

**FDNY**THE BEST JOB IN THE WORLD HAS  
THE BEST BENEFITS IN THE WORLD.

# The Recruiter

JUNE 2014

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## FDNY Graduates 286 'Probies'



Blasio said. "A lot of people couldn't do it, but you could, and that makes us so proud of you."

The class valedictorian was Probationary Firefighter Joseph Andres, salutatorian was Probationary Firefighter Michael Hayes and the physical fitness award went to Probationary Firefighter William Roe.

The FDNY proudly graduated 286 new Probationary Firefighters on June 3, the first class of 2014.

"Thank you for agreeing to protect the people of New York City," Mayor Bill de

Forty-five percent of the graduates identify as people of color and there were four women.

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# First 'Probie' Class of 2014 Graduates

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"Today, your career in this Department is just beginning; and a few days from now, my time here will be coming to a close," Former Fire Commissioner Salvatore Cassano said. "It has been an amazing ride. And let me tell you, your time in this job will go by very quickly. But understand this – every single FDNY member wants to you to succeed and thrive, because you're now part of a proud tradition dating back nearly 150 years."

Among the graduates were 100 veterans of the U.S. military. As well as several who had a family member who died in the line of duty.

The graduates will be assigned to units throughout the five boroughs.

"I've dreamt of this day for a long time, which may be why I feel I'm still dreaming," Probationary Firefighter Andres said. "It's known to be a calling, and it's one that chooses you."

Also graduating was Probationary Firefighter Raheem Hassan who said he was "extremely happy, this is the greatest Department in the world."

Probationary Firefighter Vanessa Schoening described the Academy as "18 weeks of intensity – both physically and mentally." But said it was a great experience and "this is an amazing accomplishment for me."

**End of Story**

# FDNY Celebrates Pride Month



**FDNY Fire Commissioner Daniel Nigro, left, and Firefighters Brooke Guinan, center, and Mark Lavardera were all smiles while attending the New York City Gay Pride Parade on June 29.**

Members of FDNY Recruitment celebrated Pride Month in June by attending a host of LBGTQ events throughout New York City. On June 14, our recruiters joined hundreds of people to march in the Brooklyn

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# FDNY Celebrates Pride Month

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**FDNY Firefighters Brooke Guinan, left, Luke Allen, center, and Mark Lavardera marched in the Brooklyn Pride Parade on June 14.**

Pride Parade along 5th Avenue. Then, on June 18, they attended the New York City Council's LGBTQ Pride Celebration, which honored community activists in the City's LGBTQ community. And on June 29, our recruiters marched alongside FDNY Fire Commissioner Daniel Nigro in the New York City Gay Pride Parade.

**End of Story**

# Meet FDNY Firefighter Joy Flores

**W**hen she became one of New York's Bravest six years ago, Firefighter Joy Flores said she immediately knew that joining the Firefighter ranks was the right job for her. Flash forward to present day and her sentiments are exactly the same.

"Working as a New York City Firefighter is truly a great job," she said. "This is a challenging job, but there's a lot of camaraderie here and that makes me love this job even more. It's a great fit for me."

Having previously served in the United States Army actively for eight years, Flores said that her transition to becoming an FDNY Firefighter went smoothly because the New York City



**Photo Courtesy of Joy Flores**

Fire Department is a paramilitary organization. During her training at the Fire Academy in 2008, she

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# FDNY Firefighter Serves as a Mentor

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also excelled with distinction by becoming the first woman squad leader in the Academy's history.

"When I was in the Army, we helped to save people from very dangerous situations and that's what we do here as FDNY Firefighters," she said. "Being a New York City Firefighter is a really tough job, but it's also a meaningful job, because we help people each day. It has a lot of similarities to the military."

In addition, Flores serves as a Mentor in the Firefighter Candidate Mentorship Program, which, she said, has been another way for her to help others. As a Mentor, Flores works closely with many Firefighter Candidates and "Probies" to help them prepare for the job.

"I've met a lot of interesting people in the Mentorship Program and I really try to help the future Firefighters get prepared for the tough tasks that are ahead of them," said Flores, who is also a member of the LGBTQ community. "The important information and advice that you can get through the program definitely makes a difference. It's just a great program."

Flores is helping to keep New York City safe at Engine 277 in Brooklyn. In addition, she currently serves in the Army National Guard.

**End of Story**

# FDNY High School Alumnus Makes History

When he walked across the stage on June 3 to become one of 286 Probationary Firefighters to graduate from the Fire Academy, FDNY High School for Fire and Life Safety alumnus Tristan Echols also became the second FDNY Firefighter from the high school.

Marking a place in his alma mater's history has been a great experience for Echols, who bid farewell to the high school in 2008 as a member of its first graduating class. Attending the high school, he explained, helped him to learn about the importance of teamwork, safety, service, perseverance, compassion and many other important values. In addition, he said, the high school helped him to start considering different career paths at an early age.

"I loved being a student at the high school, because it



**Probationary Firefighter Tristan Echols**

was like being a part of a family," said Echols, who also served as an FDNY EMT at Station 40 in Brooklyn for four years. "The instructors there really go above and beyond to teach you about why this career is so important and being a student there really motivated me to want to work for the FDNY."

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# FDNY HS Alumnus Becomes a Firefighter

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**FDNY Fire Commissioner Daniel Nigro, center, congratulated FDNY High School for Fire and Life Safety alumni Tristan Echols, left, and Swain Thomas for becoming FDNY Firefighters. Echols is the second alumnus to become an FDNY Firefighter and Thomas is the first.**

Echols is now serving as one of New York's Bravest at Engine 231 in Brooklyn. He aspires to become the Department's Fire Commissioner in the future.

"Being an FDNY Firefighter is the greatest job in the world, because we get to help people each day and help make the communities we serve a better place," Echols said. "Working in this Department has been a great life experience for me."

**End of Story**



# Don't Forget to Get Firefighter Fit

All firefighter candidates should remember that the FDNY expects you to arrive to the Fire Academy in excellent physical condition. You must be ready for the challenging training starting on **DAY ONE**. Below are a few exercise tips that will help all firefighter candidates improve their firefighter fitness.\*

- **Commit to Be Fit!** Make sure you exercise at least four days a week.
- **Boost Your Cardio!** Complete exercises that get your heart pumping. Running, stair climbing, swimming and biking are all ways to enhance your cardiovascular fitness. Superb cardio health is a must for all firefighters.
- **Break a Sweat!** The 18-week Fire Academy is intense, so all candidates should workout at a fast pace **NOW** to help prepare for the challenging physical fitness training that is ahead.
- **Build Your Strength!** Include sets of push-ups, sit-ups, pull-ups, squats, bench presses and jumping jacks in your routine to build your strength. Firefighters need to have outstanding upper body and leg strength.

# UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in July 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 have 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 [womenrecruitfdny-subscribe@yahooogroup.com](mailto:womenrecruitfdny-subscribe@yahooogroup.com).

## July 2014 UWF Training Schedule

**July 10, 17, 24 and 31 at 7:30 p.m.**

**July 13, 20 and 27 at 12 p.m.**

# RECRUITMENT CORNER

## FDNY High School Students Graduate



**F**riends and family gathered at the Fire Academy on June 21 to celebrate a milestone – the graduation of 51 students from the FDNY High School for Fire and Life Safety.

“When I look at all of you, I see students who studied hard and are ready to take on the challenges of life after high school,” Fire Commissioner Daniel Nigro said.

This is the seventh class to graduate from the Brooklyn school, with many graduates continuing on to careers with the FDNY, including firefighters, paramedics and EMTs.

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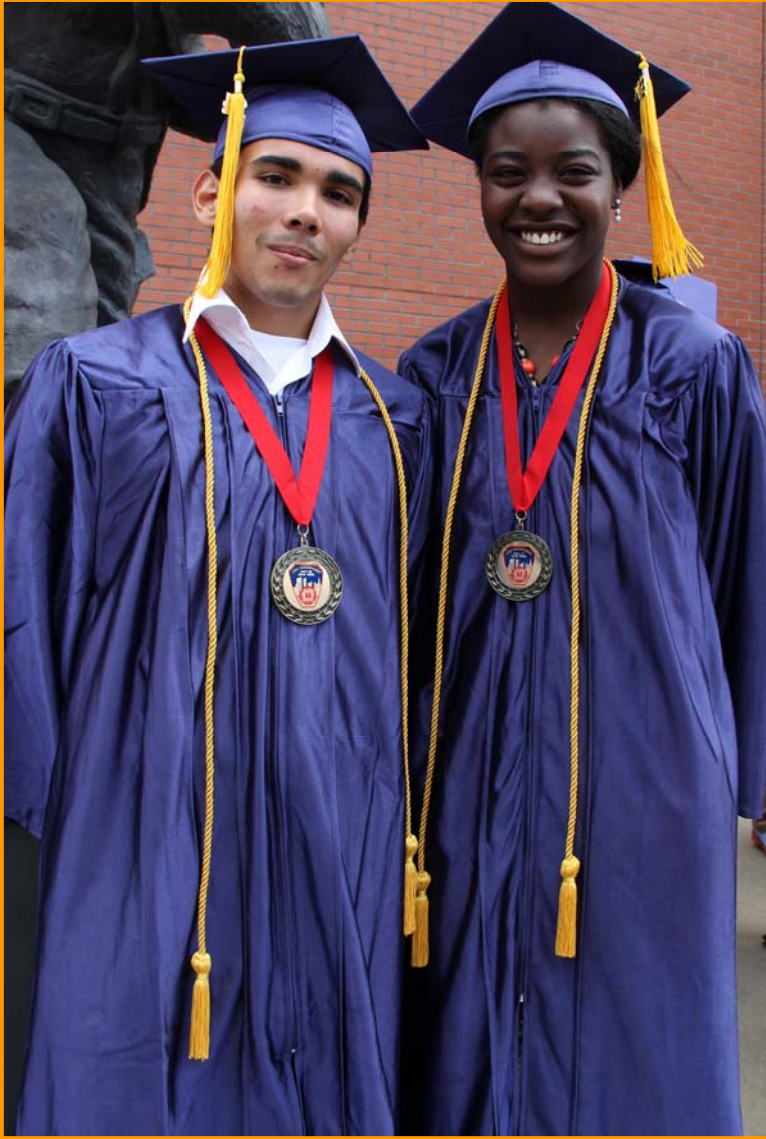


## RECRUITMENT CORNER

# FDNY High School Seniors Graduate

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look at it as an opportunity.”



The school is part of the City's small schools initiative. Housed in Thomas Jefferson High School in East New York, the school provides a rigorous academic program with a special emphasis on the academic, physical and moral rigors of emergency response.

“I wouldn’t be here today without all of you,” class Valedictorian David Hernandez, left, said. “Everyone has someone who has pushed and motivated them; and we need to take a moment to thank those people today.”

Twenty-three of this year’s graduates will be entering the EMS Academy in 2014.

“Today is a special day, your day,” Principal James Anderson said. “And this is just the beginning,

Salutatorian Nhandi Brown, right, said she and her classmates learned to never give up, and “As we march forward into our separate futures, remember we will always be a family.”

**End of Story**