

Safety Tips - Fatigue and Work

Fatigue is the state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, shift work or extended periods of stress or anxiety. Staying awake for 24hours straight affects the human body almost exactly like a blood alcohol level of .10%, which exceeds The legal limit for driving.

Tips for workers

Eat a healthy diet that promotes longer lasting energy. Complex carbohydrates (Starch) are preferable to simple carbohydrates (sugar). Avoid fatty foods and junk food.

Adopt a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.

Try to get at least 7.5-8.5 hours of sleep per night.

Stay positive. Make a conscious effort not to be overwhelmed by negative circumstances.

Avoid driving if you are tired, especially in inclement weather where vision is impaired.

Avoid Excessive noise.



Agenda

- Welcome
- Introductions
- Bond Program Overview
- Key Benefits of Build Peralta Academy
- Commitment to Local Businesses
- Key Benefits of Build Peralta Academy
- Course Small Business Resource Panel
- Survey
- Q&A
- Closing





Atheria Smith

Interim Vice Chancellor, Department of General Services Peralta Community College District

Welcome From PCCD

Meet

Team

The

Keith Kajiya

Program Manager AECOM



Program Status

As of April 2022

\$77 Million

State Funding in Place

\$140 Million

Contract Commitments

\$115 Million
Bonds Issued

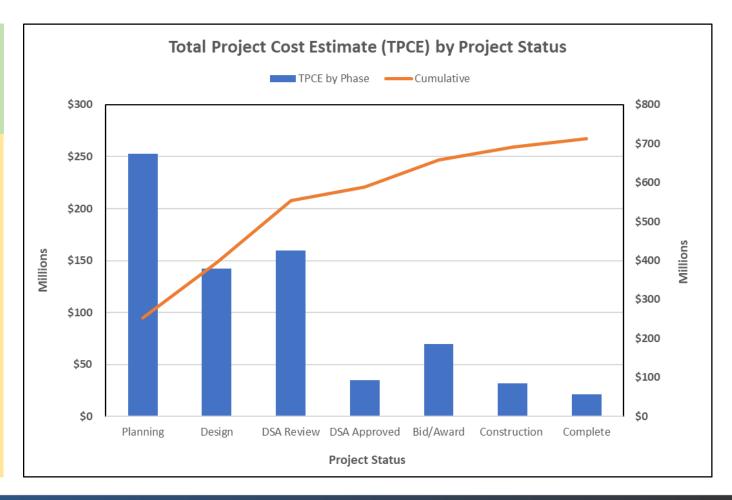
\$65 Million Expended

15

Major Projects
Underway

56

Infrastructure Packages Underway





Major Construction Beginning!

College of Alameda

- New Auto/Diesel Technologies Building (Ready to Bid)
- Aviation Complex Phase 1 (DSA Review)

• Berkeley City College

New Berkeley City College West Building (In Design)

• Laney College

- Locker Room Modernization (DSA Review)
- Central Plant/Cooling Tower Modernization (DSA Review)
- New Learning Resource Center (DSA Review)
- Theater Modernization (DSA Review)
- EBMUD Water Main Relocation (Bidding)

Merritt College

- New Child Development Center (Ready to Bid)
- New Horticulture Complex (DSA Approved)

College of Alameda Auto/Diesel Technologies



Merritt College Child Development Center





President

Meet

Team

The

Dr. Bonnie James

BRJ & Associates

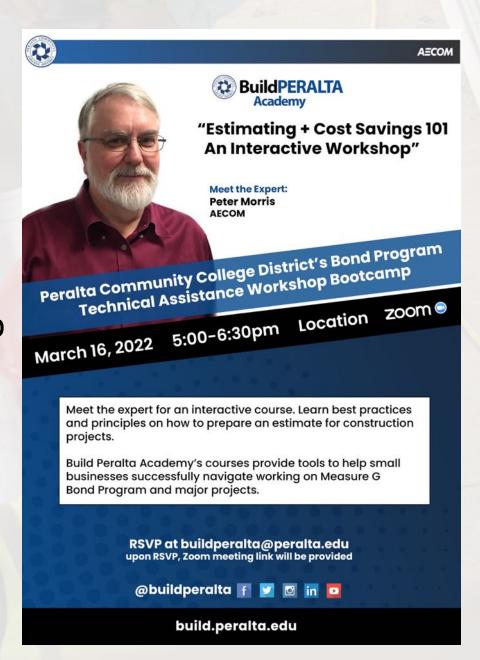




Dr. Bonnie James, BRJ & Associates

Key Benefits of Build Peralta Academy

- Instructional assistance workshop/ bootcamp
- Learn from industry experts
- Help small businesses build capacity





Shonda Scott

CEO, Founder 360 Total Concept



Commitment to Local Businesses

Shonda Scott, 360 Total Concept



- PCCD Small Business Policy
 - 25% Small Local Business Participation
- Certification (small business located in 6 cities in Peralta District: Alameda, Albany, Berkeley, Emeryville, Oakland and Piedmont)
 - SLBE: Revenue size has not exceeded gross annual revenue for the past 3 consecutive years
 - Construction Firms: \$8.5M > undér
 - Goods Non-Professional Services Firms \$6M > under
 - A/E and Professional Services \$3M > under
 - SELBE
 - For businesses that have not exceeded revenue of \$1.5M past 3 consecutive years

Methods of Outreach Communications



- Peralta Website
- Build Peralta Site
- Peralta College Marketing
- Laney Construction Management Program
- Social Media: #buildperalta
 - Instagram
 - Twitter
 - Facebook
 - YouTube
 - LinkedIN



Meet The Experts



Heidi Pickman
California Association for
Micro Enterprise Opportunity



Jermaine Carter-Gibson California Office of the Small Business Advocate



Clair Whitmer
California Office of the Small
Business Advocate



Bianca Blomquist Small Business Majority



Meet

The

Heidi Pickman

California Association for Micro Enterprise Opportunity







Small Business Resource Panel

HEIDI PICKMAN, VP, ENGAGEMENT AND EXTERNAL RELATIONS April 20, 2022



Who We Are

350+ Members Statewide

- CDFIs and community basedlenders
- Community-based and Federal TA providers: WBCs, SBDCs, Score chapters, USDA grant recipients
- Local chambers
- Other small business groups

Serving

- 84,000 businesses annually
- 101,000 jobs created or supported
- \$7.5 billion in economic activity
- ~ 70% are low-moderate income
- ~ 70% are business owners of color
- ~ 50% are women







What We Do



We advocate in Sacramento and DC for policy that promotes the member network and their small business clients.



We expand resources and build capacity for our member organizations.



We convene the network of organizations working with small businesses to share best practices and promote new trends.



We're an information hub, gathering and disseminating data on trends, policy, sector innovations, and sector-related news.









Capacity Building

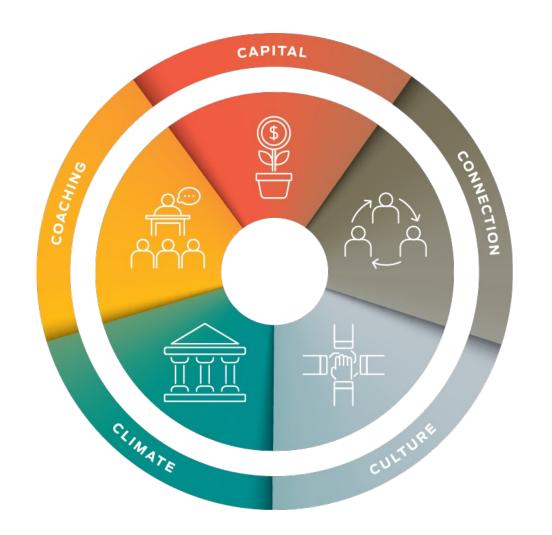
A comprehensive suite of programs for young mission-based lenders that would like to strengthen their lending infrastructure, knowledge, and skills for greater impact and stronger portfolios.







Local Entrepreneurial Ecosystem







Thank You!

CONTACT US

CAMEOnetwork.org

hpidkin an @ CAMEOnetwork.org









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Clair Whitmer

Jermaine Carter-Gibson

California Office of the Small Business Advocate

Meet The Experts





Office of the Small Business Advocate

Clair Whitmer and
Jermaine Carter-Gibson
NorCal Field Team

@CaliforniaOSBA Email: business.ca.gov/zendesk





CalOSBA Mission & Objectives

Mission: CalOSBA supports economic growth and innovation and ensures that ALL California small businesses and innovative startups have the information and direct support they need to better navigate resources, programs and regulations.

CalOSBA serves as the voice of small business, representing their views and interests across the state and advocating for equitable access to capital, markets, and networks so that all California small businesses successfully start, manage, grow and become more resilient.

Objective: Information and Resources | Advocacy | Resilience





CalOSBA Programs

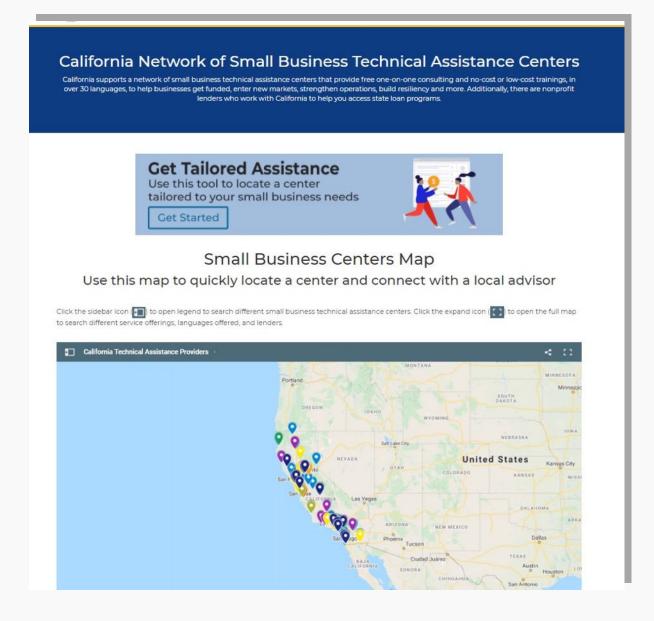
- California Microbusiness COVID-19 Relief Grant Program (MCRGP)
- Inclusive Innovation Hubs (iHubs²)
- California Venues Grant Program (CVGP)
- · California Dream Fund
- California Nonprofit Performing Arts Grants Program (NPAGP)





CalOSBA: Gateway to Resources & Assistance

- **Direct Assistance:** State Resources
- Content: Trainings / Webinars
- Local Assistance:
 Network of Small Business Centers:
 business.ca.gov/centers





CalOSBA: Preparedness & Resilience

- Prepare: OutsmartDisaster.com
- Relief & Resource Guides:
 - COVID-19: business.ca.gov/coronavirus-2019
 - Wildfires: business.ca.gov/disaster-relief-resource-guide



Resilience and Disaster Preparedness

In today's climate, businesses are faced with a variety of potential disruptions to their business operations from natural disasters, pandemics, cyber-attacks and more. All businesses should take the necessary steps to prepare for disasters and business interruption and become more resilient. Please take California's Resilient Business Challenge and get important resources to plan and prepare for disasters at the <u>Outsmart Disaster website</u>. Also see cyber resources below.

Disaster Relief Resource Guide

If you have been affected by the recent wildfires, California has resources available to help you. Governor Newsom declared a statewide emergency due to the fires and extreme weather conditions, and he has also secured a <u>Presidential Major Disaster Declaration</u> to bolster the state's emergency response to wildfires burning in Northern California and support impacted residents in Butte, Lake, Mendocino, Monterey, Napa, San Mateo, Santa Clara, Santa Cruz, Solano, Sonoma, Stanislaus, Trinity, Tulare and Yolo counties.

On October 16, 2020 Governor Newsom secured another <u>Presidential Major Disaster Declaration</u> to bolster the state's emergency response to wildfires burning in the Central Valley and Southern California and support impacted residents in Fresno, Los Angeles, Madera, Mendocino, Napa, San Bernardino, San Diego, Shasta, Siskiyou, and Sonoma counties. Please see below resources or contact us if you would like direct assistance at 1-877-345-4633 or email us here.

FEDERAL ASSISTANCE: As a result of the federal disaster declaration, residents and business owners who sustained losses in the designated counties can begin applying for federal assistance including FEMA by registering online at the <u>Disaster Assistance website</u> or by calling 1-800-621-FEMA(3362) or 1-800-462-7585 (TTY) for the hearing and speech impaired. The toll-free telephone numbers will operate from 7 a.m. to 10 p.m. (local time) seven days a week until further notice. SBA Disaster Loans are also available at sba.gov/disasters and see below under Capital for full details and fact sheets.

Business Assistance

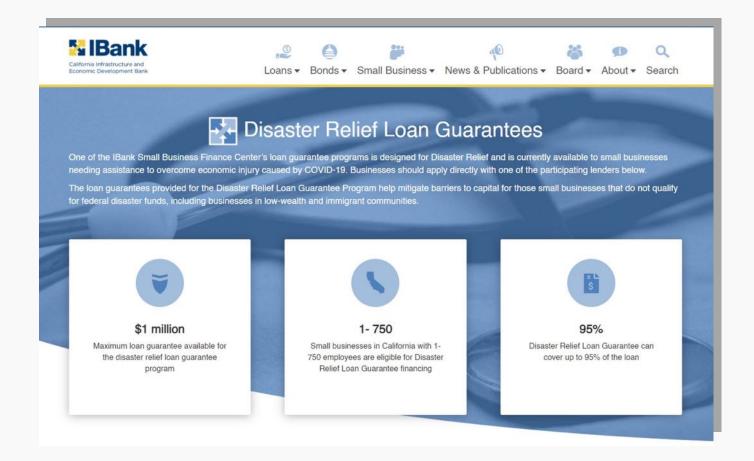
GO-Biz offers a range of services to business owners and has dedicated representatives to field general business questions and to assist business owners as they seek to access business recovery resources.

The following programs may provide additional support and act as the liaison to other California regulatory agencies and local governments throughout the state:



CalOSBA: Advocate/Voice of Small Business

- Access/Connection to Capital
 - Federal relief
 - State programs:
 - Ibank.ca.gov
 - CALoanFund.org
 - treasurer.ca.gov/cpcfa/calcap
- Access to Markets:
 - Supply Chains / Procurement
 - Ecommerce





Source Diverse Source Local

business.ca.gov/source-diverse-source-local

 Public-private collaboration to strengthen inclusive procurement programs and build a resilient California-based supply chain

- On-demand workshop:
 Learn the Basics of Selling to Big Business
- Contract Readiness Accelerator: Coming Soon







State Certifications

California Contracting Goals: <u>25%</u> of total spend to certified Small Businesses and <u>3%</u> of total spend to certified DVBEs

Small Business (SB):

- Business with 100 or fewer employees
- Gross annual receipts of \$15 million or less
- Or Manufacturer with 100 or fewer employees (no GARs) Microbusiness \$5 million or less GARs

Small Business For the Purpose of Public works (SB-PW):

- Business with 200 or fewer employees
- Gross annual receipts of \$36 million or less
- Manufacturer must meet the gross annual receipts cap

Disabled Veteran Business Enterprise (DVBE)

- 10% or more service-connected disability
- Be at least 51% owned by one or more disabled veterans
- Limited Liability companies (LLC) must be wholly owned by one or more disabled veterans







THANKYOU

Find Us Online & Subscribe to updates at: business.ca.gov/calosbasubscribe











Meet

The

Bianca Blomquist

Small Business Majority





About Small Business Majority

- Empower America's small businesses and the self-employed to ensure they are empowered to drive a thriving and equitable economy—special focus on advancing the smallest businesses and those facing systemic inequalities
- Network of more than 85,000 businesses—eight offices across the country
- Advocacy—access to capital, entrepreneurship, healthcare, benefits, infrastructure and taxes—supported by ongoing research
- Education and resources—webinars, seminars and social media—in partnership with more than 1,500 business and other partner organizations—online resource hub: Venturize.org
- COVID-19 pandemic—more than 500 events connecting with 57,000 businesses, expanded online resources—constant advocacy on PPP, EIDL and other government stimulus programs



About Small Business Majority: Our Model

RESEARCH

Start with extensive research (polling, economic studies) to gauge small business owner views and speak to their bottom line



ADVOCACY

Enact change by elevating small business views in public policy debates



EDUCATION

Partner with business groups to hold seminars and roundtables to educate small business owners and get their personal views



NETWORK

Use real small business voices with lawmakers and the media



(more than 20,000 earned media hits)



Summary of access to capital resources California Comeback Programs

| Loan or Grant | Brief Summary | Comments |
|--|---|--|
| Microbusiness COVID-19 Relief Grant (MBCRG) | Established micro-businesses that made less than \$50,000 in 2019; 5 FTEs or fewer; if you did not receive SB-CRG you may be eligible for up to \$2,500 | One-time \$25 million grant program; application windows vary by county. Visit Venturize: venturize.or/mbcrg . |
| DREAM Fund Grant | New businesses only eligible to apply for a microgrant of up to \$10,000 after completing intensive TA at a participating center. | One-time \$35 million grant program; you can find a participating center at calosba.ca.gov . |
| Social Entrepreneurs for Economic Development (SEED) Grant | Average micro-grant approx. \$2,500 to \$7,500. Micro-grants may be awarded in the range of \$7,500 to \$10,000. | Eligible individuals: limited English proficiency, or neither U.S. citizens nor lawful permanent residents. SEED is open to other immigrants, refugees and asylees, and United States citizens. Estimated to begin June 1, 2022 |



Summary of access to capital resources California Comeback Programs

| Loan or Grant | Brief Summary | Comments | |
|---|---|---|--|
| Paid Family Leave Small Business Grant | Grant of up to \$2,000 per eligible employee up to \$18,000 per business. Small businesses with 9 employees or fewer. Eligible employees must have taken paid family leave since Dec. 2019. | 94% of Small Business Majority network businesses that apply receive funding! californiapaidfamilyleavealliance.com * *FYI: this website has not been updated to reflect the increased grant award | |
| California Rebuilding Fund (Loan) | Long-term recovery loan program of up to \$100,000 available for California small businesses; 4.25% APR over 30-60 months; no interest in the first year. | Fill out a pre-application with no credit check: connect2capital.com/p/californiarebuildingfund | |



OTC

Summary of access to capital resources California Comeback Programs

| Tax Credit | Brief Summary | Comments |
|-------------------------------|--|--|
| Homeless Hiring Tax Credit | \$2,500 - \$10,000 tax credit per eligible employee (based on actual hrs. worked). Up to \$30,000 credit; each taxable year. Eligible employees must be currently or recently homeless (within 180 days of hire) or be receiving services and must be certified by a certifying organization. Certificate expires 1 year after issuance. | You must receive a certificate from a certifying organization. You can claim the nonrefundable credit for taxable years beginning on or after 1/22 - 1/1/27. Learn more: ttps://doi.org/10/10/4/ Learn more: |



BuildPERALTAAcademy

Summary of small business resources Venturize

Visit our online resource hub to find info on your county's Microbusiness COVID-19 Relief Grant:

venturize.org/mbcrg

Venturize.org is a free online resource hub for small business owners like you who need help accessing tools and resources to grow their businesses. Venturize offers unbiased information about small business loans, retirement and healthcare.





Questions?

Bianca Blomquist

California Policy Director, Northern California Outreach Director bblomquist@smallbusinessmajority.org

Connect with us!









Paid Family Leave Small Business Grant Support for small business owners

- The Paid Family Leave Small Business (PFLSB) Grant will provide to CA small businesses \$2,000 for each employee who is utilizing the PFL Program to help offset the costs involved with training other employees to cover the duties of this individual on leave.
 - Must have less than 10 employees
 - Up to a total of \$18,000 per small business
 - Available through December 2022



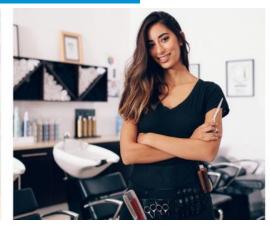


CalSavers











What is your retirement plan?



CalSavers

What is CalSavers?

- Available for employers with five or more workers who do not have an employer-sponsored retirement option
- Employees may opt out at any time
- CalSavers account is portable-stays with employee from job to job, throughout career





Join Our Network

Ways to get involved:

- Receive a monthly newsletter
- Share your story for media requests
- Letters to the editor/Op-eds

- State events/Roundtables
- Fly-ins
- Webinars for business organizations

Connect with us!







Meet The Panel



Bianca Blomquist Small Business Majority



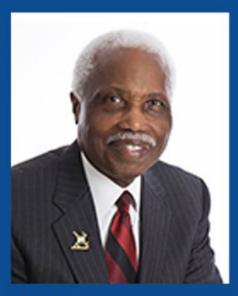
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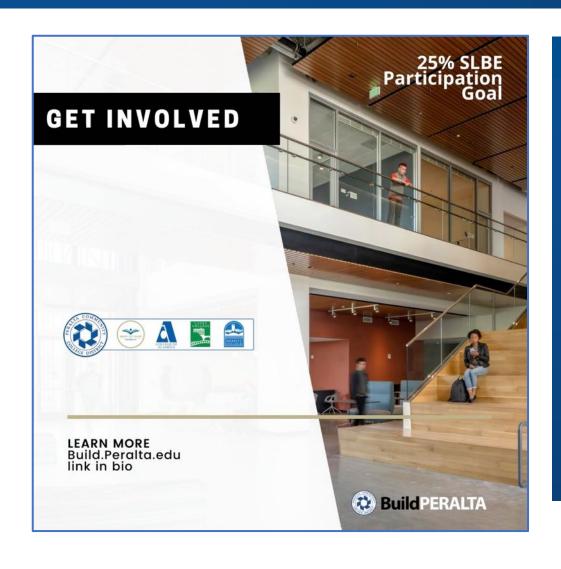


Shonda Scott 360 Total Concept Co-Moderator

QUESTIONS?



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