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'Probie' Continues His Father's Legacy



Probationary Firefighter Ryan Blackwell

Loving, dedicated, brave and supportive are just a few of the positive adjectives that Probationary Firefighter Ryan Blackwell uses to describe his father, Christopher, a longtime Rescue 3 firefighter who died in the line of duty on September 11, 2001.

"My dad was a hard-working firefighter and he loved being a firefighter," Ryan recollected about his father, who was a 20-year veteran in the Department. "My dad

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Become an FDNY Mentee

"Having a mentor has allowed me to better prepare for the Fire Academy and this career," "My mentor has been the extra motivation when things were not so bright," and "Having a mentor is like having a buddy on the job" are comments from three FDNY Firefighter Candidate Mentorship Program mentees. The program, which is gearing up for its second round, pairs Exam #2000 candidates with existing firefighters who can help to answer any questions that they have about serving as one of New York's Bravest. Candidates are called in list number order to participate in this program and the FDNY strongly encourages all candidates to utilize this invaluable opportunity. **Don't Forget to Join!**

'Probie' is the Son of a 9/11 Hero

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was also a great family man. Whenever he wasn't working, he was spending time with our family and everyone he knew respected him for that. He was an all-around great guy."

And each day that Ryan serves as one of New York's Bravest, he is continuing his father's legacy.

After working as an FDNY EMT in the Bronx for two years, Ryan, 25, completed Promotional Exam #2500 to become a firefighter. Since graduating from the Fire Academy in May, he explained, he has been working each day to help others in a career that he aspired to pursue ever since he was a child.

"I always knew when I was kid that I would become an FDNY firefighter," he said. "Being a firefighter is a great job and it's the best job for me because I'm helping people. It's an honor to be working here."

Ryan is now serving as a probie at Engine 62 in the Bronx. On Sept. 14, he helped to rescue a woman from a fire in a six-story apartment building on Colden Avenue.

"I know my dad would be proud," he said. "And I will always be proud of him."



The FDNY's Office of Recruitment and Diversity commemorates the memory of Firefighter Christopher Blackwell and the 342 FDNY members who made the ultimate sacrifice on September 11, 2001.

We Will Never Forget

FDNY: Physical Readiness is Required

Every FDNY firefighter candidate must be in excellent physical condition in order to meet the demands of the job. When training for the challenging 18-week Fire Academy, all candidates should remember the following:

- Workout routines should target the major areas of physical fitness: flexibility, cardiopulmonary endurance, muscular strength and body composition.
- You must remain properly hydrated by drinking water before, during and after your exercise routines.
- Both aerobic (stair climbing, swimming, running and biking, etc.) and anaerobic (sprinting, pull ups, push ups and weight lifting, etc.) exercises are helpful ways to enhance your physical fitness.
- If you are using a treadmill during your workout, start transitioning **NOW** to a hard surface to help prepare for training at the Fire Academy.

*** All firefighter candidates should consult their physician before starting any exercise program.**

Visit FDNY on the Web

The employment section of the FDNY's website is one of the best ways to learn about career opportunities within the FDNY. Make sure you visit this section regularly for updated career information. You can also follow Join FDNY on Facebook and Twitter for the latest Recruitment news and announcements.

www.nyc.gov/html/fdny/html/community/employment_index.shtml

CPAT Training Reminders

The Candidate Physical Ability Test (CPAT) is a challenging exam that requires firefighter candidates to use their physical abilities to complete eight evolutions — the Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull — in less than 10 minutes and 20 seconds. The FDNY offers a free CPAT Training program at Randall's Island to help firefighter hopefuls perform their best on the physical exam. By participating in the training, all candidates must make a commitment to attend each session properly prepared. Listed below are a few tips that all training participants should follow 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 hydrated
- Attend each session ready to listen, learn, cooperate and work hard

*** Please note that this story is for informational purposes only. To be eligible for CPAT Training, your list number must be called.**

During the FDNY's Candidate Physical Ability Test (CPAT) Training at Randall's Island, firefighter hopefuls practice the eight evolutions of the challenging physical test including the Equipment Carry.



RECRUITMENT CORNER

FDNY HS Alumni Become Certified EMTs



The FDNY celebrated the achievements of 11 newly-certified Emergency Medical Technicians on Aug. 22 during an EMT Basic Completion Ceremony at its Headquarters in Brooklyn.

The “Elite 11,” who are all FDNY High School for Fire and Life Safety alumni, became New York State certified EMTs in August after participating in the FDNY’s Summer Scholarship Program at Fort Totten in Queens. The graduates completed six and a half weeks of training at the

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RECRUITMENT CORNER

Graduates Earn State Certification

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FDNY's EMS Academy, which included both lecture and practical sessions about providing extensive pre-hospital medical care. Then, on Aug. 15, they passed the state certification exam.

"Before us tonight are not just any group of EMTs, these are top flight EMTs," FDNY Assistant Commissioner for Recruitment and Diversity Michele Maglione said during the ceremony. "These EMTs are taught by the best to be the best. They are the Elite Eleven."

The high school, which is housed in Thomas Jefferson High School in Brooklyn, is a small thematic school that includes a special emphasis on the academic, physical and moral rigors of emergency response in its curriculum. It serves students in 9th through 12th grade.

The ceremony, which featured a keynote address from FDNY Division Medical Director Dr. Bradley Kaufman, also served as a way to recognize the emergency medical service career accomplishments of all the high school's alumni. To date, 59 graduates have become state certified EMTs. In addition, 10 of those 59 graduates are serving as FDNY EMTs while another 10 are working as EMTs for private ambulance companies.

"It won't be long until this group of eleven rescue workers will join our other EMTs out in the field," Maglione said. "And when you bump into each other at a job or at the ER, you will know you are with family: your FDNY High School family."

RECRUITMENT CORNER

FDNY Explorers Earn Top Honors



FDNY Fire Commissioner Salvatore Cassano, sixth from right, congratulated the FDNY Explorers for their success in the Fifth Annual Exploring Competition in August.

The FDNY's Explorers earned a slew of awards in August as participants in the Fifth Annual Exploring Competition at Randall's Island.

To kick-off the competition, FDNY Fire Commissioner Salvatore Cassano extended greetings to those in attendance on behalf of the Department. Then, the talented Explorers faced-off against Explorers from around New York in the CPAT Relay, CPR, Search and Rescue, Midnight Alarm Relay, Hose Relay and Board Technique games. The FDNY Explorers

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RECRUITMENT CORNER

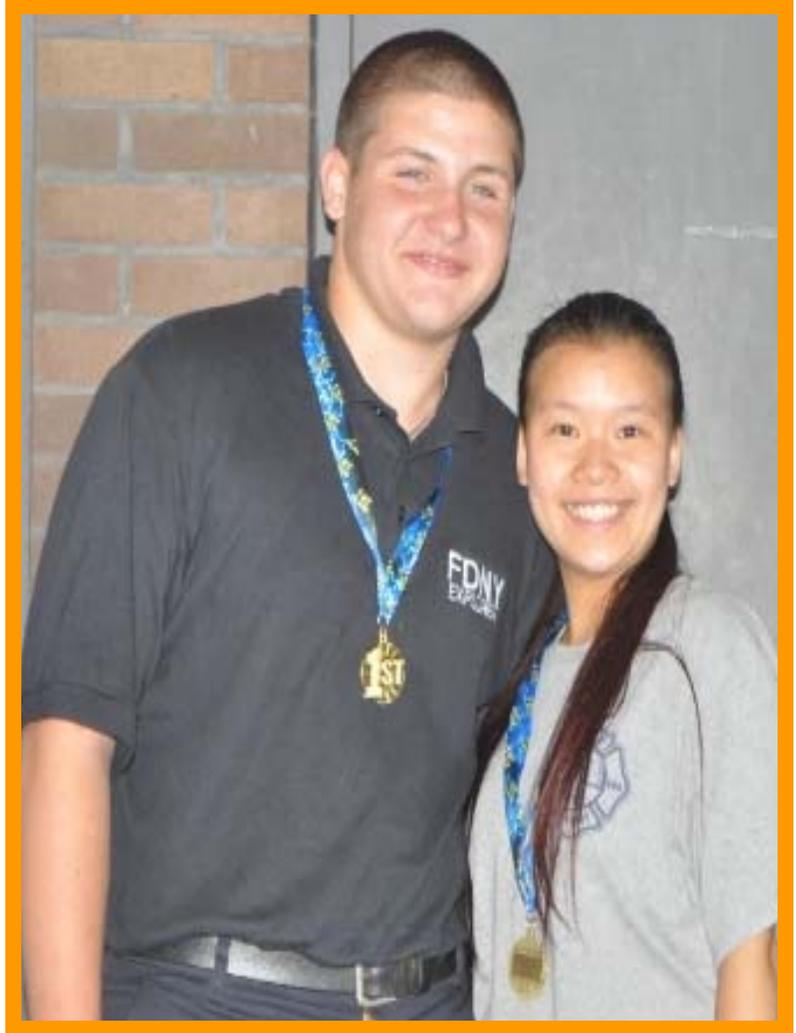
Explorers Lead Fifth Annual Competition

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won first place in all six challenges and earned 16-out-of-18 medals in total.

The competition included FDNY Explorers from posts in Queens, Brooklyn, the Bronx and Staten Island, as well as explorers from Staten Island EMS Post #43 and the Rockland County, West Harrison, Metropolitan and Lake Carmel fire departments.

“The Fire and Emergency Medical Service Explorers train all year at their department’s affiliated facilities to prepare for our annual event,” FDNY Office of Recruitment and Diversity Deputy Director Nafeesah Noonan explained. “Our competition gives the explorers the opportunity to compete in the areas that they have learned about during the year. They look forward to a tough competition and a chance to prove that their fire department’s training is the best.”



The FDNY’s Fire and Emergency Medical Services Exploring Program educates students ages 14 to 20 about fire and emergency services careers, while enhancing their leadership, life and service skills. For more information, please call (718) 999-FDNY (3369).