



## ***FIRE & EMS NEWS***

**March 2005**

**Volume 3 – Issue 9**

**T**his is one of the toughest times of my life. At time I began putting this month's issue together, I lost a dear friend and brother firefighter, Captain Mark McCormack of the [Santa Clara County Fire Department](#). Captain McCormack was killed in the Line of Duty while operating at a Structure Fire in Los Gatos, CA on February 13, 2005. I had known Mark for about 6 years, first meeting him when he was in his recruit academy for our Department. I knew from the beginning that Mark was going places, not just in his personal life, but in his professional life with the fire department as well. Mark was always the one looking to better himself. When he took our Captain's test for the first time and came out number 1, nobody was surprised. We would have expected nothing less. On that test, 19 people started the process, and only 3 made the final list. Mark came out number 1 and was promoted to Captain on December 20, 2004.

**I** think it is very easy for many of us in the fire service to say "It cannot happen here" when thinking about a Firefighter Line Of Duty Death. Well, it can, and it did. Many people think that firefighters only lose their lives in the big cities or the volunteer departments back east. Well, obviously this tragic event has proven them wrong.

**This issue is dedicated to Captain McCormack and all the great things he did for people and all the lives that he touched, including his family and friends. We'll miss you brother – however; you will be never forgotten. Our prayers and thoughts go out to his wife Heather and his family; we're always there for you, do not forget that. Rest In Peace buddy – you answered your Last Alarm and the fire service will not be the same without you.**

### **Some of the contents of this issue include:**

- Line-Of-Duty-Death (LODD): Captain Mark McCormack of the [Santa Clara County Fire Department](#).
- Reserve Firefighter applications being accepted by the Alameda County Fire Department
- Bay Area Firefighter Testing Opportunities – FIREHIRE Test!
- What is keeping you from your firefighter badge? Free oral interview seminar with Captain Bob!
- Oakland Firefighters Random Acts of Kindness program and annual awards dinner!
- Written test preparation tip of the month – courtesy of the Don McNea Fire School!
- Firefighter employment opportunity – Sacramento Metropolitan Fire District!
- Firefighter employment opportunity – Sacramento City Fire Department!
- EMS Volunteer opportunities!
- More Firefighter preparation seminars!
- Paramedic entrance examination information!

**LINE-OF-DUTY-DEATH: Captain Mark McCormack of the Santa Clara County Fire Department**

While it is very painful to have to right this, I do feel very honored and proud to have known Mark and to have had the chance to work with him on the job and do things with him off of the job. Brother Mark, you will never be forgotten; your legacy will live on forever. The following information was taken from our Department website – [www.sccfd.org](http://www.sccfd.org) and used with the approval of our Fire Chief, Benjamin F. Lopes III.



**Fire Department Mourns Line of Duty Death**



**Captain Mark F. McCormack  
August 22, 1968 ~ February 13, 2005**

**Memorial Services for Fallen Firefighter Mark F. McCormack**

A Full Honors Procession and Memorial was held for fallen Santa Clara County Fire Captain Mark F. McCormack, who was tragically killed Sunday, February 13, 2005, when he came into contact with an energized electrical wire while fighting a four-alarm house fire in Los Gatos. Public Safety Officers and emergency responders throughout the region and state attended. Firefighters from as far as New York (Fire Department New York attended the memorial service to pay their respects.

**In lieu of flowers, the family has requested that donations be made to:**

Alisa Ann Ruch Burn Foundation

Bank of the West \*

In Memory of Mark F. McCormack

Mark F. McCormack Memorial Fund

665 3rd Street, Suite #345

Account #017-012-286

San Francisco, CA 94107

2395 Winchester Blvd.

Campbell, CA 95008

*\* Donations can be mailed to this branch or any Bank of the West branch in your area. Please reference the account number on your check to ensure that your donation is posted to the correct account.*

---

Contact Person for the Media: Tom Walsh, Senior Deputy Fire Marshal  
Office 408.341.4439 Cellular 408.656.9491

### **Fire Department Mourns the Loss of Fire Captain Mark F. McCormack**

Santa Clara County Fire Department continues to mourn the loss of Fire Captain Mark McCormack who came in contact with an energized electrical wire while fighting a four-alarm structure fire early Sunday morning on February 13, 2005 at 15700 Blossom Hill Road in Los Gatos.

This is the first line of duty death in the 58 year history of the Santa Clara County Fire Department.

Captain McCormack's interest in the fire service began after he was burned in a childhood accident and, as an adult, volunteered his time as a camp counselor for the Alisa Ann Ruch Burn Foundation.

"Being a burn survivor himself, Mark brought a unique perspective and true understanding of what our campers need. He showed us his leadership at camp and was a hero to our kids," said Dave Miller, of the Burn Foundation Board of Directors.

Mike Sanders, fellow Camp Counselor and retired Fire Captain remembers, "He was a 'go to' guy and he was a true role model. He gave the kids strength and hope by sharing his personal experiences as a burn survivor."

"Mark loved Camp and he loved those kids" said Heather McCormack of her husband.

He spent the last 16 years pursuing a career as a firefighter and paramedic with the Orange County Fire Department, Goodhew Ambulance Service, San Mateo County Fire Department and since 1999, he has been with the Santa Clara County Fire Department. He was promoted to Captain in December 2004.

According to Fire Chief Benjamin Lopes III, "Mark was an active participant in our department. He was an 'Up and Comer' - doing all of the right things to benefit his professional development. The fire service was more than a job to him, it was his passion. In his off-duty time, he participated in several committees and Chaired the Department's Safety Committee. He had just approached me about developing a plan to place Automated External Defibrillators (AEDs) in public buildings. This is a tremendous loss and he will be missed by everyone."

Captain McCormack received numerous letters of thanks and gratitude from citizens throughout his career. Most notably, in 2001, he received the Award of Valor recognizing his contributions to both County Fire and the communities it serves. He was a respected member of the Santa Clara County Fire Department Honor Guard - a prestigious unit that represents the fire department at many significant events, including funerals of fallen firefighters.

Fire Captain Mark McCormack was 36 years old. He is survived by his wife of 16 years, Heather McCormack.

The six residents of the home escaped unharmed. The damage is estimated at one million dollars. The cause of the fire is still under investigation. The residents experienced a previous fire in November 2003. Cause of that fire was undetermined and estimated losses were \$390,000. (For specific questions about the fire contact Fire Investigator Dennis Johnsen at 408.341.4448).

The Santa Clara County Fire Department is a unique fire district that has evolved into a progressive, full service fire department over the past 58 years. Through fire department and agency consolidations, County Fire now provides fire protection services to the cities of Campbell, Cupertino, Los Altos, Monte Sereno, Morgan Hill, half of Saratoga; the towns of Los Altos Hills and Los Gatos; and adjacent unincorporated County areas.

Today, the Santa Clara County Fire Department has grown to include 16 fire stations to protect approximately 100 square miles and serves a population of over 210,000 residents. County Fire employs 265 personnel to provide fire suppression, emergency medical and fire marshal services, hazardous materials regulation and response, rescue and extrication, public education and fire investigation services. The department's suppression force is also augmented by volunteer firefighters.

## Event Timeline

0220 hours 9-1-1 received a report of a structure fire at 15700 Blossom Hill Rd @ LuRay

0232 hours Second Alarm Called

0257 hours Third Alarm Called

0325 hours Dispatch received notification that a firefighter was down

0356 hours Fourth Alarm Called

0415 hours Captain McCormack pronounced dead at Good Samaritan Hospital



Biography of  
**Mark Francis McCormack**  
DOB: August 22, 1968

## EDUCATION

- Graduated from San Clemente High School, San Clemente, CA in June 1986
- Attended various community colleges, taking general education, paramedicine, and fire technology courses.
- Additional professional certifications:
  - California State Fire Marshal Certificate - Fire Officer
  - Certified CSTI Hazardous Materials Specialist
  - Paramedic

## PROFESSIONAL FIRE EXPERIENCE

Santa Clara County Fire Department:

December 2004 - Present

Fire Captain/Paramedic. Special Operations Task Force.

Training Division Instructor. Joint Fire Academy Instructor.

Driver Operator Instructor.

Santa Clara County Fire Department: June 1999 - December 2004

Firefighter/Engineer/Paramedic. Special Operations Task Force.

CDF/San Mateo County Fire Department: November 1997 - February 1999

Firefighter/Engineer/Paramedic.

CDF/Riverside County Fire Department: December 1991 - November 1997

Firefighter II/Paramedic.

Goodhew Ambulance Service, Riverside County: February 1991 - March 1995

Paramedic

Orange County Fire Department: April 1989 - March 1997

Paid Call Firefighter, Engineer, Captain

### **COUNTY FIRE PARTICIPATION/RECOGNITION**

County Fire Honor Guard Member

County Fire committees Mark has been actively involved with:

- Chairperson of the Safety Committee
- Accident Review Board Member
- Apparatus Committee

Received an Award of Valor in recognition of Mark's contribution to the Santa Clara County Fire Department and the communities it serves on March 24, 2001.

Received letters of thanks and gratitude for his service to the Santa Clara County Fire Department.

### **COMMUNITY SERVICE**

Volunteer Camp Counselor, Alisa Ann Ruch Burn Foundation

**NOTE:** I am very proud of the work our Department did to make this Memorial something Mark would have been proud of. Everyone from our Fire Chief, to our Union Local Executive Board members ([www.iafflocal1165.org](http://www.iafflocal1165.org)), to our honor guard members, to our active and retired personnel, to the other agencies (so numerous I cannot even start to thank), and the people from outside of the fire service that had never even met Mark, that all stepped up to the plate for Mark, his family, and our Department in these hard times. THANK YOU VERY MUCH!

## **RESERVE FIREFIGHTER OPPORTUNITY – Alameda County Fire Department**



The [Alameda County Fire Department](#) is accepting applications for the position of **Reserve Firefighter!**

**Filing Period:** February 16, 2005 to March 14, 2005

**Salary:** None – this is a volunteer position

Applications must be in the possession of the Alameda County Human Resources Department by 4:30 pm on March 14, 2005. Postmarks and faxed copies are not accepted.

### **The Position:**

This is the entry-level position in which incumbents receive training and experience in fire prevention and fire suppression techniques. Reserve Firefighters respond to fire alarms, emergency and non-emergency calls to prevent or extinguish fires and to protect life and property including rescue and salvage operations. Reserve Firefighters are also responsible for cleaning, maintaining and repairing fire department property and equipment.

### **Promotional Opportunities:**

Reserve Firefighters may advance by competitive examination for Reserve Fire Engineer and/or Reserve Fire Lieutenant.

### **The Requirements:**

The following are entrance requirements for admission to the examination, which is competitive. Possession of the entrance requirements does not assure an invitation to examination or a place on the eligible list. A candidate's performance in the examination will be judged in comparison with the performance of other candidates.

#### **Applicants must meet the following requirements:**

- **AGE:** Applicants must be at least 18 years of age by date of appointment **AND**
- **LICENSE:** All candidates must possess a valid California Motor Vehicle Operator's license by the time of appointment.
- **PHYSICAL REQUIREMENTS:** Applicants must be in excellent physical condition. Hearing must be normal in both ears. Visual acuity must be correctable to 20/30 with either eye.
- **RESIDENCY:** All candidates must live within Alameda County or 25 air miles from Alameda County Station 15, 5352 Broder Road, Dublin, California, by date of appointment.
- **CERTIFICATION:** Candidates who do not currently possess Firefighter 1 and EMT certifications are required to complete certification as a Firefighter 1 and EMT in the State of California, within 2 years of appointment as a Level 1 Reserve Firefighter or one year of appointment as a Level 2 Reserve Firefighter. Level 3 Reserve Firefighters must possess

current State of California Firefighter 1 and EMT certifications (County EMT certifications should also be acceptable since it is equivalent).

**The Examination:**

This is a new assembled examination. The eligible list resulting from this examination will cancel any existing list and may last approximately one year, but can be extended.

The Examination may include, but may not be limited to: KNOWLEDGE OF basic construction, fire chemistry, physics and automotive mechanics and common office practices including filing, indexing and cross-reference methods. ABILITY TO follow oral and written instructions and to read, comprehend, and remember training materials; deal effectively with the public and co-workers under circumstances requiring presence of mind, sensitivity, interest and understanding; adapt to changes in work assignments and duties; write clear, concise, and complete reports; and perform physical tasks that require coordination, strength, dexterity, and stamina.

The examination will consist of the following steps: A review of candidates' applications to verify possession of minimum requirements. Those candidates who possess the minimum requirements for the class will move on to the next step in the examination process, which is an oral interview weighted as 100% of the candidates' final examination score. The oral interview may contain situational exercises. Candidates must attain a qualifying rating on each portion of this examination. **THEY RESERVE THE RIGHT TO MAKE CHANGES TO ANNOUNCED EXAMINATION STEPS.**

Candidates selected to continue on to the Reserve Academy will be required to take the physical ability test. **Candidates must pass the physical requirements to proceed with the academy.**

**To apply, visit any of the following locations:**

- Visit the Alameda County Human Resources Services office at 1405 Lakeside Drive, Oakland, CA 94612
- Alameda County Fire Department Administration (HQ) at 835 East 14<sup>th</sup> Street, San Leandro, CA 94577
- Alameda County Fire Department, Fire Station #4: 20336 San Miguel Avenue, Castro Valley, CA 94546
- Alameda County Fire Department, Fire Station #12: 1065 143<sup>rd</sup> Avenue, San Leandro, CA 94578

**Or visit the County of Alameda website:**

- To view the job flyer and download an application, go to the Alameda County Human Resources employment page at [http://www.acgov.org/jsp\\_app/employment/jobsearchapp/jobsearch.jsp](http://www.acgov.org/jsp_app/employment/jobsearchapp/jobsearch.jsp) and scroll down to **“Reserve Firefighter.”**

**For more information about the Alameda County Fire Department (ACFD):**

Visit their website at <http://www.acgov.org/fire/index.htm>

**For more information about the ACFD Reserve Firefighter positions:**

Visit their website section on the Reserves at <http://www.acgov.org/fire/volunteers.htm>

## **BAY AREA FIREFIGHTER TESTING OPPORTUNITIES – FIREHIRE**

**FIREHIRE** is going to be accepting applications for Firefighter, Firefighter / EMT and Firefighter / Paramedic positions March 1 through March 31, 2005.

For a list of departments that will be hiring off of this list, take a look at the list on the next page.

**B**enefits of taking this test include:

- You're only taking one test (as opposed to separate tests for each fire department)
- The hiring list will be in effect for one year
- There is a chance other fire departments will hire off of this list

**T**o participate in the entry-level firefighter examination process, you must possess or meet the following minimum requirements:

- High school diploma or GED
- At least 18 years old
- California Drivers License – Class “C”
- Proof of citizenship or legal ability to work in the U.S.

**Y**ou may be wondering, is any fire department going to be hiring? Of course! While the California budget crisis has impacted a number of their clients, and there are some agencies that do not have or do not anticipate any openings in the next fiscal year, there are going to be some departments that will be hiring.

**W**hy then would a department participate if they were not planning on hiring? Well, number one, things can and do change. Just because a department does not have any openings as of this moment, does not mean that situation cannot change over night. Firefighters retire, firefighters get injured, firefighters quit (usually to go to other departments), many times without any advance notice to the department. Number two, many fire departments are required to keep a current, active hiring list because of their civil service rules or union contract. Even if they do not anticipate hiring, many departments still have to have a current list. Why is that so? Well, just like number one, things can and do change. Additionally, it allows them to get the most current “best-of-the-best” candidates out there. Even though fire departments are facing severe (or potentially severe) budget shortfalls, it does not mean they won't ever hire again. Departments will have to hire at some time in the future to fill vacancies from retirements, permanent injuries, etc. The question is when, and **the bottom line is that if you are not actively testing and on the current hiring list, you do not stand a chance at getting a badge!**

**T**he financial situation in the State is very dynamic and it is just a matter of time when it gets better (when exactly is anyone's guess). If you decide not to test because of the budget problems, that is your choice. Many candidates have told me that they think tests like this one and CPS are “scams” because they haven't heard of anyone getting hired off of the list. Well, look at it this way. The Department I



work for ONLY has used in the past, the annual [Cooperative Personnel Services](#) Bay Area Firefighter Recruitment (which is uncertain for 2005) to hire people from. Whether or not we continue with CPS has not yet been determined. If you did not take that exam last year (or the next time it is offered, assuming there is a next time), YOU WILL NOT GET HIRED AT MY DEPARTMENT OR OTHER DEPARTMENTS THAT EXCLUSIVELY USE THIS PROCESS! It is that simple. Many departments ONLY hire candidates from the [Firehire](#) testing process. So, if you don't take the test, you don't stand a chance.

**Some of the fire departments might have other requirements** (view the Firehire web site at [www.firehire.com](http://www.firehire.com) for more specific information) such as:

- EMT
- Paramedic
- Firefighter – 1 Academy
- Firefighter – 1 Certificate

**F**or application materials or more information, visit their website at [www.firehire.com](http://www.firehire.com) or if you do not have internet access, call them at 1-800-755-5891.

**T**he examination process consists of the following:

- Completion of the application packet that is sent to you by FIREHIRE
- **Written examination** – 130 question test which you must pass with a score of at least 70%. There are 65 EMT questions from the AAOS Emergency Care and Transportation of the Sick and Injured, 7<sup>th</sup> Edition textbook, and 65 firefighter questions from the IFSTA Essentials of Firefighting, 4<sup>th</sup> Edition textbook. This portion of the exam is weighted 75% of your total score. **The Written examination is scheduled to be given on Saturday May 7, 2005 at The California High School at 9870 Broadmoor Drive in San Ramon, CA**
- **Physical Ability Test** – this portion is pass / fail. It will be the Candidate Physical Ability Test (CPAT), tentatively scheduled to be administered in May after the written examination. For more detailed information on the CPAT, [CLICK HERE](#).
- **Emergency Medical Assessment Center** – this event consists of a patient involved in a trauma and/or medical setting. The treatment is commensurate with your level of training. There are critical care criteria points that must be addressed or it is an AUTOMATIC FAILURE. You are graded on the criteria established by the National Registry of Emergency Medical Technicians. This event is weighted 25% of your total score.

**T**he following fire departments are expected to be participating (based on the information I had available at the time I printed this document) in this recruitment and will be using the list that is established to hire for open positions:

## Fire Department

- [Albany Fire Department](#) –
- [Burlingame Fire Department](#) –
- [El Cerrito Fire Department](#) –
- [Foster City Fire Department](#) –
- [Fremont Fire Department](#) –
- [Half Moon Bay Fire District](#) –
- [Kentfield Fire Protection District](#) –
- [Larkspur Fire Protection District](#) –
- [Menlo Park Fire District](#) –
- [Millbrae Fire Department](#) –
- [Mill Valley Fire Department](#) –
- [Novato Fire Protection District](#) –
- [Oroville Fire Department](#) –
- [Petaluma Fire Department](#) –
- [Piedmont Fire Department](#) –
- [Redwood City Fire Department](#) –
- [Ross Valley Fire Authority](#) –
- [San Bruno Fire Department](#) –
- [San Mateo Fire Department](#) –
- [San Rafael Fire Department](#) –
- [San Ramon Fire Protection District](#) –
- [South County Fire Authority](#) –
- [South Lake Tahoe Fire Department](#) –
- [Vallejo Fire Department](#) –
- [Woodside Fire District](#) –

## Positions available

Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter  
Firefighter/Paramedic  
Firefighter/EMT  
Firefighter/EMT  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/Paramedic  
Firefighter/EMT & Firefighter/Paramedic  
Firefighter/Paramedic

**I** believe that the **Fremont Fire Department** is the only Fire Department **NOT** requiring EMT, Paramedic, Firefighter 1 Academy, or Firefighter 1 Certification. So you have no excuse to NOT take the exam, even if you are just starting out!

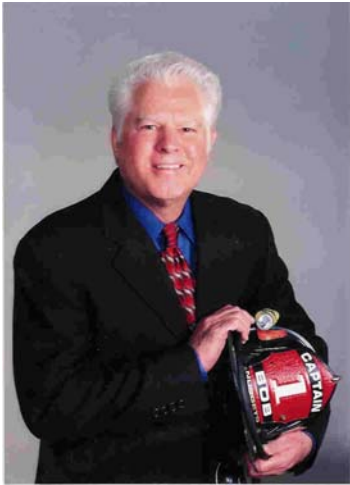
**T**o join the **FREE** FIREHIRE mailing list and find out about their latest updates, go to [www.firehire.com/mail\\_list.htm](http://www.firehire.com/mail_list.htm)

## **FIREFIGHTER TESTING TIP OF THE MONTH:**

**H**ow do you find out about firefighter testing opportunities? If you are waiting to find them in the newspapers or hear them through word-of-mouth, you are probably going to miss a good portion of openings that come your way. I strongly encourage you to subscribe to such services as:

[www.firecareers.com](http://www.firecareers.com) – The Perfect Firefighter Candidate (nationwide testing announcements)  
[www.firerecruit.com](http://www.firerecruit.com) – Careers in the Fire Service (nationwide testing announcements)

## **WHAT IS KEEPING YOU FROM GETTING YOUR FIREFIGHTER BADGE?**



**O**n Wednesday April 13, from 6:00 pm until 8:00 pm, “Captain Bob” Smith will be providing a ***FREE*** Oral Interview seminar. This will occur at **Chabot College** in **room 510**. Captain Bob is a retired Captain from the Hayward Fire Department who has been on numerous interview panels and has helped countless candidates obtain their badges.

He will provide you with tips on how to better prepare yourself for the oral interviews you will be taking or have already taken and not done as well as you possibly could have on. Remember that the oral interview is probably the **MOST** important phase of the firefighter hiring process since most fire departments score this portion 100% of your total score.

**Register early – seats will fill up fast!**

**W**hy 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!

**F**or more information about Captain Bob, visit his website at [www.eatstress.com](http://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](mailto:sprziborowski@chabotcollege.edu) and let me know how many people plan to attend. Hurry, seats are limited!

**O**ral 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!

## **OAKLAND FIREFIGHTERS RANDOM ACTS:**

The Oakland (CA) Firefighters have created a volunteer, community service organization called “The Oakland Firefighters Random Acts of Kindness.”

On Saturday April 9, 2005, they are hosting their **4<sup>th</sup> Annual Awards & Dinner Dance!**

**Location:** Greek Orthodox Church Community Center  
4700 Lincoln Avenue  
Oakland, CA

**Time:** No host cocktails: 5:30 pm to 6:30 pm  
Dinner, dancing, awards: 6:30 pm to ?

**Cost:** \$75.00 per person  
(Dinner ticket is also a raffle ticket. 10 free raffle tickets with purchase of a table)

**Tickets/Info:** Call the Random Acts Office at (510) 465-8422

- Master of Ceremonies: Noel Cisneros of KRON Channel 4 and Melvin Andrews of the Oakland Fire Department.
- Citizen hero awards
- Book signings by:
  - Zac Unger, author of “Working Fire”
  - Geoff Hunter, author of “The Oakland Fire Department”
- Silent auction, door prizes
- Raffle drawing grand prize: a romantic week at Pueblo Bonito in Cabo San Lucas Mexico (see it at [www.pueblobonito.com/rose/](http://www.pueblobonito.com/rose/))
- Ice cream provided by Fentons Creamery
- Sweetheart Margueritas by the Marguerita Dudes

This event is a fund-raising benefit for Oakland Firefighters Random Acts, a 501 (c)(3) non-profit, tax-exempt charitable organization that provides a central location where firefighters can request funds and resources to create a Random Act of Kindness when they encounter people in need in the community and on their 911 calls. Random Acts serves to benefit the residents of Oakland as well as the Firefighters who respond to endless emergencies.

**Visit their website for more information about their program:**

[www.ofrandomacts.org/index.html](http://www.ofrandomacts.org/index.html)

Or email them at: [info@ofrandomacts.org](mailto:info@ofrandomacts.org)

**WRITTEN TEST TAKING TIP OF THE MONTH –**  
**Courtesy of the Don McNea Fire School!**

**T**his is a continuing free added bonus – written test taking tips courtesy of the Don McNea Fire School: [www.fireprep.com](http://www.fireprep.com)

**TEST-TAKING TACTICS: EVALUATING ANSWER CHOICES**

Answer on the basis of the information given in the question. When answering test questions, you must base your answer solely on the information contained in the test question. The test for a

Firefighter requires no previous knowledge of the job. The test questions do not have to reflect the way the job is really done or the actual procedures of the Fire Department.

Problems arise when a person who is familiar with procedures of the fire department encounters a test question based on something that contradicts actual practices. It is in this kind of situation that you must ignore actual practices and answer on the basis of what the test question says. For example, you might know that kitchen stove fires are usually extinguished with a portable fire extinguisher; but a test question might describe a stove fire being put out with a fire hose attached to a hydrant. In this kind of test situation, never mind the actual practice; go by the information in the question.

Tell yourself the answer to a question before you look at the answer choices. Sometimes the question is too vague for you to anticipate the answer ahead of time. But often the question stem is a question precise enough for you to answer it before you look at the answer choices. For instance, suppose you had studied the diagram of an apartment and then the question asked, "The most direct route from the dining room to the fire escape is...." You should be able to answer this kind of question in your head before you look at the four answer choices. If you answer the question in your head before you look at any of the four answer choices, you are more likely to get the right answer.

Remember that part of the test maker's job is to provide three false answers for every correct one. It is a multiple-choice test, not a true/false test. A skillful test maker will offer you some false choices that seem pretty good in order to distract you from the correct answer. Among test makers these false choices are called "distractors." But if you have already decided what answer you should be looking for, you will not be distracted so easily by bad answers which might look pretty good and which come before the correct answer. A seductive (A) and a half-true (B) will not prevent you from reaching a correct answer (C) if you know what you are looking for.

Sort answers into three categories. As soon as you read a particular answer choice, decide if it is True, False, or Uncertain. If you are quite sure that an answer choice is True, use your pencil to write a "T" in front of that answer choice. But continue to read the other answer choices because you might find another True one and then have to make a final choice.

If you are quite sure that an answer choice is False, use your pencil to write an "F" in front of that answer choice. You may find that an answer is False even before you have finished reading the whole answer. Stop reading it as soon as you are sure it is false and mark with an "F".

If you are Uncertain about whether a particular answer choice is correct, use your pencil to put a question mark (?) in front of that answer choice.

When you have finished reading all four answer choices, each one should be preceded by a "T" or an "F" or a question mark (?). If there is only one with a "T", that is probably your answer. If you have more than one with a "T", or a "T" and a question mark, you may need to think a bit before choosing your final answer. But you should not have to bother any more with answers you have already given an "F".

Negative Questions: Using "T" and "F" to evaluate answer choices is better than using something like a check mark to denote a correct answer when it comes to answering negative questions. Negative questions are questions that ask you to pick out an answer choice which is "not true." If you are evaluating each answer choice one by one and marking each one "T" or "F", negative questions will be easy for you to handle.

Half-true Answers: Sometimes an answer choice really contains two different statements. For instance, an answer choice might say, "there is a bedroom on the right and the kitchen is on the left." Maybe it is True that "there is a bedroom on the right," but False that "the kitchen is on the left." With this kind of answer choice, put a slash mark between the two different statements, and write "T" or "F" over each separate part of the answer choice. But out in the margin write "F" since an answer choice must be completely True to be valid.

When it is difficult to choose between two answer choices, look back at the question stem. Sometimes there are two answer choices which both look good. Or maybe all of the answer choices look bad. When you find yourself having trouble making the final choice of an answer, stop staring at the answer choices. Go back and look at the question stem and the information the question is based on.

A skillful test maker tries to make two or three of the answer choices look very good. All the answer choices may contain some truth, which make them tempting. Or all may look wrong. But the test maker has to have put some detail into the "fact pattern" of the question to justify the claim that one of these answers is better than the others. If reviewing the answer choices themselves has not helped, the clue to which answer is correct is likely to be in the question stem or "fact pattern" rather than in the answer choices. So go back to the question stem and the fact pattern the look for the deciding factor.

Choose the best answer. A very common problem for test takers is the problem of recognizing that the best possible answer to a question has not been included among the answer choices. None of the answer choices seems to be fully adequate to the situation. In part, this is often a result of the way multiple-choice questions are constructed. The exam maker does not have to include all the correct procedures in answer choices; that might make for terribly long answer choices. Hence, some correct answers are only partial answers. Sometimes you will be given more than one partial answer and asked to choose which is the best among these. In this sort of situation, work at eliminating the answer choices which are definitely wrong or most seriously incomplete. For your answer choose the best one remaining after this kind of elimination process.

**Since 1950, Don McNea Fire School ([fireprep.com](http://www.fireprep.com)) 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 <http://www.fireprep.com/> and register for their free fireprep e-mail newsletter that currently has over 13,000 subscribers. This newsletter 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.

***FIREFIGHTER EMPLOYMENT OPPORTUNITY – Sacramento  
Metropolitan Fire District***

**T**he [Sacramento Metropolitan Fire District](http://www.fireprep.com/) will be accepting applications for Firefighter/EMT and Firefighter/Paramedic until March 11, 2005 at 4:00 p.m.

### **Minimum Qualifications:**

- Age:** - At least 18 years of age.  
**Education:** - High school diploma or G.E.D.  
**Certifications/Licenses:** - EMT or Paramedic (Must submit a copy with your application)  
- California Drivers License: Class C at time of appointment

### **Desirable Qualifications:**

- 12 units of college credit
- Firefighter 1 Certification or equivalent
- Fire science or Fire technology certificate of completion from a community college
- For paramedics: one (1) year of full time employment as a paramedic with a fire agency or ambulance company. You must be licensed in the State of California as a paramedic or Nationally Registered as a paramedic by the time of a formal offer of employment is tendered.

### **NOTE:**

You must submit with the application a copy of a valid Department of Motor Vehicle file copy of your driving record, not over 2 weeks old. This must have come from the D.M.V.

### **Application Procedure:**

If you live in the local geographic area, you may pick up an Employment Application and Job Announcement at the address shown below, Monday through Friday, between the hours of 8 am to 12 pm, or 1 pm to 5 pm. Applications may be obtained until March 11, 2005. You may also visit their website at [www.smfd.ca.gov](http://www.smfd.ca.gov) to obtain a copy of the announcement and application. If you reside outside of the Sacramento Metropolitan area, an application will be mailed to you. Applications may be returned to the address below either by mail or in person. POSTMARKS AND FAXES WILL NOT BE ACCEPTED!

Sacramento Metropolitan Fire District  
Attention: Human Resources Department  
2101 Hurley Way  
Sacramento, CA 95825-3208

### **Selection Process:**

**Written Examination** – specifics surrounding this examination (date, time, location) will be provided to the candidates along with applications results (whether your application gets accepted or not). If you are interested in the District's Paramedic Intern program (something I highly encourage you to look into and apply to – go to <http://www.smfd.ca.gov/intern.htm>

**CPAT Orientation** – specifics surrounding this examination (date, time, location) will be provided to candidates at a later date via their District website. All candidates NOT possessing a valid (within the last 12 months from date of announcement) CPAT certification must participate in the orientation. If you are in possession of a valid CPAT certificate, you must submit a copy of the certificate to their Human Resources Division with your employment application.

**CPAT Examination** - specifics surrounding this examination (date, time, location) will be provided to candidates at a later date via their District website.

The Firefighter and Firefighter/Paramedic qualification's appraisal process will include the following:

- **Written exam** – minimum passing score is 70%. **This examination phase is weighted 40% of your final score.**
- **Firefighter** – **Oral examination is weighted 60% of your final score,** with a minimum score of 70%.
- **Firefighter/Paramedic** – Oral examination and skills assessment. **The oral examination is weighted 60% of your final score** with a minimum score of 70%. The skills examination is pass/fail.
- **CPAT Physical Agility** – pass/fail.

Candidates must be successful in all examination phases to be placed on an eligibility list. The Fire Chief will, when filling vacancies, make a selection from those on the eligibility list. Candidates offered formal employment must be successful in all examination phases, including passing a District paid pre-employment medical examination that includes an alcohol/drug screen, a background check, which will include a Personal History Statement, Computerized Voice Stress Analyzer (CVSA) exam and a psychological evaluation.

### **About the District:**

The [Sacramento Metropolitan Fire District](#) was formed through the consolidation of the American River and Sacramento County Fire Protection Districts. The District is the largest fire department in Sacramento County and the seventh largest fire agency in the State. The District is composed of residential, commercial, industrial and wildland areas, and is growing rapidly. The District staffs 40 fire stations, employing some 700 personnel and encompasses 417 square miles. Their budget is approximately \$121 million per year.

For more information about the S.M.F.D., visit their website at [www.smfd.ca.gov](http://www.smfd.ca.gov)

## **FIREFIGHTER EMPLOYMENT OPPORTUNITY – Sacramento City Fire Department**

The [Sacramento City Fire Department](#) is one of the larger fire departments in the State. They operate out of 22 fire stations, protecting 458,000 people over 144 square miles. They are a full-service fire department that includes ALS transporting ambulance service. They will be testing quarterly for the position of **FIRE RECRUIT**.



- **May 14, 2005** **Cut off for filing for this test is April 8, 2005**
- **August 20, 2005** **Cut off for filing for this test is July 22, 2005**



- **October 15, 2005** Cut off for filing for this test is September 16, 2005

**Note:** Cut-off deadlines and test dates are tentative and are subject to change without prior notification.

### **What is the position of fire recruit?**

The [Sacramento City Fire Department](#) is responsible for the protection of life and property and for providing EMS to the community. Fire Recruits attend the Sacramento Fire Training Academy for 20 weeks and receive basic training in firefighting methods, equipment operation and maintenance, physical fitness, fire science concepts, and a variety of other subjects.

Candidates who satisfactorily complete the training and graduate from the academy are given probationary status and assignments as firefighters. Some graduates who hold current certification as paramedics may be assigned as Firefighter/Paramedics. In addition, all candidates must pass a background investigation, fingerprinting, medical examination, and drug testing prior to becoming a firefighter.

### **What are their requirements?**

In order to qualify for entrance into the Recruit Academy, you must:

- Be at least 21 years of age.
- Have a high school diploma or GED equivalent.
- Have a current EMT-1 certificate or higher.
- Have 20 semester units or 30 quarter units from an accredited college or university. Three years as a paid firefighter may be substituted for the above college units.
- Be a citizen of the United States.
- Pass a written examination.

### **Special qualifications:**

- You have not smoked or used any tobacco products during the 12 months prior to testing.
- Possess a valid California Class C driver's license at the time of appointment.
- Ability to obtain a Class B driver's license with appropriate endorsements during the Sacramento Fire Training Academy. Failure to obtain license will be cause for termination.
- Wear respiratory protective equipment at times. When assigned to such work, facial hair must be shaved when it interferes with the safe fitting of such equipment.
- Reside within a 35 air mile radius from the freeway interchange at W-X streets and 29<sup>th</sup> – 30<sup>th</sup> streets within one year following appointment as a firefighter.
- Pass the physical ability test each year as a condition of employment

### **Additionally you must**

Pass a physical ability test which includes the following events:

- Hose drag
- Hose Carry / Stair climb
- Hose Hoist

- Smoke Ejector
- Citizen Rescue
- Dry Hose Load

**A videotape of the physical ability test is available at the following locations:**

- Any branch of the Sacramento City or County library system.
- American River College Library, 4700 College Oak Drive, Sacramento, CA 95841
- Consumnes River College Library, 8401 Center Parkway, Sacramento, CA 95821

**For more information you may contact:**

- Sacramento City Personnel Department (916) 264-5726
- The Fire Recruit Hotline: (916) 264-8172
- The City 24-hour jobline: (916) 264-8568

**To download an application** - Go to the JOB OPPORTUNITIES section of their website at <http://www.cityofsacramento.org/fire/jobopportunities.html>

**To find out more information about the Sacramento City Fire Department** - Visit their website at <http://www.cityofsacramento.org/fire/>

**FIREFIGHTER TESTING TIP OF THE MONTH –**  
**Improve your public speaking skills!**

**P**ublic Speaking is probably one of the biggest fears most people have. Along those lines, excellent communication and public speaking skills are a necessity for firefighters since we deal with the public every day. You can have the best resume in the world, but if your public speaking skills can't sell your qualifications during the oral board to the oral panel, you're not going to get the job. Even if you get the job, it is very common in many departments to have the junior firefighter be the one who teaches classes daily to the crew (to demonstrate their knowledge base) and is the lead instructor for any public education detail, station tour, etc. We aren't looking for shy people to become firefighters!

**O**ne of the best ways to improve your public speaking skills is to join [Toastmasters](#). If you have never heard of [Toastmasters](#), you are missing out on a valuable resource that can make you a better candidate.

**WHAT IS TOASTMASTERS?**

[Toastmasters](#) is the best way to improve your communication skills. Lose your fears of public speaking and learn skills that will help you be more successful in whatever path you've chosen in life. Learn how to:

- Deliver great presentations
- Easily lead teams and conduct meetings
- Give and receive constructive evaluations
- Be a better listener

### **Why Toastmasters? Because public speaking skills are not debatable.**

If you are like most people, public speaking is not your favorite pastime. Yet survey after survey shows that presentation skills are crucial to your success in the work place. The person with strong communication skills has a clear advantage over tongue-tied colleagues – especially in a competitive job market. Many people pay thousands of dollars for seminars to gain the skill and confidence necessary to face an audience. But there’s another option that is less expensive and held in high regard in business circles (and non-business circles) – Toastmasters International. This organization has been around for nearly 80 years and offers a proven and enjoyable way to practice and hone the communication and leadership skills of its members.

From one club started in 1924 at the YMCA in Santa Ana, California, Toastmasters has grown to become the world’s leading organization helping people conquer their pre-speech jitters. Since that first club was organized by Ralph C. Smedley, more than 4 million men and women have enjoyed the benefits of Toastmasters membership. The nonprofit organization now has approximately 190,000 members in 9,500 clubs in 78 countries.

### **How does it work?**

A Toastmasters Club is a “learn-by-doing” workshop in which men and women hone their skills in a comfortable, friendly atmosphere. A typical club has 20 to 40 members, who meet weekly or biweekly to learn and practice public speaking techniques. The average club meeting lasts approximately one hour. Membership is affordable; total annual fees are usually less than \$75. Upon joining a Toastmasters Club, members progress through a series of 10 speaking assignments designed to instill a basic foundation in public speaking.

When finished with the first speech manual, members can select from among 15 advanced manuals to develop speaking skills that are geared to specific interests. They are: Public Relations, Specialty Speeches, The Entertaining Speaker, Speaking to Inform, The Discussion Leader, Speeches by Management, The Professional Speaker, Persuasive Speaking, Technical Presentations, Communicating on Television, Storytelling, Interpretive Reading, Interpersonal Communication, Special Occasion Speeches, and Humorously Speaking. Members also have the opportunity to develop and practice leadership skills by working in the High Performance Leadership Program and serving as leaders at various organizational levels.

There is no instructor at a Toastmasters Club. Instead, members evaluate one another’s oral presentation. This evaluation process is an integral component of the overall educational program. Besides taking turns delivering prepared speeches and evaluating those of other members, Toastmasters give impromptu talks on assigned topics. They also develop listening skills, conduct meetings, serve as officers in various leadership roles and learn parliamentary procedure.

The effectiveness of this simple learning formula is evidenced by the thousands of corporations that sponsor in-house Toastmasters clubs. These clubs serve as public speaking and leadership training

workshops for employees. Every year, more and more business and government organizations are discovering that Toastmasters is the most effective, cost-efficient means of satisfying their communication training needs. Toastmasters clubs can be found in the U.S. Senate and the House of Representatives, as well as in a variety of community organizations, prisons, universities, hospitals, military bases, and churches.

### **Their Mission:**

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

### **Visit a Toastmasters Club!**

Toastmasters Clubs meet in the morning, at noon, and in the evening in over 50 countries worldwide. No matter where you live, work, or travel, you are more than likely to find a Club nearby. Join a Toastmasters Club. Attend their Club and apply for membership. To find a Club that meets at a different time or place, call or write:

Toastmasters International  
P.O. Box 9052  
Mission Viejo, CA 92690  
(949) 858-8255

In North America, call their voice mail system at 1-800-9WE-SPEAK to request additional information and a list of Clubs. A complete list of Toastmasters Clubs is also available at [www.toastmasters.org](http://www.toastmasters.org) or via email at [tminfo@toastmasters.org](mailto:tminfo@toastmasters.org)

Here is what one of the students on our email mailing list said about Toastmasters:

**“Hi Steve, I just got back from my first Toastmasters meeting. Thanks for the suggestion! I want to along how valuable the one hour I spent there was. They do a thing called table topics in which the members are asked to comment on a subject without prior preparation. I’m going to go back because this format definitely will help me develop the skills I need to think on my feet when asked oral interview questions during a firefighter exam.”**

From their website, I found this extremely valuable information that we all can utilize when we are preparing for fire service oral interviews (entry-level and promotional):

## **10 Tips for Successful Public Speaking**

Feeling some nervousness before giving a speech is natural and healthy. It shows you care about doing well. But too much nervousness can be detrimental. Here’s how you can control your nervousness and make effective, memorable presentations:

1. **Know the room.** Be familiar with the place in which you will speak. Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
2. **Know the audience.** Greet some of the audience as they arrive. It’s easier to speak to a group of friends than to a group of strangers.

3. **Know your material.** If you're not familiar with your material or are uncomfortable with it, your nervousness will increase. Practice your speech and revise it if necessary.
4. **Relax.** Ease tension by doing exercises.
5. **Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear and assured. When you visualize yourself as successful, you will be successful.
6. **Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative and entertaining. They don't want you to fail.
7. **Don't apologize.** If you mention your nervousness or apologize for any problems you think you will have with your speech, you may be calling the audience's attention to something they hadn't noticed. Keep silent.
8. **Concentrate on the message – not the medium.** Focus your attention away from your own anxieties and outwardly toward your message and your audience. Your nervousness will dissipate.
9. **Turn nervousness into positive energy.** Harness your nervous energy and transform it into vitality and enthusiasm
10. **Gain experience.** Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need.

### **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**

<b>Dates / Locations / Times:</b>	- Thursday <b>March 24</b> from 0715 to 0930 hours - Friday <b>March 25</b> from 1230 to 1730 hours  <b>NOTE:</b> March 24 will be held at the Bay Model in Sausalito (2100 Bridgeway in Sausalito) and March 25 will be held at the SFPA (657 Mission Street in San Francisco)
<b>You will receive:</b>	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.
<b>Your role:</b>	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.
<b>Contact person(s):</b>	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 <a href="mailto:director@sfparamedics.org">director@sfparamedics.org</a> or visit their website section on volunteer opportunities at <a href="http://www.sfparamedics.org/volunteer.htm">www.sfparamedics.org/volunteer.htm</a>

Volunteers have been the cornerstone of the success of the San Francisco Paramedic Association (SFPA). They have always played a very important role with the SFPA, and can further help build them into the leading provider of emergency training in the Bay Area.

Professionals must continually hone their skills and training base in order to handle medical emergencies. Their volunteers have helped instill realism of scenario based training as they role-play the decorated patient in their classes.

EMTs, nursing students, and others interested in trauma emergency care, are encouraged to be a moulaged patient volunteer to see what kind of courses they may need to take in fields associated with trauma assessment. Volunteers are also needed on an ongoing basis for other projects and classes as well.

**Benefits offered to volunteers:**

Through role-play, become familiar with equipment used:

- Manual defibrillator, Automatic defibrillator
- EKG equipment, Advanced airway equipment
- Firsthand view and usage of specific crash scenarios
- Firsthand view of critical points covered in trauma
- Free SFPA t-shirt

**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!\*\*\*

**NOTE: The seminar originally scheduled for March 9, 2005 has been cancelled; that subject matter will now be delivered on May 11. Thank you for your understanding.**

**DATES: Wednesday May 11, 2005**

Topics being covered include:

1. Firefighter employment opportunities with the Federal Government. Special guest speaker – Aaron Woods, Firefighter: Camp Parks (Dublin, CA) Fire Department.

2. 25 steps to success in the process of becoming a firefighter. Learn 25 valuable tips to better prepare yourself and earn more points in the overall process. Instructor: Steve Prziborowski, Fire Technology Coordinator at Chabot College and Captain with the Santa Clara County Fire Department.

**NOTE: Topics listed above subject to change.**

**TIME:** 6 p.m. to 9:00 p.m.  
**LOCATION:** Chabot College: Room 2210 (In building 2200)  
25555 Hesperian Boulevard, Hayward, CA 94545

**REGISTRATION /**

**MORE INFO:** To register, email me at [sprziborowski@chabotcollege.edu](mailto: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 <http://www.chabotfire.com> for more information on becoming a firefighter.

**PARAMEDIC SCHOOL ENTRANCE EXAMINATION INFORMATION –Northern California Training Institute (Livermore, Roseville, Santa Barbara, Emeryville, and South Bay locations)**

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

- **Livermore** - courses to be held on *Tuesdays and Fridays*

**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](http://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 Livermore, CA, beginning in August 2005, the examination dates are as follows:

- Wednesday March 2, 2005 – 9:00 am to 12:00 pm at their Livermore Classroom
- Wednesday March 9, 2005 – 1:00 pm to 4:00 pm at their Livermore Classroom

**FOR MORE INFORMATION** - Visit their website at [www.ncti-online.com](http://www.ncti-online.com) – also, for links to those above tests and classes, go to: [www.ncti-online.com/courses.shtml](http://www.ncti-online.com/courses.shtml)

**T**his 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.



**BEANIE HATS NOW AVAILABLE!**

**Chabot College - Fire Technology**  
**BEANIE HATS!**



**Available in blue or black – only \$18.00 each, or 2 for \$35.00.**

**Free delivery to your class at Chabot College!**

(If you do not attend Chabot, I will provide free shipping! Not responsible for any loss or damage while shipping)

**Limited supplies available – act quickly!**

Questions? Contact me at [sprziborowski@chabotcollege.edu](mailto:sprziborowski@chabotcollege.edu) or 510-723-6851

Cash accepted upon delivery – Or, mail personal check, cashier’s check, or money order (payable to Steve Prziborowski) to:

Chabot College  
Steve Prziborowski – Fire Technology Coordinator  
25555 Hesperian Boulevard  
Hayward, CA 94545

**NOTE:** You can also slide this form under my office door – Room 1556, fax to me at 408-358-9400, or email me at [sprziborowski@chabotcollege.edu](mailto:sprziborowski@chabotcollege.edu) with the exact information below.

-----  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Mail to you:  Yes  No  
Deliver to you? If so, what classes are you in (number, days and times)? \_\_\_\_\_

Payment method: \_\_\_\_\_ Color preference:  Blue or  Black

- I will confirm which way I will get it to you, based on my availability. Thank you very much!

**BASEBALL CAPS NOW AVAILABLE!**

**Chabot College –  
Fire Technology & Firefighter 1 Academy  
Baseball Caps!**



**Available in blue – only \$18.00 each**

- **Enclosed back** – Sizes available include Small/Medium OR Medium/Large
- **Styles available** – “Fire Technology” OR “Firefighter 1 Academy”

**Free delivery to your class at Chabot College!**

**Limited supplies available – act quickly!**

Questions? Contact me at [sprziborowski@chabotcollege.edu](mailto:sprziborowski@chabotcollege.edu) or 510-723-6851

Cash accepted upon delivery – Or, mail personal check, cashier’s check, or money order (payable to Steve Prziborowski) to:

Chabot College  
Steve Prziborowski – Fire Technology Coordinator  
25555 Hesperian Boulevard  
Hayward, CA 94545

**NOTE:** You can also slide this form under my office door – Room 1556, fax to me at 408-358-9400, or email me at [sprziborowski@chabotcollege.edu](mailto:sprziborowski@chabotcollege.edu) with the exact information below.

-----

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Payment method: \_\_\_\_\_  
 Deliver to you? If so, what classes are you in (number, days and times)? \_\_\_\_\_

Quantity requested: \_\_\_ Firefighter 1 Academy - Size: \_\_\_ Small/Medium \_\_\_ Medium/Large  
 \_\_\_ Fire Technology - Size: \_\_\_ Small/Medium \_\_\_ Medium/Large

- **I will confirm which way I will get it to you, based on my availability. Thank you very much!**

## **PARAMEDIC SCHOOL INFORMATION – Santa Cruz**

Emergency Training Services (ETS) in Santa Cruz, CA offers two paramedic programs per year. They typically have one paramedic program in the spring and one in the fall. If you are an EMT with a high school diploma or equivalent, you can apply for their program. The Fall 2005 course begins in August and can be completed in one year. Applications will be available in April 2005. This program is accredited by the CAAHEP. For more information or to get placed on their mailing list, call them at 800-700-8444. You can also visit their website at [www.emergencytraining.com](http://www.emergencytraining.com) for more information.

## **CLOSING COMMENTS**

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](mailto:sprziborowski@chabotcollege.edu)

**Chabot College Fire Technology & EMS web site:** [www.chabotfire.com](http://www.chabotfire.com)  
**Chabot College website:** [www.chabotcollege.edu](http://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](mailto: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](mailto: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](mailto:sprziborowski@chabotcollege.edu) and in the subject heading, and type in "unsubscribe from mailing list" and I will remove your name.