



FIRE & EMS NEWS

July 2004

Volume 3 – Issue 1

Welcome to the latest issue of the Fire & EMS News! I hope you are having a great summer and keeping busy in your pursuit of becoming a firefighter or EMS professional! My continuing 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:

- New EMT Program Director at Chabot College!
- Thank you very much – American Health Education, for the June oral board seminar!
- FREE Firefighter Seminars at Chabot College – July 1 and July 8!
- Mechanical ability – website resource and other related information that can ALL firefighter candidates should find valuable
- Paramedic School Entrance Examination Information - NCTI
- Firefighter Employment Opportunity – Sacramento City Fire Department

NEW EMT PROGRAM DIRECTOR AT CHABOT COLLEGE!

Effective fall semester 2004 (August 2004), I am very proud to announce that Brian Stewart has agreed to take over the EMT coordination duties from me, and function as not just one of the lecturers / primary instructors, but as the EMT program director / EMT coordinator as well!

Brian is presently employed as a Firefighter/Paramedic with the [Newark Fire Department](#), and has been on the EMT instructional staff for about five or so years (if my memory serves me correctly) as a skills instructor and as a lecturer. He initially took his EMT training at Chabot College, so he is very in tune with how the program operates and much of the history involved as well.

While I have really enjoyed and appreciated the opportunity to be the EMT coordinator at Chabot College the past 7 years, I have found it necessary to reduce some of my workload. As you can probably imagine, it can get quite challenging at times juggling two full-time jobs (Captain at the [Santa Clara County Fire Department](#) and Fire Technology Coordinator at Chabot College).

This in no way will affect my duties and responsibilities as the Fire Technology Coordinator at Chabot College. All of the time spent performing the EMT coordinating duties was above and beyond the minimum number of hours required of me by the college. While I was getting extra pay for the hours spent performing those duties, I have found it more appealing to lighten my load so that I can spend more quality time doing the other things I am expected to do, and also enjoy doing; both on-duty and off-duty.

For those of you that have been involved with the EMT program over the years, I appreciate all of your assistance and guidance you have provided me. One person could not have done all of the work by himself or herself, and all of you deserve a tremendous thank you for helping us get to where we are today with the EMT program.

I will finished out my duties and responsibilities for the spring 2004 semester and plan to be a resource and reference for Brian as he transitions to his new role. When I took over the program in 1997, I was left with bits and pieces of a program. I definitely want to ensure that does not occur in this situation, and I want to set Brian up for success. I believe I have left him a "turn-key operation," and have full faith and trust that he will continue the success and the good name of the Chabot College EMT program.

Again, congratulations Brian in your new position!

THANK YOU AMERICAN HEALTH EDUCATION (AHE)!

I wanted to take the time to personally thank Jack and Rich from [American Health Education](#) in Hayward for putting together a very successful firefighter oral interview seminar that was hosted at Chabot College on Saturday June 12. I had the privilege of getting to meet, getting to listen to, and getting to observe many different fire service professionals that all took time away from the personal lives to volunteer their time to help prepare the future firefighters that showed up to learn more about the oral interview process, as well as learn more about becoming a better firefighter candidate.

I was quite disappointed that more candidates didn't show up. While we had a good turnout, I think we could have had an even better turnout! We had candidates from around the state, including one person who came from Nevada! Jack and Rich did not charge anyone for admission, made numerous handouts on their own, provided a catered lunch for the instructors, and spent countless hours registering people, putting together the program, and getting the instructors nailed down. I realize your time is valuable, and there were probably many good reasons why you could not make it, but you got to take advantage of every opportunity that comes up in the way of becoming a better firefighter candidate. Your future career depends on it!

If I am not mistaken, EVERY candidate that was in attendance received one mock oral interview session; many of whom had never participated in a fire department oral interview before. In talking with many of the candidates, having a chance to participate in a mock oral interview and then get critiqued and provided with suggestions for improvement, was the number one thing they enjoyed about the seminar.

Please take the time to visit their website at www.americanhealtheducation.com – they offer numerous classes such as:

- EMT – Basic
- EMT – Refresher
- EMT National Registry Testing (skills and written)
- CPR certification and recertification
- Advanced Cardiac Life Support (ACLS)
- Pediatric Advanced Life Support (PALS)
- Basic Trauma Life Support (BTLS)
- Instructor classes in:
 - CPR
 - ACLS
 - PALS
 - First Aid

Here were some of the comments posted on the Perfect Firefighter Candidate Bulletin Board (www.firecareers.com/forum.cfm) regarding the seminar:

“I wanted to add my thanks. It was well worth the travel from SoCal for all the information I received. The mock oral interviews were a huge help. It is amazing how choked up you get even in front of a panel that isn't really hiring you! The practice alone was worth the trip. The amount of combined experience that was there! WOW! Truly an amazing group of firefighters. All my questions were answered and I loved the way you always got 3 or 4 different opinions on every subject. Now that I am home I can study over my notes and read all the handouts we were given. It was a lot of great information. Thank you to everyone there for your help and thank you to those behind the scenes for coordinating such a great seminar.”

“I would also like to add my thanks to Rich, Jack and everyone else who gave so freely of their time to put on the seminar at Chabot on Saturday. I had to leave at lunchtime to be in a friend's wedding, but was able to get one mock oral in, which was invaluable. All the information presented by the speakers will also help all of us reach our goal. I hope to be in a position to give back someday like these guys are doing for us now. Thanks again.”

“A huge THANK YOU to all who volunteered their Saturday to help out a bunch of wannabe rookies like myself who just need some guidance along the way. These gentlemen offered a huge service to us and the only thing they want in return is to see us use the knowledge we obtained at the seminar and get hired! I know my next interview is going to be WAY different than my last. Thank you once again to everybody that helps put the seminar on.”

“Wow! What a great seminar. Very useful feedback in the mock interviews and outstanding info in the lectures. Can't believe the turnout was so low. Thanks to all of the speakers and interview panel participants for taking the time to help us out on your day off. Events like this remind me why I want this job so badly. The prospect of working alongside men and women who are willing to selflessly give back is truly inspirational.”

“I would like to thank Rich and Jack for putting on the interview seminars yesterday at Chabot JC. They had Capt Lepore and many other Firefighters from around the Bay Area there. If you were not so lucky to make it to this seminar Jack said they were going to put one on in the fall. I think it would be smart for you to go to the next one BECAUSE it is FREE. You learn so much different stuff from other firefighter that were in are shoes trying to get the CAREER and they are willing to come down on there time and help us out help us out. Thank you very much to all the Capt's and Firefighter's that was there.”

And then, one of the best postings:

“So why do these "FREE" seminars (with all the good stuff!) always have a low attendance factor? Anyone? Anyone? Buller? Anyone? AHE? Captain Paul? Captain Bob? Chabot? Captain Jason? LAFDPSO? Anyone?”

(All those names are the screen names that people utilize on the Perfect Firefighter Candidate Bulletin Board – mine is ChabotFire or Chabot for short).

An answer was provided to the above question by lafdpso (Brian Humphrey – Firefighter/Public Service Officer with the [Los Angeles Fire Department](#)). I think Brian hit this one dead on:

“To quickly answer the generic though important question, my impulsive and simplified answer is that...

Potential attendees:

- 1) Don't have the hunger.
- 2) Don't realize that they truly need the nourishment"

What more can be said? I'll get off my soapbox shortly, after I conclude with why I am including this information here and why I am taking the time to ensure that we are offering you seminars such as this one, the ones that I am doing in July, and the ones that Captain Bob offers to the students twice a year. I am hosting these seminars for a few reasons:

- Because I truly don't believe one person is the expert on anything. You need to listen to as many qualified folks as you can (qualified in a specific subject area) so that you can form your own opinion about something. We all have good, yet slightly different opinions. What one person suggests you do may not work for every candidate or in every situation. Take the time to learn something from EACH of us that are willing to take the time to provide you with information.

- Because in the 4 years that I was testing, I don't recall ever having seminars to attend (especially free of charge. Even if they were charging an appropriate fee, I would do what I had to do to make sure I attended. I have no problem investing in my future).
- Because I think each of the people that are providing you with information have something valuable to offer you, based on their past experience, dedication, and motivation. Remember – you don't have to agree with everything that you hear.

We had instructors and oral board proctors from numerous bay area, central valley, and southern California fire departments. Captain Paul Lepore of the [Long Beach Fire Department](#) (and author of the oral interview book – “[Smoke your Firefighter Interview](#)”) took the time to fly up for the day, lecture on how to increase your oral board scores, and even sit in on some oral board interviews and provide valuable feedback to candidates. This was an awesome opportunity for candidates to meet and talk with firefighters and captains of different departments, and really get an idea of what type of candidate department's are looking for. While each fire department has their own criteria to apply for a firefighter position and to get hired in their department, it was a great opportunity for candidates to get a “big picture view” of what is expected of them prior to getting hired and after they get hired.

Both Jack and Rich seem willing to put together another seminar sometime in the fall; I will definitely pass on the details once I receive them, through this newsletter and the email mailing list!

FREE FIREFIGHTER PREPARATION SEMINARS!

Become a better *firefighter* candidate!

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

DATES: **Thursday July 1, 2004 and**
Thursday July 8, 2004
(You are invited to attend one night, or both nights - each night will be different).

- TOPICS:**
- July 1**
- Do I have what it takes to become a firefighter?
 - The phases of the hiring process
 - Locating firefighter examinations
 - Becoming the best firefighter candidate you can be
- July 8**
- Resume preparation
 - The application versus the resume
 - Preparing for the oral interview

TIME: 6 p.m. to 8 p.m. each night

LOCATION: Chabot College: Room 600 (In building 600)
25555 Hesperian Boulevard
Hayward, CA 94545

INSTRUCTOR: Steve Prziborowski - Fire Technology Coordinator at Chabot College and a Captain with the Santa Clara County Fire Department.

**REGISTRATION /
MORE INFO:**

To register, email sprziborowski@chabotcollege.edu or if you do not have internet access, you can leave a message at (510) 723-6851. Please state which session(s) you plan to attend. If you have to cancel after you have signed up for one or both of the seminars, please let me know (common courtesy) so we can give your seat to someone else that might want it. 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.

I will do my best to make them worth your time and effort!

***As much as I appreciate advance notice of your presence,
people showing up at the last minute will also be welcome! I
realize plans can change.***

NOTE: Mark your calendars and save the dates – based on the outcome of these seminars, and if the interest is there, I plan to do similar firefighter preparation seminars (topics – TBA) on the following dates:

- Tuesday October 5, 2004 – 6:00 pm to 8:00 pm
- Tuesday October 26, 2004 – 6:00 pm to 8:00 pm
- Tuesday November 30, 2004 – 6:00 pm to 8:00 pm

More information to follow in the August 2004 issue of the Chabot College Fire & EMS News!

TESTING TIP: MECHANICAL ABILITY – WEBSITE RESOURCE & OTHER ASSISTANCE

One of the most important skills a firefighter can have is being well versed and competent in the area of mechanical ability. Hiring new firefighters with the lack of mechanical ability skills is one of the biggest complaints I hear from firefighters on the job. 20 years ago, the majority of recruits in a fire academy came from a strong mechanical ability. It was not uncommon to hire people from the trades (construction, auto repair, home repair, etc.). These folks did not have much of a problem when it came to operating the various power and non-power tools utilized by a fire department.

However, take a recruit academy today, and you would be hard pressed to find more than a couple (if any) recruits that have some mechanical ability background to bring to the table. That is not a bad thing, that is just reality. Many of the recruits today are coming straight from college (which was uncommon in the past) and from never having lived away from mom and dad for an extended period of time. Many of the recruits today cannot perform basic skills (basic skills to firefighters that have been on the job for at least 10 years) such as change a tire on a car, change the oil in a car, start and operate a power tool (such as a chain saw or circular saw). Talk to firefighters across the nation and you will probably hear similar complaints about their newly hired firefighters. Think of it this way, many veteran firefighters are expecting you to be clueless in regards to mechanical ability, based on their experiences with many of the newer recruits they have been hiring. Prove them wrong by having a great grasp on this subject area; it will do a lot for your credibility and reputation around the department while on probation.

Some fire departments have recognized this problem and have added more hours and training in their recruit academies to address this problem. However, you cannot bank on that if you are a newly hired firefighter. It is very possible to be terminated (fired) during probation for not being able to start a chain saw in a certain time frame or show the ability to quickly grasp the use and understanding of mechanical ability related items or skills. Do not let this happen to you! Be proactive and take the time to educate yourself on the various subjects relating to mechanical ability.

A great resource I have come across is a website: www.howstuffworks.com - this website is a valuable educational tool that can help anyone, not just a future firefighter or probationary firefighter.

Some of the topics on this website include:

- Computer stuff
- Auto stuff
- Electronics stuff
- Science stuff
- Home stuff
- Entertainment stuff
- Health stuff
- Money stuff
- Travel stuff
- Personal stuff

I have passed this website onto many future firefighters and probationary firefighters that have been having trouble with mechanically related issues and have heard nothing but positive feedback about this website.

Here is an additional piece of information I want to pass on relating to the importance of mechanical ability knowledge and a few ways to increase your knowledge and understanding:

From Paul Lepore, Captain - [Long Beach Fire Department](#) (author of "[Smoke your Firefighter Interview](#) – one of the best oral interview preparation books on the market today - available at www.smokeyourffinterview.com):

"I was approached by a peer on my department today for whom I have a great deal of respect. He is a Training Officer on our department and is assigned to a 40-hour week. In his position, he is directly in charge of recruit training. In other words, he is a captain that is in charge of the recruits in the academy. He mentioned that he has been reading my posts on this board (Perfect Firefighter Candidate Bulletin Board – an excellent website resource for all firefighters and future firefighters, available at www.firecareers.com/forum.cfm) and has been following its status for some time. He stated that he would like to get a message to you, the future recruits, the strong need to be proficient with mechanical skills.

His suggestions were:

1. Mow your lawn. Understand the basics of how a lawn mower works. The motors that are used on a lawnmower are similar to those on a smoke ejector. The same theory applies to a chain or rotary saw. If you understand the basic concept of how the motor works, you will be able to tear it apart.
2. Change the oil in your car. Become familiar with the operation of basic hand tools. The more you use them, the more you will be able to adapt to changing situations on the fire ground or during a complex extrication. It is critical to be able to think outside the box.
3. Buy a skill saw and build a dog house. By doing so you will understand the basic operation of the saw as well as have to preplan its layout in your head.

In our academy, recruits are expected to put on a blacked out mask and crawl through a building. In the middle of the evolution, the candidates encounter a smoke ejector, a chain saw, or a rotary saw. The recruits are instructed to start one of these three pieces of equipment while wearing the blacked out mask, full turnouts, and a breathing apparatus. This is done while wearing structure fire fighting gloves. The recruit has three minutes to complete the evolution.

According to this training captain, the recruits that possess mechanical ability PRIOR to entering the academy stand ABOVE the crowd. Those that DON'T are also very visible.

I respect his advice. If I were in the position of looking for a job and had the opportunity to learn what would help me be successful, I would be all ears.

Hope this helps."

Thanks Paul, for that great advice!

**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*
- **Roseville** - courses to be held on *Tuesdays and Fridays*
- **Santa Barbara** - courses to be held on *Tuesdays and Fridays*
- **Emeryville** – courses to be held on *Wednesdays and Saturdays*
- **South Bay (San Jose area)** – 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.

COURSE CHARGES AND FEES

Total cost of course: \$7,400.00

TESTING DATES & TIMES

For their **Paramedic Course** that will be held in the South Bay (San Jose area), CA, and the examination dates are as follows:

- Monday June 28, 2004 – 10:00 am to 2:00 pm at their Evergreen College (San Jose) Police Academy
- Thursday July 1, 2004 – 10:00 am to 2:00 pm at the Evergreen College (San Jose) Police Academy

For their **Paramedic Course** that will be held in Livermore, CA, the examination dates are as follows:

- Wednesday September 1, 2004 – 9:00 am to 12:00 pm at their Livermore Classroom
- Wednesday September 8, 2004 – 1:00 pm to 4:00 pm at their Livermore Classroom
- 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 their **Paramedic Course** that will be held in Roseville, CA, the examination dates are as follows:

- Wednesday November 3, 2004 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday November 10, 2004 – 1:00 pm to 4:00 pm at their Roseville Classroom
- Wednesday February 2, 2005 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday February 9, 2005 – 1:00 pm to 4:00 pm at their Roseville Classroom

For their **Paramedic Course** that will be held in Emeryville, CA, the examination dates are as follows:

- Wednesday January 5, 2005 – 9:00 am to 12:00 pm at their Livermore Classroom
- Thursday January 12, 2005 – 1:00 pm to 4:00 pm at their Livermore Classroom

For their **Paramedic Course** that will be held in Santa Barbara, CA, the examination dates are as follows:

- Wednesday July 21, 2004 – 8:00 am to 12:00 pm at the Santa Barbara EMS Agency
- Thursday July 22, 2004 – 8:00 am to 12:00 pm at the Santa Barbara EMS Agency
- Thursday July 22, 2004 – 1:00 pm to 4:00 pm at the Santa Barbara EMS Agency
- Wednesday February 16, 2005 – 1:00 pm to 4:00 pm at the Santa Barbara EMS Agency
- Thursday February 17, 2005 – 9:00 am to 12:00 pm at the Santa Barbara EMS Agency

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 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**. The (tentative) Year 2004 testing dates are:



- **August 21, 2004** **Cut off for filing for this test is July 23, 2004**
- **October 16, 2004** **Cut off for filing for this test is September 17, 2004**

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 29th – 30th 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/>

CLOSING COMMENTS

I hope you have found (and continue to find) 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 web site: 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.