



SIRENS

Spring 2023

News & Information for Albemarle County Fire Rescue



Beyond the Call: CARS Resources and Outreach for Overdoses and Unhoused Populations

BY OLIVIA HALE

Every ambulance has certain equipment you can expect to find, like a BVM or trauma dressings. But all of CARS's ambulances have two things in particular that we are extra proud of—leave-behind REVIVE overdose reversal kits with Narcan and cold weather bags. Both are driven by our CARS CARES (Community Accessible Resources, Education and Support) initiative to use call data to inform targeted interventions and resources to the patient populations we serve.

Our REVIVE kits allow CARS providers with the appropriate REVIVE certification to leave behind intranasal Narcan, face shields, and recovery and harm reduction resources on scenes of opioid related emergencies. Our trained providers educate patients, family members, or friends to: (1) give Narcan when someone is unresponsive and they suspect for any reason it may be an opioid overdose, as well as rescue breathing when indicated, (2) always initiate 911 services, and (3) educate that Virginia law protects the caller and patient from any drug-related charges as long as they stay with the patient and cooperate with first responders on scene.

Cold weather bags can be given by any CARS provider to anyone we encounter who would benefit from fleece, emergency blankets, hats, gloves, socks, and referral resources. CARS is grateful for collaboration with ACFR CR&R and the Charlottesville Area Quilters Guild who provides the fleece blanket donations.

Additionally, CARS providers have a check box in ImageTrend to indicate when a patient would benefit from CARS CARES follow up. This provides a quick and easy way for a provider to indicate a need, and for the CARES team to begin addressing that need and providing tangible and referral resources to the patient/family post-call.



The contents of the REVIVE opioid overdose reversal kits and cold-weather kits



CARS CARES team member Joe Roberts (left) and Chief Virginia Leavell (right)

NEWS BRIEFS

The 2023 Summer Swim Season is here:

The County will offer season passes to our county parks this year, but will not issue printed passes. Instead, they will be allowing entrance into the parks by use of member ID badges.

Members can show their badge at the gate, and this will get them and family members into the park free of charge.

We hope everyone gets to enjoy our parks this summer.

Calls for Service

January 1 - May 17, 2023

EMS	4,147
Fire.....	1,037
HM	215
Rescue	422
Other.....	386
Grand Total.....	6,207

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Letter From the Chief

ACFR and NGVFC Partner to Strengthen Service to Community

On April 22, North Garden Volunteer Fire Company (NGVFC) hosted an open house to celebrate more than 50 years of service to the community and to unveil the newly renovated fire station. This open house culminates two years of work and partnership between ACFR and NGVFC to enhance service to the community.

In November 2022, NGVFC became the County's newest combination career and volunteer fire station when ACFR began supplementing emergency response Monday through Friday from 6 am to 6 pm with career personnel staffing the fire engine as well as a newly added ambulance. NGVFC requested the career staffing in April of 2021 to best provide service to the southwestern area of the county. In the fall of 2021, ACFR was awarded a \$1.88 million Federal Emergency Management Agency (FEMA) Staffing for Adequate Fire and Emergency Response (SAFER) grant to hire, train, and deploy 10 full-time firefighters. Of those 10 grant-funded positions, five are being used for the daytime firefighters staffing the North Garden station.

In April 2022, NGVFC broke ground on a \$2M expansion/upgrade to the current station, in part to prepare for the career firefighters who would begin to provide service from North Garden in November 2022. This expansion provided a decontamination area for firefighters returning from exposure to contaminants, a living area for overnight staffing, and

an exercise area for improved firefighter health and fitness. This renovation also brought the building into ADA compliance, enabling the building to be used as an emergency shelter for the rural area of southwestern Albemarle County should the need arise. Funds for this expansion came from a combination of years of savings, fundraising efforts, donations from the community, and funds from the County of Albemarle.

This partnership shows the power of our combination system to work together and meet the emergency response needs of our community. ACFR is committed to working together to provide effective and efficient emergency services to the people of Albemarle County and we are proud that our staff can fill in the gaps during shifts that are historically challenging to recruit for. Meanwhile, filling these shifts allows NGVFC to focus their continued recruitment efforts to find and train volunteers to respond to the community's emergency needs on nights and weekends.

—Chief Dan Eggleston



Welcome to the Community, Fire Academy Class #49

We are excited to announce the completion of the Volunteer Firefighting Academy Class #49. After an intense 17-week program encompassing theory and practical applications, these 20 students have emerged as skilled firefighters, certified by the Virginia State Department of Fire NFPA 1001 program. Their strong work ethic and camaraderie have propelled them through the rigorous training, which was led by a cadre of career and volunteer instructors.

Now working through their release process, these men and women are stationed at various locations throughout the county, ready to serve and respond to any emergency that may arise.

The skills they acquired, coupled with their passion for service, make these individuals invaluable assets to our community. Make sure to congratulate them as you meet them in the field!

Welcome to Albemarle Co. Fire/Rescue

Firefighter/EMT Recruits Hired 1/30/2023



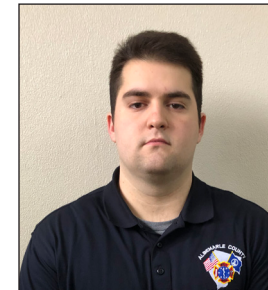
Roy Boyd



William Brady



Joshua Cangialosi



Amos Chiarappa



Robert Combs



Dustin Degnan



Jacob Donacik



Matthew Gagne



John Garner



Tyler Graves



Drew Gunnell



Jacob Harned



Raleigh Lallmang



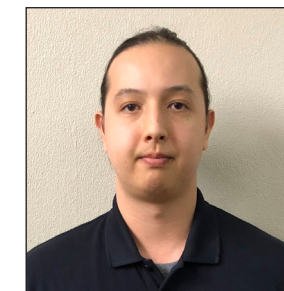
Angelo Markantonatos IV



Ari Nathanson



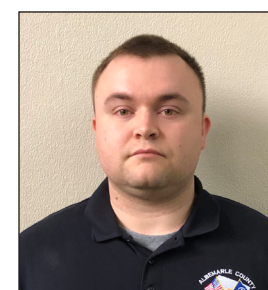
Alexander Rodriguez



Nicholas Russell



Austin Shaffer

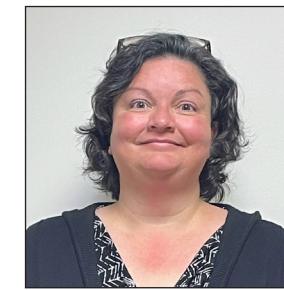


Matthew Snead



Matthew Warren

Public Safety Assistant Hired 4/11/2023



Jennifer Yerby

What is a Peer Supporter?

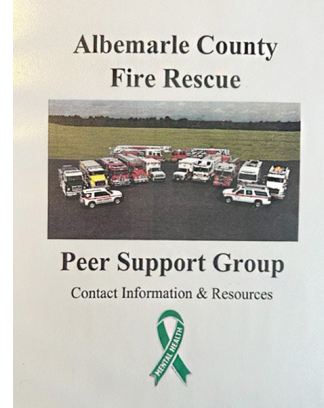
What is a Peer Supporter? By definition, peer support is the “process of giving and receiving encouragement and assistance to achieve long-term recovery.” Peer supporters “offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people.”

Peer support can happen one-on-one or in group settings, and it can be in-person, or over the phone. You can achieve so much more when you feel supported by and connected with other people. Peer support helps people feel less alone in their experiences, which sets a strong foundation for healing. Peer support helps to normalize people’s reactions to their trauma without trivializing or minimizing those experiences. It’s relating to people on a human level.

Early this year, ACFR hosted their annual Peer Support training weekend. In attendance were both career and volunteer members of Albemarle County Fire Rescue, Charlottesville Fire Department, Stony Point Volunteer Fire Department, Earlysville Volunteer Fire Department, Seminole Trail Volunteer Fire Department, and Gordonsville Volunteer Fire Department. This weekend-long class provided introductory education on behavioral health issues in the fire service and taught fundamental peer support skills. These new peer supporters will join our current team already in place and be-



The most fundamental part of peer support is human connection.



gan assisting folks who reach out in need of support. They will attend our ongoing group training every other month with our on-staff clinician.

Peer support promotes recovery and overall well-being, helps to build connections, and avoid isolation, reduces stress and provides empowerment. Peer supporters promote

advocacy and lay the groundwork for reducing stigma. They help promote well-being, to ensure that individuals maintain a sense of meaning and purpose, and to maximize resilience.

Peer support teaches us that your lived experience isn’t something to be ashamed of – it can empower you and inspire hope for recovery. It’s just one way that you can get involved in mental health advocacy. If you’re passionate about mental health and want to do something about it, please reach out to acfrpeersupport@albemarle.org. If you know someone, or you yourself needs peer support, please reach out using the above email address. Each station in the county has a peer support binder in which you will find contact information for supporters, both career and volunteer. Don’t hesitate to reach out for help when you need it. No one should ever fight alone!

Date	Street	Incident Type	Resolution/Cause
9/24/22	Valley Street	Structure Fire	Discarded smoking materials
10/4/22	Dettor Road	Structure Fire	Spontaneous combustion of oily rags
10/6/22	Crawford Way	Structure Fire	Dryer failure
10/26/22	Kimbrough Circle	Structure Fire	Unattended cooking
11/18/22	Chestnut Grove Rd	Structure Fire	Chimney failure
12/2/22	Pen Park Lane	Structure Fire	Combustibles too close to a heat source
12/17/22	Deanna Lane	Structure Fire	Failure of structural wiring
12/23/22	Chestnut Grove Rd	Structure Fire	Heat lamp improperly used near combustibles



Celebrating Promotions/Releases

ACFR Releases

Calvin Nguyen.....	FF, BLS & Ambulance Operator
Eric Sadlon.....	FF, BLS & Ambulance Operator
James Williams.....	FF, ALS & Ambulance Operator
John Barger.....	FF, ALS & Ambulance Operator
Michael Parker.....	FF, BLS & Ambulance Operator
Zach Poole.....	FF, BLS & Ambulance Operator
Justin Spanka.....	ALS
Chris Hein.....	ALS
Jordan Divine.....	ALS
Wagitci Gear.....	ALS
Maxwell Morgan.....	ALS
Jon Fields.....	ALS
Sejal Ahuwalia.....	BLS
Reilly McCann.....	MFF
Michael Sadikoglu.....	EVOC II
Jason Tetterton.....	BLS
Sam Chasse.....	BLS
John Taravella.....	DPO
Stuart Dalton.....	DPO
Jake Yearly.....	DAO
Jordan Pouzar.....	DPO
Tom Pridmore.....	BLS
Justin Lloyd.....	DPO
Tanner Amburgey.....	DPO
Colin Mayry.....	DPO
Morgan Bettinger.....	Ambulance Operator
William Filippelli.....	DPO
Gabriel Gallarzo-Flores.....	DPO
Josh Euhus.....	DPO
Stuart Graham.....	DPO
Christopher Hein.....	ALS
Jordan Divine.....	ALS

Wagitci Gear.....	ALS
Maxwell Morgan.....	ALS
Justin Spanka.....	ALS
Joey Barbaris.....	DAO

ACFR Promotions

Wallace Robertson.....	Captain
Joshua Loving.....	Captain
Heather Stempien.....	EMS Coordinator
Chris Pitt.....	Captain

Seminole Trail

Virginia Ruhland-Mauhs.....	Rookie FF
Colin Fogarty.....	Rookie FF
Grant GianGrasso.....	Rookie FF

Releases

Lt. Henry Nixon.....	DAO
Helen LiQiao.....	FF
William Philpott.....	EMT
Lt. Gary Vaclavek.....	DAO
Bobby Doyle.....	DPO
Christian Garcia.....	EMT
MacKenzie Green.....	EMT
Christopher Underwood.....	EMT
Harvey Mayorga.....	FF
Jordan Brown.....	Car Driver
Cody McCulley.....	FF & Car driver
Jameson Edwards.....	FF
Christian Garcia.....	FF

Promotions

Briar Tures.....	SFF
Cutter Huston.....	SFF

CARS Celebrations

If someone isn’t a multiple of 5 exactly, they are rounded down to the next five.”

5 years

Ben André
Shanice Artis
Tom Baker
Forrest Calland
Nisha Dabhi
David Derkits
Emily Fivek

20 years

Dianna Gibson
Dylan Jones
Adam Ladd
Kevin Livingstone
Jasmyn Powers
Grace Rovenolt
Brett Schneider

25 years

Chris Thompson
Christian Vagonis
Hamilton Young

30 years

Harrison Brookeman
Michael Chilmald
Jess Denomme
Darryl Mason
Alex Patton
Schuyler Wong

35 years

Dayton Haugh
Ed Meyers

40 years

Pete Davidson

15 years

Charlie Smith

20 years

Alex Belgard
Virginia Leavell

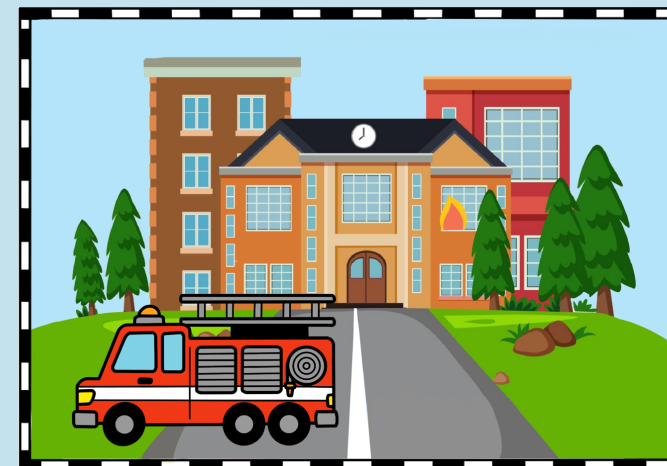
25 years

Jon Howard

30 years

JW Albright
Landon Harris
Brett Henyon

Firefighter Spot the 5 Differences





Nevin Voors

I live in Howardsville next to the James River and have lived there for about 3 years now. I am the Managing Partner of my law firm, Voors & Kenefick, P.C. and Vice President and Owner of

a real estate title company, Vells Title and Escrow, LLC. Both are in Scottsville, but we handle legal matters all over central Virginia. I am married to my law partner, Devon, and we have a 4-year-old pit bull mutt, Maybelline. I am originally from the Virginia Beach area but moved to Howardsville after graduating from law school. I have been a volunteer with the Scottsville Volunteer Fire Department for just under a year and finished my Firefighter I course in the winter of 2022.

Getting involved as a volunteer has been a great learning experience for me, and I have been taking additional classes to keep growing my knowledge base so I can help the department more as time goes on. I have responded to just a few calls so far in the area and have really enjoyed helping out the community. Whether it be a brush fire, a house fire, or a motor vehicle accident, each call is different, and presents a great opportunity to learn a lot from others in the department while serving the public.

I moved to the Howardsville area in April of 2020 and applied to volunteer in 2022. After the big snowstorm in January of 2022, I really saw the need for volunteers to help out the more rural residents with emergency services. I look forward to being able to contribute more time to the department and increase my call volume as time goes on.

Q. What do you love about volunteering with the SVFD?

A. I love being a part of the community and helping those in need. I have really enjoyed meeting other volunteers in the SVFD and from other departments, and I am learning a lot from them about how to handle delicate emergency situations. I also enjoyed my training during Firefighter I under Instructor Tate McCracken.

Q. What areas in the SVFD do you eventually hope to volunteer with?

A. I would eventually like to be involved in the water rescue operations of the SVFD. Since I live next to the James River, I see people travelling on the river and want to ensure that everyone remains safe while doing so. I just completed Hazmat and EVOC I and II, so would also be happy to drive as needed when I gain more experience.

Q. What advice do you have for incoming volunteers?

A. New volunteers or those taking Firefighter I should not be afraid to ask questions. It is a new area for a lot of people, myself included, and sometimes the best way to learn is ask the instructors or other firefighters questions on things you aren't entirely sure about. It is better to learn early to be better equipped than going on a call, then trying to adapt and learn on the spot.

Q. What do you do outside of volunteering?

A. I work full-time in Scottsville but also enjoy spending time with my wife, Devon, and our dog, Maybelline, and working on our log cabin. We are refurbishing it and have a long way to go, but I have always enjoyed working with my hands.

Boys Don't Cry

BY KEVIN FREIER

Firefighter/EMT-B | Station 15 | A Shift

The summer before 8th grade I broke the growth plate in my shoulder playing baseball. It was an absolutely devastating injury that took a tremendous toll on me both physically and mentally. For it not only forever changed the way I played the game, but interestingly enough it also forever changed the way I viewed masculinity. And even though it's been well over a decade since this life changing injury, I can still remember it as if it were yesterday.

It was the bottom of the 4th inning in a one run ball game. I was behind the plate that day and was absolutely slinging darts, having already thrown out two baserunners and quickly closing in on a third. The count was 1-2 with a runner on

first. The top of the order was up to bat and I called for a fastball low and away. The moment our pitcher broke the stretch, the runner on first took off. Less than half a second later I was up out of my stance and sending an absolute rocket of a throw down to second. But whether due to poor mechanics or just dumb luck something in my shoulder suddenly popped mid throw, in turn sending the ball sailing into centerfield and a searing jolt of pain shooting up my arm. Being a mere 12 years old at the time, I reacted as any other kid my age would - I doubled over in pain and clutched my burning shoulder as fat tears welled up in my eyes. But when my coach finally came out to check on me, he said something that forever changed the way I viewed male emotional vulnerability. Instead of offering words of concern and compassion he looked me dead in the eyes and said, "boys don't cry."

In 2020, the Center for Disease Control and Prevention (CDC) found that 25% of American women and 15% of American men suffered from some kind of mental illness. Interestingly enough, they also found that men made up nearly 80% of all recorded suicides. So then why is it that a group that makes up only 49% of the population and has less diagnosed mental illnesses per capita are 4x more likely to commit suicide? Statistically

speaking that just doesn't make sense. So where is the disconnect?

I think it's fair to assume that the vast majority of men in the fire service grew up in a time where the idea of males being emotionally vulnerable was not too widely accepted. Boys growing up in the 60s, 70, 80s, 90s, and hell even the 2000s were told to simply "man up" or to "rub some dirt in it."

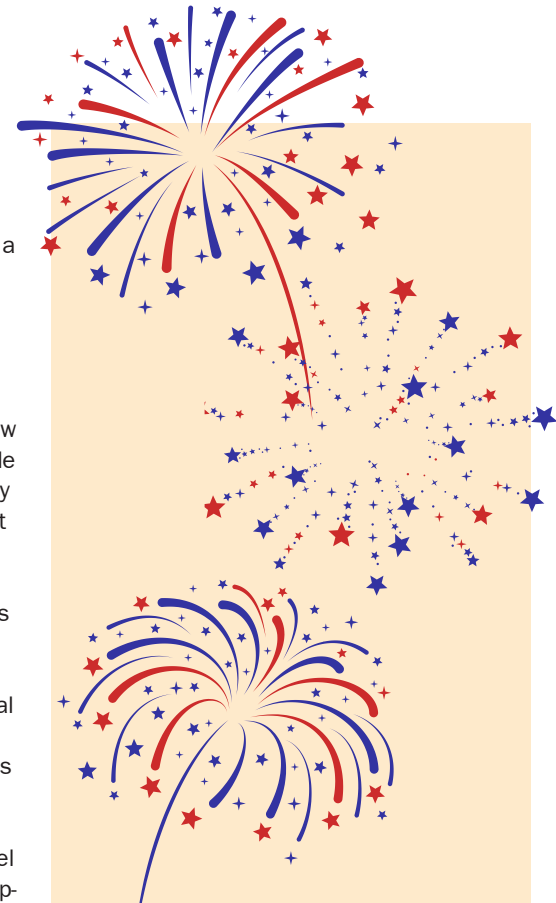
But why is this an issue? And how does it tie into the male suicide epidemic that we are currently facing? Well, let's think about it in terms of firefighting.

Going back to our Firefighter 1 days, what happens when you add an external heat source to a pressurized vessel? Over time its internal contents will begin to boil and expand, thus putting more and more stress on the actual vessel itself. If not properly relieved, this excess pressure will then cause

the vessel to rupture and more often than not lead to a violent explosion. Or as we like to say a "BLEVE".

But just for fun let's replace our "heat source" with "stressors," our "vessel" with "us," and our "contents" with "emotions." So let's say we, the vessel, spend years stockpiling thousands of different emotions without ever feeling them (because boys don't cry, remember?). Overtime they build up within us, causing the pressure to grow more and more. Then one day a certain stressor is applied to us. A stressor that can come in the form of a problem at home, a bad call at work, or whatever. This stressor then starts to heat our already highly pressurized vessels and before we know it BOOM, we suffer an emotional BLEVE. Which could come in the form of anything from a mental breakdown to a full blown suicide attempt. So then I guess this begs the question, how do we avoid this?

Like so many other things in life there is no one right answer. But for starters maybe we could just cut ourselves some slack and stop trying so hard to suppress our emotions for once. Because after all, feeling feelings is perfectly normal. So next time you experience something emotional, do your best to feel it in its entirety. Laugh, cry, shout, curse, whatever. Because I am sick and tired of losing brothers over this antiquated belief.



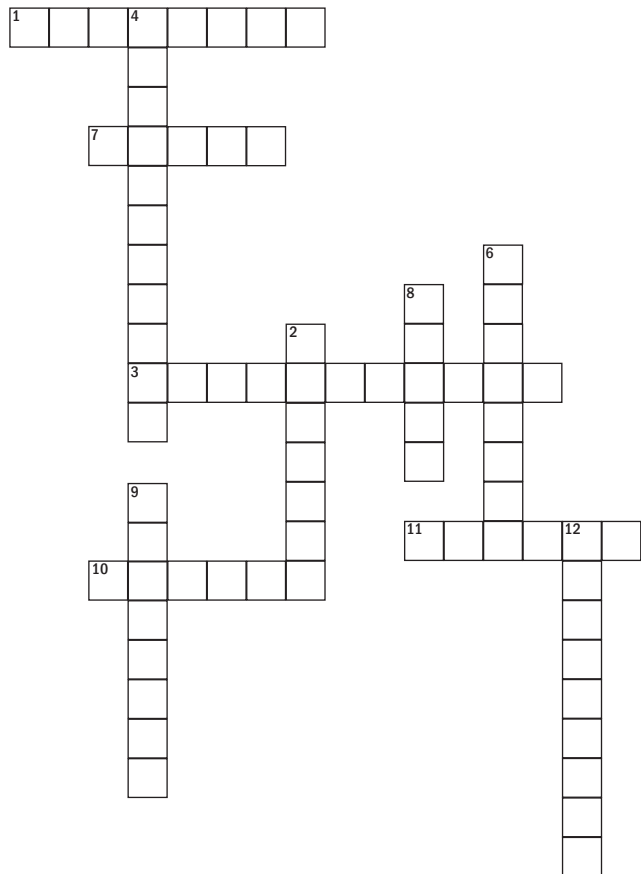
Fireworks Safety Reminders

In the state of Virginia, it is illegal to have, use store, sale or handle any firework the explodes, rises into the air or travels laterally or to fire projectiles into the air.

- Never allow young children to play with or ignite fireworks.
- Supervise children when they are handling sparklers.
- Keep a bucket or water hose nearby.
- Soak down used fireworks so they don't reignite.
- Light fireworks on at a time and move quickly away from them.
- Always use fireworks outside and designate a safety perimeter.
- Fireworks can be extremely stressful for pets.

Answers for Compliance Corner Crossword

Across: 1. Password, 3. Information, 5. Health, 7. HIPAA, 9. Family, 11. Entity
Down: 2. Privacy, 4. Social Media, 6. Report It, 8. Notes, 10. Franklin, 12. Technical



Compliance Corner Crossword

Across

1. I may not share my computer log-in _____ with anyone.
3. What do the initials ePHI stand for electronically Protected Health _____ ?
5. HIPAA is regulated by _____ and Human Services?
7. Abbreviation for the Health Insurance Portability and Accountability Act of 1996?
9. All information regarding patients must stay confidential. I cannot even tell my friends or _____.
11. HIPAA applies to Fire Rescue because we are a covered_____?

Down

2. Every patient has the right to _____ with their medical treatment and conditions.
4. I may not post any identifiable information on_____?
6. What should you do if you suspect someone is violating the facility's privacy policy?
8. Personally identifiable health information is protected by HIPAA includes photographic, electronic, spoken word and _____?
10. Caslynn _____ is the EMS Cost Recovery Specialists for Albemarle County?
12. HIPAA comprises of three areas, they are _____, administrative, and physical

Answers on page 7

Development, Construction and Plans Review by ACFR's Fire Marshal Office:

The Albemarle County Community Development Department (CDD) oversees development planning in Albemarle County. CDD utilizes a multi-functional/multi-discipline plan review process that includes VDOT, Albemarle County Service Authority, Architectural Review Board, Albemarle County Planning, Albemarle County Zoning, Albemarle County Engineering, Albemarle County Building Officials Office, and Albemarle County Fire Marshal's Office to analyze proposed development projects. The plan review process includes analysis of zoning map amendment requests, special use permit requests, and site plan approval requests.

What Purpose Do these Plan Reviews Serve?

The purpose of the plan review process is to ensure compliance with applicable

codes and development objectives of the County, mitigate environmental impacts, and promote public safety and well-being. Zoning map amendments and special use permit requests are conceptual, so their review focuses on feasibility and whether the proposal is in general compliance with applicable laws, codes, ordinances, and the County's objectives for development. Site plans are drawings establishing the existing conditions prior to development and the proposed conditions that will exist after development, such as property lines, building footprints, proposed infrastructure, including utilities, roads, storm water management, wastewater management, grading, and landscaping. The role of the Fire Marshal's Office is to ensure compliance with the Virginia Statewide Fire Prevention Code with a major focus on the

fire apparatus access and water supply for firefighting but does not include the review of the building construction plans. The actual review of plans for constructing the buildings and ensuring compliance with the Virginia Construction Code (Building Code) is the role of the Albemarle County Building Official's Office.

Projects of Interest this Quarter:

This is the first in a series of quarterly releases about upcoming projects of interest within Albemarle County. If there are questions about fire code related issues for any of the below projects, or other development projects, please contact BC Howard Lagomarsino, Fire Marshal at hlagomarsino@albemarle.org or 434-296-5833

Project Name	Location	Station 1st Due	Description
Home Depot – Site Plan	Former Sears Property at Fashion Square Mall	8	Redevelop the approx. 13-acre into a 134,262 sq. ft. Home Depot Store and Garden Center
Brookhill Village Center-Site Plan	Brookhill subdivision, Seminole Trail	8	New Construction – 69,080 sq. ft. of commercial, retail and office space, 120 room, 4-story hotel, and 60 residential units
Biscuit Run Park	Park will be located between Avon Street extended, Scottsville Rd. and Old Lynchburg Rd.	3 and 11	Redevelop 1189 acres into a park with trails and other amenities. Phase one—Scottsville Rd. portion, trails, lavatory buildings, and parking
Park Road Mobile/Manufactured Home Park – Special Use Permit request	Park Road adjacent to Claudius Crozet Park	5	Current site developed before zoning code development-currently is legal-non-conforming – status. Request is to bring into conformity with code, as well as to add 14 units.
Birdwood Mansion – Site Plan	Ivy Road	15	Rehabilitate the Birdwood Mansion property - remodel the mansion and outbuildings into lodging and event space while maintaining historic conformity.

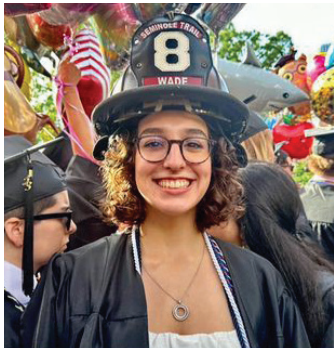
SIRENS is the official newsletter of Albemarle County Fire Rescue and is published three times yearly.

The newsletter is available online at acfirerescue.org with hardcopies distributed to each station.

SUBMISSIONS: Articles, feature stories, cartoons, photographs, upcoming training, station news, and station events and functions are welcome at any time and can be submitted to ACFRSirens@albemarle.org.



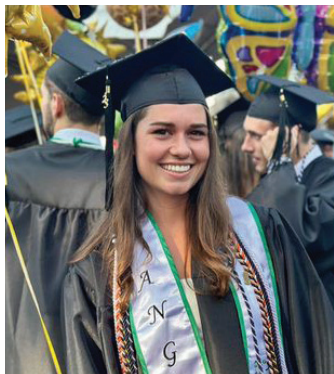
CONGRATULATIONS to our 2023 Grads



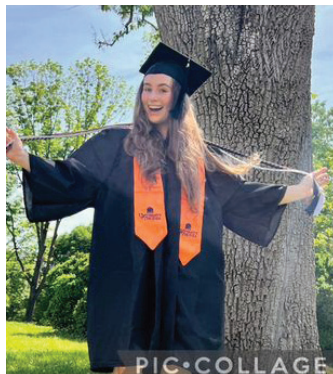
FF Lauren Wade



Senior FF/EMT Chris Underwood



EMT Elyse Mehigan



FF/A-EMT Mackenzie Green



FF. Lauren Wade, FF. Jameson Edwards, FF/EMT Rachel Lemley, FF/EMT Christian Garcia



FF. Elliot Monfredo



Sr. FF Cutter Huston



Olivia Hale, Ish Sethi, Jack Boyd, Veronica Gutierrez, Meesha Vullikanti, Maggie Sobel, Sabrina Lee, Sam Schwarz, Kevin Duan.



Chris Xie, Ellie McCabe, Nicole Post, Meesha Vullikanti, Anjali Shankar, Lauren Bornschein, Shannon Kelley.