

## INSIDE THIS ISSUE:

Two  
Ladder 107  
Firefighters  
to be  
Honored

Firefighter  
Candidates  
Attend Info  
Sessions

Important  
CPAT  
Training  
Reminders

## 9/11 Commemoration

# 'Probie' Continues His Father's Legacy

FDNY Probationary Firefighter Connor Geraghty said his father, the late Deputy Chief Edward Geraghty, will always be his best friend. In addition to his father's dedicated and courageous service as a New York City Firefighter, Connor



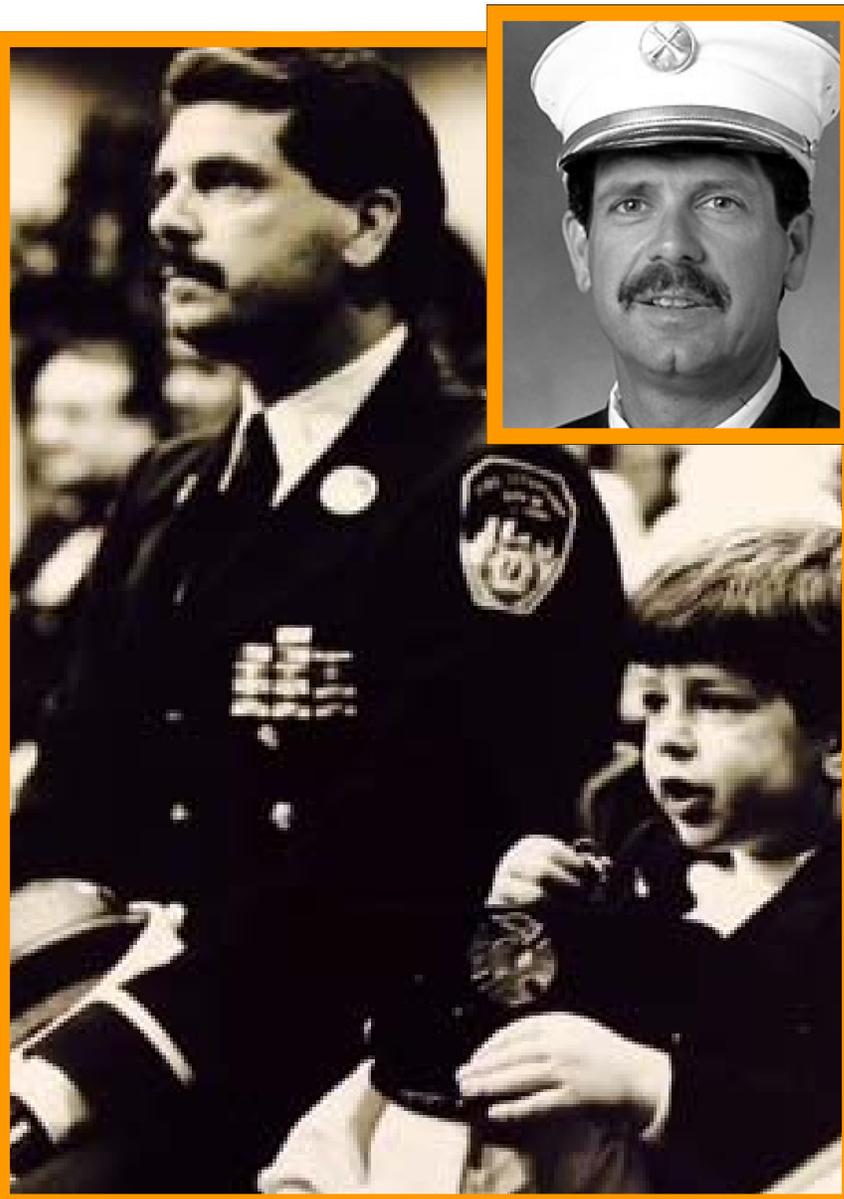
### Probationary Firefighter Connor Geraghty

noted that he will always remember that his father was a loving and devoted family man.

**Story continues on page 2**

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

Story continued from front page



Photos Courtesy of Connor Geraghty

**Probationary Firefighter Connor Geraghty, shown in the picture above at the age of 4, said his father, the late Deputy Chief Edward Geraghty, will always be his best friend.**

Geraghty, who served the Department for 23 years, died in the line duty on September 11, 2001.

“My dad was a great man and there are not enough words to describe how great of a person he was,” Connor said. “He really loved being a Firefighter and helping people.”

As a child, Connor recalled, he always wanted to be an FDNY Firefighter, because he was exposed to the firefighter life and culture. His great-grandfathers, Lieutenant James Egan and Frank Pfeifer, as well as his grandfather, Captain Jim Geraghty, also served as New York City Firefighters. It was also his father’s devotion to the job that inspired

Story continues on page 3

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

Story continued from previous page

him to pursue the career.

“My dad was very passionate about education and physical fitness and I always admired that about him,” the 27-year-old explained. “My dad always went to work with a smile on his face, because he loved his job, and I knew from a young age that being a FDNY Firefighter is something that I wanted to do.”

And on December 5, 2013, when he graduated from the Fire Academy, Connor marked a spot in his family’s history by becoming the fourth generation New York City Firefighter. In addition, he served as the valedictorian of his Academy class, finishing first out of a class of 242 “Probies.” His cousin, Firefighter Christopher Geraghty, also earned the valedictorian honor for the May 2013 Fire Academy class.

Since joining the Department, Connor said, the job has held a special place in his heart because it has given him the opportunity to continue his father’s legacy.

“It’s an honor for me to be working as a FDNY Firefighter and following in my dad’s footsteps,” Connor said. “This really is a dream come true for me.”

Connor currently helps to keep New York City safe at Ladder 175 in Brooklyn. ■

**We Will Never Forget**

# Two Firefighters to be Honored for Rescues



Firefighters Lawrence Hollingsworth, left, and Damion Waite from Ladder 107 will receive a special honor from Concepts of Independence on October 30 – Abe Zelmanowitz Humanitarian Award.

The non-profit organization, which administers Consumer Directed Personal Assistance Program services in the New York City area, is honoring the two men for their work saving three women, including one in a wheelchair, during a 2-

**Story continues on page 5**

# Two Firefighters to be Honored for Rescues

**Story continued from previous page**

alarm fire in January.

“I wasn’t expecting this, we were just doing our job like any other firefighter would,” Firefighter Hollingsworth said.

“The entire time I kept thinking about the people alone in their apartment. Every firefighter’s goal is to make sure everyone stays safe.”

The award is named after a worker on the 27<sup>th</sup> floor of Tower One in the World Trade Center, who stayed with his friend, Ed Beyea, a quadriplegic, on 9/11. Firefighter William Burke, Jr., Engine 21, worked to rescue them, but all three were killed in the collapse.

“This is just a part of our job,” Firefighter Waite said of the rescue. “But it feels great [to receive this award]; it makes us feel appreciated. I’m just grateful everyone got out alive.”

Firefighter Hollingsworth is a 10-year veteran of the FDNY, and Firefighter Waite is a 9-year veteran. Both men said they could not have done the work alone.

“It was a team effort,” Firefighter Hollingsworth said.

“Other [Firefighters] are always right behind you.” ■

# Candidates Participate in Information Sessions



FDNY Firefighter Candidates kicked-off September on a productive note by attending one of five Candidate Physical Ability Test (CPAT) Training Information Sessions at the Fire Academy.

During the sessions, Director of Health and Fitness Lieutenant Michael Cacciola explained how the Department's free training program at The Rock will help candidates prepare for the Department of Citywide Administrative Services (DCAS) CPAT Exam.

**Story continues on page 7**

# Candidates Participate in Information Sessions

Story continued from previous page



The weekly physical preparation program provides candidates with the opportunity to practice the eight components of the CPAT, which they must pass to be hired as a Firefighter.

In addition, the Firefighter hopefuls were able to learn about the FDNY's Firefighter Candidate Mentorship Program (FFCMP), which pairs candidates with veteran Firefighters, who serve as their Mentors.

**\*Please note that candidates are invited to participate in both programs in list number order base on need as part of the FDNY's processing. When your list number is called, don't forget to register for these two career beneficial programs. ■**

# 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 hydrated



- Attend each session ready to listen, learn, cooperate and work hard

**\* Please note that 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 October 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 [womenrecruitfdny-subscribe@yahoo.com](mailto:womenrecruitfdny-subscribe@yahoo.com).



## October 2014 UWF Training Schedule

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

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

# FDNY Celebrates Carnival in Brooklyn



**M**embers of the FDNY's Office of Recruitment and Diversity joined Fire Commissioner Daniel Nigro to march in the West Indian Day Parade in Brooklyn on Sept. 1. ■

Follow Join FDNY on Social Media



## RECRUITMENT CORNER

# Explorers March in African American Day Parade



**T**he FDNY Explorers marched with Fire Commissioner Daniel Nigro and First Deputy Commissioner Robert Turner during the African American Heritage Day Parade in Manhattan on Sept. 21. ■