother kind of spending time with her, you know, to be husband

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00:10:16,240 --> 00:10:19,760

and you find yourself on your own.

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00:10:19,760 --> 00:10:20,760

What were the male roles?

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00:10:20,760 --> 00:10:25,440

Excuse me, the male role models or female role models in your community?

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00:10:25,440 --> 00:10:27,920

Was there a pull towards the street life?

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00:10:27,920 --> 00:10:29,480

Were there other people out there, too?

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00:10:29,480 --> 00:10:33,520

Because this is one of the things maddening, I think, with the judgmental element of society,

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00:10:33,520 --> 00:10:36,160

like all you got to do is make good decisions.

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00:10:36,160 --> 00:10:37,960

Well, depends on what you're surrounded by.

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00:10:37,960 --> 00:10:39,560

It depends on what your environment is.

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00:10:39,560 --> 00:10:44,800

So what did you find yourself surrounded by when you were 12 years old?

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00:10:44,800 --> 00:10:56,880

Yeah, so the area that I lived in and the role models around were.

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00:10:56,880 --> 00:11:05,760

Men who survived the struggle through hardship and came out on top and top being what was

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00:11:05,760 --> 00:11:10,760

successful in the world that I saw and was growing up in was just a man about his business

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00:11:10,760 --> 00:11:14,640

and and staying righteous through it all.

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00:11:14,640 --> 00:11:17,660

And a lot of that, you know.

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00:11:17,660 --> 00:11:20,760

In society, standards could be associated as negative.

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00:11:20,760 --> 00:11:26,040

But when you come from the struggle and survival, it's a lot different than just making good

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00:11:26,040 --> 00:11:30,200

decisions and things being, you know, you made a bad decision here, you know, when it's

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00:11:30,200 --> 00:11:33,640

about survival and.

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00:11:33,640 --> 00:11:39,600

And doing things that are necessary to elevate and whatever social dynamic you're in.

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00:11:39,600 --> 00:11:43,180

Sometimes that's a lot different than what other people may see it as who didn't grow

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00:11:43,180 --> 00:11:44,840

up necessarily in that environment.

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00:11:44,840 --> 00:11:49,760

So that's a really hard topic, you know, because a lot of people don't understand gangs.

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00:11:49,760 --> 00:11:55,160

They they I think have the misconception because of what the news does and stuff.

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00:11:55,160 --> 00:12:01,280

There's a lot of rules involved with with gangs and gang life that I think are good.

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00:12:01,280 --> 00:12:06,560

But a lot of things that get associated to that lifestyle are really the drug addicts

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00:12:06,560 --> 00:12:12,520

that end up robbing people and stealing from random people and doing these things that

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00:12:12,520 --> 00:12:16,880

make everybody look from that world bad when it's really not like that.

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00:12:16,880 --> 00:12:25,800

You know, so I guess the male role models that were around me were the ones that I saw.

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00:12:25,800 --> 00:12:32,040

That had pride in who and what they were and held their morals and values close, whatever

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00:12:32,040 --> 00:12:33,040

that was.

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00:12:33,040 --> 00:12:34,040

Yeah.

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00:12:34,040 --> 00:12:35,040

Why?

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00:12:35,040 --> 00:12:36,040

Because I think it's an important thing to underline.

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00:12:36,040 --> 00:12:40,360

I mean, it's the same with looking down your nose at obesity in America and going, all

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00:12:40,360 --> 00:12:41,720

you're going to do is just get up early.

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00:12:41,720 --> 00:12:43,040

Go for a run and eat salad.

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00:12:43,040 --> 00:12:44,800

It's like, no, it's your environment.

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00:12:44,800 --> 00:12:45,920

Like what is around you?

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00:12:45,920 --> 00:12:47,960

Are you being led towards health?

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00:12:47,960 --> 00:12:49,440

Are you being led towards ill health?

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00:12:49,440 --> 00:12:50,440

And it's the same with this.

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00:12:50,440 --> 00:12:56,320

If the young boy is feeling vulnerable and he's going to feel like he's part of something

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00:12:56,320 --> 00:13:00,280

in a tribe and that happens to be a gang, you've got to understand the psychology behind

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00:13:00,280 --> 00:13:01,280

that.

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00:13:01,280 --> 00:13:05,640

Now, are there potentially even more nurturing, healthy groups that you could be a part of?

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00:13:05,640 --> 00:13:06,640

Yeah.

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00:13:06,640 --> 00:13:11,640

I mean, obviously, all the members of a gang could ultimately be even better persons.

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00:13:11,640 --> 00:13:14,400

They could be better persons of themselves if they were given the tools to rise up even

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00:13:14,400 --> 00:13:15,400

more.

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00:13:15,400 --> 00:13:22,520

But by demonizing anyone who ends up finding themselves in addiction, in crime, in whatever

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00:13:22,520 --> 00:13:28,520

label you want to give it is such a two-dimensional, judgmental way of looking at a human being

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00:13:28,520 --> 00:13:32,480

because we don't know what that path looked like up until that point.

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00:13:32,480 --> 00:13:34,320

And if we judge, nothing gets fixed.

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00:13:34,320 --> 00:13:38,760

But if we look at it with compassion and with understanding, then I think we can help raise

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00:13:38,760 --> 00:13:40,280

everyone up.

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00:13:40,280 --> 00:13:41,360

Yeah.

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00:13:41,360 --> 00:13:44,320

For sure, man.

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00:13:44,320 --> 00:13:46,240

I used to just be so closed-minded.

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00:13:46,240 --> 00:13:52,680

And when I started in fire, I gained so much respect for different men that grew up in

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00:13:52,680 --> 00:13:59,560

different ways because I found things that we related to as far as the grit and wanting

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00:13:59,560 --> 00:14:01,920
more and doing whatever it takes.

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00:14:01,920 --> 00:14:04,720
So there's a lot to that.

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00:14:04,720 --> 00:14:10,280
Growing up in the area that I grew up in and how I grew up, it's just set up for failure,

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00:14:10,280 --> 00:14:11,280
man.

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00:14:11,280 --> 00:14:13,680
The system is nasty.

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00:14:13,680 --> 00:14:22,720
I started getting locked up when I was like 12, 13, and they just lock you up for anything.

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00:14:22,720 --> 00:14:24,640
They want you to be in that system.

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00:14:24,640 --> 00:14:26,600
It feels like you know them.

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00:14:26,600 --> 00:14:32,200
And then I stopped going to regular school, so now I'm just in juvenile halls and those

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00:14:32,200 --> 00:14:34,760
schools and stuff like that.

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00:14:34,760 --> 00:14:36,600
And that becomes what everything's about.

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00:14:36,600 --> 00:14:37,840

It's normal.

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00:14:37,840 --> 00:14:38,840

They would lock me up.

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00:14:38,840 --> 00:14:45,680

I said on the other podcast, well, they locked me up for playing basketball, playing handball.

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00:14:45,680 --> 00:14:48,880

And like I said, I knew I shouldn't have been there.

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00:14:48,880 --> 00:14:49,880

They told us we couldn't be.

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00:14:49,880 --> 00:14:50,880

But that's where I played.

238

00:14:50,880 --> 00:14:51,880

I was a kid.

239

00:14:51,880 --> 00:14:54,320

And so you just become normal to that.

240

00:14:54,320 --> 00:14:58,880

My whole life, I thought that I was going to be in and out my whole life, and it was

241

00:14:58,880 --> 00:15:00,440

just normal.

242

00:15:00,440 --> 00:15:03,520

I didn't care if I was in there or out here.

243

00:15:03,520 --> 00:15:08,040

And the system, I mean, it's crazy.

244

00:15:08,040 --> 00:15:15,400

It's hard to describe on how bad it is with the revolving door of what the system is.

245

00:15:15,400 --> 00:15:20,960

It's made to break you down and for failure.

246

00:15:20,960 --> 00:15:23,280

Once you're in there, you're in there.

247

00:15:23,280 --> 00:15:24,320

And that was one of the biggest things.

248

00:15:24,320 --> 00:15:28,000

I still talk to some of my old probation officers and things like that.

249

00:15:28,000 --> 00:15:32,000

To this day, I have one of them who's a client that I coach.

250

00:15:32,000 --> 00:15:34,480

And I have a respect for them.

251

00:15:34,480 --> 00:15:35,480

They have respect for me.

252

00:15:35,480 --> 00:15:37,680

And they never thought I would make it out of that.

253

00:15:37,680 --> 00:15:43,360

But when I took custody of my kids, that's when I just took a step back and figured out

254

00:15:43,360 --> 00:15:48,280

how I could beat that system, how I could get out of it, what I needed, the moves I

255

00:15:48,280 --> 00:15:49,280

needed to make.

256

00:15:49,280 --> 00:15:50,280

And it was hard.

257

00:15:50,280 --> 00:15:51,280

It was hard.

258

00:15:51,280 --> 00:15:56,120

You know, there was a lot of because I knew that any little move I made, I have a kind

259

00:15:56,120 --> 00:15:57,640

of funny story.

260

00:15:57,640 --> 00:16:02,800

I had a he was my public defender at the time.

261

00:16:02,800 --> 00:16:06,120

And I had like multiple felony charges.

262

00:16:06,120 --> 00:16:09,440

I think I was like 19 or something.

263

00:16:09,440 --> 00:16:12,240

And so he was my public defender.

264

00:16:12,240 --> 00:16:13,240

All that happened.

265

00:16:13,240 --> 00:16:18,120

Whatever years go by, I think I'm like 27 at this time.

266

00:16:18,120 --> 00:16:19,120

So I'm in fire.

267

00:16:19,120 --> 00:16:20,120

Excuse me.

268

00:16:20,120 --> 00:16:21,120

I'm doing good in life.

269

00:16:21,120 --> 00:16:25,560

You know, I'm trying to grind and trying to do what I need to do for my kids.

270

00:16:25,560 --> 00:16:30,560

And the cops, a specific cop that used to mess with me when I was a kid was trying to

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00:16:30,560 --> 00:16:32,680

mess with me again.

272

00:16:32,680 --> 00:16:36,840

And he came and started giving me tickets because I had a basketball court in the street

273

00:16:36,840 --> 00:16:38,560

for my kids.

274

00:16:38,560 --> 00:16:40,640

And so he ticketed me for that.

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00:16:40,640 --> 00:16:41,640

And then he ticketed me again.

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00:16:41,640 --> 00:16:43,440

And I told him, I'm not going to pay that man.

277

00:16:43,440 --> 00:16:44,440

You're overdoing it.

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00:16:44,440 --> 00:16:47,240

You know, and anyway, I ended up having to go to court for it.

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00:16:47,240 --> 00:16:52,040

And when I went to court, my old public defender was now the judge.

280

00:16:52,040 --> 00:16:58,400

And he looks at this stuff and he's like, so you went from getting felonies and causing

281

00:16:58,400 --> 00:17:01,800

havoc to in here for a basketball court.

282

00:17:01,800 --> 00:17:02,800

Case dismissed.

283

00:17:02,800 --> 00:17:03,800

Get out of here, man.

284

00:17:03,800 --> 00:17:04,800

Keep doing what you're doing.

285

00:17:04,800 --> 00:17:05,800

You know, I thought that was pretty cool.

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00:17:05,800 --> 00:17:06,800

It felt good.

287

00:17:06,800 --> 00:17:13,040

But that's the empathetic, you know, I that I'm talking about, you know, if the system

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00:17:13,040 --> 00:17:17,360

is broken, they say insanity is doing the same thing again, expecting different results.

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00:17:17,360 --> 00:17:23,040

Like we have to look at, you know, everything from drug prohibition to the fact that some

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00:17:23,040 --> 00:17:27,280

of our prisons are publicly, you know, run as a privately run and a profit base.

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00:17:27,280 --> 00:17:31,800

I mean, there's all these elements that are saying certain groups up for failure over

292

00:17:31,800 --> 00:17:33,800

and over and over again.

293

00:17:33,800 --> 00:17:34,880

Yeah.

294

00:17:34,880 --> 00:17:37,640

So I could even dive deeper into that.

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00:17:37,640 --> 00:17:41,320

You know, I just there's some stuff going on.

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00:17:41,320 --> 00:17:47,920

In side, you know, with I can't remember the name of the drug.

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00:17:47,920 --> 00:17:53,420

You know, they give it to people who it's like, it's supposed to help them do something,

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00:17:53,420 --> 00:17:56,240

but it's similar to like heroin, you know.

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00:17:56,240 --> 00:18:02,400

So they're feeding this to these guys that are busted and just keeping them high pretty

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00:18:02,400 --> 00:18:03,400

much.

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00:18:03,400 --> 00:18:05,120

And then when they get out, of course, they can't get that anymore.

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00:18:05,120 --> 00:18:08,800

So then they get the heroin and then they get back on that and then they go back inside.

303

00:18:08,800 --> 00:18:10,080

So they get back on that other one.

304

00:18:10,080 --> 00:18:12,080

It's a nasty endless cycle, man.

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00:18:12,080 --> 00:18:14,440

And I don't think there's nothing you can really do about it.

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00:18:14,440 --> 00:18:17,680

You know, the system is what it is, but it's dirty.

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00:18:17,680 --> 00:18:19,200

Is it methadone you're talking about?

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00:18:19,200 --> 00:18:21,120

No, but it's something like methadone.

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00:18:21,120 --> 00:18:22,120

OK, yeah.

310

00:18:22,120 --> 00:18:29,480

I think you watch 13th, which is a great documentary, and you know, and you see how much manufacturing

311

00:18:29,480 --> 00:18:30,880

is done in prisons.

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00:18:30,880 --> 00:18:35,720

You know, you see how many just forget color and creed and everything, how many Americans

313

00:18:35,720 --> 00:18:38,960

are incarcerated versus the rest of the world per capita.

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00:18:38,960 --> 00:18:41,680

I mean, it's it's so, you know, off.

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00:18:41,680 --> 00:18:47,120

We just were supposed to be so affluent and, you know, be free, quote unquote.

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00:18:47,120 --> 00:18:51,160

Yet there are areas of our society that have created so much crime.

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00:18:51,160 --> 00:18:53,760

And this is what I talk about, even with the police side.

318

00:18:53,760 --> 00:18:57,520

When do you ever hear anyone defending the police and saying, why are our streets so

319

00:18:57,520 --> 00:18:59,360

dangerous in the first place?

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00:18:59,360 --> 00:19:03,920

Why is it that I can go to Lisbon, Portugal or Reykjavik, Iceland and not worry about

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00:19:03,920 --> 00:19:06,600

getting shot in a school on the street?

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00:19:06,600 --> 00:19:10,880

But you go to Philadelphia or Orlando or Miami or everywhere else, you know, and it's like,

323

00:19:10,880 --> 00:19:11,880

yeah, don't go there.

324

00:19:11,880 --> 00:19:14,120

And you're not going to walk out again.

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00:19:14,120 --> 00:19:15,360

Why are we not having this conversation?

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00:19:15,360 --> 00:19:20,720

And that goes way deeper than, you know, being tough on crime, quote unquote.

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00:19:20,720 --> 00:19:22,720

Yeah, definitely.

328

00:19:22,720 --> 00:19:28,320

I think being a cop is one of the hardest jobs in the world, man, especially here.

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00:19:28,320 --> 00:19:30,360

And everybody hates you.

330

00:19:30,360 --> 00:19:34,720

You know, it's one of the kids, one of my kids friends, he's becoming a highway patrol

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00:19:34,720 --> 00:19:35,720

right now.

332

00:19:35,720 --> 00:19:39,840

I just told him, I was like, man, you don't you don't get paid enough to have to deal

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00:19:39,840 --> 00:19:40,840

with that.

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00:19:40,840 --> 00:19:42,560

You know, you never know who you're going to pull over.

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00:19:42,560 --> 00:19:44,880

People are crazy.

336

00:19:44,880 --> 00:19:46,920

You never know who you're going to pull over.

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00:19:46,920 --> 00:19:50,220

And I just don't think they get paid enough and they don't have enough support all the

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00:19:50,220 --> 00:19:52,000

way around to try to do the right things.

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00:19:52,000 --> 00:19:57,200

You know, it's I remember some cops that were in the neighborhood when I was a kid who I

340

00:19:57,200 --> 00:20:00,120

remember wanted they wanted to be good, good guys.

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00:20:00,120 --> 00:20:03,120

You know, I remember one of them always giving pogs to the kids.

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00:20:03,120 --> 00:20:06,160

I was popular at the time, you know, going around, just trying to be good people.

343

00:20:06,160 --> 00:20:08,560

But it's a nasty world, man.

344

00:20:08,560 --> 00:20:10,240

They don't have the tools.

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00:20:10,240 --> 00:20:11,800

Yeah, they don't have the tools they need.

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00:20:11,800 --> 00:20:12,800

They don't get paid enough.

347

00:20:12,800 --> 00:20:14,800

It's a really negative environment, too.

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00:20:14,800 --> 00:20:18,520

You know, think about everybody that you're going to pull over or in any situation that

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00:20:18,520 --> 00:20:20,800

you really deal with is a negative context.

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00:20:20,800 --> 00:20:23,080

So I think it's like a depressing life as well.

351

00:20:23,080 --> 00:20:24,080

Yeah, yeah.

352

00:20:24,080 --> 00:20:27,240

And it's it's a vicious circle that, you know, they're sleep deprived, they're overworked,

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00:20:27,240 --> 00:20:30,680

they're not supported by the departments and then they have what they interact with on

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00:20:30,680 --> 00:20:32,320

the street a lot of times.

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00:20:32,320 --> 00:20:35,920

That's then ultimately going to create worse decisions and more friction.

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00:20:35,920 --> 00:20:37,920

And it's a downward spiral.

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00:20:37,920 --> 00:20:40,360

Yeah, that's it.

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00:20:40,360 --> 00:20:42,440

It's definitely a crazy job.

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00:20:42,440 --> 00:20:47,080

Well, I want to hear one more thing and then kind of get through your journey to the fire

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00:20:47,080 --> 00:20:53,280

service, but I heard you talking on another podcast about your, I guess, for lack of a

361

00:20:53,280 --> 00:20:55,240

better word, ethnic background.

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00:20:55,240 --> 00:20:58,960

You know, when people listening, you sound like you're Hispanic, you look and dress like

363

00:20:58,960 --> 00:21:01,400

you're from a Hispanic culture and you are from a Hispanic culture.

364

00:21:01,400 --> 00:21:07,920

But talk to me about your actual family roots and how you were embraced by the culture that

365

00:21:07,920 --> 00:21:09,920

you found yourself in California.

366

00:21:09,920 --> 00:21:13,560

Yeah, that's actually a big part of my life and who I am.

367

00:21:13,560 --> 00:21:14,560

You know, I'm Irish.

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00:21:14,560 --> 00:21:20,920

I take pride in that, but my family history is I've been trying to learn more about it,

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00:21:20,920 --> 00:21:21,920

actually.

370

00:21:21,920 --> 00:21:30,960

But, you know, I grew up in the Mexican culture and I loved what the family values were around

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00:21:30,960 --> 00:21:32,320

me.

372

00:21:32,320 --> 00:21:37,960

You know, there's something about that culture that is different than any other one that

373

00:21:37,960 --> 00:21:38,960

I've ever seen.

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00:21:38,960 --> 00:21:44,480

You know, just the way that they embrace each other, they're always getting together and

375

00:21:44,480 --> 00:21:48,080

like I said, I had what I have two siblings and a mom.

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00:21:48,080 --> 00:21:50,320

That was all I knew for family.

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00:21:50,320 --> 00:21:53,120

You know, my wife has got like 78 cousins.

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00:21:53,120 --> 00:21:59,120

She's Mexican, you know, so I just I love what the family values are.

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00:21:59,120 --> 00:22:07,720

And being white in that neighborhood came with its challenges, obviously.

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00:22:07,720 --> 00:22:12,960

But I took it as something that empowered me in who I am.

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00:22:12,960 --> 00:22:20,120

Because a lot, you know, this is a lot of people get their reputations and make their

382

00:22:20,120 --> 00:22:24,080

way off who their cousin is or their family that they come from.

383

00:22:24,080 --> 00:22:25,080

I didn't have any of that.

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00:22:25,080 --> 00:22:31,280

I had me, you know, so I had to make my own way.

385

00:22:31,280 --> 00:22:38,960

And then the love that I was shown from the families that I grew up around really gave

386

00:22:38,960 --> 00:22:44,120

me a passion for what the culture is and a pride that I take in being a part of that.

387

00:22:44,120 --> 00:22:45,120

You know, absolutely.

388

00:22:45,120 --> 00:22:49,080

Well, what about the the exercise and fitness side?

389

00:22:49,080 --> 00:22:51,600

Obviously, we're going to talk about what you're doing today.

390

00:22:51,600 --> 00:22:54,360

When you were younger, you mentioned basketball, you mentioned handball.

391

00:22:54,360 --> 00:22:58,360

What was your exposure to exercise and fitness back then?

392

00:22:58,360 --> 00:23:00,840

So that's kind of a cool story.

393

00:23:00,840 --> 00:23:07,080

Actually, I played football and and I was really good at it, man.

394

00:23:07,080 --> 00:23:09,840

I got youth football, though.

395

00:23:09,840 --> 00:23:12,760

So I got MVP every year I played in the last year.

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00:23:12,760 --> 00:23:14,840

I got Co League MVP.

397

00:23:14,840 --> 00:23:19,560

I got offered a scholarship to a local school.

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00:23:19,560 --> 00:23:20,560

That's a really big deal.

399

00:23:20,560 --> 00:23:21,560

We're not supposed to do that.

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00:23:21,560 --> 00:23:24,640

But they pull people all the time and say, you know, you can come to the school you want

401

00:23:24,640 --> 00:23:25,880

to pay.

402

00:23:25,880 --> 00:23:28,240

And I threw all that away, man.

403

00:23:28,240 --> 00:23:31,480

Not really intentionally, but I knew it was happening.

404

00:23:31,480 --> 00:23:35,320

I got locked up and I knew I was never going to get to play football again.

405

00:23:35,320 --> 00:23:38,000

I didn't go to that school.

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00:23:38,000 --> 00:23:39,000

That was just became my life.

407

00:23:39,000 --> 00:23:40,000

I threw away.

408

00:23:40,000 --> 00:23:41,000

But I love football.

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00:23:41,000 --> 00:23:42,240

I love the exercise part of it.

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00:23:42,240 --> 00:23:44,440

I used to love to lead the calisthenics.

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00:23:44,440 --> 00:23:49,240

So when I got into juvenile hall and camps, I'd be leading workouts.

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00:23:49,240 --> 00:23:53,760

When I was in that camp, I got really into the calisthenics side and they had weights

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00:23:53,760 --> 00:23:54,760

there.

414

00:23:54,760 --> 00:23:55,760

So I got really into that.

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00:23:55,760 --> 00:24:00,900

And one of my favorite parts of it was always the camaraderie.

416

00:24:00,900 --> 00:24:04,560

You know, when you get together and you work out in a group atmosphere.

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00:24:04,560 --> 00:24:08,320

So that was my experience with sports.

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00:24:08,320 --> 00:24:10,440

One of the biggest regrets in my life, too.

419

00:24:10,440 --> 00:24:12,200

And I felt it in that moment.

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00:24:12,200 --> 00:24:14,320

I think I was like 14.

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00:24:14,320 --> 00:24:18,440

I remember being on the field and knowing that I was never going to play football again.

422

00:24:18,440 --> 00:24:20,560

You know, but I loved it.

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00:24:20,560 --> 00:24:24,400

I actually stopped watching football, the NFL and stuff for a few years.

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00:24:24,400 --> 00:24:25,400

I was so bitter.

425

00:24:25,400 --> 00:24:26,400

Understandably so.

426

00:24:26,400 --> 00:24:27,400

You're just kicking yourself.

427

00:24:27,400 --> 00:24:33,680

And, you know, again, it was where that road had led you up to that point, though.

428

00:24:33,680 --> 00:24:34,680

Yeah.

429

00:24:34,680 --> 00:24:35,680

Yeah.

430

00:24:35,680 --> 00:24:38,840

So what about career aspirations?

431

00:24:38,840 --> 00:24:42,320

When you were in the kind of high school age, were you dreaming of becoming anything specific?

432

00:24:42,320 --> 00:24:44,760

No, I wasn't, man.

433

00:24:44,760 --> 00:24:51,080

That's what's crazy is I always just thought that I would build houses and I love cooking.

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00:24:51,080 --> 00:24:53,480

So I always kept like a little kitchen job.

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00:24:53,480 --> 00:24:54,480

Those are the things I loved.

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00:24:54,480 --> 00:24:56,600

I love building houses.

437

00:24:56,600 --> 00:25:02,320

When I was a kid, like 15 years old, I would walk to the tracks where the track homes where

438

00:25:02,320 --> 00:25:04,760

they were doing construction, building new homes.

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00:25:04,760 --> 00:25:07,600

And I'd be like, hey, man, can I be a laborer?

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00:25:07,600 --> 00:25:08,600

Walk around, clean it up.

441

00:25:08,600 --> 00:25:10,520

And then so I'd get a little side job like that.

442

00:25:10,520 --> 00:25:14,720

And it's got into I just thought that that would be my whole life building houses.

443

00:25:14,720 --> 00:25:17,080

And that would be it.

444

00:25:17,080 --> 00:25:20,680

You know, and like I said, I went to camp, got introduced to fire.

445

00:25:20,680 --> 00:25:21,680

It's crazy.

446

00:25:21,680 --> 00:25:26,480

I had no idea about wildland fire or what it was until I was in that camp.

447

00:25:26,480 --> 00:25:30,880

And we actually got hit by a wildfire in the camp I was in.

448

00:25:30,880 --> 00:25:33,040

And they were evacuating us in buses and stuff.

449

00:25:33,040 --> 00:25:35,000

So I got really introduced to it.

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00:25:35,000 --> 00:25:39,800

And I always thought it was something that was honorable to do and something cool.

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00:25:39,800 --> 00:25:43,640

But when I got out, I just kept kept on life as normal.

452

00:25:43,640 --> 00:25:48,680

And like I said, I had that friend who actually he's been a role model in my life since I

453

00:25:48,680 --> 00:25:50,280

was like seven or eight years old.

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00:25:50,280 --> 00:25:52,760

Jason Mitchell, I've talked about him before.

455

00:25:52,760 --> 00:25:56,160

He's actually the captain on my engine now.

456

00:25:56,160 --> 00:25:59,000

And we've always been just good friends.

457

00:25:59,000 --> 00:26:05,040

We were hanging out one day and I told him, hey, man, what do I need to do to get on on

458

00:26:05,040 --> 00:26:06,720

your crew for a season?

459

00:26:06,720 --> 00:26:07,720

Try it out.

460

00:26:07,720 --> 00:26:13,080

You know, and he told me, he said, you know, go get your GED, go out to the stations, get

461

00:26:13,080 --> 00:26:14,220

yourself known.

462

00:26:14,220 --> 00:26:17,640

And if you get on the list, I'll vouch for you.

463

00:26:17,640 --> 00:26:19,520

And I did everything that he told me to do.

464

00:26:19,520 --> 00:26:20,840

I went and I bought the GED.

465

00:26:20,840 --> 00:26:23,480

Like I said, I didn't go to high school.

466

00:26:23,480 --> 00:26:25,640

So I did high school in two weeks.

467

00:26:25,640 --> 00:26:27,240

I bought the GED book.

468

00:26:27,240 --> 00:26:32,680

I read it, studied it, set up my appointment, went and took all the tests in one day and

469

00:26:32,680 --> 00:26:34,640

got and got my GED.

470

00:26:34,640 --> 00:26:39,120

I started going out to the stations, getting to know the guys, doing what I needed to do

471

00:26:39,120 --> 00:26:40,120

and got in.

472

00:26:40,120 --> 00:26:46,000

Now, had you had that kind of passion about other things or because the reason why I asked

473

00:26:46,000 --> 00:26:48,700
that I was a straight C student in school.

474
00:26:48,700 --> 00:26:52,100
And then obviously quite a few years later, I entered the fire service and then become

475
00:26:52,100 --> 00:26:56,640
a straight A student because it makes sense to me, the medical side, the fire side.

476
00:26:56,640 --> 00:26:59,040
It's real world stuff.

477
00:26:59,040 --> 00:27:00,040
Yeah.

478
00:27:00,040 --> 00:27:04,080
No, it's not.

479
00:27:04,080 --> 00:27:06,120
I loved building houses.

480
00:27:06,120 --> 00:27:09,680
I always thought it was cool and fun and I was good at it.

481
00:27:09,680 --> 00:27:13,920
I learned new things, pick them up, become fast at it.

482
00:27:13,920 --> 00:27:19,120
But as far as having the passion for it, no, as a matter of fact, when I got into fire,

483
00:27:19,120 --> 00:27:22,720
I really started learning how I learn.

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00:27:22,720 --> 00:27:27,960

And it goes with exactly with what you just said, how you went from C's to A's because

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00:27:27,960 --> 00:27:33,200

I started associating the information I was being taught in the classroom to what I could

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00:27:33,200 --> 00:27:38,560

functionally use in my everyday life to be better at what I want to be good at.

487

00:27:38,560 --> 00:27:44,100

And so I started really learning how I learn and that passion that I had for it.

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00:27:44,100 --> 00:27:47,960

So I started excelling in that.

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00:27:47,960 --> 00:27:51,880

Now for some people listening, obviously you're thinking about the criminal record that you

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00:27:51,880 --> 00:27:52,880

had.

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00:27:52,880 --> 00:27:56,960

I had a couple of guests on, Brooke Carrasco, who went through the inmate program, ended

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00:27:56,960 --> 00:28:01,560

up getting hired and she ends up not long after that saving a life on one of the burns

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00:28:01,560 --> 00:28:02,600

that she was on.

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00:28:02,600 --> 00:28:07,760

And then Dustin, excuse me, Brendan McDonald, who was the only survivor of the Prescott

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00:28:07,760 --> 00:28:13,460

19 fire, he was an addict, an opioid addict before he got hired and got clean.

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00:28:13,460 --> 00:28:18,200

And so it seems like the wildland environment is a little bit more forgiving than some of

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00:28:18,200 --> 00:28:19,240

the municipal ones.

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00:28:19,240 --> 00:28:23,280

And I've made this observation several times.

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00:28:23,280 --> 00:28:27,240

Imagine how many candidates we lose because they're expecting choir boys to enter this

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00:28:27,240 --> 00:28:28,240

profession.

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00:28:28,240 --> 00:28:29,920

And there has to be a line, of course.

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00:28:29,920 --> 00:28:35,520

You can't be a thief recently or God forbid anything to children.

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00:28:35,520 --> 00:28:39,840

However, some of the stuff that candidates have done in the past, if it truly is that

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00:28:39,840 --> 00:28:45,000

past, is in one way maybe going to even be an asset as you progress through into this

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00:28:45,000 --> 00:28:46,000

career.

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00:28:46,000 --> 00:28:51,240

So walk me through your desire to enter the fire service and if there were any barriers

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00:28:51,240 --> 00:28:52,240

because of your background.

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00:28:52,240 --> 00:28:53,240

Okay.

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00:28:53,240 --> 00:28:54,240

A couple of things.

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00:28:54,240 --> 00:28:56,520

Actually, Donut, the one you were just talking about.

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00:28:56,520 --> 00:28:57,520

Yeah.

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00:28:57,520 --> 00:28:58,520

He's in my program.

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00:28:58,520 --> 00:29:00,240

He's been in my program for over a year.

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00:29:00,240 --> 00:29:01,240

Oh, excellent.

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00:29:01,240 --> 00:29:03,480

I just saw him literally six weeks ago in Ohio.

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00:29:03,480 --> 00:29:04,880

We were at a conference together.

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00:29:04,880 --> 00:29:05,880

Amazing guy.

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00:29:05,880 --> 00:29:08,080

Yeah, he's a good guy.

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00:29:08,080 --> 00:29:14,200

So I have a two sided opinion to what that is.

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00:29:14,200 --> 00:29:18,720

So Wildland Fire is more rough neck.

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00:29:18,720 --> 00:29:24,440

It's more oil field construction site.

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00:29:24,440 --> 00:29:26,040

And I have a couple of felonies.

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00:29:26,040 --> 00:29:28,920

I never expunged my record or anything.

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00:29:28,920 --> 00:29:37,320

My felonies are for sales, basically transportation for sales, stuff like that with drugs.

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00:29:37,320 --> 00:29:39,360

And that was just the normal way to make money where I grew up.

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00:29:39,360 --> 00:29:40,360

It wasn't a big deal.

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00:29:40,360 --> 00:29:45,800

I get it to some people it is, but that's just the grind.

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00:29:45,800 --> 00:29:51,240

And with Wildland Fire, I just put it down, man.

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00:29:51,240 --> 00:29:53,040

I just put, yes, I have felonies.

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00:29:53,040 --> 00:29:54,880

Yes, this is what it is.

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00:29:54,880 --> 00:29:59,800

The captain at the time gave me an opportunity as a seasonal and then it just never came

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00:29:59,800 --> 00:30:02,240

up when I did my background check and all that.

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00:30:02,240 --> 00:30:04,640

I just didn't lie about it.

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00:30:04,640 --> 00:30:09,480

I put it down and they don't have a rule of not being able to hire you because of that.

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00:30:09,480 --> 00:30:11,160

So it just was never an issue.

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00:30:11,160 --> 00:30:17,920

Now the flip side that I'm talking about is with municipal.

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00:30:17,920 --> 00:30:22,600

That is and should be harder to get into.

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00:30:22,600 --> 00:30:31,040

You know, you got these kids who are making choices at 18 years old to go to academies,

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00:30:31,040 --> 00:30:36,320

to put in the volunteer hours, to work on their medic, to do all these things that it

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00:30:36,320 --> 00:30:39,560

takes to get into the municipal side.

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00:30:39,560 --> 00:30:47,480

So with all these candidates being able to be chosen from, if I'm the hiring official,

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00:30:47,480 --> 00:30:52,480

I'm not going to hire some 25 year old felon over some 18 year old kid who's putting in

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00:30:52,480 --> 00:30:56,040

the work, you know, and it has a clean record.

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00:30:56,040 --> 00:30:57,180

So I get it.

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00:30:57,180 --> 00:30:59,080

You know, it's harder to get into.

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00:30:59,080 --> 00:31:05,960

Now with that being said, there is, like you said, a lot of value that can be finding someone

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00:31:05,960 --> 00:31:11,800

who's gone through struggle and they might have a great work ethic and a desire to be

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00:31:11,800 --> 00:31:15,500

good at what they're doing, especially because they can understand what the hardship is.

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00:31:15,500 --> 00:31:20,000

So there is positives to it, but it's harder to get into the municipal because of that.

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00:31:20,000 --> 00:31:25,800

I had this 18 year old kid who was on my engine from Fresno.

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00:31:25,800 --> 00:31:27,640

He was staying over here with me.

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00:31:27,640 --> 00:31:31,360

I rented him a room and he was just doing everything.

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00:31:31,360 --> 00:31:35,200

He would be doing his classwork at night on the computer.

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00:31:35,200 --> 00:31:38,940

And that's where I kind of got that impression, like, man, this kid is doing the work.

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00:31:38,940 --> 00:31:48,440

So there's less people to choose from in wildland because nobody really wants to do it for a

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00:31:48,440 --> 00:31:49,440

career.

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00:31:49,440 --> 00:31:50,440

It's hard, dirty work, right?

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00:31:50,440 --> 00:31:54,780

So, and then with the municipal, you have all these applicants to choose from.

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00:31:54,780 --> 00:31:58,680

So it's going to be harder to get in because those kids that are 18, 19, 20, you know,

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00:31:58,680 --> 00:32:01,640

that have been doing the work are going to get it and rightfully so.

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00:32:01,640 --> 00:32:02,640

Yeah.

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00:32:02,640 --> 00:32:06,480

No, I agree completely if someone is a better candidate, they're a better candidate.

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00:32:06,480 --> 00:32:07,480

It's that simple.

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00:32:07,480 --> 00:32:13,560

But you know, the other side of the equation is an 18 year old kid, you know, may have

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00:32:13,560 --> 00:32:18,200

some trials and tribulations in their past that's going to set them up for success in

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00:32:18,200 --> 00:32:23,000

the fire service, or they could be purely academic and actually, you know, not do well

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00:32:23,000 --> 00:32:24,000

in this profession.

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00:32:24,000 --> 00:32:25,760

We don't know until we obviously give them an opportunity.

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00:32:25,760 --> 00:32:30,040

But to discount people because of their background, they may also be.

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00:32:30,040 --> 00:32:35,320

I mean, the Justin, you know, the 25 year old Justin was worthy of a position, you know.

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00:32:35,320 --> 00:32:40,360

So I think, again, that compassion that we talked about earlier, if someone grew up in

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00:32:40,360 --> 00:32:46,400

a system that was setting them up for failure, should that basically, should that follow

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00:32:46,400 --> 00:32:47,680

them the rest of their life?

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00:32:47,680 --> 00:32:50,560

Should that stop them from getting multiple roles?

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00:32:50,560 --> 00:32:55,060

Or as long as it wasn't something too heinous, you know, is there a more altruistic way of

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00:32:55,060 --> 00:32:59,840

looking at it where we can be open minded in the professions and say, okay, you know,

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00:32:59,840 --> 00:33:06,920

there has to be a period of time between last offense and this and have proven that you

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00:33:06,920 --> 00:33:09,280

have changed and overcome that.

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00:33:09,280 --> 00:33:14,160

But to just immediately discount that, which happened to my very first, my very first application

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00:33:14,160 --> 00:33:15,160

in the fire service.

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00:33:15,160 --> 00:33:20,120

I was honest about a drug I tried in Japan years prior, and they literally screwed it

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00:33:20,120 --> 00:33:21,360

up and threw it in my face.

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00:33:21,360 --> 00:33:22,660

And I'm like, oh, okay.

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00:33:22,660 --> 00:33:24,160

So you have to lie to be a firefighter.

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00:33:24,160 --> 00:33:25,160

Got it.

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00:33:25,160 --> 00:33:26,160

And then I worked for 14 years.

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00:33:26,160 --> 00:33:28,160

I mean, it's fucking ridiculous.

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00:33:28,160 --> 00:33:29,160

That's true.

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00:33:29,160 --> 00:33:34,440

So, you know, especially now is that drug is being used as a very, very effective mental

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00:33:34,440 --> 00:33:36,440

health drug, MDMA.

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00:33:36,440 --> 00:33:42,080

Now we're using it to help firefighters, you know, so it's, it's where is that line between

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00:33:42,080 --> 00:33:48,560

some mistakes that were overcome and obviously, you know, the crimes that you can't overlook

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00:33:48,560 --> 00:33:50,120

and put someone in uniform for.

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00:33:50,120 --> 00:33:51,120

Exactly.

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00:33:51,120 --> 00:33:52,120

I agree with you a hundred percent.

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00:33:52,120 --> 00:33:56,560

And you know, if like you're referring back to the 18 year old kid who maybe came from

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00:33:56,560 --> 00:34:02,600

struggle, you know, I would, to me might be a better looking applicant if he's hasn't

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00:34:02,600 --> 00:34:07,880

had that support growing up and the guidance to do what he wants to do.

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00:34:07,880 --> 00:34:12,840

And he's the one that's putting in the work and doing the extra.

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00:34:12,840 --> 00:34:16,960

That would be something more for me that I would look at, you know, absolutely.

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00:34:16,960 --> 00:34:19,480

Yeah, there's a lot of sides to it.

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00:34:19,480 --> 00:34:22,200

And I definitely think that we should not judge people.

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00:34:22,200 --> 00:34:31,160

I think there is some crimes that should definitely rule people out for really anything in life,

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00:34:31,160 --> 00:34:34,600

you know, but I definitely agree with you.

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00:34:34,600 --> 00:34:35,600

Absolutely.

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00:34:35,600 --> 00:34:39,820

Well, you talked about doing calisthenics and in football and those kind of areas as

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00:34:39,820 --> 00:34:44,880

you enter the wildland fire service, how was your fitness for the pack test and the basic

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00:34:44,880 --> 00:34:48,840

training that you have and how did that carry you through the rest of your career?

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00:34:48,840 --> 00:34:53,040

So this is funny.

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00:34:53,040 --> 00:34:59,520

When I got into fire, the pack test was fine, but the, the hiking.

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00:34:59,520 --> 00:35:00,520

So it's funny.

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00:35:00,520 --> 00:35:03,200

I told my, my friend, I don't know, I'll be good, man.

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00:35:03,200 --> 00:35:04,360

I lift all the time.

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00:35:04,360 --> 00:35:05,960

I can squat this much weight.

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00:35:05,960 --> 00:35:11,920

I can do this and that when I got, went on my first hike, man, I got my ass kicked.

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00:35:11,920 --> 00:35:15,720

I had no idea what I was getting into when I put that gear on and went up the hill.

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00:35:15,720 --> 00:35:20,040

They beat me up the hill by probably 15, 20 minutes when I got up there to the top, I

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00:35:20,040 --> 00:35:21,600

was just happy I made it to the top.

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00:35:21,600 --> 00:35:24,920

And they're like, nah, man, you got to go a lot faster than that.

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00:35:24,920 --> 00:35:29,360

And so, you know, my first season or two, I was working on getting better at that, changing

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00:35:29,360 --> 00:35:31,960

the dynamics of how I work out a lot of that.

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00:35:31,960 --> 00:35:36,800

I can associate back to what my workout techniques are now and the plans that I make for overall

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00:35:36,800 --> 00:35:39,280

just functional strength.

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00:35:39,280 --> 00:35:48,840

But I went from being, so when I went to the hell attack crew, these guys were fast, skinny

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00:35:48,840 --> 00:35:55,440

little guys, six, three, 150 pounds, you know, I'm five, nine, five, 10, about a two 30

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00:35:55,440 --> 00:35:56,440

at the time.

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00:35:56,440 --> 00:35:58,000

You know, I just love lifting heavy.

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00:35:58,000 --> 00:35:59,000

That was my get down.

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00:35:59,000 --> 00:36:01,320

So now I'm trying to keep up with these guys.

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00:36:01,320 --> 00:36:06,840

So I'm just on a tool, but I decided that season, I told my soup, I told him, I want

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00:36:06,840 --> 00:36:09,440

to be on a salt team.

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00:36:09,440 --> 00:36:11,920

You know, what do I need to do?

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00:36:11,920 --> 00:36:14,400

He said, well, first of all, you need to go from the back of the hikes to the front of

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00:36:14,400 --> 00:36:15,400

them.

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00:36:15,400 --> 00:36:17,320

You carry more weight and this and that.

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00:36:17,320 --> 00:36:18,320

Right.

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00:36:18,320 --> 00:36:22,440

So I spent all winter just fucking grinding.

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00:36:22,440 --> 00:36:27,240

I mean, I'm talking like I'd go to the dunes and I would bear crawl and hike up and just

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00:36:27,240 --> 00:36:29,640

run as fast as I could up the sand dunes.

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00:36:29,640 --> 00:36:32,640

I would hike and run on every day.

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00:36:32,640 --> 00:36:34,760

Fire season comes back again.

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00:36:34,760 --> 00:36:40,120

I'm in the front of the hike, you know, now I get on the salt team.

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00:36:40,120 --> 00:36:42,240

Now I spend my season doing that.

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00:36:42,240 --> 00:36:43,240

I love it.

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00:36:43,240 --> 00:36:47,200

I fall in love with it even more.

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00:36:47,200 --> 00:36:51,040

And then I developed my style of working out because I didn't want to cut out lifting weights

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00:36:51,040 --> 00:36:52,040

and be doing them a whole life.

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00:36:52,040 --> 00:36:53,040

And I love it.

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00:36:53,040 --> 00:36:58,040

A lot of guys in fire, especially wildland, they don't lift, you know, it's a lot of just

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00:36:58,040 --> 00:36:59,040

running and hiking.

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00:36:59,040 --> 00:37:02,240

You got to, you got to have that endurance and you got to just be able to carry the weight.

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00:37:02,240 --> 00:37:03,240

Right.

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00:37:03,240 --> 00:37:08,840

So I mixed it up and I came up with, you know, I started incorporating my burpees into weight

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00:37:08,840 --> 00:37:15,400

lifting, a lot of circuit training, a lot of running and hiking and boxing.

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00:37:15,400 --> 00:37:23,000

And so now I've created this style that benefits what I enjoy as far as weightlifting power

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00:37:23,000 --> 00:37:30,760

stuff and then also incorporated that cardio side of it that I keep on point with it.

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00:37:30,760 --> 00:37:35,840

So that's kind of like what WildFitLife is, is like this whole little mixture of all that.

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00:37:35,840 --> 00:37:42,720

Now, when I see a lot of your videos, obviously the first image that comes back is, you know,

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00:37:42,720 --> 00:37:49,440

sadly prisoners, Hispanic usually in prison, but still working out ferociously, even if

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00:37:49,440 --> 00:37:51,640

they're in a tiny, tiny little cell.

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00:37:51,640 --> 00:37:53,680

Do you know what the kind of history is?

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00:37:53,680 --> 00:37:55,960

I mean, when I think of burpee, I think of that.

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00:37:55,960 --> 00:37:59,880

And then I think of CrossFit, which is the one that really brought it to most of us.

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00:37:59,880 --> 00:38:07,240

Is there a kind of origin story for that group of people, whether in prison or outside using

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00:38:07,240 --> 00:38:11,560

that kind of exercise methodology?

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00:38:11,560 --> 00:38:12,560

The lack of space.

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00:38:12,560 --> 00:38:13,560

It's simple.

668

00:38:13,560 --> 00:38:16,320

Lack of space and a lack of equipment.

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00:38:16,320 --> 00:38:21,400

You got to, you know, a little space to be in.

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00:38:21,400 --> 00:38:29,360

When you're in that environment, taking care of yourself becomes a whole different thing,

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00:38:29,360 --> 00:38:30,360

you know.

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00:38:30,360 --> 00:38:32,520

It's all you have.

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00:38:32,520 --> 00:38:36,720

So that's why you see people, you get people reading books, self-care becomes a huge thing.

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00:38:36,720 --> 00:38:37,720

You got this little space.

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00:38:37,720 --> 00:38:42,520

You're going to try to work out in any way you can just from pushups to air squats.

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00:38:42,520 --> 00:38:43,880

Okay, start throwing in burpees.

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00:38:43,880 --> 00:38:49,880

Burpees was actually invented by a man with the last name of Burpee back in the days in

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00:38:49,880 --> 00:38:50,880

the military.

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00:38:50,880 --> 00:38:51,880

Are you familiar with that?

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00:38:51,880 --> 00:38:54,200

I'm not totally familiar with the origin story now.

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00:38:54,200 --> 00:38:57,960

It's a long one, but simple.

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00:38:57,960 --> 00:39:00,040

It's a guy with the last name of Burpee.

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00:39:00,040 --> 00:39:08,200

He came up with the movement, you know, and then it just gets in the military and in institutions.

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00:39:08,200 --> 00:39:10,200

A lot of the mindset's the same.

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00:39:10,200 --> 00:39:14,720

It's structure, discipline, and self-care, right?

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00:39:14,720 --> 00:39:18,000

And pride for what's important to you and what you're about.

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00:39:18,000 --> 00:39:22,840

So in there, that's what they do.

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00:39:22,840 --> 00:39:23,840

You know, you got a little space.

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00:39:23,840 --> 00:39:29,320

So you do as much work as you can in one space and then staying strong and ready for anything

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00:39:29,320 --> 00:39:33,240

to come your way is utmost importance.

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00:39:33,240 --> 00:39:34,800

Yeah.

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00:39:34,800 --> 00:39:38,960

When COVID hit and all the gyms were closed down, which again, that's an entire other

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00:39:38,960 --> 00:39:41,760

conversation that you shut down everything that makes people healthy when you've got

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00:39:41,760 --> 00:39:42,760

a health scare.

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00:39:42,760 --> 00:39:48,800

But, you know, that's what I always popped in my mind was, well, if someone can be incarcerated

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00:39:48,800 --> 00:39:54,000

and still work out with no equipment and, you know, whatever it is, six by six cell,

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00:39:54,000 --> 00:39:56,800

then none of us have an excuse not to work out.

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00:39:56,800 --> 00:39:57,800

Yeah.

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00:39:57,800 --> 00:39:58,800

Thousand percent.

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00:39:58,800 --> 00:40:08,000

And, you know, so I have two people who are the families I've talked about before in previous

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00:40:08,000 --> 00:40:11,000

podcasts, but are very close to me like brothers.

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00:40:11,000 --> 00:40:14,800

One of them right now is in the Corcoran shoe and one of them's in Pelican Bay.

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00:40:14,800 --> 00:40:19,240

And I just did like, I'm not trying to come out with a podcast, but we just did this thing.

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00:40:19,240 --> 00:40:25,400

We called it the window and he was talking and he's in Pelican Bay.

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00:40:25,400 --> 00:40:30,360

So we did it where we did like a FaceTime and I recorded it and it's all positive.

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00:40:30,360 --> 00:40:33,600

It was just about mindset, mental fortitude, stuff like that.

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00:40:33,600 --> 00:40:34,600

Right.

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00:40:34,600 --> 00:40:40,200

And he was talking about in his dynamics, sometimes he gets where to break it down,

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00:40:40,200 --> 00:40:41,200

simply almost feels helpless.

710

00:40:41,200 --> 00:40:42,920

Like he can't help those people around him.

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00:40:42,920 --> 00:40:47,520

You know, his loved ones that are out here or he gets stuck in a thought pattern that's

712

00:40:47,520 --> 00:40:49,200

negative or whatever it is.

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00:40:49,200 --> 00:40:55,480

He'll just start doing burpees, get that blood flowing, get that oxygen to your brain.

714

00:40:55,480 --> 00:41:00,960

And it helps put you in a different state of mind, which can sometimes help you come

715

00:41:00,960 --> 00:41:03,540

and find those answers that you were looking for.

716

00:41:03,540 --> 00:41:06,800

You know, it's powerful to get moving and take care of yourself.

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00:41:06,800 --> 00:41:12,240

So when all you have is you, then you start taking care of yourself.

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00:41:12,240 --> 00:41:15,800

Look at now, people out here, man, they, everybody's okay.

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00:41:15,800 --> 00:41:23,960

Like we're just enjoying a temporary fast comfort and saying, Oh, I'll deal with the

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00:41:23,960 --> 00:41:24,960

consequences later.

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00:41:24,960 --> 00:41:29,360

I'm not going to not have my donut and I'm not going to not have my monster every day

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00:41:29,360 --> 00:41:30,840

or whatever it is.

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00:41:30,840 --> 00:41:35,320

It's silly, you know, until the doctor tells you, Hey, you need to start focusing on some

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00:41:35,320 --> 00:41:38,960

self care or you're going to, you're going to die.

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00:41:38,960 --> 00:41:41,160

You know, so all of that.

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00:41:41,160 --> 00:41:42,160

Yeah.

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00:41:42,160 --> 00:41:43,160

Thank you.

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00:41:43,160 --> 00:41:44,440

It's a powerful perspective and it's true.

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00:41:44,440 --> 00:41:47,280

I mean, it really is.

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00:41:47,280 --> 00:41:53,000

As we progress through your, your career in wildland, what was some of the kind of career

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00:41:53,000 --> 00:41:56,520

fires that you had?

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00:41:56,520 --> 00:41:57,520

That's a hard one.

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00:41:57,520 --> 00:42:05,040

I've been on a lot, a lot of fires, over a hundred in my career and where I'm from, a

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00:42:05,040 --> 00:42:06,280

lot of them are big ones.

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00:42:06,280 --> 00:42:09,120

You know, we started getting, is that what we're talking about?

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00:42:09,120 --> 00:42:10,920

Just like big, you know, big campaign fires.

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00:42:10,920 --> 00:42:13,240

Yeah, I mean, yeah.

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00:42:13,240 --> 00:42:16,720

Anything that really kind of, you know, maybe shook you a little bit more than the other

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00:42:16,720 --> 00:42:17,720

ones.

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00:42:17,720 --> 00:42:24,560

Well, you know, the, there was, I would say most recently, and I was talking about on

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00:42:24,560 --> 00:42:30,400

the last podcast is what the fires are getting big, you know, in 2008, 2009 here on my forest,

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00:42:30,400 --> 00:42:33,480

we had fires over a hundred thousand acres.

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00:42:33,480 --> 00:42:38,560

And after that started becoming normal, you know, before that 30,000 acres, 50,000 acres

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00:42:38,560 --> 00:42:40,440

was considered a huge fire.

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00:42:40,440 --> 00:42:42,960

Now that's just, just normal, you know?

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00:42:42,960 --> 00:42:49,480

And I would say what shakes me about it now to this day is the fact that as an agency

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00:42:49,480 --> 00:42:59,520

we're imploding and we're losing all our qualified leaders that are decision makers to other

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00:42:59,520 --> 00:43:00,520

agencies.

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00:43:00,520 --> 00:43:04,480

So now we're putting situations where sometimes these people who get promoted into positions

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00:43:04,480 --> 00:43:07,560

that they shouldn't be in just off default are now in that.

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00:43:07,560 --> 00:43:11,980

So we have to really look at things in a whole different perspective and make decisions based

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00:43:11,980 --> 00:43:16,080

on that isolated down to just our crew.

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00:43:16,080 --> 00:43:21,000

You know, we don't have the personnel to get in front of fire and put fire on the ground

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00:43:21,000 --> 00:43:24,380

and cut it off and fight fire like we normally would.

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00:43:24,380 --> 00:43:25,440

So we don't have the personnel.

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00:43:25,440 --> 00:43:30,000

So now the fire is getting the upper hand on us because we have to let it do its thing

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00:43:30,000 --> 00:43:31,640

before we can do our thing.

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00:43:31,640 --> 00:43:37,400

It's all that, you know, I've been on fires where I've been, I've been cut off by fire

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00:43:37,400 --> 00:43:40,720

had to run from fire.

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00:43:40,720 --> 00:43:43,040

You know, got a lot of good learning experiences like that.

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00:43:43,040 --> 00:43:44,960

When to be aggressive, when not to be aggressive.

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00:43:44,960 --> 00:43:49,280

I've never had to deploy my coworker at my station.

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00:43:49,280 --> 00:43:55,480

He did in this fire that on the Monterey fire blew up on him.

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00:43:55,480 --> 00:43:57,120

The whole station got burned down.

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00:43:57,120 --> 00:44:03,560

They lost engines, dozers, and they all had to deploy, you know, and so I guess what you

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00:44:03,560 --> 00:44:12,120

really learn from that is when mother nature takes its course, you really can't beat that.

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00:44:12,120 --> 00:44:17,880

But anything and everything that we can do to avoid those situations is crucial.

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00:44:17,880 --> 00:44:22,880

You know, once I started becoming a leader and having to make those decisions, I noticed

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00:44:22,880 --> 00:44:26,280

I got a little more cautious than I was before.

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00:44:26,280 --> 00:44:30,400

I used to be like, let's just go, let's go, let's go.

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00:44:30,400 --> 00:44:33,120

And then when I started being the one that had to make the decisions that affected these

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00:44:33,120 --> 00:44:38,200

guys lives, I'm like, well, hold on, let me really analyze this situation before we just

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00:44:38,200 --> 00:44:40,600

put fire on the ground or do the next thing, you know.

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00:44:40,600 --> 00:44:42,120

So it's hard to say.

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00:44:42,120 --> 00:44:49,480

I guess I don't have any specific incident that melts into who I am.

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00:44:49,480 --> 00:44:50,480

It's all of it combined.

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00:44:50,480 --> 00:44:57,240

You know, they're all slides and they're all tools that I use to this day and how I fight

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00:44:57,240 --> 00:45:03,280

fire and continue to grow in what it is, especially as times change.

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00:45:03,280 --> 00:45:08,920

Well, one thing I've heard over and over again from Brendan, from Ben Strahan, from Jason

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00:45:08,920 --> 00:45:13,280

Ramos is that the fires are just getting worse.

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00:45:13,280 --> 00:45:17,380

Some of them talk about global warming and they're seeing everything getting drier and

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00:45:17,380 --> 00:45:22,160

harder in the season, not being a season anymore, but being almost year round.

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00:45:22,160 --> 00:45:25,040

Other ones talk about opposition to prescribed burns.

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00:45:25,040 --> 00:45:29,040

So through your eyes, what are some of the factors that are contributing to such large

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00:45:29,040 --> 00:45:31,240

fires these days?

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00:45:31,240 --> 00:45:38,680

Well, you know, they have this thing where you can't burn because the seagulls are close,

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00:45:38,680 --> 00:45:40,400

you know, whatever it is.

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00:45:40,400 --> 00:45:41,400

Right.

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00:45:41,400 --> 00:45:44,440

And that's a factor because we need to be putting more fire on the ground in the winter

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00:45:44,440 --> 00:45:46,560

and getting rid of these fuels.

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00:45:46,560 --> 00:45:50,560

But with all this stuff going on, you just can't all the rules and regulations.

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00:45:50,560 --> 00:45:52,140

We can't.

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00:45:52,140 --> 00:45:57,360

We try to do work, but we don't have the workforce to go out there and actually be doing the

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00:45:57,360 --> 00:45:59,360

fuels work all the time that needs to be done.

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00:45:59,360 --> 00:46:02,380

And then, like I said, you can't burn when you need to.

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00:46:02,380 --> 00:46:06,720

So we start getting these rains like right now is just putting more grass on.

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00:46:06,720 --> 00:46:08,420

Enough didn't burn last year.

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00:46:08,420 --> 00:46:15,120

So all you now have now is more, more, more wick to get to that brush, you know, with

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00:46:15,120 --> 00:46:16,660

all that grass.

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00:46:16,660 --> 00:46:21,000

So it's just and then people put their homes in places they shouldn't be.

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00:46:21,000 --> 00:46:25,520

They don't do the clearance that they should.

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00:46:25,520 --> 00:46:27,320

People are negligent dragging chains.

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00:46:27,320 --> 00:46:29,760

I mean, it's just so many factors.

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00:46:29,760 --> 00:46:34,320

You know, I'm not too informed on the whole climate change and all that.

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00:46:34,320 --> 00:46:35,440

I don't know.

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00:46:35,440 --> 00:46:39,280

But I do know that it's hot and dry all year long.

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00:46:39,280 --> 00:46:43,280

You know, we get two inches of rain and that's cool for a little bit, but it'll pick right

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00:46:43,280 --> 00:46:44,280

back up.

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00:46:44,280 --> 00:46:48,420

You know, we get crazy winds here in Southern California all the time.

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00:46:48,420 --> 00:46:50,200

So that just dries things out fast.

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00:46:50,200 --> 00:46:55,560

You know, so we're having we check our fuels twice, twice a month.

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00:46:55,560 --> 00:46:57,800

And you know, it changes pretty rapidly, actually.

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00:46:57,800 --> 00:46:58,800

Yeah.

814

00:46:58,800 --> 00:47:00,320

I mean, it's just an important conversation.

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00:47:00,320 --> 00:47:05,240

You can label it however you want global warming or, you know, pink cupcake day, whatever you

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00:47:05,240 --> 00:47:06,240

want to call it.

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00:47:06,240 --> 00:47:10,600

But the reality is we are asking our wildland firefighters to do more with less over and

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00:47:10,600 --> 00:47:11,600

over again.

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00:47:11,600 --> 00:47:12,600

Every year.

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00:47:12,600 --> 00:47:15,280

And it's funny, we talked earlier about, you know, municipal having a lot of cannabis.

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00:47:15,280 --> 00:47:16,280

They don't anymore.

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00:47:16,280 --> 00:47:17,280

Really?

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00:47:17,280 --> 00:47:19,600

And I was literally reminiscing with people when I got hired in Anaheim.

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00:47:19,600 --> 00:47:22,520

I worked in Anaheim for a few years.

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00:47:22,520 --> 00:47:25,600

I tested against a thousand candidates that were all certified.

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00:47:25,600 --> 00:47:26,600

It wasn't non-certified.

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00:47:26,600 --> 00:47:32,000

It was a thousand certified firefighter paramedics and or EMTs with ambulance experience.

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00:47:32,000 --> 00:47:34,160

A lot of them came from the wildland community.

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00:47:34,160 --> 00:47:39,040

So we're talking about stacked resumes, thousands of them for 30 jobs.

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00:47:39,040 --> 00:47:40,640

And so now it's not the case.

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00:47:40,640 --> 00:47:41,840

Anaheim may still be doing well.

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00:47:41,840 --> 00:47:45,160

They're a very well-respected department, but a lot of departments are really hurting.

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00:47:45,160 --> 00:47:52,800

I think it's the same in wildland where people are now able in 2023 to research, you know,

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00:47:52,800 --> 00:47:55,720

what does the role of a wildland firefighter look like?

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00:47:55,720 --> 00:47:59,360

And you'll see, you know, the pack test and the camaraderie and only the brave, well,

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00:47:59,360 --> 00:48:01,840

the brave is a bad example because so many people died.

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00:48:01,840 --> 00:48:06,240

But you know, the, the, the glory side, the things that we're all proud of, the things

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00:48:06,240 --> 00:48:07,840

that we love about the profession.

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00:48:07,840 --> 00:48:12,240

But in that Google search will also come up firefighter suicide, addiction, homelessness,

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00:48:12,240 --> 00:48:14,960

all these things that, you know, I want to get into in a second with you.

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00:48:14,960 --> 00:48:20,840

But the other side and then the pay and then the mandatory overtime, you know, and so now

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00:48:20,840 --> 00:48:24,960

people are able to see the entire picture, you know, good and bad.

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00:48:24,960 --> 00:48:31,400

And I think that now with that, we've, we've really exposed how poorly a lot of these agencies

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00:48:31,400 --> 00:48:33,520

support their men and women.

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00:48:33,520 --> 00:48:36,880

And therefore there's not as much of a demand because people are going, that looks a bit

846

00:48:36,880 --> 00:48:37,880
shit.

847
00:48:37,880 --> 00:48:38,880
I'm not going to do that.

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00:48:38,880 --> 00:48:44,000
You know, so I think that we are really at a pivotal point in the municipal and the wildland

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00:48:44,000 --> 00:48:49,400
fire service where if people don't start, start actually bolstering these professions

850
00:48:49,400 --> 00:48:53,920
and supporting them and giving them more staffing so we can give them more time off and rest

851
00:48:53,920 --> 00:48:58,080
and recovery, we're not going to have firefighters anymore.

852
00:48:58,080 --> 00:49:02,520
And you know, a lot of, a lot of cities will suffer what paradise endured, you know, a

853
00:49:02,520 --> 00:49:06,920
few years ago because they just simply won't be, as you said, prescribed burns and the

854
00:49:06,920 --> 00:49:11,160
proactive side or the ability to be reactive and protect communities.

855
00:49:11,160 --> 00:49:12,160
Yeah.

856
00:49:12,160 --> 00:49:15,200
I'm going to give you some, some percent and I got an example for you.

857

00:49:15,200 --> 00:49:20,640

My step kid, he's 24, he'll be 24 in a couple of weeks.

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00:49:20,640 --> 00:49:25,200

He started expressing interest in what I do and he wants to do something honorable, you

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00:49:25,200 --> 00:49:30,040

know, and my opinion, his opinion as well, the two most honorable things you can do,

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00:49:30,040 --> 00:49:33,160

military or be a firefighter.

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00:49:33,160 --> 00:49:35,760

That's my opinion and he agrees with it.

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00:49:35,760 --> 00:49:37,480

So he started asking me, what can he do?

863

00:49:37,480 --> 00:49:45,120

So he's 24, he works in solar panels right now and he makes 29 bucks an hour.

864

00:49:45,120 --> 00:49:46,120

Right?

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00:49:46,120 --> 00:49:50,600

So I told him, well, if you get on the engine or the hand crew, you're going to maybe start

866

00:49:50,600 --> 00:49:52,560

at like 1550 an hour.

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00:49:52,560 --> 00:49:58,060

And when he was like, well, I can't live off that, you know, it's a thing and how you make

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00:49:58,060 --> 00:49:59,680
your money in wild man's overtime.

869
00:49:59,680 --> 00:50:05,240
So hopefully you get on a, in an area where there's a lot of coverage needed or, you know,

870
00:50:05,240 --> 00:50:09,440
you're on a crew where it's nonstop or helicopter where there's less resources.

871
00:50:09,440 --> 00:50:13,360
So you get more time, but they don't pay us, right?

872
00:50:13,360 --> 00:50:17,120
We're not going to be able to get these new kids in when you can go work at in and out

873
00:50:17,120 --> 00:50:21,840
or you can go work at, you know, McDonald's and you can make more than you can in the

874
00:50:21,840 --> 00:50:24,640
backseat of an engine on a fire crew.

875
00:50:24,640 --> 00:50:27,120
You know, come on, it's ridiculous.

876
00:50:27,120 --> 00:50:29,320
And I'm actually the union rep on my forest.

877
00:50:29,320 --> 00:50:31,680
I went to Washington DC fighting for it.

878
00:50:31,680 --> 00:50:35,000
I actually got invited to the white house, went into the West wing.

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00:50:35,000 --> 00:50:36,000
That was awesome experience.

880
00:50:36,000 --> 00:50:38,360
Who would have ever thought I'd been there?

881
00:50:38,360 --> 00:50:41,200
That was crazy.

882
00:50:41,200 --> 00:50:44,360
And then, you know, we went into Congress and talked to them and I just, I really don't

883
00:50:44,360 --> 00:50:48,880
understand the holdup on the buy-in to pay people.

884
00:50:48,880 --> 00:50:49,880
Right.

885
00:50:49,880 --> 00:50:52,440
You know, it's crazy to me.

886
00:50:52,440 --> 00:50:56,600
So unless they fix that and then like you say, all the different dynamics that come

887
00:50:56,600 --> 00:50:59,960
with it, it's yeah, we're going to implode completely.

888
00:50:59,960 --> 00:51:05,760
Well, talk to me about Tim Hart and how that took you to DC.

889
00:51:05,760 --> 00:51:13,800
So the Tim Hart, I think is going to be hard to pass because there's a lot of things wrong

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00:51:13,800 --> 00:51:15,400
with the forest service.

891
00:51:15,400 --> 00:51:16,400
Right.

892
00:51:16,400 --> 00:51:22,560
And Tim Hart in that whole little bill kind of fixes probably too much.

893
00:51:22,560 --> 00:51:25,520
You know, it would make too many things make sense.

894
00:51:25,520 --> 00:51:26,800
So you're going to get a lot of pushback.

895
00:51:26,800 --> 00:51:28,680
I hope it goes through.

896
00:51:28,680 --> 00:51:33,880
We have some guys who are in Washington daily pushing for it, trying to get, you know, the

897
00:51:33,880 --> 00:51:36,440
signatures they need, trying to talk to the right people.

898
00:51:36,440 --> 00:51:39,200
But it's like a fix all.

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00:51:39,200 --> 00:51:43,100
And I think with the way our government works is we don't fix all.

900
00:51:43,100 --> 00:51:44,440
So it's a hard one.

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00:51:44,440 --> 00:51:48,080

And then it's hard to get those bills passed and other things because you put them in all

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00:51:48,080 --> 00:51:51,240

these other different bills that have too much stuff in it.

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00:51:51,240 --> 00:51:56,680

You know, I think it'd be nice to have somebody to sit back and do the right thing and be

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00:51:56,680 --> 00:51:58,680

like, look at all this stuff needs to be fixed.

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00:51:58,680 --> 00:52:03,720

People are dying and more people are going to die if we don't fix it.

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00:52:03,720 --> 00:52:09,000

But it's a hard sell, you know, because for some reason the money is the issue, which

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00:52:09,000 --> 00:52:10,000

it shouldn't be.

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00:52:10,000 --> 00:52:20,040

When I talk to the congressman about the issues and about what's going on, they have no idea

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00:52:20,040 --> 00:52:21,720

what I'm talking about.

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00:52:21,720 --> 00:52:27,640

And I don't know if that's just what they're acting like or if they are really that far

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00:52:27,640 --> 00:52:31,520

separated from what the real issues are.

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00:52:31,520 --> 00:52:33,160

You know, it's one of the two.

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00:52:33,160 --> 00:52:36,800

And it was kind of disheartening for me to be like, you have no idea what I'm talking

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00:52:36,800 --> 00:52:37,800

about.

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00:52:37,800 --> 00:52:38,800

What do you mean?

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00:52:38,800 --> 00:52:40,680

You know, you are a representative.

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00:52:40,680 --> 00:52:42,720

So the separation is huge.

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00:52:42,720 --> 00:52:49,640

As far as Tim Hart goes, you know, I don't really know too much of his whole story to

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00:52:49,640 --> 00:52:56,200

speak on, but he was a firefighter that passed and they put the bill together in his name.

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00:52:56,200 --> 00:53:03,280

I believe his wife was pushing a lot of the issues with it and it took off and grew.

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00:53:03,280 --> 00:53:07,600

It sounds like he was a smoke jumper and died in a hard land.

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00:53:07,600 --> 00:53:13,160

And again, every time I think of a line of duty death, especially when it's someone doing

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00:53:13,160 --> 00:53:17,480

something that they would have been good at doing, you know, you're not going to be a

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00:53:17,480 --> 00:53:21,400

smoke jumper and not know how to land with a parachute, for example.

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00:53:21,400 --> 00:53:27,440

So that immediately then sends me into thinking, OK, what did the weeks prior look like?

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00:53:27,440 --> 00:53:31,480

Did he get rest and recovery or was he on back to back deployments?

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00:53:31,480 --> 00:53:34,800

Did that factor into a lack of judgment and his death?

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00:53:34,800 --> 00:53:38,920

Yeah, I imagine that is something that really does need to be looked at because those are

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00:53:38,920 --> 00:53:40,720

huge issues now.

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00:53:40,720 --> 00:53:49,120

The resources window down to even less is going to be less rest and recovery.

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00:53:49,120 --> 00:53:53,280

People just pushing and pushing the cruiser as there's less hot shot crews, those hot

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00:53:53,280 --> 00:53:57,360

shot crews are going to be more demand for them to be out even more.

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00:53:57,360 --> 00:54:01,440

So this is leading to the next thing.

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00:54:01,440 --> 00:54:08,520

The simple fixes, the pay, all the other stuff that's in the bill that needs to be fixed,

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00:54:08,520 --> 00:54:12,760

you know, health stuff, the support, all that's important.

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00:54:12,760 --> 00:54:20,440

But without the pay, we're not going to get the people in the roles that need to be filled

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00:54:20,440 --> 00:54:22,160

to make all that stuff matter.

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00:54:22,160 --> 00:54:25,840

So they just need to be like, look, all right, let's pay these people more.

939

00:54:25,840 --> 00:54:30,560

This now we can have more people employed and they get the proper rest and recovery

940

00:54:30,560 --> 00:54:34,280

between assignments that's necessary.

941

00:54:34,280 --> 00:54:36,640

So it all falls back on the money.

942

00:54:36,640 --> 00:54:37,640

It does.

943

00:54:37,640 --> 00:54:38,640

Yeah.

944

00:54:38,640 --> 00:54:42,480

And this is what is maddening in the municipal side, because I mean, their work week is insane.

945

00:54:42,480 --> 00:54:45,720

In a lot of America, they work 56 and they're understaffed.

946

00:54:45,720 --> 00:54:49,680

So now it's 80 hours in a week, you know, and this is, you know, on and off, maybe every

947

00:54:49,680 --> 00:54:51,280

other week they're working that.

948

00:54:51,280 --> 00:54:55,000

And we wonder why they're falling apart, why we're losing them physically and mentally.

949

00:54:55,000 --> 00:54:57,680

And people say, oh, well, if we can't get people now, how are we supposed to fill the

950

00:54:57,680 --> 00:54:58,680

seats?

951

00:54:58,680 --> 00:54:59,680

And it's exactly what you said.

952

00:54:59,680 --> 00:55:00,960

You fucking change things.

953

00:55:00,960 --> 00:55:03,000

So people want to be a firefighter.

954

00:55:03,000 --> 00:55:04,040

It's that simple.

955

00:55:04,040 --> 00:55:07,880

You know, if you told someone, hey, you're going to be a coal miner and I'm going to,

956

00:55:07,880 --> 00:55:11,520

you know, pay you \$5 an hour, what would you say?

957

00:55:11,520 --> 00:55:15,200

You know, you go to an accounting job and they say, right, every third day you have

958

00:55:15,200 --> 00:55:18,400

to stay at the office all night and it's \$10 an hour.

959

00:55:18,400 --> 00:55:22,520

You'd be like, yeah, you can eat a bag of dicks.

960

00:55:22,520 --> 00:55:26,680

And then they're so fucking surprised when that happens in the fire service and say,

961

00:55:26,680 --> 00:55:28,400

oh, but you love the job, don't you?

962

00:55:28,400 --> 00:55:29,400

Yes.

963

00:55:29,400 --> 00:55:33,760

But that doesn't bring you home when it's your child's birthday party, you know, or

964

00:55:33,760 --> 00:55:37,880

make sure that you're there that day so you can take your wife out on that date that you

965

00:55:37,880 --> 00:55:38,880

promised her.

966

00:55:38,880 --> 00:55:44,320

You know, we have lives outside our profession too and we love what we do, but you can't

967

00:55:44,320 --> 00:55:49,480

ask people to do more with less because you end up in 2023 where you're about to lose

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00:55:49,480 --> 00:55:54,520

the entire ability to deliver a fire service anymore.

969

00:55:54,520 --> 00:55:57,640

So you have to have a brave decision.

970

00:55:57,640 --> 00:56:03,720

And the irony is the money that cities and counties and, you know, the forestry department

971

00:56:03,720 --> 00:56:08,360

loses from their people breaking, you could put that money into people and you'd actually

972

00:56:08,360 --> 00:56:12,400

save money because they wouldn't break and you'd retain that experience and you wouldn't

973

00:56:12,400 --> 00:56:14,840

lose them to the surrounding cities.

974

00:56:14,840 --> 00:56:18,120

That's been ridiculous for over a decade, man.

975

00:56:18,120 --> 00:56:21,480

We'll send these people to academies.

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00:56:21,480 --> 00:56:26,640

I think it's like \$6,000 a pop, you know, to go to wherever you're going for the academy

977

00:56:26,640 --> 00:56:31,200

for 30 days for wildland, get them all this experience.

978

00:56:31,200 --> 00:56:37,000

As soon as they're done with their apprenticeship, gone to Cal Fire or to a county or something

979

00:56:37,000 --> 00:56:39,040

like and say, he's wasting all that money.

980

00:56:39,040 --> 00:56:40,960

Why just take better care of us?

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00:56:40,960 --> 00:56:41,960

The people will stay.

982

00:56:41,960 --> 00:56:43,280

Just exactly what you're saying.

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00:56:43,280 --> 00:56:48,200

It's insane because I'm sure you could have the same conversation with anybody.

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00:56:48,200 --> 00:56:50,880

It's like the simple fixes.

985

00:56:50,880 --> 00:56:53,680

Why can't we just fix it?

986

00:56:53,680 --> 00:56:54,680

Who's in charge?

987

00:56:54,680 --> 00:56:56,580

You know, it's crazy.

988

00:56:56,580 --> 00:57:00,120

And then at the local level, you know, you get now we're getting people who shouldn't

989

00:57:00,120 --> 00:57:03,480
be in those positions in those positions.

990
00:57:03,480 --> 00:57:07,800
So you know, they're just there for maybe their high three, you know, before they retire.

991
00:57:07,800 --> 00:57:11,640
So they come in with these grandiose ideas and never pulled the trigger on anything and

992
00:57:11,640 --> 00:57:13,620
really just make things worse.

993
00:57:13,620 --> 00:57:15,540
It's a vicious cycle, man.

994
00:57:15,540 --> 00:57:16,760
It really is.

995
00:57:16,760 --> 00:57:19,000
It's upsetting because I'm passionate about my job.

996
00:57:19,000 --> 00:57:20,860
I love wildland fire.

997
00:57:20,860 --> 00:57:25,160
I just had a situation happen to me where I thought about leaving.

998
00:57:25,160 --> 00:57:30,520
I got done pretty dirty for about a year and three months.

999
00:57:30,520 --> 00:57:36,200
I was dealing with this situation where I had these two people make up stuff about me

1000

00:57:36,200 --> 00:57:40,320
and consider me a threat and all this.

1001
00:57:40,320 --> 00:57:44,900
After 15 months, they found out that these were lies and untrue.

1002
00:57:44,900 --> 00:57:48,880
But in that time, I lost out on one hundred and twenty thousand dollars because I was

1003
00:57:48,880 --> 00:57:52,360
restricted from going to assignments or anything.

1004
00:57:52,360 --> 00:57:53,560
And there's no fixing that.

1005
00:57:53,560 --> 00:57:56,080
Now I'm just in a hole.

1006
00:57:56,080 --> 00:57:59,280
And what I ended up getting in trouble for.

1007
00:57:59,280 --> 00:58:03,280
And this is what's funny is you've seen my Instagram, right?

1008
00:58:03,280 --> 00:58:05,520
It's not about being a firefighter.

1009
00:58:05,520 --> 00:58:08,560
It's about working out wherever you can anywhere.

1010
00:58:08,560 --> 00:58:11,200
And being a firefighter is a part of who I am.

1011

00:58:11,200 --> 00:58:14,640

So sometimes I'll show the workouts we do on break or we're going to look at we got

1012

00:58:14,640 --> 00:58:15,640

30 minutes.

1013

00:58:15,640 --> 00:58:17,240

Let's knock out 500 pushups.

1014

00:58:17,240 --> 00:58:18,240

I'll share that stuff.

1015

00:58:18,240 --> 00:58:20,680

Just motivational workout wherever you can, whenever you can.

1016

00:58:20,680 --> 00:58:26,560

I ended up getting in trouble because out of six posts out of over 2000, they were able

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00:58:26,560 --> 00:58:30,200

to see the Forest Service logo in the background.

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00:58:30,200 --> 00:58:34,920

So they said the Forest Service that could insinuate that the Forest Service promotes

1019

00:58:34,920 --> 00:58:36,560

my business.

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00:58:36,560 --> 00:58:39,600

So I got in trouble for that.

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00:58:39,600 --> 00:58:45,800

And what's crazy is I literally through my social media try to promote being a firefighter

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00:58:45,800 --> 00:58:49,240

to these kids who message me and they're like, hey, man, I really want to do what you're

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00:58:49,240 --> 00:58:50,240

doing.

1024

00:58:50,240 --> 00:58:51,920

I'm involved and I'll direct them.

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00:58:51,920 --> 00:58:57,280

I've got people on on hotshot crews, engines, type two crews all over California.

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00:58:57,280 --> 00:58:59,560

These kids, I help them tell them what to do.

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00:58:59,560 --> 00:59:01,440

And now I'm not supposed to do that.

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00:59:01,440 --> 00:59:05,040

And that's just trying to bring people in, you know, that come kind of from the world

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00:59:05,040 --> 00:59:06,040

that I do.

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00:59:06,040 --> 00:59:08,560

And that could fill the seats.

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00:59:08,560 --> 00:59:11,400

Yeah, there's some lunacy out there.

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00:59:11,400 --> 00:59:12,400

There really is.

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00:59:12,400 --> 00:59:14,560

You know, I mean, and there's a fragile egos as well.

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00:59:14,560 --> 00:59:16,240

Sometimes it's the person, the individual.

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00:59:16,240 --> 00:59:21,840

I mean, I've I've tried to try to push change in a lot of the places I've worked, you know,

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00:59:21,840 --> 00:59:25,840

and I've worked in places where that wasn't very hard at all because it was a great environment

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00:59:25,840 --> 00:59:26,840

like Anaheim.

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00:59:26,840 --> 00:59:30,040

And I've worked some places where they didn't want to hear it full stop.

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00:59:30,040 --> 00:59:31,040

Sit down, shut up.

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00:59:31,040 --> 00:59:32,040

You're making us look bad.

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00:59:32,040 --> 00:59:33,880

You know, so many fragile egos there.

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00:59:33,880 --> 00:59:37,960

So but this is what I hear from a lot of the really good firefighters around the country

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00:59:37,960 --> 00:59:42,480

is their biggest stress isn't that horrendous car wreck they went to.

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00:59:42,480 --> 00:59:49,520

It's the environment that they working and they're trying to be, you know, motivated,

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00:59:49,520 --> 00:59:53,160

fired up firefighters and find new training and spread fitness and all those things.

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00:59:53,160 --> 00:59:55,760

And their biggest resistance is their own people.

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00:59:55,760 --> 00:59:56,760

Thousand percent.

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00:59:56,760 --> 01:00:01,760

You know, that's one of the reasons why, you know, we're talking about the stress side

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01:00:01,760 --> 01:00:02,760

of it.

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01:00:02,760 --> 01:00:06,800

And you had brought up like suicide and and those things.

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01:00:06,800 --> 01:00:11,600

One of the one of the reasons and where I started heading with my social media when

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01:00:11,600 --> 01:00:15,400

I started it was that camaraderie that we build, right?

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01:00:15,400 --> 01:00:19,840

When we work out together during the fire season, we're pushing or grinding, create

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01:00:19,840 --> 01:00:20,840

these bonds.

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01:00:20,840 --> 01:00:21,840

Right.

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01:00:21,840 --> 01:00:25,400

And that's your life for those six, seven months.

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01:00:25,400 --> 01:00:30,360

But then these people get laid off the seasonals or even permanence, no use or lose, whatever

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01:00:30,360 --> 01:00:31,640

it is you're off your home.

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01:00:31,640 --> 01:00:38,600

So now all of a sudden you're in these environments that are different and sometimes depressing,

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01:00:38,600 --> 01:00:41,240

especially when you whatever situation you're in.

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01:00:41,240 --> 01:00:45,600

But with my social media, I said, look, you can still we can still work out together.

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01:00:45,600 --> 01:00:48,760

We can stay connected all year long and support the grind.

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01:00:48,760 --> 01:00:53,760

And I think that's one of the best parts of what Instagram or TikTok or Facebook, any

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01:00:53,760 --> 01:00:58,920

of that stuff is, is that you can stay connected with like minded people and kind of maybe

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01:00:58,920 --> 01:01:03,000

you never know who you're going to help, who's in a bad spot where maybe they see something

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01:01:03,000 --> 01:01:08,320

positive or you invite them to do a zoom workout and it changes their perspective or their

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01:01:08,320 --> 01:01:10,400

day or wherever, wherever they're at.

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01:01:10,400 --> 01:01:14,000

It's one of my favorite things about social media.

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01:01:14,000 --> 01:01:22,200

And it's a real thing that when these people who dedicate like on a crew for six, seven

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01:01:22,200 --> 01:01:27,520

months and then they go home and start dealing with these real issues and they feel separated

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01:01:27,520 --> 01:01:33,080

from maybe their spouse or their other loved ones, whatever it is, and start drinking and

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01:01:33,080 --> 01:01:35,080

get just become in this depressing state.

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01:01:35,080 --> 01:01:41,040

But that's why I think it's powerful to create these these outlets like social media to keep

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01:01:41,040 --> 01:01:44,720

people connected and support each other all year long.

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01:01:44,720 --> 01:01:49,880

I think that's something that we don't really understand being in the municipal fire service

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01:01:49,880 --> 01:01:52,800

is that seasonal element of the wildland fire service.

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01:01:52,800 --> 01:01:58,320

And I think that the deadliest catch, the crab fishing show from years ago kind of gave

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01:01:58,320 --> 01:01:59,520

an insight into that.

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01:01:59,520 --> 01:02:03,000

These men, you can see that shared suffering, that community, obviously they would bang

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01:02:03,000 --> 01:02:07,560

heads sometimes that we all do, but overall they were this tight knit tribe.

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01:02:07,560 --> 01:02:14,040

And then the season stops and they all walk out the door and some go home to a healthy

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01:02:14,040 --> 01:02:16,760

community and environment and they do OK.

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01:02:16,760 --> 01:02:20,220

But some clearly they spiral downward again.

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01:02:20,220 --> 01:02:24,640

So what are you seeing through your own eyes of the negative side?

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01:02:24,640 --> 01:02:28,680

You've got all the positivity of when we're on the job and when they're wearing the uniform

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01:02:28,680 --> 01:02:33,240

and out there working together and suffering together and bonding.

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01:02:33,240 --> 01:02:38,240

But that other side, when they're you know, they walk out the door for the last time until

1088

01:02:38,240 --> 01:02:39,240
the following year.

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01:02:39,240 --> 01:02:40,680
You see a lot of stuff, man.

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01:02:40,680 --> 01:02:45,640
We've had suicide here locally on our forest, you know, most recently.

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01:02:45,640 --> 01:02:48,840
I don't get too into it, but we'll call it suicide.

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01:02:48,840 --> 01:02:49,840
He didn't.

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01:02:49,840 --> 01:02:51,760
And he was just in a bad spot.

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01:02:51,760 --> 01:02:57,320
You know, he was actually think he was close to retirement and thinking the end was coming,

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01:02:57,320 --> 01:03:00,360
you know, whatever it was, but he was losing what this was.

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01:03:00,360 --> 01:03:03,280
And that was all his life is, you know, but you got these kids, right?

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01:03:03,280 --> 01:03:09,480
A lot of young men who are living in their trucks because they can't afford to be to

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01:03:09,480 --> 01:03:11,640
have a residence wherever they're stationed at.

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01:03:11,640 --> 01:03:15,840

So a lot of them sleep in their trucks on the property or get these little trailers

1100

01:03:15,840 --> 01:03:17,120

in a room or whatever.

1101

01:03:17,120 --> 01:03:22,160

So when the fire season ends, they have literally nothing, maybe some money they stacked up,

1102

01:03:22,160 --> 01:03:26,960

you know, so then they go and they don't have that camaraderie anymore.

1103

01:03:26,960 --> 01:03:32,880

I think drinking becomes a real big problem because that's the most socially accepted

1104

01:03:32,880 --> 01:03:34,120

bullshit in the world.

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01:03:34,120 --> 01:03:40,120

You know, so, you know, they dive into that and who knows what, you know, some of these

1106

01:03:40,120 --> 01:03:45,720

guys are gone for months at a time, you know, go for assignment, come home for two days,

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01:03:45,720 --> 01:03:46,720

go to assignment.

1108

01:03:46,720 --> 01:03:47,720

So then what?

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01:03:47,720 --> 01:03:51,560

You're going to lose your wife unless she's a good girl and you're actually decent to

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01:03:51,560 --> 01:03:52,880

her, you know, and keep your chick.

1111

01:03:52,880 --> 01:03:57,880

But a lot of time, you know, they lose their wives, now they're on their own.

1112

01:03:57,880 --> 01:04:00,800

So fire season's over, no more support.

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01:04:00,800 --> 01:04:02,320

Drinking.

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01:04:02,320 --> 01:04:06,640

Drinking is the biggest thing I see and you get lost in it.

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01:04:06,640 --> 01:04:12,280

So you know, I don't really know what the, I think hiring people on more full time, like

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01:04:12,280 --> 01:04:16,400

I've been permanent and 26 and 0 since I started.

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01:04:16,400 --> 01:04:19,560

So I had, you know, I go to work every day.

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01:04:19,560 --> 01:04:21,800

So that never ends for me.

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01:04:21,800 --> 01:04:25,120

But seeing that and what it does to people, it's a sad thing, man.

1120

01:04:25,120 --> 01:04:32,440

And so trying to just create an environment to support them in some way is all we can

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01:04:32,440 --> 01:04:34,280

really do.

1122

01:04:34,280 --> 01:04:40,240

So as you touched on before, you built this community, WildFitLife.

1123

01:04:40,240 --> 01:04:45,480

Talk to me about the genesis of that and then how it's grown to where we are today.

1124

01:04:45,480 --> 01:04:53,080

So the way it originally started was I was on, because I run a, well, me and Jason, who

1125

01:04:53,080 --> 01:04:57,600

I was talking to you about a bit ago, we run an engine and we run a hand crew.

1126

01:04:57,600 --> 01:04:59,480

So we go back and forth running those two things, right?

1127

01:04:59,480 --> 01:05:01,400

So I was on a fire with this hand crew.

1128

01:05:01,400 --> 01:05:07,760

I was actually off social media just because I'm real big on keeping anything negative

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01:05:07,760 --> 01:05:08,760

out of my life, you know?

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01:05:08,760 --> 01:05:11,800

So at that time, I was just familiar with Facebook and you see your friends and all

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01:05:11,800 --> 01:05:12,800

their bullshit.

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01:05:12,800 --> 01:05:14,840

So I'm like, I don't even want to look at it anymore, you know?

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01:05:14,840 --> 01:05:16,840

Anyway, so now I'm on this fire.

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01:05:16,840 --> 01:05:20,200

It's like 103, I think 104 that day.

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01:05:20,200 --> 01:05:24,720

I tell this guy, Rob, I'm like, hey, we got to go to this hell of a spot.

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01:05:24,720 --> 01:05:25,720

We'll get up there.

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01:05:25,720 --> 01:05:27,440

Just you come with me.

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01:05:27,440 --> 01:05:28,440

So he goes with me.

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01:05:28,440 --> 01:05:32,600

We ended up getting up to the top like a 45 minute plus hike.

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01:05:32,600 --> 01:05:33,600

Like I said, it was hot.

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01:05:33,600 --> 01:05:37,200

And when we get up there, we have to wait two hours for the helicopter.

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01:05:37,200 --> 01:05:40,120

So I tell him, hey, do a thousand pushups with me in an hour.

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01:05:40,120 --> 01:05:42,640

And he was like, all right.

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01:05:42,640 --> 01:05:47,600

So we do it and in the midst of doing it, he tells me, man, these all these workouts

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01:05:47,600 --> 01:05:51,180

that you come up with like this, you should put them on social media.

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01:05:51,180 --> 01:05:53,400

Other people could do them for follow alongs and stuff like that.

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01:05:53,400 --> 01:05:54,400

And he's a younger guy, right?

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01:05:54,400 --> 01:05:57,040

So he started telling me about Instagram and all this.

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01:05:57,040 --> 01:05:58,680

I'm like, all right, let's check it out.

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01:05:58,680 --> 01:05:59,720

So that's how I started.

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01:05:59,720 --> 01:06:00,720

Then I started it.

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01:06:00,720 --> 01:06:01,720

Started sharing workouts.

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01:06:01,720 --> 01:06:04,520

And then I started seeing the reach that I could have with it.

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01:06:04,520 --> 01:06:08,880

One of the most powerful impacts that I thought I could have was on my kids who were at that

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01:06:08,880 --> 01:06:12,720

time starting to become young adults themselves.

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01:06:12,720 --> 01:06:14,480

And if you have kids, do you?

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01:06:14,480 --> 01:06:15,480

Yes.

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01:06:15,480 --> 01:06:16,480

Yeah.

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01:06:16,480 --> 01:06:18,480

I have my biological son and then my bonus for my stepson.

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01:06:18,480 --> 01:06:20,480

Oh, 16 and 22.

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01:06:20,480 --> 01:06:21,480

Okay.

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01:06:21,480 --> 01:06:26,520

So then you kind of know they start thinking that they know what's up and what you say

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01:06:26,520 --> 01:06:29,480

starts becoming pretty irrelevant, right?

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01:06:29,480 --> 01:06:32,980

Because they got life figured out and they're going to create their own path.

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01:06:32,980 --> 01:06:38,760

So one of the things that I saw is that I could make these posts, these powerful share

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01:06:38,760 --> 01:06:44,520

these thoughts that I'm having things that I found powerful share my relentless grind

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01:06:44,520 --> 01:06:45,520

every day.

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01:06:45,520 --> 01:06:48,520

And no matter what my kids, if I were to die tomorrow, I would be able to look at that

1169

01:06:48,520 --> 01:06:52,500

and I could impact their lives in a positive way through that.

1170

01:06:52,500 --> 01:06:56,040

So that was one of the reasons I kept pushing it, you know, and then the camaraderie that

1171

01:06:56,040 --> 01:06:59,520

I was creating with other people from all over the world that was started tagging me

1172

01:06:59,520 --> 01:07:02,320

in their workouts.

1173

01:07:02,320 --> 01:07:08,000

And then it just kept growing, you know, and I think a lot of it has to do with it's not

1174

01:07:08,000 --> 01:07:09,000

flashy.

1175

01:07:09,000 --> 01:07:10,000

I don't have a lot of money.

1176

01:07:10,000 --> 01:07:13,920

I'm just in the garage or I'm, you know, at work or I'm somewhere.

1177

01:07:13,920 --> 01:07:16,480

I'm just, let's just fucking do more.

1178

01:07:16,480 --> 01:07:17,480

That's it.

1179

01:07:17,480 --> 01:07:22,120

Just do more, you know, and it's someone that whole black and white theme is intentional.

1180

01:07:22,120 --> 01:07:24,320

It's for the simplicity of what it is.

1181

01:07:24,320 --> 01:07:29,800

You know, you don't need all this flashy colors, all this flashy shit, just black and white,

1182

01:07:29,800 --> 01:07:31,800

simple, just fucking grind.

1183

01:07:31,800 --> 01:07:37,560

So it's, it's grown in people that associate to that.

1184

01:07:37,560 --> 01:07:43,960

And I think a lot of people associate with me because I'm just like you, you know, let's

1185

01:07:43,960 --> 01:07:45,440

just fucking go.

1186

01:07:45,440 --> 01:07:48,360

And that's it.

1187

01:07:48,360 --> 01:07:53,600

Now was your wife always working out with you or did she kind of get pulled in?

1188

01:07:53,600 --> 01:07:58,120

So my wife, she's a different story, man.

1189

01:07:58,120 --> 01:08:01,600

She was the type of girl who hated running in school.

1190

01:08:01,600 --> 01:08:05,080

If they wanted her to do a mile at P she would walk that shit.

1191

01:08:05,080 --> 01:08:06,360

She never liked working out.

1192

01:08:06,360 --> 01:08:07,360

She didn't like to sweat.

1193

01:08:07,360 --> 01:08:12,920

You know, she's a real pretty girl into the feminine.

1194

01:08:12,920 --> 01:08:15,440

So she watched me work out in the garage six years.

1195

01:08:15,440 --> 01:08:17,920

She was just watching me had to be that long.

1196

01:08:17,920 --> 01:08:18,920

Yeah.

1197

01:08:18,920 --> 01:08:19,920

And then I would tell her, you want to work out with me?

1198

01:08:19,920 --> 01:08:20,920

She said, no.

1199

01:08:20,920 --> 01:08:21,920

Well, finally she did.

1200

01:08:21,920 --> 01:08:24,720

She was like, Oh, I'll try it out.

1201

01:08:24,720 --> 01:08:29,080

And then, man, she started got into it.

1202

01:08:29,080 --> 01:08:34,880

So obviously I had a roller coaster at first, but then she just got committed and now she

1203

01:08:34,880 --> 01:08:36,520

can't take a day off.

1204

01:08:36,520 --> 01:08:39,160

And it's been years.

1205

01:08:39,160 --> 01:08:40,840

Having that is a whole different dynamic.

1206

01:08:40,840 --> 01:08:46,320

And actually with my program, I, because of what that is with me and my wife, I offer

1207

01:08:46,320 --> 01:08:53,800

a two for one, you know, couples, if you and your girl, whatever, two for one for the price,

1208

01:08:53,800 --> 01:08:57,800

because that's what I want to push because the dynamics that it's created with me and

1209

01:08:57,800 --> 01:09:01,480

my wife falls back on the camaraderie that we were talking about, right?

1210

01:09:01,480 --> 01:09:06,040

That we find in the, in the fire service or with our workouts, whatever it is, right?

1211

01:09:06,040 --> 01:09:10,300

Me and her have that, which created a whole different dynamic in our relationship.

1212

01:09:10,300 --> 01:09:11,300

We push each other.

1213

01:09:11,300 --> 01:09:13,520

We support each other.

1214

01:09:13,520 --> 01:09:19,000

The other day, this is a good story to kind of support what I'm talking about with her.

1215

01:09:19,000 --> 01:09:20,800

I'm not even the one who pushed this.

1216

01:09:20,800 --> 01:09:23,920

We were in the garage doing a circuit, me, her and my coworker.

1217

01:09:23,920 --> 01:09:26,520

And I had my clients on zoom.

1218

01:09:26,520 --> 01:09:27,520

The power went out.

1219

01:09:27,520 --> 01:09:29,000

There was a car accident right down the street.

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01:09:29,000 --> 01:09:30,880

Someone hit the pole.

1221

01:09:30,880 --> 01:09:35,560

So before I can even say anything, I'm thinking, man, shit, you know, all the power's out.

1222

01:09:35,560 --> 01:09:41,880

She was, let's get some candles lit and finish this shit.

1223

01:09:41,880 --> 01:09:43,440

Like I said, I'm not even the one who said it.

1224

01:09:43,440 --> 01:09:46,680

Me and Troy looked at her or like, fuck, all right, let's go.

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01:09:46,680 --> 01:09:49,560

And so we finished the workout and candlelight.

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01:09:49,560 --> 01:09:51,440

It was pretty cool.

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01:09:51,440 --> 01:09:52,440

And it's awesome.

1228

01:09:52,440 --> 01:09:53,440

Yeah.

1229

01:09:53,440 --> 01:09:56,760

It's awesome to see her grow in her self-confidence.

1230

01:09:56,760 --> 01:09:59,280

She has, um, she fought anxiety real bad.

1231

01:09:59,280 --> 01:10:03,880

One of our kids almost, uh, almost died from an illness and they couldn't figure out what

1232

01:10:03,880 --> 01:10:04,880

it was.

1233

01:10:04,880 --> 01:10:06,600

And it fucked her up, man.

1234

01:10:06,600 --> 01:10:11,280

She started becoming fearful of the unknown and it really created an anxiety that was,

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01:10:11,280 --> 01:10:16,080

that was, uh, really just, it took control of her.

1236

01:10:16,080 --> 01:10:17,080

Right?

1237

01:10:17,080 --> 01:10:23,040

So the working out, watching it literally help her in that aspect of who she is, is

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01:10:23,040 --> 01:10:24,040

powerful.

1239

01:10:24,040 --> 01:10:26,520

You know, there's so much to it.

1240

01:10:26,520 --> 01:10:30,160

You know, people just think, Oh, I don't want my life to be about working out, but fuck

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01:10:30,160 --> 01:10:31,160

man.

1242

01:10:31,160 --> 01:10:35,600

When you start making self care, the priority of who you are, it affects so many other things

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01:10:35,600 --> 01:10:36,600

about you.

1244

01:10:36,600 --> 01:10:38,000

I say it all the time.

1245

01:10:38,000 --> 01:10:42,680

Every little move that you make, you teach yourself something about who you are, you

1246

01:10:42,680 --> 01:10:43,680

know?

1247

01:10:43,680 --> 01:10:47,000

And if you're demanding more of yourself in this aspect of your life, then it's going

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01:10:47,000 --> 01:10:49,000

to affect who you are over here.

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01:10:49,000 --> 01:10:52,040

And there's actual change that happens when you get up.

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01:10:52,040 --> 01:10:57,240

If you sit there on the couch and you're just stuck in this negative train of thought, and

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01:10:57,240 --> 01:11:03,160

if you get up and get on the treadmill or go walk around the block, there's actual reaction.

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01:11:03,160 --> 01:11:06,320

You know, you're changing the blood flow, you're getting more oxygen in your brain will

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01:11:06,320 --> 01:11:12,120

effectively change the way that you're thinking about things and possibly, and hopefully it

1254

01:11:12,120 --> 01:11:14,000

gets you into a better place.

1255

01:11:14,000 --> 01:11:16,000

A hundred percent.

1256

01:11:16,000 --> 01:11:20,680

It's interesting what you were saying about the boys when, uh, my bonus boy and my stepson,

1257

01:11:20,680 --> 01:11:26,760

when I met him, he was doing karate and he ended up doing that for about a year.

1258

01:11:26,760 --> 01:11:29,120

He kind of basically got tired of it.

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01:11:29,120 --> 01:11:33,880

And then the sensei of that particular school revealed who he really was and he's not, not

1260

01:11:33,880 --> 01:11:35,080

a good human being at all.

1261

01:11:35,080 --> 01:11:38,280

So we were glad he was out then got him into fencing for a little bit.

1262

01:11:38,280 --> 01:11:41,560

He kind of found a passion for that.

1263

01:11:41,560 --> 01:11:42,600

And then he transitioned out.

1264

01:11:42,600 --> 01:11:46,320

We always said, look, we don't mind, you know, what you do as long as you do something.

1265

01:11:46,320 --> 01:11:51,800

And so he came to the CrossFit gym where I coached, um, and would sit there, you know,

1266

01:11:51,800 --> 01:11:53,560

playing with his phone.

1267

01:11:53,560 --> 01:11:55,960

And then one day he goes to my wife.

1268

01:11:55,960 --> 01:11:58,040

I think I want to try it.

1269

01:11:58,040 --> 01:11:59,760

And then he was, he was off.

1270

01:11:59,760 --> 01:12:00,760

That was it.

1271

01:12:00,760 --> 01:12:01,760

Now, now these days he lifts weights.

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01:12:01,760 --> 01:12:04,960

He's more of a kind of bodybuilder, not, not, you know, juicing or anything, but that's

1273

01:12:04,960 --> 01:12:07,320

his kind of exercise that he loves.

1274

01:12:07,320 --> 01:12:12,100

But it's amazing how if you immerse them into that environment, they find themselves pulled

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01:12:12,100 --> 01:12:14,800

in and you're walking the walk, you yourself are doing it.

1276

01:12:14,800 --> 01:12:17,120

That inspires your kids to follow it as well.

1277

01:12:17,120 --> 01:12:18,120

Thousand percent.

1278

01:12:18,120 --> 01:12:19,120

It's funny.

1279

01:12:19,120 --> 01:12:22,000

My eight year old, uh, you've probably seen her on videos and stuff.

1280

01:12:22,000 --> 01:12:26,240

She's been working out with me since she was small, but I never make her workout.

1281

01:12:26,240 --> 01:12:28,920

I always invite her or, you know, I got her on the camera now.

1282

01:12:28,920 --> 01:12:32,440

Sometimes I'm teaching her to be a little camera girl, um, the GoPro.

1283

01:12:32,440 --> 01:12:33,440

It's funny.

1284

01:12:33,440 --> 01:12:34,440

It's cute.

1285

01:12:34,440 --> 01:12:40,480

But, um, she's now recently, because she does walk with us no less than a mile after dinner

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01:12:40,480 --> 01:12:41,480

every night.

1287

01:12:41,480 --> 01:12:42,480

That's our minimum.

1288

01:12:42,480 --> 01:12:43,480

Right.

1289

01:12:43,480 --> 01:12:47,000

But she started really just taking it to another level.

1290

01:12:47,000 --> 01:12:48,640

I think it was on Saturday.

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01:12:48,640 --> 01:12:52,920

Um, she comes out and she's like, Oh, I just did a hundred jumping jacks and some core

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01:12:52,920 --> 01:12:54,240

in my room.

1293

01:12:54,240 --> 01:12:59,600

She bought herself with her Christmas money, a little, uh, hello kitty, uh, yoga mat.

1294

01:12:59,600 --> 01:13:02,160

And uh, she was, I'm going to do a hundred burpees.

1295

01:13:02,160 --> 01:13:04,080

I'm like, all right.

1296

01:13:04,080 --> 01:13:06,120

She went and did a hundred burpees on her own.

1297

01:13:06,120 --> 01:13:07,680

She's just into it.

1298

01:13:07,680 --> 01:13:08,680

Yes.

1299

01:13:08,680 --> 01:13:13,160

It is just, she's seeing and she's starting to feel results, you know, so she's just into

1300

01:13:13,160 --> 01:13:14,160

it, you know?

1301

01:13:14,160 --> 01:13:16,800

And it's such a powerful thing to have a part of who you are.

1302

01:13:16,800 --> 01:13:24,200

So I think it's a big deal for all of us as leaders, parents, um, if you, anybody that

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01:13:24,200 --> 01:13:28,600

you love, you know, you can't tell them shit if you're not leading by example.

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01:13:28,600 --> 01:13:30,200

So set the tone, you know?

1305

01:13:30,200 --> 01:13:31,200

Absolutely.

1306

01:13:31,200 --> 01:13:33,800

Do as I say, not as I do does not work in parenting.

1307

01:13:33,800 --> 01:13:34,800

Yeah.

1308

01:13:34,800 --> 01:13:35,800

You can't say shit.

1309

01:13:35,800 --> 01:13:36,800

Even with my kids.

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01:13:36,800 --> 01:13:38,840

Now the older ones, I don't tell them anything anymore right now.

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01:13:38,840 --> 01:13:41,440

I know that they're figuring out their own path.

1312

01:13:41,440 --> 01:13:46,000

I've talked to them, but I know that they got to figure things out for themselves.

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01:13:46,000 --> 01:13:50,520

But what I continue to do every day is set the example of what I think is important every

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01:13:50,520 --> 01:13:55,120

day, the way I act to my wife, the way I act to them.

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01:13:55,120 --> 01:14:00,640

And then just the relentless drive for more in every aspect of who I am.

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01:14:00,640 --> 01:14:04,760

Now you talked about, there was a, there was some ups and downs before you and your wife

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01:14:04,760 --> 01:14:07,800

kind of really were cohesive working out together.

1318

01:14:07,800 --> 01:14:11,600

At the same time when I was coaching, my wife started CrossFit as well.

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01:14:11,600 --> 01:14:17,680

And I would tell her a cue and she would just be totally ignore me.

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01:14:17,680 --> 01:14:20,600

And then she'd go to the other coach and be like, Steve, can you show me how to do this?

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01:14:20,600 --> 01:14:22,760

And he would tell her the exact same fucking thing.

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01:14:22,760 --> 01:14:24,880

And she'd be like, Oh my God, that's amazing.

1323

01:14:24,880 --> 01:14:25,920

Thank you so much.

1324

01:14:25,920 --> 01:14:30,520

So we walked together, but I never really had a lot of success, you know, coaching her.

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01:14:30,520 --> 01:14:35,280

So how did you navigate that element when you were, you know, the expert in that particular

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01:14:35,280 --> 01:14:40,400

field and you were trying to bridge that gap without, you know, rocking the boat too much

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01:14:40,400 --> 01:14:42,040

in the marriage.

1328

01:14:42,040 --> 01:14:45,760

So I do now have that with her where I can, I can coach her.

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01:14:45,760 --> 01:14:51,640

I try to teach her things that I know to help her be one of my assistant coaches on my team,

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01:14:51,640 --> 01:14:52,640

right?

1331

01:14:52,640 --> 01:14:57,240

A lot of girls like to talk to her, but you have to understand the dynamic of it.

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01:14:57,240 --> 01:15:03,960

I know that she doesn't want to feel like I'm superior to her and teaching her this

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01:15:03,960 --> 01:15:04,960

thing.

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01:15:04,960 --> 01:15:06,520

She's going to be on her own, just like anybody else.

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01:15:06,520 --> 01:15:07,520

Right?

1336

01:15:07,520 --> 01:15:14,680

So what I did is I was connected with Kim, who's now a coach on my team at the time.

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01:15:14,680 --> 01:15:21,240

And I hired her to be my wife's coach, just to teach her the basics, some things about

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01:15:21,240 --> 01:15:24,000

the nutrition side and all those things.

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01:15:24,000 --> 01:15:25,320

And it worked out great.

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01:15:25,320 --> 01:15:29,840

My wife started learning her own way of doing things separate from what I do.

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01:15:29,840 --> 01:15:31,800

And she got more comfortable.

1342

01:15:31,800 --> 01:15:32,800

And this is my program.

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01:15:32,800 --> 01:15:38,960

So she started taking pride in that and then started really being able to understand and

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01:15:38,960 --> 01:15:41,660

make sense of the things that I was doing.

1345

01:15:41,660 --> 01:15:45,040

So then jump more on board with, oh, okay, yeah, let's do that.

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01:15:45,040 --> 01:15:48,080

And so now, now we have that.

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01:15:48,080 --> 01:15:50,680

But it was definitely a process that I had to be mindful of.

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01:15:50,680 --> 01:15:55,960

I had to realize, okay, she doesn't want me to be scanning over her like I'm some, like

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01:15:55,960 --> 01:15:56,960

I'm her coach.

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01:15:56,960 --> 01:15:59,160

You know, she's my equal.

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01:15:59,160 --> 01:16:03,600

So she doesn't want to feel anything less than that from me.

1352

01:16:03,600 --> 01:16:07,120

So that's why hiring the opposite source came in handy.

1353

01:16:07,120 --> 01:16:08,120

Brilliant.

1354

01:16:08,120 --> 01:16:09,120

Sage advice.

1355

01:16:09,120 --> 01:16:10,120

Thank you.

1356

01:16:10,120 --> 01:16:11,120

Yeah.

1357

01:16:11,120 --> 01:16:12,120

The other coach ended up being her main coach.

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01:16:12,120 --> 01:16:13,560

So kind of the same thing.

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01:16:13,560 --> 01:16:15,480

But then she quit CrossFit.

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01:16:15,480 --> 01:16:19,080

So that was to be fair.

1361

01:16:19,080 --> 01:16:20,080

That was she got busy.

1362

01:16:20,080 --> 01:16:21,080

She's in med school now.

1363

01:16:21,080 --> 01:16:24,440

So it's kind of one of those things where she had to kind of step back a little bit.

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01:16:24,440 --> 01:16:29,120

Well, speaking of the program, then for people listening, talk to talk to them about the

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01:16:29,120 --> 01:16:32,360

things that you offer, where they can find it.

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01:16:32,360 --> 01:16:38,760

So you can find everything on my one website, wildfitlife805.com.

1367

01:16:38,760 --> 01:16:42,600

Right there we have my one-on-one coaching.

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01:16:42,600 --> 01:16:46,240

And what comes with the one-on-one coaching is a lot.

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01:16:46,240 --> 01:16:48,760

And I keep the price low.

1370

01:16:48,760 --> 01:16:54,000

So and the idea of that is offer a better product for a lower price.

1371

01:16:54,000 --> 01:16:57,200

I mean, that's how you, that's how you move things.

1372

01:16:57,200 --> 01:16:59,160

So I take a lot of pride in what it is.

1373

01:16:59,160 --> 01:17:04,120

I've hired coaches to be a part of the team to add value for my clients.

1374

01:17:04,120 --> 01:17:09,920

I make everyone's program, but the other coaches are involved for any questions needed.

1375

01:17:09,920 --> 01:17:11,180

Like Kim, she's a female.

1376

01:17:11,180 --> 01:17:16,120

So a lot of times my female clients, they need to understand things about how they may

1377

01:17:16,120 --> 01:17:18,960

bloat or retain at different times of the month that they might not want to talk to

1378

01:17:18,960 --> 01:17:19,960

me about.

1379

01:17:19,960 --> 01:17:23,040

So they, you know, I have my female coach on board where she, and she's a lupus expert.

1380

01:17:23,040 --> 01:17:26,320

So there's a lot of things that we add value to.

1381

01:17:26,320 --> 01:17:29,320

You get custom tutorials that I make.

1382

01:17:29,320 --> 01:17:34,720

We do zoom check-ins and we do multiple zoom workouts a week with clients from all over

1383

01:17:34,720 --> 01:17:35,720

the world.

1384

01:17:35,720 --> 01:17:36,960

You can do them with your camera off.

1385

01:17:36,960 --> 01:17:39,280

It's for beginners to advanced all levels.

1386

01:17:39,280 --> 01:17:47,080

I organize these workouts and circuits in a way that anybody at any level can do them.

1387

01:17:47,080 --> 01:17:48,080

Consistency is the key.

1388

01:17:48,080 --> 01:17:50,960

You want more, you have to do more.

1389

01:17:50,960 --> 01:17:56,440

Do custom meal plans where we do the calories and macros for people.

1390

01:17:56,440 --> 01:18:00,080

And then also, so you get 21 recipes that are counted for you.

1391

01:18:00,080 --> 01:18:03,160

All you have to do is follow the recipe in my app and click the shop in this feature.

1392

01:18:03,160 --> 01:18:06,880

It'll tell you exactly what and how much to buy from the store and how to make it.

1393

01:18:06,880 --> 01:18:08,360

Simple as shit.

1394

01:18:08,360 --> 01:18:12,280

But we also have a private Facebook group where we do other things, you know, where

1395

01:18:12,280 --> 01:18:14,200

we're putting in different meal ideas.

1396

01:18:14,200 --> 01:18:16,540

Like how I eat is pretty simple.

1397

01:18:16,540 --> 01:18:20,800

So we'll put the recipes in there for that, keep it simple, and then use these other recipes

1398

01:18:20,800 --> 01:18:24,360

I give you when you want to eat something different, all this other type of stuff.

1399

01:18:24,360 --> 01:18:26,840

And it's always growing in what it is.

1400

01:18:26,840 --> 01:18:33,860

And then I have the coffee brand, which is the best coffee I've ever had in my life.

1401

01:18:33,860 --> 01:18:40,200

So me and my wife were super picky when this our partner reached out to us and he's like,

1402

01:18:40,200 --> 01:18:42,920

hey, man, you know, him and his family have been a roaster for decades.

1403

01:18:42,920 --> 01:18:45,880

It's like, how would you like to come out with your own coffee brand?

1404

01:18:45,880 --> 01:18:47,240

I don't know, man.

1405

01:18:47,240 --> 01:18:50,560

I drink Starbucks and I'm picky about the shit that I buy because I don't like the heart

1406

01:18:50,560 --> 01:18:53,920

burn or acidic stuff, you know, he's like, let me mail you some stuff.

1407

01:18:53,920 --> 01:18:57,480

He overnighted me a box of freshly roasted beans.

1408

01:18:57,480 --> 01:19:00,400

We tried every blend that he had.

1409

01:19:00,400 --> 01:19:01,680

Delicious.

1410

01:19:01,680 --> 01:19:04,800

We got with them, made up some mixtures, did our own stuff.

1411

01:19:04,800 --> 01:19:06,320

And now we have that.

1412

01:19:06,320 --> 01:19:12,480

So every order that comes in is freshly roasted to order and then shipped your house in a

1413

01:19:12,480 --> 01:19:13,480

couple of days.

1414

01:19:13,480 --> 01:19:15,440

And you can subscribe to keep it where it comes every month.

1415

01:19:15,440 --> 01:19:17,080

And I sell it in pounds.

1416

01:19:17,080 --> 01:19:21,600

This way you can get enough for a whole month, you know.

1417

01:19:21,600 --> 01:19:25,520

And with that being said, it goes hand in hand with my program, which is only a hundred.

1418

01:19:25,520 --> 01:19:27,320

My program is one hundred and fifty a month.

1419

01:19:27,320 --> 01:19:31,080

My one on one coaching, which breaks down to five dollars a day.

1420

01:19:31,080 --> 01:19:32,080

Right.

1421

01:19:32,080 --> 01:19:38,880

So I got my coffee that I came out with that if you buy my coffee and make your own coffee

1422

01:19:38,880 --> 01:19:43,800

at home, now you save five dollars a day that you're spending at Starbucks and you can afford

1423

01:19:43,800 --> 01:19:44,800

your program.

1424

01:19:44,800 --> 01:19:49,920

There's no fucking excuses all, you know.

1425

01:19:49,920 --> 01:19:54,920

And then I came out with my own supplements with just the simple stuff that I think is

1426

01:19:54,920 --> 01:19:55,920

important.

1427

01:19:55,920 --> 01:19:56,920

Protein and multivitamins.

1428

01:19:56,920 --> 01:19:57,920

That's it.

1429

01:19:57,920 --> 01:20:02,680

Because that's the only two things that I think you should 100 percent be supplementing

1430

01:20:02,680 --> 01:20:05,160

every day to add more.

1431

01:20:05,160 --> 01:20:06,160

Right.

1432

01:20:06,160 --> 01:20:07,160

So I came out with our own supplement.

1433

01:20:07,160 --> 01:20:09,160

All that stuff's in my website.

1434

01:20:09,160 --> 01:20:10,160

Beautiful.

1435

01:20:10,160 --> 01:20:11,160

All right.

1436

01:20:11,160 --> 01:20:14,960

Well, then I've got one more question before I go to some closing questions.

1437

01:20:14,960 --> 01:20:20,880

You led us through, you know, your kind of fragmented upbringing as far as the parents

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01:20:20,880 --> 01:20:25,320

that were there and or not there, obviously, in one case.

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01:20:25,320 --> 01:20:31,680

So you didn't have this this perfect kind of example of what a mother and a father should

1440

01:20:31,680 --> 01:20:34,280

be present in a child's life.

1441

01:20:34,280 --> 01:20:39,160

How did that impact you becoming a father and raising your own children?

1442

01:20:39,160 --> 01:20:42,840

What were you able how were you able to fill the gaps in some of the areas that you hadn't

1443

01:20:42,840 --> 01:20:44,480

had personally?

1444

01:20:44,480 --> 01:20:47,600

So anything negative.

1445

01:20:47,600 --> 01:20:54,680

In every aspect of my life that has happened, I have used it as a tool to build who I am

1446

01:20:54,680 --> 01:20:56,200

and who I want to be.

1447

01:20:56,200 --> 01:20:57,200

Right.

1448

01:20:57,200 --> 01:21:04,520

So there's never a woe is me bullshit or or feed off.

1449

01:21:04,520 --> 01:21:09,200

It's everything that has happened is an example of either what I want or don't want.

1450

01:21:09,200 --> 01:21:10,200

Right.

1451

01:21:10,200 --> 01:21:16,760

So I knew as a kid from the families around me, my neighbors, all this shit, what I wanted

1452

01:21:16,760 --> 01:21:19,080

and didn't want.

1453

01:21:19,080 --> 01:21:22,440

And through my own experiences, what I wanted to provide my kids.

1454

01:21:22,440 --> 01:21:23,440

Right.

1455

01:21:23,440 --> 01:21:29,440

So ever since I was young, I knew I wanted to build my own family that was set around

1456

01:21:29,440 --> 01:21:34,960

my morals and values and what I think it should look like.

1457

01:21:34,960 --> 01:21:35,960

We all want that.

1458

01:21:35,960 --> 01:21:36,960

Right.

1459

01:21:36,960 --> 01:21:37,960

What it should look like.

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01:21:37,960 --> 01:21:42,440

But I used all those things that have happened to me as to what what and what I can do to

1461

01:21:42,440 --> 01:21:43,640

create what I want.

1462

01:21:43,640 --> 01:21:44,640

Right.

1463

01:21:44,640 --> 01:21:47,840

So I know for my kids and maybe that wasn't the best for them, you know, but that's what

1464

01:21:47,840 --> 01:21:49,080

I thought was the best.

1465

01:21:49,080 --> 01:21:50,080

Right.

1466

01:21:50,080 --> 01:21:55,200

Family dinners and dinner at the table every night, all these things that I thought are

1467

01:21:55,200 --> 01:21:56,760

the way things should be.

1468

01:21:56,760 --> 01:22:04,560

So every experience, good and bad, I've used to make who I am in a positive way.

1469

01:22:04,560 --> 01:22:06,680

You know what I mean?

1470

01:22:06,680 --> 01:22:11,080

So it's always and I always had that state of mind.

1471

01:22:11,080 --> 01:22:19,440

My dad dying, playing rush roulette, being reckless and using and just not giving a fuck.

1472

01:22:19,440 --> 01:22:24,640

So when I took custody of my kids, I was never going to be that.

1473

01:22:24,640 --> 01:22:26,640

That wasn't OK.

1474

01:22:26,640 --> 01:22:31,760

They're going to know that they matter to me more than I matter to me.

1475

01:22:31,760 --> 01:22:37,040

And so every decision that I make will be a reflection of the consideration I have for

1476

01:22:37,040 --> 01:22:38,040

them.

1477

01:22:38,040 --> 01:22:39,040

Right.

1478

01:22:39,040 --> 01:22:42,560

So that's that's what's going to happen there with my wife.

1479

01:22:42,560 --> 01:22:49,480

The respect I have for my mom and my sister, who were huge in my life, the family I had,

1480

01:22:49,480 --> 01:22:51,960

the females around me.

1481

01:22:51,960 --> 01:22:54,760

I'm going to show my wife in the way that I think things should be.

1482

01:22:54,760 --> 01:22:55,960

I'm going to treat her that way.

1483

01:22:55,960 --> 01:22:58,200

I'm going to build what I can.

1484

01:22:58,200 --> 01:23:03,680

You know, and if that doesn't work, get divorced and try it again.

1485

01:23:03,680 --> 01:23:07,920

I've done that to me, too.

1486

01:23:07,920 --> 01:23:08,920

All right.

1487

01:23:08,920 --> 01:23:13,280

Well, then I want to throw some quick closing questions at you, if that's OK.

1488

01:23:13,280 --> 01:23:14,280

Yeah.

1489

01:23:14,280 --> 01:23:15,280

All right.

1490

01:23:15,280 --> 01:23:18,880

The first one I'd love to ask, is there a book or other books that you love to recommend

1491

01:23:18,880 --> 01:23:23,720

that can be related to our discussion today or completely unrelated?

1492

01:23:23,720 --> 01:23:30,720

Tony Robbins, Awaken the Giant Within, I think it's called.

1493

01:23:30,720 --> 01:23:36,360

And then Marcus Aubrey, I think it's called Own the Day.

1494

01:23:36,360 --> 01:23:39,280

Those two powerful ass books.

1495

01:23:39,280 --> 01:23:40,960

I read Tony Robbins book.

1496

01:23:40,960 --> 01:23:42,480

That was I've talked about it before.

1497

01:23:42,480 --> 01:23:45,440

It came by in a juvenile hall library cart.

1498

01:23:45,440 --> 01:23:48,080

That's the first book Tony Robbins I grabbed when I was a kid.

1499

01:23:48,080 --> 01:23:55,920

And I became obsessed with the mental fortitude and his whole mindset and doing more and just

1500

01:23:55,920 --> 01:23:58,440

fucking do it.

1501

01:23:58,440 --> 01:24:00,200

Did you ever watch the documentary that made of him?

1502

01:24:00,200 --> 01:24:03,800

It was on Netflix, I think three, four years ago.

1503

01:24:03,800 --> 01:24:04,800

I did watch it.

1504

01:24:04,800 --> 01:24:05,800

Yeah.

1505

01:24:05,800 --> 01:24:06,800

Interesting.

1506

01:24:06,800 --> 01:24:07,800

Yeah.

1507

01:24:07,800 --> 01:24:08,800

Yeah.

1508

01:24:08,800 --> 01:24:12,680

Well, speaking of that, that's that's obviously one of the documentaries.

1509

01:24:12,680 --> 01:24:16,960

Any other documentaries and or movies that you love?

1510

01:24:16,960 --> 01:24:21,640

I'm a simple I'm a simple guy when it comes to movies, man.

1511

01:24:21,640 --> 01:24:26,280

Gladiator, Tombstone and what's that?

1512

01:24:26,280 --> 01:24:28,520

Denzel Washington movie, Man on Fire.

1513

01:24:28,520 --> 01:24:30,520

Watch those three.

1514

01:24:30,520 --> 01:24:33,760

Yeah, those are all three things what a man should be.

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01:24:33,760 --> 01:24:34,760

My opinion.

1516

01:24:34,760 --> 01:24:35,760

Fantastic.

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01:24:35,760 --> 01:24:36,760

All right.

1518

01:24:36,760 --> 01:24:40,160

Well, the next question, is there a person that you recommend to come on this podcast

1519

01:24:40,160 --> 01:24:44,400

as a guest to speak to the first responders, military and associated professions of the

1520

01:24:44,400 --> 01:24:45,400

world?

1521

01:24:45,400 --> 01:24:48,320

I would say Mark Munoz.

1522

01:24:48,320 --> 01:24:50,680

He's our union president.

1523

01:24:50,680 --> 01:24:52,320

He's passionate about what it is.

1524

01:24:52,320 --> 01:24:59,560

He's deep and involved in everything going on in Washington, D.C.

1525

01:24:59,560 --> 01:25:03,760

And he's a standup guy and he actually comes from a similar background as me.

1526

01:25:03,760 --> 01:25:08,560

And he's a chief now on the excuse me on the forest, the Angeles Forest.

1527

01:25:08,560 --> 01:25:09,560

Oh, brilliant.

1528

01:25:09,560 --> 01:25:11,880

Yeah, sounds like an amazing guy.

1529

01:25:11,880 --> 01:25:12,880

Yeah.

1530

01:25:12,880 --> 01:25:19,480

And you know, I don't know if he'd be into it, but Jason Mitchell, man, he's the influence

1531

01:25:19,480 --> 01:25:22,480

that he's created on.

1532

01:25:22,480 --> 01:25:26,920

I would go as far as to say a few hundred firefighters over his career is pretty powerful,

1533

01:25:26,920 --> 01:25:33,840

but you know, the invitation is there if he's up for it.

1534

01:25:33,840 --> 01:25:34,840

All right.

1535

01:25:34,840 --> 01:25:38,880

Well, then the very last question before we make sure everyone knows where to find you,

1536

01:25:38,880 --> 01:25:41,440

what do you do to decompress?

1537

01:25:41,440 --> 01:25:43,080

Run.

1538

01:25:43,080 --> 01:25:47,080

That's what I have to do.

1539

01:25:47,080 --> 01:25:59,480

You know that and if I can just get away with my wife and really just relax and we don't

1540

01:25:59,480 --> 01:26:02,040

date very we don't go on dates very often.

1541

01:26:02,040 --> 01:26:03,040

We don't.

1542

01:26:03,040 --> 01:26:08,000

And when I do, that is the biggest just relaxation.

1543

01:26:08,000 --> 01:26:15,760

The wine decompression that I have is it's powerful and we all need to find that.

1544

01:26:15,760 --> 01:26:20,920

You know, so we've got these things around here called the Sycamore Hot Springs.

1545

01:26:20,920 --> 01:26:25,160

They're mineral springs where you go the hot tubs out in the mountains.

1546

01:26:25,160 --> 01:26:26,160

We'll go do that.

1547

01:26:26,160 --> 01:26:30,640

Just kind of shut the world out for a minute, you know, and just check out.

1548

01:26:30,640 --> 01:26:31,640

Brilliant.

1549

01:26:31,640 --> 01:26:35,160

It sounds a lot more fun than a TGI Fridays.

1550

01:26:35,160 --> 01:26:37,680

Yeah, it is.

1551

01:26:37,680 --> 01:26:40,080

I'm not really into that anymore, man.

1552

01:26:40,080 --> 01:26:43,920

I am in my teens and 20s.

1553

01:26:43,920 --> 01:26:49,000

I spent so much of my time just the party lifestyle that it is what it is.

1554

01:26:49,000 --> 01:26:53,840

You know, when I was 31 is when I decided to stop partying and that was because my kids

1555

01:26:53,840 --> 01:26:57,040

were becoming teenagers and I was just over it.

1556

01:26:57,040 --> 01:26:59,320

I made a couple of slip ups here and there.

1557

01:26:59,320 --> 01:27:02,960

We all do, but for the most part became committed to something else.

1558

01:27:02,960 --> 01:27:03,960

Yeah.

1559

01:27:03,960 --> 01:27:04,960

Yeah.

1560

01:27:04,960 --> 01:27:10,640

I'm on yet another no alcohol straight and it's I hope this one sticks because it's not

1561

01:27:10,640 --> 01:27:16,240

I've never binge drink per se, but it's something that I've always used to quote unquote unwind

1562

01:27:16,240 --> 01:27:17,520

even though it doesn't.

1563

01:27:17,520 --> 01:27:22,400

But the kind of mindset I've got these days is I've never woken up wishing I had a drink

1564

01:27:22,400 --> 01:27:26,480

before, but I've woken up many times wishing I hadn't had a drink before.

1565

01:27:26,480 --> 01:27:30,680

So trying to infuse that into, you know, because I'm almost 50 now.

1566

01:27:30,680 --> 01:27:35,760

So you kind of want to reclaim your health journey as you start cresting the, you know,

1567

01:27:35,760 --> 01:27:41,260

the middle point of your life and alcohol, let's be honest, is a toxin and it's negative.

1568

01:27:41,260 --> 01:27:45,560

So if I'm going to fix my aches and pains and my brain fog and all the, all the shit

1569

01:27:45,560 --> 01:27:49,480

that comes with 14 years in the fire service, then, you know, I've got to, I've got to do

1570

01:27:49,480 --> 01:27:51,000

things as cleanly as I can.

1571

01:27:51,000 --> 01:27:52,800

So alcohol is out for now.

1572

01:27:52,800 --> 01:27:54,960

Yeah, there you go.

1573

01:27:54,960 --> 01:27:58,760

And I'm not in sobriety or recovery, but I don't, I don't drink really.

1574

01:27:58,760 --> 01:28:03,600

Like I almost had a couple of shots on a new years because it was just kind of like everybody

1575

01:28:03,600 --> 01:28:04,600

was doing.

1576

01:28:04,600 --> 01:28:05,600

It seemed like a cool time to have one.

1577

01:28:05,600 --> 01:28:10,200

And then I decided not to, because I was going to get up at 6 a.m. and work out.

1578

01:28:10,200 --> 01:28:13,720

So I was like, ah, I don't like the way it, I just don't like the way it makes me feel

1579

01:28:13,720 --> 01:28:14,720

now.

1580

01:28:14,720 --> 01:28:15,720

It gets in my way.

1581

01:28:15,720 --> 01:28:16,720

Yeah.

1582

01:28:16,720 --> 01:28:17,720

You know, that's, yeah.

1583

01:28:17,720 --> 01:28:24,120

So if I just look at it like that, it's anything that's in the way of my goals is a problem.

1584

01:28:24,120 --> 01:28:25,120

So 100%.

1585

01:28:25,120 --> 01:28:26,120

All right.

1586

01:28:26,120 --> 01:28:32,160

Well, then you mentioned about the website, where can people find you on social media?

1587

01:28:32,160 --> 01:28:34,560

Everything is WildFitLife805.

1588

01:28:34,560 --> 01:28:39,520

So on Instagram, TikTok, Facebook is Justin Mahaffey.

1589

01:28:39,520 --> 01:28:41,760

You can follow on there.

1590

01:28:41,760 --> 01:28:42,760

YouTube.

1591

01:28:42,760 --> 01:28:47,520

So if you're just looking for some follow alongs, that's where I really designed.

1592

01:28:47,520 --> 01:28:50,840

I'm starting to put a couple of new things, but I haven't in a while.

1593

01:28:50,840 --> 01:28:55,560

But these follow alongs are designed for people who are busy.

1594

01:28:55,560 --> 01:29:02,880

They're the five, 10, 15, 20, 30 minute workouts that you can get in anywhere.

1595

01:29:02,880 --> 01:29:09,160

It goes from 100 push ups in five minutes up to a thousand in an hour.

1596

01:29:09,160 --> 01:29:11,160

That's on the YouTube WildFitLife805.

1597

01:29:11,160 --> 01:29:17,600

I got stuff that takes away the excuse for anybody.

1598

01:29:17,600 --> 01:29:22,680

You know, I have these challenges that I put on this way for my clients.

1599

01:29:22,680 --> 01:29:25,880

But like right now we're doing, can you see that?

1600

01:29:25,880 --> 01:29:28,320

It's 30 and 30.

1601

01:29:28,320 --> 01:29:33,040

So if anybody's interested in doing stuff like that, like the minimum stuff is no less

1602

01:29:33,040 --> 01:29:36,560

than one mile walk, jog, or run.

1603

01:29:36,560 --> 01:29:39,360

WildFitLife YouTube follow along or a 30 minute workout.

1604

01:29:39,360 --> 01:29:41,720

And it's just a way to get started on your disciplines.

1605

01:29:41,720 --> 01:29:42,720

30 days nonstop.

1606

01:29:42,720 --> 01:29:44,720

You check out the box and tag me.

1607

01:29:44,720 --> 01:29:47,720

Little things like that.

1608

01:29:47,720 --> 01:29:49,720

But you know, that's it.

1609

01:29:49,720 --> 01:29:52,560

I appreciate you having me on.

1610

01:29:52,560 --> 01:29:55,640

It's an honor to be on your show.

1611

01:29:55,640 --> 01:29:56,640

Maybe one day we could talk again.

1612

01:29:56,640 --> 01:29:59,000

I had a good time being here with you.

1613

01:29:59,000 --> 01:30:02,080

I appreciate you letting me plug my stuff.

1614

01:30:02,080 --> 01:30:05,880

You know, if you guys in the fire world, go grab some coffee, man.

1615

01:30:05,880 --> 01:30:06,880

You'd be surprised.

1616

01:30:06,880 --> 01:30:12,680

The apparel, the coffee and the supplements are really slow going.

1617

01:30:12,680 --> 01:30:13,680

It's hard to get down.

1618

01:30:13,680 --> 01:30:14,680

I'm not good marketing.

1619

01:30:14,680 --> 01:30:17,040

I'm just like, hey, this shit's good.

1620

01:30:17,040 --> 01:30:18,040

Grab it.

1621

01:30:18,040 --> 01:30:20,720

You know, so I got to work on that.

1622

01:30:20,720 --> 01:30:25,200

But you guys in the fire world, go grab some WildFitLife coffee and 805 smooth brews is

1623

01:30:25,200 --> 01:30:52,200

the way to go.