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## Meet 'Probie' Shelton Grant



**FDNY Probationary Firefighter Shelton Grant, right, is all smiles with his Mentor Lieutenant Charlton Brown. #FFCMP**

**T**he FDNY's Probie of the Month for April goes to Probationary Firefighter Shelton Grant. After hearing his touching story, it is easy to see why he is a perfect fit for this honor.

Like many FDNY Firefighters, Grant knew at a young age that serving as one of New York's Bravest was his true calling. He admired their courage, as well as their ability to consistently help those in need. His story, however, is still different because it shows the true meaning

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# 'Probie' is a Mentee Turned Junior Mentor

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of dedication.

Before joining the New York City Fire Department, Grant worked as a FedEx driver for eight years. He explained that he took a \$21,000 annual salary cut to join the Firefighter ranks. He also started his commute to the Fire Academy at 4:30 a.m. using mass transit because he did not have a car. In total, he spent two and a half hours each day commuting to and from "Probie" School. He also used his free time on the weekends to prepare for the work week ahead of him by studying and packing his lunch on Sundays.

There is also a touching side to this "Probie's" story. The 32-year-old noted that he also pursued this career in honor of his cousin, Lashawna Johnson, who died in the September 11th attacks. Grant recalled that Johnson was working in the South Tower of the World Trade Center that morning and his aunt spoke to her right after the first plane crashed into the Center's North Tower. Then, after the second plane hit the South Tower, they never heard from Lashawna again. When he graduated from the Fire Academy in November 2014, he explained, that it was a very emotional day for him and his family.

"There were many times in the Fire Academy where I was completely drained, but I pushed through because I wanted to do this for my cousin and all the innocent

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# 'Probie' is a Mentee Turned Junior Mentor

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**FDNY Probationary Firefighter Shelton Grant shared his story with Firefighter Candidates during the Mentee Information Sessions in April.**

people who lost their lives on September 11<sup>th</sup>,” he said. “I still get teary eyed whenever I talk about that day, but helping people as a New York City Firefighter is one way that I can continue to honor their memory.”

Grant was also a Firefighter Candidate Mentorship Program (FFCMP) Mentee. He said that his Mentor Lieutenant Charlton Brown went above and beyond to help him complete the Firefighter hiring process and Fire Academy. Brown let him borrow his weighted vest to train for the job, printed out the “Probie” Manual for him to help ensure that he studied before reaching the Fire

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# 'Probie' is a Mentee Turned Junior Mentor

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Academy and even showed him how to properly use many of the Firefighter tools while he was a Firefighter Candidate.

“Lieutenant ‘Charli’ will always be my Mentor and I still call him for advice about the job,” Grant said. “He’s just a great person and he knows so much about this job, which helped me a lot whenever I had a question. Having someone like him in my corner motivated me even more to work here. He’s one of my friends now and I have a lot of respect for him.”

Grant now encourages others to join the FFCMP at Firefighter Candidate events as a Junior Mentee. Most recently, he shared his story with attendees of the program’s Mentee Information Sessions in April.

He is now helping to keep New York City safe as a Firefighter at Ladder 170 in Brooklyn.

“It took a lot of hard work to get this job and it was all worth it,” he said, adding that his training routine for the Fire Academy included running, swimming, calisthenics and weight lifting at least six times a week. “I grew up in Brooklyn and I always wanted to be a New York City Firefighter ever since I was a kid. Working here and being able to help people for a living is really a dream come true for me.”



# Mentees Attend Information Sessions



**Firefighter Candidate Mentorship Program Mentees learned about the physical training at the Fire Academy during their Information Sessions in April.**

**F**DNY Firefighter Candidate Mentorship Program (FFCMP) Mentees were given a closer look at what is required to become one of New York's Bravest in April during their Mentee Information Sessions.

In addition to touring the training facility at the Fire Academy, the Mentees were able to participate in a question and answer session with Chief of Probationary Firefighter School David Morkal, Physical Fitness Unit Instructors and representatives from the Bureau of Health Services.

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# FFCMP Mentees Attend Information Sessions

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**Firefighter Candidate Mentorship Program Mentees were able to tour the Fire Academy during their Information Sessions in April.**

The latest event is another advantage of being a part of the FFCMP, which pairs Firefighter Candidates with existing firefighters who can help to answer any questions that they have about the Firefighter career. The Mentors remain available to their Mentees during the hiring process, and if their Mentees become Probationary Firefighters, throughout the 18-week training at the Academy.

If you're a Firefighter Candidate who is completing processing, don't forget to participate in this program after your list number is called.



# Be Prepared for CPAT Training

The FDNY offers a free Candidate Physical Ability Test (CPAT) Training program at Randall's Island to help Firefighter hopefuls perform their best on the challenging physical exam.\* The training allows candidates to practice the exam's eight evolutions — the Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull — each week.

All training participants should remember the following guidelines to ensure that they succeed during the program:

- Get sufficient rest the night before each session
- Eat a balanced meal at least two hours before each session
- Arrive to each session 10-15 minutes early
- Bring your identification and CPAT Preparation Program Card with you to every session
- Bring water with you to each session to help ensure that you remain



FDNY Firefighter Candidate Mickea Pinckney practiced the Ceiling Breach and Pull evolution during CPAT Training at the Fire Academy.

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# Be Prepared for CPAT Training

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FDNY Firefighter Candidate Constance Fripp practiced the Hose Drag evolution during CPAT Training at the Fire Academy.

hydrated

- Attend each session ready to listen, learn, cooperate and work hard
- \* **Please note that Firefighter Candidates are contacted in list number order to participate in our CPAT Training. To be eligible for the program, your list number must be called.**

## Share Your #CPATTraining Selfie

Headed to your Candidate Physical Ability Test (CPAT) Training Session? Share your #CPATTraining selfie with Join FDNY on [Facebook](#), [Twitter](#), [Instagram](#) and/or [Flickr](#). Show us how you are getting ready to become one of New York's Bravest by attending your CPAT Training sessions.

# UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in May 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).

## May 2015 UWF Training Schedule

**May 3, 10, 17, 24 and 31 at 12 p.m.**

**May 7, 14, 21 and 28 at 7:30 p.m.**

# Firefighter 101: Personal Protective Clothing (PPC)

In an effort to reduce the number and severity of Firefighter burn injuries, especially those to the lower extremities, the New York City Fire Department outfits all Firefighters with Personal Protective Clothing (PPC). The PPC includes Bunker Gear (coat and pants), Bunker Boots (rubber, leather or chauffeur boots), a station uniform, gloves, helmet and a protective hood. Want to read more about this topic? Check out the “Probie” Manual on our website. <http://on.nyc.gov/1Kea0tF>

**Don't Procrastinate! Start Studying Today to Get Ready for the Fire Academy!**

**Follow Join FDNY**



## RECRUITMENT CORNER

# FDNY HS Alumni Complete the EMS Academy

**T**he FDNY graduated 116 new EMTs at a ceremony at the Christian Cultural Center in Brooklyn on April 24. This latest class of New York's Best included FDNY High School for Fire and Life Safety alumni Donald Grey (Class of 2013), left, and Chelsea Berry (Class of 2010).

"I'm glad to be a role model for my little brother because he graduates this year - and he can follow in my footsteps," said Chelsea, referring to her brother Storm, who is currently a senior at the high school.



"I'm very happy to be working here at the FDNY," Donald added. "Helping people is important and this is an important job."

**#FDNYHS**  
**#FDNYfamily**

## RECRUITMENT CORNER

# HS Students Apply for the Summer Leadership Academy

**S**ixty-four FDNY High School for Fire and Life Safety students completed steps in April to obtain placement in the school's Summer Leadership Academy.

As part of the application process, ninth through 12th graders submitted a persuasive essay and completed an interview with FDNY Assistant Commissioner for Recruitment and Diversity Michele Maglione.

The annual Academy is a boot-camp style training held at our EMS Academy at Fort Totten in



Queens in August. During the training, students learn about the importance of physical fitness, academic excellence, teamwork, perseverance, leadership, character and much more.