

INSIDE THIS ISSUE:

Meet
'Probie'
Chi Ho Li

New York's
Bravest in
the News

Celebrate
150 Years
with the
FDNY

Firefighter
101

FDNY Hosts
Seventh
Annual
Summer
Leadership
Academy

FFCMP Hosts Annual Day in the Park



The FDNY Firefighter Candidate Mentorship Program (FFCMP) hosted its Second Annual Mentor-Mentee Day in the Park on Aug. 1 at Randall's Island Park in New York City.

During the event, FFCMP Mentees were able to
Story continues on page 2

Mentees Participate in Annual Day in the Park

Story continued from previous page

spend time with their Mentors to learn more about working as a New York City Firefighter, while enjoying food, music by the legendary DJ Jazzy Joyce, FDNY Marine Unit demonstrations and games.

The FFCMP, which operates out of the FDNY Office of Recruitment and Diversity,



FDNY Firefighter Candidate Mentorship Program Mentor Lieutenant Wing Tsang, center, celebrated the Second Annual Mentor-Mentee Day in the Park with his Mentees John Wi, left, and Tom Cougan on Aug. 1.

pairs Firefighter Candidates with experienced Firefighters who serve as their Mentors. The Mentees are provided with guidance during the Firefighter hiring process, and if they become Probationary Firefighters, throughout the Fire Academy. If you are a Firefighter Candidate, don't forget to join this program after your list number is called.

#FFCMP

Meet 'Probie' Chi Ho Li



Since graduating from the FDNY Fire Academy on May 5, Probationary Firefighter Chi Ho Li said he is continuing his journey as a lifelong learner.

“Being a New York City Firefighter is a job where you’re constantly learning and each day is a different experience,” explained Li, who helps to keep the city safe at Engine 243 in Brooklyn. “All the training that it takes to get this job is necessary because this is a very important job.”

And Li, 29, is certainly one “Probie” who exhibited dedication to preparing for the job while he was a Firefighter Candidate. In addition to training five times a week on his own, he noted, that he also participated in the FDNY’s Candidate Physical Ability Test (CPAT) Training Program, Firefighter Candidate Mentorship Program (FFCMP) and Fitness Awareness Program (FAP).

Story continues on page 4

Meet ‘Probie’ Chi Ho Li

Story continued from previous page



FDNY Probationary Firefighter Chi Ho Li participated in the FDNY’s Fitness Awareness Program at the Fire Academy while he was a Firefighter Candidate. The program provides Firefighter Candidates with the opportunity to complete Fire Academy-style physical training under the tutelage of the Academy’s fitness instructors.

During his FAP training, Li said was able to adjust his personal workout routine to the Fire Academy’s intense training style, which, later paid off while he was a “Probie” in Academy Class 3 of 2014.

“What’s great about FAP is that you train with the FDNY’s instructors and you get to experience some of the training that you have to complete in the

Story continues on page 5

Meet ‘Probie’ Chi Ho Li

Story continued from previous page


Academy,” Li said. “Being physically fit is a big part of this job and I think that program really helped to emphasize that message.”

In addition, he said, his Mentor Captain Gregory Wellbrock helped him to have a clearer picture of what to expect throughout the Firefighter hiring process. He noted that he also appreciated that his Mentor would go the extra mile to obtain answers to his questions.

“My Mentor really gave me a lot of encouragement during this whole journey and he was always making sure that I had all of paperwork ready when I was completing the hiring process,” Li explained. “He would speak to ‘Probies’ in his firehouse to be able to share recent Fire Academy experiences with me and I thought that was great because it showed he really cared about me getting this job.”

Li is also a member of the FDNY Phoenix Society, one of the FDNY’s Affinity Societies, which helps to develop a cultural bridge between the FDNY and the Asian communities it serves. As a member, he said, he hopes to continue to help others just like he does when he’s serving at the firehouse.

“There’s a lot of support here at the Department and you’re treated like you’re part of a family,” he said. “This is definitely a great place to work and I’m very happy to be working for such a great Department.”



New York's Bravest in the News



Firefighter Martin Adorno, who is also a Firefighter Candidate Mentorship Program (FFCMP) Junior Mentor, was named as Mr. April in the 2016 FDNY Calendar of Heroes in July. The calendar features 13 New York City Firefighters from across all five boroughs, as well as a fire and life safety tip for each month. Proceeds from the sales of the calendar go to the FDNY Foundation. To purchase this calendar, visit www.fdneyfoundation.org.

Firefighter Khalid Baylor won first place in the FDNY vs. NYPD Battle of the Badges cooking competition on Aug. 23 at Resorts World Casino in Queens. His winning dish was Tennessee apple-smoked ribs with a side of apple slaw.



Story continues on page 7

New York's Bravest in the News

Story continued from previous page



The FDNY Phoenix Society was honored on Aug. 14 at the Jing Fong Restaurant in New York City for winning first place in the Hong Kong Dragon Boat Race in Queens on Aug. 10.

Firefighters Khalid Martin, left, Cyan Toussaint, second from right, and Anthony O'Carroll, met New York City First Lady Chirlane McCray, center, while grocery shopping for dinner in Brooklyn on Aug 12.



Visit Join FDNY at the FDNY 150 Block Parties



The celebration of the FDNY's 150th Anniversary continued throughout August with block parties in Brooklyn, the Bronx and Harlem. The FDNY family fun will also run throughout September in Brooklyn, Queens and New York City. Join us for an afternoon of food, music, games and learning all about the FDNY's amazing careers. To view the remaining block party dates, visit on.nyc.gov/1C9hxGV.



Firefighter 101: Collapse

A collapse is one of the most dangerous operations that New York City Firefighter will encounter. The FDNY might be dispatched to a report of a collapse or one may happen during firefighting operations. Injured or disoriented people may require assistance, while others may still be trapped in the rubble. The causes of a collapse are accumulation of snow or rain on the roof, overloading of floors, backdrafts/smoke explosions, fires, excavations, improper renovations, weather (earthquakes, winds etc.) and impact load from a collision. Want to learn more about this topic? Visit our website: [http:// on.nyc.gov/1Kea0tF](http://on.nyc.gov/1Kea0tF).

Don't Procrastinate! Start studying the "Probie" Manual today to get ready for the *Fire Academy*!



Join FDNY Has Videos

Don't forget to watch the videos on the Firefighter Candidate Resources Page on our website. These important videos will help you become a step closer to serving as a New York City Firefighter. [http:// on.nyc.gov/1qKedxu](http://on.nyc.gov/1qKedxu)

UWF to Host Training for Candidates

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

September 2015 UWF Training Schedule

September 3, 10, 17 and 24 at 7:30 p.m.

September 6, 13, 20 and 27 at 12 p.m.

RECRUITMENT CORNER

FDNY HS Hosts Summer Leadership Academy

The FDNY High School for Fire and Life Safety hosted its Seventh Annual Summer Leadership Academy from Aug. 17-21 at the FDNY EMS Academy at Fort Totten in Queens.

Seventy-eight students participated in the latest Academy, which provides the students with a rigorous five-day physical and academic training under the tutelage of the FDNY's veteran drill instructors.



Story continues on page 12

RECRUITMENT CORNER

FDNY HS Hosts Summer Leadership Academy

Story continued from previous page



This year also marked a milestone in the program's history, with 31 incoming freshmen participating in the Academy.

Each year the training educates the school's freshmen, sophomores, juniors and seniors about the importance of teamwork, resilience, physical fitness, respect, patience, integrity and academic excellence. In addition, the program is designed to reinforce the FDNY's Core Values of Service, Bravery, Safety, Honor, Dedication and Preparedness.

The Department celebrated the achievements of this year's participants on Aug. 22 during a special completion ceremony at its Headquarters in Brooklyn. Just before they were presented with their completion certificates, the

Story continues on page 13

RECRUITMENT CORNER

FDNY HS Hosts Summer Leadership Academy

Story continued from previous page



aspiring Firefighters, Paramedics and Emergency Medical Technicians were able to perform demonstrations for those in attendance to showcase what they learned during the challenging Academy.

The school, which is housed in the Thomas Jefferson High School Campus in Brooklyn, is a small thematic school that educates students from 9th to 12th grade while introducing them to careers as Firefighters, Paramedics and EMTs. It is largely funded by the FDNY Foundation, the official non-profit organization of the FDNY.