

Cypress Mandela Training Center

Loma Prieta earthquake – Cypress Freeway



History

- Founded in the wake of the Loma Prieta earthquake of 1989, our program has helped transform the lives of thousands of low-income adults in Oakland and its adjacent cities. **Cypress** is name after the **Cypress Freeway**, and it was renamed the **Mandela Parkway**.
- Oakland emerged with a violent reputation that has impeded growth and progress on many fronts, such as public safety, education, and the economy.

Focus

- Cypress Mandela seeks to train adult urban residence who are either dislocated workers, underemployed and unemployed, at-risk youth and re-entry, men and women.
- A main goal is to help develop a well-trained and qualified workforce for multiple employment opportunities in the utility and transportation, emerging green technology and related construction sectors.

Programs Overview

Core Training Programs

- 16-week Program – Pre-Apprenticeship Green Construction
- 8-week (Environmental Protection Agency [EPA]) Environmental Health and Safety Program

Specialized Training Programs

- 8/12-week Energy & Water Efficiency Training Program
- 12-week 'I Can Fix It Myself' Program
- 5-week OUSD Construction Summer Internship Training Program
- 6-week Oakland PAL Construction Exploration Training Program

Advanced Training Programs

- 8-week Cypress PG&E PowerPathways Program
- 1-week Bay Area Rapid Transit (BART) - Pathway Training Program

Core Training Programs

640 Hours of Lecture / Hands-on Training

16-Week Pre-Apprenticeship

- Introduction to Unionism
- Carpentry
- Electrical
- Plumbing
- Cement Mason
- Ironworker
- Laborers
- Blueprint Reading
- Applied Math
- Energy Efficiency and Solar
- Financial Literacy
- Life and Soft Skills
- Physical Fitness
- Material Handling

8-week EPA Environmental

- OSHA 10
- Waste Site Worker Health and Safety – 40 Hour
- Confine Space
- Asbestos – 4 Hour
- Injury and illness Prevention – 5 Hour
- Hazardous Communication Right to Know – 2 Hour
- Ergonomics
- Mold Awareness and Inspection - 16 Hour
- Hazardous Materials – 2 Hour
- CPR/First Aid/AED
- Infectious Disease





Advance Training PG&E

8 - week Cypress PG&E PowerPathways Gas / Electric Training Program

Cypress partnership with PG&E *PowerPathways* Bridge-to-Utility Worker Programs started in 2012 to provide qualified individuals for career opportunities in both the gas and electric departments. In 2012 CMTC was the first program to pilot our PG&E GAS-0802 training which is the same curriculum that all new gas utility workers receive upon being hired at PG&E. This also waives all CMTC PG&E PowerPathway graduates of having to take the training if hired at PG&E and helps to expedite our onboarding process.

Many of the graduates go on to become gas utility workers, gas compliance specialist, utility gas service representatives and gas control center operators at PG&E. Along with various electric projects, CMTC PG&E PowerPathway graduates are currently working on gas transmission hydro-tests, replacing gas transmission distribution piping and installing new residential gas services. All graduates also serve as emergency first responders and some have worked heroically during the 2012 Hurricane Sandy Relief Effort, 2014 Napa Earthquake, 2015 Butte Lake County wildfires and the 2016 weather storms.



Advance Training BART

1 – week Bay Area Rapid Transit (BART) Track and Structured Worker Training

Tom Delaney, BART's Superintendent of Way and Facilities, has seen the results, based on one earlier cohort of Cypress Mandela-trained track workers who have been at BART for a couple of years now.

“They all have a great attitude, they're hardworking, and Cypress does a really good job preparing them for work. Out of that first group, all of them who wanted to go for promotions have been promoted to higher-responsibility jobs.”

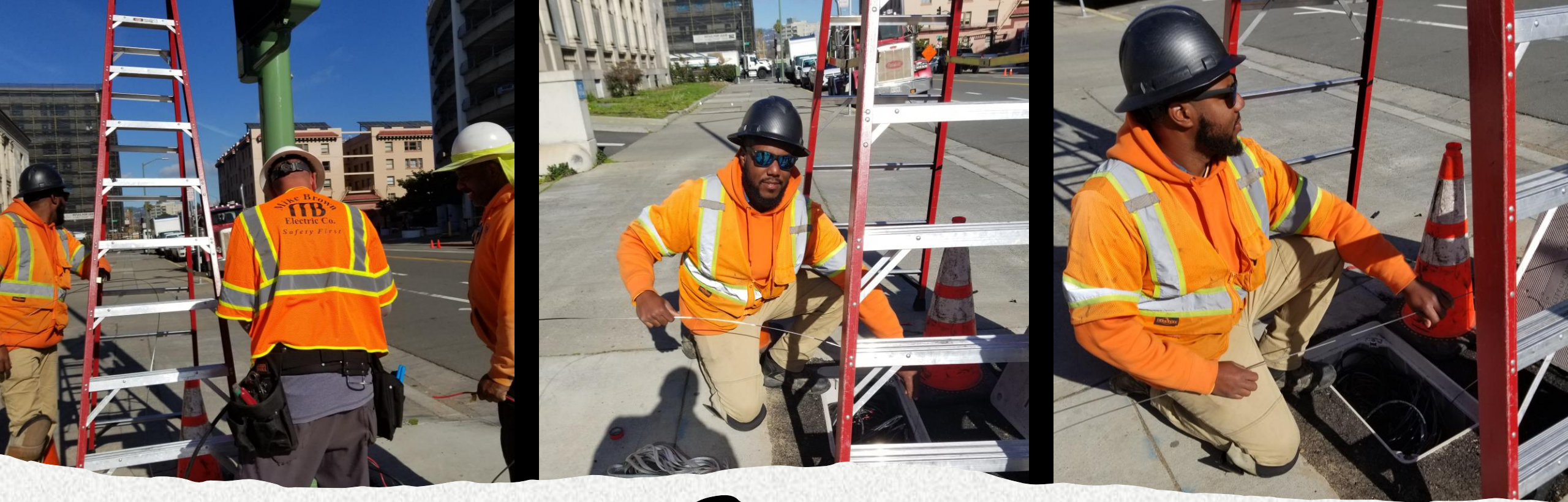




Job Development and Placement

Staff will work closely to coordinate and partner with contractors, businesses and organizations to find employment opportunities for graduates.

Additionally, other construction related opportunities are explored. Examples for successful placement include graduates working careers at BART, PG&E and Local contractor:



Graduate working for Mike Brown Electric in Downtown Oakland

Outcomes

Why Candace GoodSpeed Inspires Us

Before joining Cypress, Ms. Goodspeed already earned a B.A. degree but unable to find work in her field. She worked a security job to help support herself while continuing to look for other career opportunities.

"It's been very exciting and interesting," said Goodspeed, who joined BART in February 2020. "I started at BART through Cypress Mandela's pre-apprenticeship program for construction workers. They introduced us to BART, and that's how I got interested in becoming a track worker."



CANDACE GOODSPEED

Job Development and Placement

Why Thu Nguyen Inspires US

"My name is Thu Nguyen. I started with BART in February 2020. I came through the training at Cypress Mandela and I'm a track worker now. I'm so happy, because I know I can do the job. I feel like whatever the men can do, I can."

"I believe in balance, and women are part of the puzzle, contributing to the team. We are yin and yang. Women can do hard jobs. If you are willing to learn and willing to do the job, you can be part of what makes the teamwork."

"We've been putting pads down for track, changing out pads, checking the track, taking all the old material out. Whatever the next step is, I work hard to be prepared. I'm very happy to be working here at BART."



THU NGUYEN



Aaron Hardy,
graduate shares his
story about how
Cypress helped him
from homeless to
thriving!

