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## Women's History Month Issue FDNY Hosts Women's Outreach Event



**FDNY Probationary Firefighter Antoinette Proctor helped participants aim a hoseline during the event.**

On March 28, the FDNY held its first-ever Women's History Month outreach event at FDNY Training Academy on Randall's Island.

"This is where the career of every single FDNY Firefighter begins," said Fire Commissioner Daniel A. Nigro. "And hopefully, after all of you see and learn firsthand about this job today, each of you will be back soon to start your careers as Firefighters as well."

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# FDNY Hosts Inaugural Women's Outreach Event

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"When I look out at this gathering of future firefighters I am truly inspired - you represent the Mayor's highest hope and vision for service," said Chloe Drew, director of the Mayor's Office of Appointments. "Today is about you - and it is also about the legions of girls coming up behind you who your success will inspire to also consider becoming firefighters."

The participants in the Women's History Month outreach event were led by female Firefighters and veteran FDNY instruc-



**Women Firefighter hopefuls received the opportunity to extinguish a fire during the FDNY's Women's History Month Outreach Event.**

tors through five training evolutions: extinguishing a car fire; extricating passengers from a car; Candidate Physical Abilities Test (CPAT); forcible entry through a door; and a question and answer session. More than 250 participants registered for the event.

National Women's Month provides an opportunity to formally recognize the contributions of outstanding female employees and members of FDNY. To find out more about joining FDNY, visit our employment page at: [www.nyc.gov/fdny](http://www.nyc.gov/fdny).

# FDNY Firefighter Marks a Spot in History

**F**DNY Firefighter Regina Wilson is definitely a “woman on fire.” She’s a veteran Firefighter in the Department, an instructor at the Fire Academy, a mentor, a singer and much more.

And on January 19, 2015, she took it a step further by becoming the first female president of the FDNY’s Vulcan Society. The achievement, Wilson explained, is one of many Firefighter milestones in the society, which has been in existence since 1940.

“The Vulcan Society has always been an organization that has been inclusive of all races and genders and selecting me as president is just another example of that,” said Wilson, who also served as the president of the



**FDNY Firefighter Regina Wilson was sworn in as the first female president of the FDNY’s Vulcan Society on January 19, 2015.**

United Women Firefighters from 2007 to 2011. “The Vulcan Society has such a great foundation and I’m really proud to be its new president.”

And as she serves her 16<sup>th</sup> year in the Department at

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# FDNY Firefighter Marks a Spot in History

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**FDNY First Deputy Commissioner Robert R. Turner II, right, and Chief of Department James E. Leonard, left, congratulated FDNY Firefighter Regina Wilson for becoming the Vulcan Society's first female president during her Inauguration in January.**

Engine 219 in Brooklyn, it's safe to say that she will continue to be an inspiration for all women.

"I just always want to be an example of what can happen when you don't let others tell you what you're supposed to be in life," she said. "Being able to help other women and people of color join this Department has been one of my biggest accomplishments on this job. This is a great Department to work for and people from all walks of life should be afforded the opportunity to work here and have a great career here."

# FDNY Celebrates Women's History Month

The FDNY marked Women's History Month on March 25 by celebrating six women of character, courage and commitment from across the Department. The women honored during the ceremony at Headquarters were:

EMS Captain Elizabeth Cascio, Executive Officer to the Commissioner, Firefighter Shkendi Demiri, Ladder Company 172, Irma L. Fontaine, Chief Architect at the Bureau of Facilities Management, Andrea Harris, a Cement Mason at the Bureau of Facilities Management, Emma Balina Rivera, Assistant Director of Ambulance Billing at the Bureau of Revenue Man-



**Fire Commissioner Daniel A. Nigro was all smiles with honoree Firefighter Shkendi Demiri of Ladder Company 172 on March 25.**

agement (posthumously), and EMT Eva. M. Wilson, instructor at Emergency Medical Dispatch.

"Today we're honoring six women - selected by their peers - whose efforts not only keep our Department

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# FDNY Celebrates Women's History Month

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running, they improve the lives of the people we protect every single day," said Fire Commissioner Daniel A. Nigro. "And for the FDNY to continue to grow and foster strong relationships with the communities we serve, we must continue to diversify our own ranks - and that does not only mean with people of color, it means women as well."

Accepting her award, Captain Elizabeth Cascio told the story of the first female ambulance surgeon Emily Danning Barringer who paved the path for her career choices.

In addition, FDNY High School for Fire and Life Safety alumna Chelsea Berry (Class of 2010) and current student Iyana Curtis served as the event's guest speakers.

National Women's Month provides an opportunity to formally recognize the contributions of outstanding female employees and members of FDNY.

This year's honorees were chosen from an impressive group of nominees for their demonstrated leadership, contributions and commitment to the agency's mission, as well as for having demonstrated character and courage of conviction. Each of the women honored received a plaque and bouquet.



# FDNY 'Probies' Mentor Aspiring Firefighters



Our Probationary Firefighters of the Month for March goes to all of our female “Probies” who helped to educate young women from throughout New York City about serving as one of New York’s Bravest on March 28 during our first-ever Women’s History Month Outreach Event at the Fire Academy. A tip of the helmet goes to each of these amazing women.



# Candidates Prepare for CPAT Training



**T**o learn about the opportunities that the FDNY offers to help candidates prepare for the Firefighter career, hundreds of Candidates attended one of six information sessions at Randall's Island in March.

During the Candidate Physical Ability Test (CPAT) Training presentation, Physical Fitness Unit instructors outlined the program's goals and schedule, as well as highlighted the FDNY's Firefighter physical fitness expectations.

The free program, which is held at Randall's Island five days a week, allows candidates to practice the physical exam's Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull evolutions.

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# Firefighter Hopefuls Talk Mentorship

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During each Information Session, the aspiring firefighters were also encouraged to join the FDNY's Firefighter Candidate Mentorship Program, which is currently preparing for its fifth round. The initiative pairs Firefighter Candidates with existing firefighters who can help to answer any questions that they have about the Firefighter hiring process and career. The Mentors remain available to their Mentees during the hiring process, and if their mentees are accepted into the Fire Academy, throughout the 18-week training.

Candidates are contacted in list number order to participate in both the CPAT Training and Firefighter Candidate Mentorship programs. **#CPATTraining #FFCMP**

# Another Round of CPAT Training Coming Soon

**T**he FDNY is currently gearing up for another round of Candidate Physical Ability Test (CPAT) Training at Randall's Island. The first session will be held on April 6, 2015.

The free training, which is held five days a week, allows Candidates to practice the physical exam's Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull evolutions.



**As participants in the FDNY's Candidate Physical Ability Test (CPAT) Training at Randall's Island, Candidates practice components of the challenging exam including the Search.**

If you are a Firefighter Candidate who is completing processing, the FDNY strongly encourages you to participate in our important Physical Preparation Program. Please remember that by attending just one training session, a Candidate's chances of passing his or her CPAT Exam jump from 44% to 70%. In addition, Candidates who attend at least 6 sessions pass their CPAT Exam nearly 100% of the time.

**\* Please note that this story is for informational purposes only. Candidates are contacted in list number order to participate in CPAT Training. To be eligible for the program, your list number must be called.** ■

# UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in April at the New York Sports Club on Wall Street in New York City. The club is located at 30 Wall Street, New York, NY 10005. To be eligible to participate, every candidate must bring a gym lock, at least a 50



pound vest, fitness clothes and sneakers, water and a medical waiver. In addition, every candidate should attend the training properly hydrated and fueled and ready for an intense workout. Please note that these workout sessions are designed to prepare candidates for the physical training at the Fire Academy. To register for the sessions, please e-mail UWF President Sarinya Srisakul at [sarinyyya@yahoo.com](mailto:sarinyyya@yahoo.com).

## April 2015 UWF Training Schedule

**April 9, 16, 23 and 30 at 7:30 p.m.**

**April 12, 19 and 26 at 12 p.m.**

# Firefighter 101: Rope

Rope is one of the oldest tools used by the New York City Fire Department. It is valuable in applications such as performing rescues, hauling of tools, and various general uses. The ability to tie proper knots is crucial to ensure safety during rope maneuvers. All FDNY Probationary Firefighters will learn about ropes during their training at the Fire Academy. Want to read more about this topic? Check out the “Probie” Manual on our website. <http://on.nyc.gov/1Kea0tF>

**Don't Procrastinate! Studying Today!**

**Follow Join FDNY**



# RECRUITMENT CORNER

## FDNY HS Students Complete Rope Rescue Training



**F**DNY High School for Fire and Life Safety freshman participated in life-saving rope rescue training with FDNY Firefighters on March 24 as part of the school's Firefighter 101 class. ■

