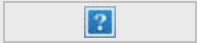


From: [Williams, Dana \(FDNY\)](#)
To: [Perez, Alex \(FDNY\)](#)
Subject: FW: FDNY Test Newsletter Week of 3/27_v2
Date: Thursday, January 11, 2018 4:52:04 PM

Newsletter #3

From: recruitment@fdny.nyc.gov [mailto:recruitment@fdny.nyc.gov]
Sent: Wednesday, March 29, 2017 3:29 PM
To: Williams, Dana (FDNY)
Subject: FDNY Test Newsletter Week of 3/27_v2



MARCH 2017

Meet Ladder 29 Firefighter Sarina Olmo



"If you're a mom and a woman and want to join the FDNY - I did it and you can do it too," said Firefighter Sarina Olmo of Ladder Company 29, who is also one of the four Firefighters featured on our firehouse banners. Watch her journey to become one of New York's Bravest.

And don't forget that our Firefighter exam filing period will begin on April 5. Get ready! For more information about the career of a lifetime, visit www.joinfdny.com.

Learn These Little-Known FDNY Facts



We're sure by now that you have heard people call our Firefighters New York's Bravest and we're certain that you know that they work daily to save lives and protect property in New York City. But did you know that we protect more than

8,000,000 residents in an area of 320 square miles or that we've been in existence for 152 years? Take a few minutes today to learn more facts about our heroic Department. [Click Here](#)

Firefighter Lyde Helps to Inspire Young Women



Engine 217 Firefighter Clara Lyde said one of the best parts about her career is that she has the opportunity to inspire young women to join the FDNY. Most recently, she educated seniors at John Adams High School in Queens about the many ways our Firefighters help to save lives throughout the five boroughs of New York City.

“I love being a FDNY Firefighter because I get to help my fellow New Yorkers and I like that the flexible schedule allows me to spend more time with my son Anthony,” said Lyde, who also serves in the Air National Guard. “I also think it’s important for girls in the community to see women who come from the same neighborhoods as them have a career here as a Firefighter. I believe it really helps them understand that their capabilities are limitless and it enables them to stay strong and motivated.”

Check out this [Instagram](#) clip of Lyde teaching high school seniors how to complete FDNY-style physical training.

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