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9/11 Commemoration FDNY Adds 21 Names to Memorial Wall



Tuesday, September 8, Fire Commissioner Daniel A. Nigro added the names of 21 members who died of illnesses related to their work in the rescue and recovery effort during and after September 11th to the World Trade Center Memorial Wall at FDNY Headquarters in Brooklyn. A total of 110 FDNY members are now listed on the World Trade Center Memorial Wall, which was unveiled in September 2011.

"As of this moment, more than 10,000 members of the FDNY World Trade Center Health Program are

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battling illnesses which are a direct result of their brave and noble work in the rescue and recovery effort at the World Trade Center," said Fire Commissioner Daniel A. Nigro. "And now, each year, we gather for this difficult and painful tradition, but one that is undeniably necessary, where the FDNY family remembers the men and women who have lost their lives since September 11th."

"You have got to remember that the fires burned for three months down there and the toxins were there - I don't know



During the ceremony at Department Headquarters in Brooklyn, families placed white roses at the memorial while the names of the 21 members were read aloud.

what we were walking through," said retired Firefighter Ray Pfeiffer. "And a good day down at the Trade Center was to find somebody for closure - and that's why we stayed down there, that's why we did it."

The inscription on the World Trade Center Memorial Wall reads:

"Dedicated to The Memory Of Those Who Bravely Served This Department Protecting Life and Property in the City of New York in the Rescue and Recovery Effort at Manhattan Box 5-5-8087. World Trade Center."

Meet 'Probie' Michel-Victor Noel



There are many ways that FDNY Probationary Firefighters train for the Fire Academy and this month Join FDNY is highlighting another one. Meet Probationary Firefighter Michel-Victor Noel.

In addition to studying the Probationary Firefighters Manual, Noel recalled that he became an avid bicyclist while he was training for the Academy. On one excursion, he even biked from Bushwick, Brooklyn to Fort Lee, NJ and back.

This form of exercising, he explained, helped him succeed in the FDNY's Fitness Awareness Program (FAP) in 2014. The program, which is held at the Academy, is offered to Firefighter Candidates to help them learn how to properly prepare for the physical training at the Academy.

"FAP taught me the importance of running and it helped me greatly because running is a big part of the training at the Academy," he said. "It's a great program because you really get to

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experience how hard we train here at the FDNY.”

As a Firefighter Candidate Mentorship Program (FFCMP) Mentee, Noel also noted that his Mentor David Torres consistently encouraged him to remain dedicated to training before he reached the Academy. The program, which is currently gearing up for its sixth round, pairs Firefighter Candidates with experienced Firefighters who serve as their Mentors.

“My Mentor always made sure that I kept my head in the books,” he explained. “Getting this job is not easy, so it was great to have that kind of support.”

And in an unexpected twist of fate, he was assigned to the same firehouse as Torres, Engine 15/Ladder 18/



Probationary Firefighter Michel-Victor Noel participated in the Fitness Awareness Program (FAP) as a Firefighter Candidate, where he was able to train for the Fire Academy under leadership of the FDNY’s Fitness Unit instructors.

Battalion 4 in New York City, after he graduated from the Academy in May 2015. This marked an FFCMP first.

“Working as a New York City Firefighter has been an awesome experience,” he said. “I’m helping people and learning more about this job each day and I’m just humbled to be working here.”

Candidates Participate in Fitness Awareness Program

FDNY Firefighter Candidates continued their journey to become one of New York's Bravest in September by participating in the Office of Recruitment and Diversity's Fitness Awareness Program (FAP) at the Fire Academy in New York City.

During the program, Candidates completed high intensity Fire Academy-style physical training under the leadership of the FDNY's Fitness Unit instructors.



The challenging training, which includes calisthenics sessions, is designed to educate Firefighter Candidates about how they should be exercising to properly prepare for the rigorous 18-week Fire Academy.

*** Please note that this story is for informational purposes only. Candidates are contacted in list number order to participate in the Fitness Awareness Program (FAP). To be eligible for the program, you must be invited.**

Another Round of CPAT Training Coming Soon

The 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 Oct. 19.

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.

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 jumps from 30% to 70%. In addition, Candidates who attend at least seven 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 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 UWF President Sarinya Srisakul at sarinyyya@yahoo.com.

October 2015 UWF Training Schedule

Oct. 4, 11, 18 and 25 at 12 p.m.

Oct. 6, 13, 20 and 27 at 7:30 p.m.

Firefighter 101: Engine Company Apparatus

The function of the New York City Fire Department Engine Company Apparatus is to deliver engine company personnel, hoses, appliances and an assortment of tools to the scene of an operation. Additionally, this rig is to be positioned to utilize the various available sources of water and pump the water needed in operations. Learn more about this topic by reading the **Probationary Firefighters Manual** on our website. Visit



<http://on.nyc.gov/1KeaOtF>. If you're a Firefighter Candidate, don't forget to study while you wait for your turn to enter the Fire Academy.

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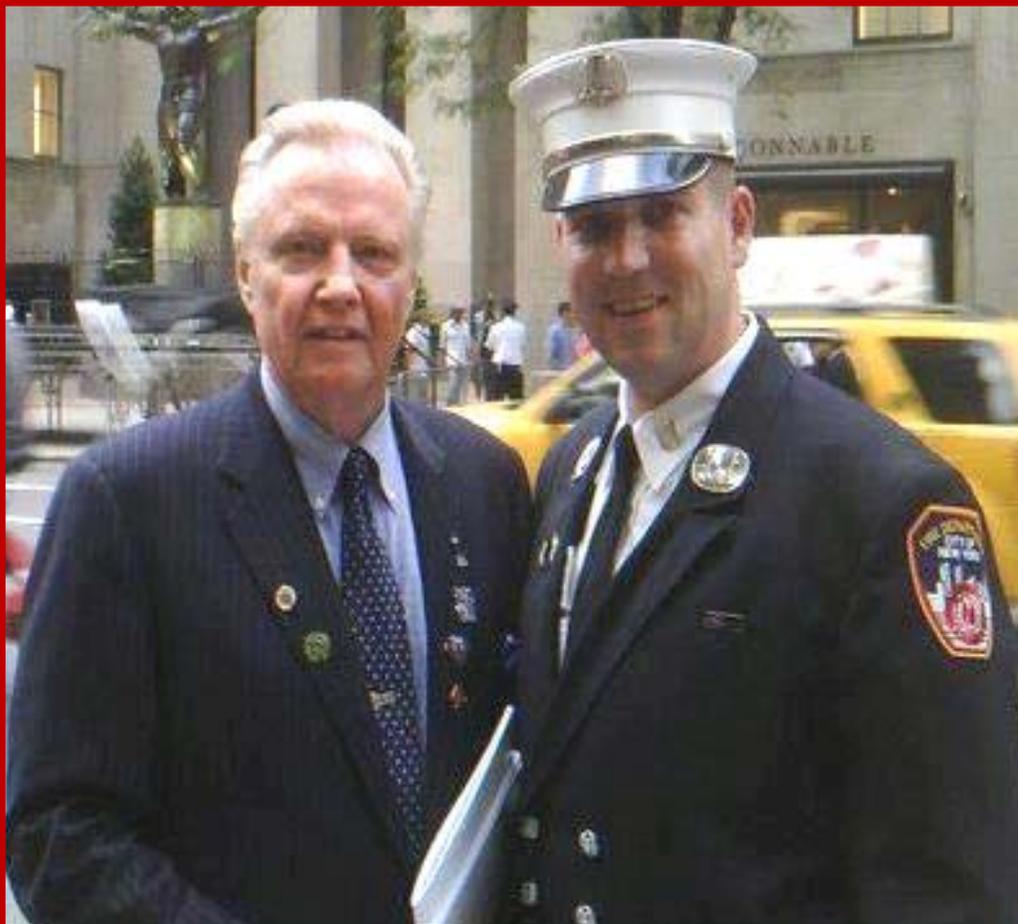


YouTube



New York's Bravest in the News

Firefighters in the 2016 FDNY Calendar of Heroes joined actress Sarah Jessica Parker, center, at Bloomingdale's on Lexington Avenue and 59th Street in New York City on Sept. 19 to celebrate the launch of her new shoe line SJP Collection. Don't forget to purchase your FDNY calendar by visiting www.fdneyfoundation.org.



Firefighter Candidate Mentorship Program (FFCMP) Senior Mentor Captain Robert Keating, right, met actor Jon Voight during a 9/11 Commemoration Mass at St. Bart's Episcopal Church in New York City on Sept. 11.

RECRUITMENT CORNER

FDNY Explorers March in Annual NYC Parades



The FDNY Fire and Emergency Medical Service Explorers marched with Fire Commissioner Daniel Nigro and First Deputy Commissioner Robert Turner during the West Indian Day Parade in Brooklyn on Sept. 6 and the African American Heritage Day Parade in Harlem on Sept. 20.