



3rd District Regional Health and Safety Seminar 2026 Feb 12th – Albany Union Hall, 39 Quail Street, Albany NY

SPEAKERS/AGENDA

8:00am – 8:30am – Light breakfast/coffee/juices

8:30am -10:30am Cynthia Goss-an award-winning, internationally-recognized Subject Matter Expert, Cynthia Goss is a true pioneer in the field of emergency preparedness response. Wholly dedicated to addressing head-on the myriad mental health issues resulting from critical incident crisis response, Cynthia has spent 30 years of her life educating others. With an impressive background, her work has touched the lives of so many, from law enforcement groups to the families of major disaster victims. She shares her in-depth comprehension of pertinent global concerns, adapting her focus as needed to include emerging contemporary issues, including college and university campus preparedness plans and the ongoing societal reintegration of military personnel.

Topic: "When Trauma Doesn't Bleed" To better understand the fire culture and why we're different

To understand the stigma attached to asking for help, To list various differences when dealing and responding to family members

To better understand the impact of stress, critical stress and trauma responses, To identify available resources vetted for first responders, To understand the process of suicide awareness, prevention and intervention, To know who we call when we need?

To understand the Peer Team Process

10:30am – 12:30pm Gabreil Angemi is a 26 year, second generation veteran of the City of Camden Fire Department. Currently a Captain assigned to Squad Company 7, he holds a Bachelors Degree in Public Safety Administration from Neumann University, a Masters Degree in Emergency & Disaster Management from Georgetown University, and an Educational Doctorate from the University of Southern California. As a member of NJ-TF1 FEMA USAR since 2008, he is a Rescue Specialist that has operated at multiple State and Federal deployments to include the recent Surfside FL building collapse and Asheville NC flooding.

Topic: Grey Collar Leadership Arguably the most important role in any firefighting organization, the company officer is an emerging leader whose professional development and preparation is often overlooked by their own organization. Small unit leadership broadens the company officers knowledge of the self, explaining how the role fits into the American fire service rank structure to effectively deliver the organizational mission. This program is centered around command of a decentralized fire company and is tactical at the root, yet intent on combining tactics with human relationships and performance. The program formalizes several concepts that make the position as important as it truly is, while working with and for superiors, subordinates and peers.

Lunch: 12:30- 1:00

1pm – 3pm Anthony Avillo M.S. retired in March, 2015 after a 30-year career in the fire service. Avillo was a deputy chief in North Hudson (NJ) Regional Fire & Rescue, assigned as 1st Platoon regional tour commander. He holds a Master's Degree in National Security Studies and a BS degree in Fire Science from New Jersey City University. He is an Adjunct Professor at New Jersey City University. Avillo is ISFSI Region 23 Director. Avillo is an FDIC instructor and member of the FDIC advisory board and the editorial advisory board of Fire Engineering

Topic: Building Construction "Groundscrapers" Engineered Multiple Dwellings

There is no cost to attend the seminar. Food is being provided by the 3rd District.

******This seminar is open to all members of the NYSPFFA. Please share this invitation with all members of your department. Members can attend all or any part of the seminar.******

PLEASE NOTIFY YOUR DISTRICT HEALTH AND SAFETY REPRESENTATIVE STEPHEN QUICK AT 845-656-9957 OR EMAIL stephen.d.quick@gmail.com IF YOU ARE PLANNING ON ATTENDING, WE NEED A HEAD COUNT by 2/1/2026 for food planning purposes.

Fraternally,

Dave Holleran
Executive VP/ Health & Safety Chairman
NYSPFFA

Joe Tarquinio
Health and Safety Coordinator
NYSPFFA