



One Blue Bird Square · Olean, NY 14760 · (716) 372-0614 · www.SouthernTierEMS.org

S.T.E.M.S. Forum directions:

- Getting started
 - Visit www.sthcs.org
 - Click [S.T.E.M.S. home](#) on the left side of the screen. Below the main menu you will see the S.T.E.M.S. login. On your first forum visit, you will need to register. Click on [register](#), enter the information requested and click [register](#) at the bottom of the page. Write down your username and password. You will need them to access the site each time you visit. Your username will be visible to other users and is how you will be identified in the forum.
 - Your account must be approved by S.T.E.M.S. staff before you can enter the forum. On weekdays between 8:30 a.m. and 4:30 p.m. this should take about one hour. If you have trouble registering, logging in or if you have questions, please contact S.T.E.M.S. at (716) 372-0614.

- Using the forum
 - Log in.
 - Once you are logged in, a S.T.E.M.S. user menu will appear below the main menu. Click [forum](#) to go to the EMS forum.
 - In the forum you can choose which discussion you want to join such as EMS Classifieds, Education Station, Brainstorm Corner, or Encounters of the EMS Kind.
 - Clicking [board index](#) at the top of the page will take you back to the discussions screen.
 - After you join a discussion, you can read the listed topics or create your own. To add a topic, click [new topic](#) enter your information then click [submit](#) at the bottom of the page.
 - Once on a topic, you can add a post by clicking [post reply](#). You can also subscribe to a topic by clicking [subscribe](#) so all posts on that topic will be sent to your e-mail address.

- Special information
 - Topics and posts are not placed immediately. S.T.E.M.S. must review and approve them. It should take about an hour on weekdays from 8:30 a.m. to 4:30 p.m. If you can't add a topic or have questions, call S.T.E.M.S. at (716) 372-0614.
 - To submit a new discussion topic, click on [Want S.T.E.M.S. to add a new discussion topic?](#) You can add ideas in this forum or call us with suggestions.
 - Offensive and abusive language will not be tolerated. Violators will be removed from the forum.
 - Click on [my profile](#) at the top of the forum page to customize your profile.
 - Click on [profile](#) under the S.T.E.M.S. user menu to update your account information or change your password.