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# Training News

A quarterly newsletter from the Northern California Laborers' Training Center Issue No. 54 • Summer 2005

## I built that...

By Jeff Armstrong, Director of Apprenticeship

Who among us has not said those three words when admiring a new bridge, high-rise, school or other major project you helped build. A sense of accomplishment combined with leaving your mark is undoubtedly one of the most rewarding parts of the job. Standing back for a moment and proudly proclaiming “I built that” is a feeling most outside the construction industry will never know. That drive to create and improve is so strong in some that we are finding that it’s the very reason that motivates many to become Laborers in the first place.



Photo by John Machado

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One of the most important functions of the Apprenticeship Program is to meet with those very individuals who want the opportunity to help shape their community and recruit them to join our ranks. This past spring, we met almost 2,000 people at job fairs and other promotional events who wanted to get into the industry. The reason most told us for wanting to become a skilled Laborer was the desire to create something lasting with their own two hands. They knew the work would be hard, but that did not deter them from wanting to know more. They knew the working conditions would at times be demanding and still they picked up an application.

**Victor Dillon, Apprenticeship Coordinator, representing the Northern California Laborers' Apprenticeship Program (right), promotes construction as a career to high school students at the recently held Annual Construction Career Awareness Day sponsored by Granite Construction in Sacramento, California.**

They knew that it would all be worth it for the opportunity to one day say “I built that.”

Many of these individuals will be the ones you will run into on future job sites. I said “many” rather than “all” because it takes more than just wanting to become a Laborer to get into the Program. You’ve got to be dependable, motivated and responsible. If you’re not, we’re not interested.

► See “I built that,” Page 5

**TERENCE J. O'SULLIVAN LABORERS' TRAINING CENTER**  
**Schedule of Courses, SAN RAMON CAMPUS (Horario de Clases)**  
**July 4 - September 30, 2005**

<b>COURSES</b>	<b>DATES</b>	<b>LENGTH</b>	<b>PREREQUISITE</b>
<b>APPRENTICESHIP</b>			
Apprenticeship Initial	July 11 - July 29 July 25 - August 12 August 8 - August 26	3 Weeks	Registered Apprentices
Apprenticeship Follow-up	August 8 - August 19 September 12 - September 23	2 Weeks	Registered Apprentices
<b>CONSTRUCTION</b>			
Pipe Laying Techniques	August 1 - August 12	2 Weeks	N/A
Concrete Techniques	August 15 - August 26	2 Weeks	N/A
Asphalt Paving Techniques	August 29 - September 2	1 Week	N/A
Shotcrete Techniques	September 12 - September 23	2 Weeks	N/A
Plaster Tender/Hod Carrier	September 12 - September 30	3 Weeks	N/A
<b>WELDING</b>			
MIG & TIG Welding Orientation	August 8 - August 19	2 Weeks	<b>1000 hours worked</b>
Oxy Torch Cutting	July 7, July 21 September 2, September 8 September 22 & Sept. 30	1 Day Each	N/A
<b>SPECIAL COURSES</b>			
Blueprint Reading	July 5 - July 6 July 27 - July 28 September 6-7 & Sept. 21-22	2 Days Each	N/A
Grade Checking	July 7 - July 8 July 25 - July 26 September 8-9 & Sept. 19-20	2 Days Each	N/A
Skid-Steer Loader (Bobcat) (Advanced)	July 5, July 7, August 3 August 19, August 31 September 6, 8, 21, & 26	1 Day Each	Experience Required
First Aid/CPR	July 6, July 19, August 1 August 4, August 15, August 29 September 7, 20, & 29	1 Day Each	N/A
Forklift Certification (Intermediate)	July 5 - July 7 August 3 - August 5 (Spanish) September 6 - September 8	3 Days Each	N/A
OSHA 10-Hour Orientation	July 6 - July 7 July 14 - July 15 (5 p.m. start)	2 Days Each	N/A

**TERENCE J. O'SULLIVAN LABORERS' TRAINING CENTER**  
**Schedule of Courses, SAN RAMON CAMPUS (Horario de Clases)**  
**July 4 - September 30, 2005**

<b>COURSES</b>	<b>DATES</b>	<b>LENGTH</b>	<b>PREREQUISITE</b>
<b>SPECIAL COURSES</b>			
OSHA 10-Hour Orientation	August 2 - August 3 August 29 - August 30 September 8 - September 9 September 19 - September 20	2 Days Each	N/A
Flagging Certification	July 8 July 13 (5 p.m. start) July 22, August 5 August 31 (Spanish) September 2, 9, 23, & 30	1 Day Each	N/A
Mine Safety & First Aid/CPR	July 11 - July 15 August 1 - August 5 August 22 - August 26	1 Week	N/A
Forklift Orientation	July 11 - July 15 Aug. 29 - Sept. 2 & Sept. 26-30	1 Week	N/A
Scaffold User	July 11, July 18, July 25, August 15 September 6 & September 8	1 Day Each	N/A
Confined Space	July 29, August 4, August 17 September 7 & September 23	1 Day Each	N/A
Rigging & Signaling	July 18 - July 22 September 26 - September 30	1 Week	N/A
Forklift Certification (Advanced)	July 18, August 5, August 18 September 1, September 19 September 22	1 Day Each	Experience Required
Traffic Control	July 20, August 16, August 30 September 7, Sept. 21 & Sept.	1 Day Each	N/A
Concrete Coring & Saw Cutting	July 5 - July 6 August 1 - August 2 August 31 - September 1 September 6-7 & Sept. 28-29	2 Days Each	N/A
Bilingual Construction Communication	August 1 - August 2 Aug. 15 - Aug. 16 (5 p.m. start) August 29 - August 30 Sept. 19 - Sept. 20 (5 p.m. start) Sept. 29 - Sept. 30	2 Days Each	N/A

**TERENCE J. O'SULLIVAN LABORERS' TRAINING CENTER**  
**Schedule of Courses, SAN RAMON CAMPUS (Horario de Clases)**  
**April 4 through July 1, 2005**

COURSES	DATES	LENGTH	PREREQUISITE
<b>SPECIAL COURSES continued</b>			
Refinery Safety (BATC)	August 1, August 22 September 6	1 Day Each	N/A
Fire Watch Safety	July 20, August 3, August 17 August 24, September 7	1 Day Each	N/A
Basic Air Track Drilling Orientation	August 8 - August 12	1 Week	N/A
Air Track Drilling	August 15 - August 26	2 Weeks	Completion of one-week Orientation
Skid-Steer Loader (Bobcat)	August 22 - August 26	1 Week	N/A
Skid Steer Loader (Bobcat) (Intermediate)	August 29 - August 31 September 6 - September 8	3 Days Each	N/A
Aerial Work Platform	September 2 September 9	1 Day Each	Experience Recommended
Trenchless Renovation & Remote Camera Techniques	September 12 - September 15 (10 Hours/Day)	4 Days	Completion of Pipe Laying Techniques
Aerial Work Platform	September 26 - September 27	2 Days	N/A
<b>ENVIRONMENTAL</b>			
Hazardous Waste Re-Certification	July 5, August 5, August 11 August 17, Sept. 21 & Sept. 28	1 Day Each	Valid Certificate
Hazardous Waste Re-Certification	July 11 - July 12 (5 p.m. start)	2 Days	Valid Certificate
Hazardous Waste Removal	July 18 - July 22 September 12 - September 16	1 Week	<b>200 hours worked</b>
Asbestos Worker Certification (Spanish/Español)	July 18 - July 22	1 Week	N/A
Lead Worker Initial (English)	August 8 - August 10	3 Days	N/A
Lead Re-Certification (English)	August 12	1 Day	Valid Certificate
Asbestos Worker Certification (English)	August 15 - August 19	1 Week	N/A
Lead Worker Initial (Spanish)	July 11 - July 14 September 12 - September 15	4 Days	N/A

**IMPORTANT REMINDER:** All trainees/apprentices are expected to be on time for all courses and to be suitably attired with work clothing and work boots. NO shorts, tank tops, or tennis shoes will be allowed in class or in the dining area. NO head gear will be allowed in the dining room. **RECORDATORIO IMPORTANTE:** Se les requiere a todos los estudiantes y aprendices el llegar a tiempo a todos los cursos y venir vestidos apropiadamente con ropa y botas de trabajo. Pantalones cortos, camisetas sin manga, o zapatos de tenis no serán permitidos en ninguna de las clases o en el comedor. No es permitido entrar al comedor con sombrero. ■

► **I built that**, *From Page 1*

Today's apprentices made it into the Program in part because they share the attributes that many of you have. Learning the ropes and developing their skills will come over time, but the desire to work as a team and help create something that will be around for years if not decades is already there. Just as you have done many times in the past, these apprentices are waiting for their chance to build a new freeway, power plant or airport and proudly say "I built that."

Photo by John Machado



**Dave Darling, Apprenticeship Coordinator (left) explains career opportunities with the Laborers to a student.**

*Jeff Armstrong is the Director of Apprenticeship of the Terence J. O'Sullivan Laborers Training Center for Northern California. He can be reached at (925) 556-0858.*

## **Laborers' Training Center works with Laborers-AGC in Vocational English as a Second Language Program**

*By Vic Macias, Director of Training*

**T**he need to assist a large number of our members in learning language skills needed at a construction job site brought about the Bilingual Construction Communication Program. The program, which was started by Local 185 and Instructor Carolyn Gallagher, was upgraded and fine tuned with the assistance of Instructors of the Northern California Laborers' Training Center. The program joins English and Spanish speakers in learning construction terminology on a concrete, asphalt, or pipe laying site. Participants learn safety tools, equipment and steps required to complete each job in English and in Spanish.

We have also joined Laborers-AGC Education and Training Fund to take our efforts to a higher level. Instructors Jesse Mireles and Mario De La Torre, together with instructors from other Training Funds, have attended and successfully completed an intensive course on teaching English to adult learners, using techniques developed by the School for International Training and Laborers-AGC's Vocational English as a Second Language Program (VESAL).



*Photo by Laborers-AGC*

**Instructors Mario De La Torre (standing 2nd from left) and Jesse Mireles (standing first, right) and other instructors from different Training Funds participated in the VESAL pilot program sponsored by Laborers-AGC.**

► *See VESAL Program, Page 8*

**TERENCE J. O'SULLIVAN LABORERS' TRAINING CENTER**  
**Schedule of Courses, WEST SACRAMENTO CAMPUS (Horario de Clases)**  
**July 4 through September 30, 2005**

<b>COURSES</b>	<b>DATES</b>	<b>LENGTH</b>	<b>PREREQUISITE</b>
<b>APPRENTICESHIP</b>			
Apprenticeship Follow-Up	September 19 - Sept. 30	2 Weeks	Registered Apprentices
<b>CONSTRUCTION</b>			
Concrete Cutting & Coring	July 11 - July 12	2 Days	N/A
<b>SPECIAL COURSES</b>			
10-Hour OSHA Orientation	July 5-6 & July 25-26 August 8 - August 9 September 6 - September 7 September 29-30 (5 p.m. start)	2 Days Each	N/A
Aerial Work Platforms	July 7 July 27 August 24 September 8	1 Day Each	N/A
Torch Cutting	July 8, July 29 September 1, September 9 September 14	1 Day Each	N/A
Skid Steer Loader (Bobcat) Orientation (Intermediate)	July 5 - July 7 August 15 - August 17 September 6 - September 8	3 Days Each	Experience Recommended
Flagger Certification	July 7 (5:00 p.m. start) July 8, July 15, July 29, August 5 August 12 (5:00 p.m. start) August 26, September 2, 9, 16 September 28 (5:00 p.m. start)	1 Day Each	N/A
Bilingual Construction Communication	July 5 - July 6 (5:00 p.m. start) August 18-19 (5:00 p.m. start) September 1 - September 2 September 22-23 (5 p.m. start) September 26 - September 27	2 Days Each	N/A
Forklift Certification (Intermediate)	July 11 - July 13	3 Days	Experience Recommended
Forklift Certification (Beginner)	July 18 - July 22	1 Week	N/A
Forklift Certification (Intermediate)	August 18 - August 19	2 Days	Experience Recommended
Forklift Certification (Advance)	July 15, August 25, August 29 September 13	1 Day Each	Experience Required

**TERENCE J. O'SULLIVAN LABORERS' TRAINING CENTER**  
**Schedule of Courses, WEST SACRAMENTO CAMPUS (Horario de Clases)**  
**July 4 through September 30, 2005**

<b>COURSES</b>	<b>DATES</b>	<b>LENGTH</b>	<b>PREREQUISITE</b>
<b>SPECIAL COURSES continued</b>			
Traffic Control	July 14, 28, Sept. 15	1 Day Each	N/A
Traffic Control	August 10-11 (5 p.m. start)	2 Evenings	N/A
Skid Steer Loader (Advanced)	July 13, August 11, August 30 September 12	1 Day Each	N/A
First Aid/CPR	July 14, August 4 August 8 - August 9 (5 p.m. start) August 23, August 31	1 Day Each 2 Evenings 1 Day Each	N/A
Mine Safety & First Aid/CPR	July 18 - July 22	1 Week	N/A
Grade Checking	July 25 - July 26 August 3 - August 4 August 31 - September 1	2 Days Each	N/A
Blueprint Reading	July 27 - July 28 August 1 - August 2 August 29 - August 30	2 Days Each	N/A
Scaffold User	August 3	1 Day	N/A
Confined Space	August 5, 12 & September 2	1 Day Each	N/A
Hazardous Waste Re-Certification	August 10 August 22	1 Day Each	Valid Certificate
Hazardous Waste Removal (10-Hr. Day)	August 23 - August 26	4 Days	<b>200 hours worked</b>
Hazardous Waste Re-Certification (5:00 p.m. start)	September 26 - September 27	2 Days	Valid Certificate

**Directions to the West Sacramento Training Center:**

Take the HARBOR BOULEVARD exit off U.S. 50/Business 80 towards Harbor Boulevard/Port of Sacramento. Continue on Harbor for approximately 1/2 mile. At the Industrial Blvd. intersection at the entrance to the Port, make a right and continue a half mile on Industrial. The entrance to the Laborers' Training Center is on your left at a yellow pole gate. Follow the signs to the Administration Building.

West Sacramento Training Center:  
 2901 Industrial Boulevard  
 West Sacramento, CA 95691-3419  
 Telephone: (916) 375-0191  
 FAX: (916) 375-0227  
 E-mail: [training@norcalaborers.org](mailto:training@norcalaborers.org)

**Directions to the San Ramon Training Center:**

Take the ALCOSTA BOULEVARD WEST exit off Highway 680. After you cross the intersection at San Ramon Valley Boulevard, the road changes to Westside Drive. Stay in the straight-ahead lane and look on your left for the large sign and gate leading to the Training Center. Proceed up the hill to the Administration building (on the left).

San Ramon Training Center:  
 1001 Westside Drive  
 San Ramon, California 94583-4098  
 Telephone: (925) 828-2513  
 FAX: (925) 828-6142  
 E-mail: [training@norcalaborers.org](mailto:training@norcalaborers.org)



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► **VESAL Program**, *From Page 5*

The program is designed to keep the attention and interest of participants by using different innovative methods that will help individuals to learn English. Northern California Instructors Jesse Mireles and Mario De La Torre have started to apply the methods they learned in their present classes. They will be presented with their certifications at the upcoming Instructor Development Program in Chicago.

This accomplishment demonstrates the drive our instructors have to provide the highest quality of training to all of our members. ■

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*Vic Macias is the Director of Training of the Terence J. O'Sullivan Laborers Training Center for Northern California. He can be reached at (925) 828-2513.*

 **Training News**

*Training News* is published quarterly by the Laborers' Training and Retraining Trust Fund for Northern California. It is intended to provide information concerning training for members of the Laborers' International Union of Northern California and signatory contractors. Please submit your comments and/or suggestions by mail to Laborers' Training Center, 1001 Westside Drive, San Ramon, California 94583, or by telephone at (925) 828-2513, or by e-mail to [training@norcalaborers.org](mailto:training@norcalaborers.org).

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