



FIRE & EMS NEWS

June 2005

Volume 3 – Issue 12

Welcome to the latest issue of the Fire & EMS News! My goal is to provide you with information about your Chabot College Fire Technology Program, the local Fire Departments, in addition to other information that might be beneficial to you in your pursuit of better preparing yourself for the career of your dreams! Some of the highlights of this issue include:

- Congratulations are in order to a couple of individuals for their recent promotions!
- Volunteers needed around the Bay Area – EMS classes
- FREE Firefighter Oral Interview Seminar with Captain Bob on June 22, 2005!
- This month's written examination testing tips, courtesy of the Don McNea Fire School!
- FREE Firefighter Preparation Seminars at Chabot College!
- Paramedic school entrance exams – classes being held around Northern California!
- Firefighter employment opportunity – Tacoma Fire Department.
- Employment opportunity – Public Safety Officer: St. Francis Memorial Hospital in S.F.
- Firefighter employment opportunity – Paso Robles Fire Department

CONGRATULATIONS ARE IN ORDER FOR THE FOLLOWING INDIVIDUALS!

I would like to congratulate the following individuals on the achievement of their recent goals and accomplishments:

- **Bruce Martin**, for being selected as the new *Fire Chief* of the [Fremont Fire Department](#). Chief Martin was previously the Fire Chief for the San Rafael Fire Department, a Battalion Chief with the Palo Alto Fire Department, and the former Fire Technology Coordinator at the College of San Mateo.
- **Demetrious Shaffer**, for being selected as the new *Fire Chief* of the [Newark Fire Department](#). Chief Shaffer had previously worked as a Battalion Chief with the Mountain View Fire Department.

Congratulations Chief Martin and Chief Shaffer, I look forward to working with both of you in the future, as I have done in the past!

EMS VOLUNTEER OPPORTUNITIES AROUND THE BAY AREA:

The [San Francisco Paramedic Association](#) is looking for volunteers for the following upcoming EMS related classes:

Pre-Hospital Trauma Life Support Classes - Volunteers Needed

Dates / Locations / Times:	- Tuesday June 21 from 1230 to 1730 hours
	NOTE: All of the above classes will be held at the Fremont Fire Department
Dates / Locations / Times:	- Thursday August 18 from 0715 to 0930 hours
	- Friday August 19 from 1230 to 1730 hours
Dates / Locations / Times:	NOTE: Both of the above classes will be held at the San Francisco General Hospital (2789 25 th Street, San Francisco)
	- Wednesday September 21 from 00715 to 0930 hours
Dates / Locations / Times:	- Thursday September 22 from 1230 to 1730 hours
	NOTE: Both of the above classes will be held at the Bay Model Visitor Center in Sausalito (2100 Bridgeway, Sausalito)
You will receive:	Valuable experience watching paramedic level (or higher) students perform patient assessments. Learn from their pluses and minuses. You will also receive a free San Francisco Paramedic Association t-shirt and your choice of an SFPA rescue key chain or ALS field guide.
Your role:	As a volunteer, you will be moulaged and designated to role-play a victim of a trauma emergency scenario. Please wear loose, old, comfortable clothing, as you may be on the floor for some scenarios.
Contact person(s):	Call the San Francisco Paramedic Association for more information or to sign-up at (415) 543-1161 (tell them Steve at Chabot sent you) or email them at director@sfparamedics.org or visit their website section on volunteer opportunities at www.sfparamedics.org/volunteer.htm

Advanced Medical Life Support Classes - Volunteers Needed

Dates / Locations / Times:	- Tuesday August 16 from 1230 to 1700 hours
	- Wednesday August 17 from 1030 to 1630 hours
Dates / Locations / Times:	Both of the above classes will be held at the <u>Bay Model Visitor Center in Sausalito (2100 Bridgeway, Sausalito)</u>

You will receive:	Valuable experience watching paramedic level (or higher) students perform patient assessments. Learn from their plusses and minuses. You will also receive a free San Francisco Paramedic Association t-shirt and your choice of an SFPA rescue key chain or ALS field guide.
Your role:	As a volunteer, you will be designated to role-play a victim of a medical emergency scenario. Please wear loose, old, comfortable clothing, as you may be on the floor for some scenarios.
Contact person(s):	Call the San Francisco Paramedic Association for more information or to sign-up at (415) 543-1161 (tell them Steve at Chabot sent you) , register via email at director@sfparamedics.org or register and see more information on their website at www.sfparamedics.org/volunteer.htm

WHAT IS KEEPING YOU FROM GETTING YOUR FIREFIGHTER BADGE?

It's Your Turn in the Hot Seat!

You've spent time, money and put your life on hold to gain the necessary education and experience to become a firefighter. Your oral board will determine the future. It's game day. You have around 20 minutes to stun the oral board into giving you the opportunity to ride big red. Are you ready to sit in the hot seat and see what you've got?

At the Chabot College Seminar on April 13, 2005, with Captain Bob, you can gain the time-tested strategies of oral boards you might be missing. In a no-nonsense, straight-from-the-hip -- in a total of 2+ hours! --you will gain more information and insights than most candidates learn in an entire lifetime.

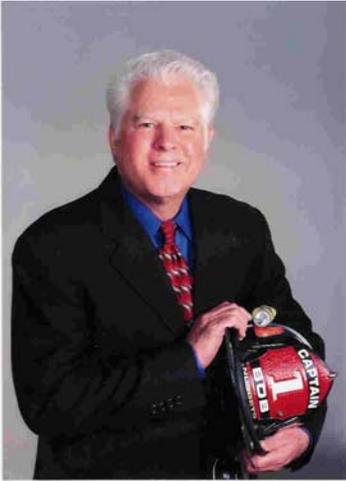
Please send Captain Bob your questions on what you want to make sure that is covered at the seminar: Email Captain Bob at captbob@eatstress.com

Captain Bob will give a FREE presentation; **It's Your Turn in the Hot Seat. What are You Going to do to Stun the Oral Board into Giving you the Badge!** at Chabot College in Hayward (CA).

DATE: Wednesday June 22, 2005

TIME: 6 pm to 8 pm

LOCATION: Room 510 (in building 500)



Why should you attend? To learn step by step, everything you need to know in the process, starting with the application, written, physical, oral interview, psych interview, background, polygraph, and medical to gain a badge. You will find the inside “Nuggets”, tips and resources you can’t get anywhere else to shorten the learning curve and the distance between you and that badge. This is information that has helped over 2100 candidates nail their badges!

For more information about Captain Bob, visit his website at www.eatstress.com He has numerous free tips and suggestions to score better on the oral interview. To register for this unique and excellent opportunity, email me at sprziborowski@chabotcollege.edu and let me know how many people plan to attend. Hurry, seats are limited!

Oral interviews are the toughest thing for most people (going for jobs in any line of work, not just the fire department). Why not take this free opportunity to learn at least one new thing? If you learn something that even just raises your score by 1%, it was worth your time to attend!

Register early – seats will fill up fast!

What on person said about the April 13, 2005 seminar:

Captain Bob,

I just wanted to take the time and thank you for such a wonderful program. A week and a half ago I ordered your program, read the book, listened to the CDs, and watched the DVD. The following day I went to your presentation at Chabot, which was an excellent presentation and highly recommend it to everybody. I only had one week before my oral board. Well to keep things short, I was one of the chosen ones to go on to the Chief’s Oral. There were 40 people of which 10 (one of them being me) were chosen to go on to the Chief’s Oral for a total of 4 openings. Thank you very much!! This is the furthest I’ve ever gone.

I read your sections on Chief’s Orals. I’m on the winning pony now and hope to ride it all the way home!! The Chief’s Oral is next Friday. Are there any additional suggestions you can make? Is it too late at this point to for a personal session? Any other advice you may send my way would be greatly appreciated.

Jose

THIS MONTH'S TESTING TIPS

Some more firefighter testing tips courtesy of the [Don McNea Fire School](#)! This month's tips focus on the Written Examination:

STRATEGIES BEFORE THE WRITTEN EXAMINATION

While taking practice examinations, highlight the areas and questions that you find difficult. Go back over these areas continuously until you understand the strategies and philosophies behind these questions. This is the time to find out what you don't understand and the time to correct any testing deficiencies you may have.

Find a comfortable area that is well lit. The area should be free from distractions, and located as far away as possible from any potential distractions, such as televisions, radios, or where conversations are taking place.

Set aside a time of day where your concentration is at its peak. For some individuals, this may be early morning, while for others it could be afternoon or evening. Try to study for 1-2 hour sessions, which are more productive than several 20-25 minute sessions.

For those individuals who are smokers, remember that during examinations, all smoking will be prohibited. This means that you will not be allowed to smoke for this entire 2-3 hour period. You should try eliminating smoking for 2-3 hour periods so that you will not have high anxiety or frustration from not smoking during the examination.

Exercise regularly and stay in good physical condition. People who keep themselves in good physical condition have a competitive edge over their competition. A good, physically fit body makes for a good, mentally fit mind.

Finally, it is important that you receive an adequate amount of rest, not only the day before the examination but also for the preceding period. If you are used to going to bed at 11:00 p.m. and getting 7 hours of sleep, do so. Do not think that if you go to bed at 9:00 p.m. the day before the examination, those extra two hours will help you. More than likely, you will wake up two hours earlier and this will cause you more anxiety and a tendency to be more tired during the examination.

FINAL DAYS BEFORE THE EXAMINATION

Diet: Try to eat foods high in carbohydrates two-three days before the examination to give you the extra energy you will need. You will be nervous the day before and the day of the exam; much of this nervousness and high anxiety will cause you to use up energy. The night before the exam it is a good idea to have a pasta dinner to load up on carbohydrates to give you the needed energy for the test.

It is a good idea to have someone call you to make sure you don't oversleep the morning of the exam. If you have a friend who is also taking the exam, you should follow each other. In case your car would break down on the way to the exam, you could ride along with your friend and still arrive at the examination.

ARRIVING FOR THE EXAMINATION

Make sure you know the exact location of the examination. It is a good idea to do a test run to find out the time frame it will take you to get to the examining site. Remember that if it is a weekday and the examination is at 9:00 a.m., you will have to factor in rush hour traffic. Remember it never fails that someone else will get in an accident the day you are taking your examination. Allow yourself at least an additional 45-50 minutes if you will be driving at a busy time period. You should arrive at the examination site at least 30 minutes ahead of time. This gives you adequate time in the event of any problem. Bring along this booklet to review the strategies and questions during the extra time you will have.

Upon arriving at the examination site, give yourself a chance to get your thoughts together and relax. To relieve anxiety, take 4-5 deep breaths, inhaling and exhaling slowly. This will help release any anxiety that you may have. Always remember, it is better to have some anxiety and be well prepared for your examination than no anxiety and be unprepared.

Many examinations are held in large auditoriums or halls. It is a good idea to bring a light sweater or sweatshirt that you can put on before the test.

You will find that most firefighter examinations have a 2-3 hour time limit. You should build up to concentrating for these extended periods of time. If the examination is 3 hours, you want to be just as sharp at the end as you were at the beginning. We suggest taking some type of snack with you, to eat after the second hour of testing, to keep your blood sugar up. This will increase your concentration level and keep you from becoming drowsy.

Since 1950, Don McNea Fire School has prepared over 40,000 fire applicants with our entry level seminars and products. Fireprep.com has over 250 pages of FREE information and careers articles to help you reach your goal of becoming a firefighter.

Go to www.fireprep.com and register for their free fireprep e-mail newsletter that features career articles by the countries top entry level authors. You will also be informed at no cost of firefighter examinations be given across the country.

While at our website don't forget to review our award winning 'Ultimate Firefighter Exam Package'. This product has help hundreds of fire applicants finish in the top 2% of the exam process. Go to the link below to review the ultimate firefighter exam package. www.fireprep.com/ultimate_firefighter_exam.html

Don McNea Fire School

dmfireschool@aol.com

1-800-989-FIRE

www.fireprep.com

MORE FREE FIREFIGHTER PREPARATION SEMINARS!

Become a better firefighter candidate!

You are invited to attend a FREE seminar to help learn how to better prepare yourself to become a firefighter!

DATES: **Wednesday July 6, 2005**
 Wednesday July 20, 2005
(You are free to attend one or both of the seminars!)

TOPICS:

July 6 **A career in the fire service – do you really know what you are getting into?** Or are you being falsely led into a career that you might not actually enjoy? Too many students do not know what it takes to become a firefighter. Additionally, some do not actually have a clue of what the job entails and are actually disappointed when they do get hired because it is not what they expected. This will be a frank and honest discussion of what to expect before you get the job and once you've gotten the job.

July 20 **Oral Board Preparation** – overview of the oral board process and also the chance to perform a mock oral interview!

Instructor: Steve Prziborowski, Fire Technology Coordinator at Chabot College and Captain with the Santa Clara County Fire Department.

TIME: 6 p.m. to 9:00 p.m. each night
LOCATION: Chabot College
 25555 Hesperian Boulevard, Hayward, CA 94545
 Room 2205 (in Building 2200)

REGISTRATION / MORE INFO: To register, email me at sprziborowski@chabotcollege.edu or if you do not have internet access, you can leave a message at (510) 723-6851. Thank you for your assistance; look forward to seeing you there!

Please visit the Chabot College Fire Technology website at www.chabotfire.com for more information on becoming a firefighter.

For directions to Chabot College, [CLICK HERE](#).

******* REGISTER EARLY – SEATS ARE LIMITED!*******

Chabot College Firefighter 1 Academy Registration Tips – Courtesy of Chabot College Fire Technology Student Matt Carriere

I was asked by Chabot College Fire Technology student Matt Carriere to include his comments in a future issue of the Chabot Fire & EMS News so that students can benefit from his experiences and challenges in trying to get into our Firefighter 1 Academy. Thanks Matt!

I wanted to share my experience in registering for FST90 ABC with you not to complain, but possibly help future dedicated students.

Since I have a BA degree I was exempt from the matriculation process and automatically assigned a group 2 priority number. **Knowing the Fire Academy fills the first few hours of the first day, I needed a day 1 priority number.** As you know the only way to do this is by completing a Student Education Plan (SEP) with the counseling office. I made my appointment and met with the counselor a couple weeks prior to registration. The website indicates that the SEP needs to be completed at least two weeks prior to registration.

When I made the appointment, the counseling office first told me that was not accurate and the SEP actually needed to be completed earlier than that (**Lesson 1- Complete SEP as early as possible in the semester...don't wait**). I was told a few minutes later by the counseling office that I actually made the appointment in plenty of time (**Lesson 2- Not everyone in the counseling office understands the process or is on the same page**).

When I left the counseling office I felt pretty good. I made my appointment and just needed to meet with the counselor, fill out an SEP, and I'd have a day 1 priority number. When I met with the counselor, he told me that the SEP wouldn't apply to Fall 2005, but to Spring 2006. He also said that even with the SEP, I wouldn't have enough units for a day 1 priority number for Spring 2006, so I needed to take more classes. Regarding Fall registration, he suggested we do the SEP, submit it to the registration office and at the very best I MAY get a Day 2 priority. I was frustrated at this point, but figured I'd give it a shot and completed the SEP (**Lesson 3- Don't take the counseling office's word for matters related to registration**).

Based on my meeting with the counselor, I accepted the fact I wasn't getting into the Fall academy. I called the registration office on the second day of registration to find out how many units I needed to take to get a Day 1 priority for Spring 2006 registration. The registration office not only told me that I had enough units for a day 1 priority, but they had in fact given me a day 1 priority for Fall 2005. She had given the paperwork to the counseling office indicating this and they should have notified me the week prior which never happened (**Lesson 4- See lesson 3. Follow up, follow up and follow up regardless of what the counseling office says**).

To summarize, it's day 2 of registration and I had a day 1 priority #. I had nothing to lose so I figured I'd try to register for the fire academy just for the heck of it. I went to the Class Web (the college's online registration system) to register and was unable to do so. There were no holds, so I called registration. Registration told me that I hadn't completed Health 81 (EMT) so I couldn't register. I told her I had my EMT cert and that a copy was on file. She found my file and confirmed they had a copy of my cert.

The problem was the system was not updated by the counseling office (**Lesson 5- Make sure your file is updated prior to registration**).

Well, after she updated the system, I got in the class. She was as amazed as I was. I credit luck, patience, persistence and being nice as the reasons I got into the academy. I could have avoided all of this mess if I taken care of it 3 months ago.

If you are planning on attending one of our upcoming Firefighter 1 Academies, I hope you learned at least one thing from his comments and experiences! Thanks again for sharing Matt, we do appreciate it!

PARAMEDIC SCHOOL ENTRANCE EXAMINATION INFORMATION – Northern California Training Institute (Pittsburg)

[Northern California Training Institute \(NCTI\)](#) is holding pre-entrance examinations for their upcoming Paramedic classes in:

- **Pittsburg (Los Medanos College)** - courses to be held on days *TBA*

Here is more information I downloaded from their website:

NCTI holds the HOBET entrance exam for all paramedic program placements. NO late arrivals are allowed at the exam. Please make arrangements to arrive early. All application information is accessible from the NCTI homepage at www.ncti-online.com – *Please return all materials prior to the test date!*

COURSE DESCRIPTION

This course fulfills all of the training requirements set forth by the State of California for Mobile Intensive Care Paramedics. Upon successful completion of this course, students will be eligible to take the National Registry Exam which NCTI hosts throughout the year at our Roseville Campus. This certification can lead to employment in a wide range of fields, to include ambulance or fire paramedic, E.R. technician, special functions paramedic, sporting events, concerts, etc. NCTI is owned by American Medical Response, Inc. (AMR) and direct employment referrals are a benefit reserved for NCTI students.

TO QUALIFY FOR ADMISSION APPLICANTS MUST:

- Be at least 18 years of age
- Have a high school diploma or GED certificate
- Complete an approved Anatomy and Physiology course within the last 5 years
- Possess a current CPR card and a current EMT-1 or EMT II certification
- Applicants whose certification expires less than twelve (12) months prior to the enrollment date are also eligible

SCHEDULE OF TRAINING

PHASE I - (Didactic & Lab)

400 Hours (approx. 6 months)

Course days and times will be announced at a later date.

PHASE II - (Clinical Rotations)

160 Hours (approx. 2 months)

individually, as arranged for each student, at one of several acute care hospitals in the area.

Guaranteed placement by NCTI.

PHASE III - (Field Internships)

480-720 Hours (approx. 4 months)

Depending on experience and performance individually, as arranged for each student. ***Guaranteed placement by NCTI. (This is a key selling point when shopping around for paramedic schools!)***

DESIRABLE QUALIFICATIONS

General knowledge of first aid and the ability to handle stressful situations and/or prior experience as an EMT with an ambulance or fire service provider agency.

ADMISSION TESTING

\$50.00 entrance exam fee (non-refundable / non-transferable)

COURSE FINANCING

Tuition may be paid by check, money order, Visa, MasterCard, American Express, or Discover.

TESTING DATES & TIMES

For their **Paramedic Course** that will be held in Pittsburg (Los Medanos College), CA, and the examination dates are as follows:

- Wednesday June 15, 2005 – 9:00 am to 12:00 pm at their Livermore Classroom
- Wednesday June 15, 2005– 1:00 pm to 4:00 pm at their Livermore Classroom

FOR MORE INFORMATION - Visit their website at www.ncti-online.com – also, for links to those above tests and classes, [CLICK HERE](#).

This is not meant to be an endorsement or recommendation of their program. It is listed as a service and a resource for you to evaluate and determine on your own.

FIREFIGHTER TESTING OPPORTUNITY:
Tacoma Fire Department

The [Tacoma Fire Department](#) will be accepting applications for the position of **FIREFIGHTER** until Thursday June 30, 2005!

Firefighters are primarily responsible for the protection of life and property through firefighting activities. This is general duty firefighting work including combating, extinguishing and preventing fires, providing emergency medical services and maintaining fire department equipment, apparatus and quarters.

Firefighter candidates are evaluated by the minimum medical standards adopted by the Association of Washington Cities and the Washington State Association of Fire Chiefs. These standards include being a non-smoker, which is defined as having quit use of any tobacco product two or more years ago and having normal lung function.

Hourly pay range: \$17.88 - \$24.65

MINIMUM QUALIFICATIONS:

- Graduation from high school or equivalent
- 18 years of age

If you meet these qualifications, submit a completed City of Tacoma application form and study material acknowledgement form to the address listed on the back of this announcement. Your application materials must be received by 5:00 p.m. on Thursday, June 30, 2005. Incomplete applications will result in applicant's disqualification. See below.

APPLICATIONS MUST INCLUDE THE FOLLOWING:

- Study Material Acknowledgement Form. [CLICK HERE](#) to download that form.
- Appropriate boxes on application form must be checked for: 18 years of age, felony conviction, high school graduate/GED
- Application must be signed

Failure to include this information will result in applicant's disqualification.

EXAMINATION PROCESS:

Applicants who meet the minimum qualifications will be notified by mail of the time and location of the written examination, scheduled to take place in August 2005. Applicants must pass the examination in order to be placed on the job eligible list for interview and hiring consideration.

HIRING REQUIREMENTS:

- A physical ability test (PAT) will be administered prior to interviews and hiring consideration. The PAT assesses the physical abilities necessary to perform the duties of a firefighter and will only be given to the number of eligible candidates needed to meet the anticipated needs of the Fire Department.

- Individuals given a conditional offer of employment must also pass a background check, polygraph and psychological examinations, and a pre-employment medical examination which includes a drug screening.
- At the time of appointment it is necessary to possess a current, valid, Washington State Driver's license which must be maintained thereafter.
- Fighters are also required to maintain EMT (Emergency Medical Technician) certified status. New employees must successfully complete a one year probationary period prior to obtaining permanent status in this classification.
- Questions regarding this announcement may be directed to the Human Resources Department at: (253) 591-5400 before the last date to file.

For more information about the City of Tacoma, visit their website at www.cityoftacoma.org

For more information about the City of Tacoma Fire Department, visit their website at www.tacomafiredepartment.org

EMPLOYMENT OPPORTUNITY

The St. Francis Memorial Hospital in San Francisco is accepting applications for the position of Public Safety Officer! Here are the details I was provided by Peter Canada:

We have a couple openings here in the Public Safety department at St Francis Memorial Hospital in San Francisco and I was wondering if you could pass on the word.

As a Public Safety Officer, you are required to respond to all hospital emergencies concerning public safety as well as maintain the security of the hospital. This includes, securing patient valuables, taking reports, customer service, & reporting unsafe and hazardous conditions. The hospital is located in the Tenderloin of San Francisco which increases the need for security and public safety. While St Francis is the smallest hospital in San Francisco, the E.R. is the second busiest in San Francisco. We frequently handle E.R. & psychiatric unit calls and work very closely with hospital staff. We are unarmed, so we rely strongly on the ability to diffuse a situation non-violently but are trained to handle violent situations properly.

We are looking for candidates with strong customer service skills & the ability to handle high stress environments. Strong reporting skills are also highly recommended. 1 year experience in law enforcement/security is desired and a knowledge of the 832 p.c. system helps.

This is a great position for someone who is interested in working inside a hospital setting and would like to gain some experience in the medical or law enforcement field.

If interested, please contact Human Resources at (415) 353-6365 or come fill out an application at 900 Hyde St, San Francisco.

FIREFIGHTER TESTING OPPORTUNITY: **Paso Robles Fire Department**

The [Paso Robles \(CA\) Fire Department](#) is accepting applications until June 24, 2005 for the positions of:

- **RESERVE FIREFIGHTER – PART TIME**
- **FIREFIGHTER**
- **FIREFIGHTER/PARAMEDIC**

Minimum Requirements for all positions include:

- High School Graduation or Equivalent
- Valid EMT certification (paramedic for the paramedic position)
- California State Firefighter 1 Certification
- Valid California Driver's License

Application Process:

Applications are available at City Hall, 1000 Spring Street, Paso Robles, CA 93446, or telephone (805) 227-7234 or the city website – www.prcity.com

For more information about the city and the positions, visit the city website at www.prcity.com

For more information about the Paso Robles Fire Department, visit their website at www.prcity.com/government/departments/emergencyservices/index.asp

CLOSING COMMENTS

Well it is hard to imagine that I have been producing this newsletter for three full years now. It seems like it was just yesterday that I started doing this. While it is not easy putting aside time to do this every month, I do think it is a great resource for the future firefighter. I'll continue doing this newsletter in some form or fashion as long as people find it worth reading and helpful in their pursuit of becoming a firefighter and being the best firefighter candidate they can be.

I hope you have found this newsletter somewhat valuable. If you have learned one new thing, then I think I've done my job. I truly want to see everyone succeed, and I also really enjoy doing what I do.

This program is your program. It can only get better with your assistance. There is an old saying, don't just give me problems – give me solutions! I can't read your minds, so please provide me with feedback. Feel free to contact me if you have any questions or want me to clarify any rumors you might have heard. Thank you very much!

Steve Prziborowski, Fire Technology Coordinator - Chabot College

Office: 510-723-6851, Building 1500, Room 1556
Cellular: 408-205-9006
Fax: 510-782-9315
Email: sprziborowski@chabotcollege.edu

Chabot College Fire Technology & EMS web site: www.chabotfire.com
Chabot College website: www.chabotcollege.edu

***** PLEASE FEEL FREE TO PASS THIS ON TO YOUR FRIENDS OR CO-
WORKERS*****

The Fine Print:

- If you would like to be added to our mailing list (no, I won't give your email address out to others), email me at sprziborowski@chabotcollege.edu and I will add you to the list. Benefits of being on the mailing list include being notified when the latest Fire & EMS news is published, and being notified of firefighter testing opportunities, volunteer opportunities, or training opportunities.
- If you know of someone who wants to receive this newsletter (as well as other updates) email me at sprziborowski@chabotcollege.edu and I will place them on the mailing list.
- If you want to take your name off of the mailing list, just send me an email at sprziborowski@chabotcollege.edu and in the subject heading, and type in "unsubscribe from mailing list" and I will remove your name.
- If you are subscribed to my email mailing list and you are not receiving anything (a problem some hotmail and yahoo users have at times), make sure you add my name – Steve Prziborowski and the email address I use to send this newsletter and other fire and EMS related news items out – sprziborowski@aol.com to your address book, safe list, white list, etc. Since I mass mail items to over 700 people, some email providers may think these items are spam or junk mail, even though they are not. I typically send a couple of things out per week; if you have not received anything from me in over two weeks, email me to let me know so that I can attempt to troubleshoot the issue.
- Thank you very much for your assistance and cooperation!