



Mon Valley Works ICD  
One South Linden Street  
Duquesne, PA 15110

Mon Valley Works  
**Fall 2017  
ICD Training  
Schedule**

**REGISTER TODAY**  
[www.monvalleyicd.com](http://www.monvalleyicd.com)  
412-460-0390



Fall 2017  
Training  
& Education  
Guide



Mon Valley Works  
Institute for Career  
Development  
Local Joint  
Committee  
Members are  
your representatives  
for the program.

**ICD Coordinator**  
412-460-0390  
**Nancy Ligus**

**USW**  
**Ross McClellan**  
**Champ Saddler**

**ET Local 1219**  
412-271-4555  
**Jim Johnston, Co-Chair**  
**Kevin Cunningham**  
**Mark Simko**

**Clairton Local 1557**  
412-233-5672  
**Jon Grunsky, Co-Chair**  
**Will Jones**  
**Tim Tisot**

**Irvin Local 2227**  
412-469-0100  
**Scott Sauritch, Co-Chair**  
**Ken Carter**  
**Shawn Knight**

**Local 2227-01**  
412-469-0100  
**Jim Wardzinski, Co-Chair**  
**Debbie Barkley, E.T.**  
**Matt Murrman, Clairton**

### Custom Courses open to current active Steelworkers

- Classes are held at the Mon Valley ICD Training Center & at area locations of Education Providers
- A minimum of five (5) active USW members must be enrolled per class
- Retirees and Spouses may participate as per the ICD Policy guidelines



### Tuition Assistance:

All USW members employed by U. S. Steel are eligible to receive up to \$1,800 annually in tuition assistance toward an approved, accredited program.

Register online @ [www.monvalleyicd.com](http://www.monvalleyicd.com)  
or contact your ICD Coordinator  
**412-460-0390** or  
[info@monvalleyicd.com](mailto:info@monvalleyicd.com)



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**Coordinator**  
**Nancy Ligus**  
[nancy.ligus@monvalleyicd.com](mailto:nancy.ligus@monvalleyicd.com)  
412-460-0390

**Visit us on the web:**  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

**Follow us on Facebook:**  
[www.facebook.com/MonValleyICD](http://www.facebook.com/MonValleyICD)

Mon Valley Works ICD  
One South Linden Street  
Duquesne, PA 15110  
**412-460-0390**

## Mon Valley Works Fall 2017 ICD Training Schedule

### Highlights

#### UAVs for Fun & Business

UAVs, or drones, are all the rage! Learn flying techniques and what to shop for in this new class. (See page 16 for details)



#### Upholstery for Beginners

Great opportunity to update your upholstered furniture and learn this handy skill for many projects. (See page 16 for details)



#### Welcome C&C Operations, LLC

Returning to the Mon Valley ICD, C&C is offering classes in Solar Power and All About Smokers. (See page 17 for details)



#### Ghoul School

Unmask your inner creativity in this unique course offered at Douglas Education Center, a world leader of special effects artistry in the Haunt Industry. (See page 19 for details)







From the desk of your ICD Coordinator...

Back to school! Summer ends and Fall begins with a return to classes, both for children and adults!

Congratulations to all of our USW members of the Mon Valley Works who conferred their degrees these past few months and utilized Tuition Assistance funds provided through the ICD.

The **Tuition Assistance program** allows each eligible employee a total of **\$1800** per year to be applied to **both credit and non-credit courses** provided by accredited institutions. Applicable courses of study include those with the primary purpose of career or educational development, including certificate, undergraduate, graduate, and doctoral degree programs.

Additionally, non-credit courses offered through community colleges and technical schools are also eligible for reimbursement, including tuition, books, and course related fees. For example, Real Estate, Small Business Management, Computer Coding, and Notary are classes our members have taken using their ICD benefit. Tuition Assistance can also be used for subscription-based online learning, up to \$500 per year\*.

Many of our members have been approved for Issuance 14, which allows up to **\$3,800** per year available to qualifying students who combine Tuition Assistance with Customized Course funds. If you are already enrolled in college classes for Fall and would like to pursue this opportunity, please contact me for more details about the Issuance 14 policy.

Fall is a great time to take a class or enroll in a degree program and I encourage our members to take advantage of Tuition Assistance! I'm happy to answer any questions and to help complete the applicable reimbursement forms.

*Nancy*  
Nancy Ligus

\*Online providers must be pre-approved by the ICD

For more information visit the ICD national website: [www.icdlearning.org/resources/educational-partners](http://www.icdlearning.org/resources/educational-partners)



## ICD Programs

Contact the ICD Coordinator for more information about these ongoing ICD Programs:

### ToolingU Online Training

With more than 500 unique online classes Tooling U-SME provides a broad yet deep catalog of manufacturing training topics. Easy to navigate interactive & comprehensive training can be accessed through any internet connection 24/7. Topics range from machining & maintenance to design & additive manufacturing. Check their online catalog for course offerings & contact the ICD Coordinator to acquire online access. See *page 14*.  
[www.toolingu.com/classes](http://www.toolingu.com/classes)

### TechShop Coupon Program

Located in Bakery Square (East Liberty), TechShop Pittsburgh is a 16,000 sq. ft. makerspace. The studios & workshops offer access to industrial classes with over \$1 million of professional equipment & software. The ICD has partnered with TechShop to provide current active USW members the opportunity to take classes through pre-purchased coupons. Check their online monthly schedule for dates & times and register by phone directly with TechShop. Please identify yourself as a USW member using the ICD Coupon program.  
[www.techshop.ws/pittsburgh](http://www.techshop.ws/pittsburgh) 412-345-7182

### Fitness Trainer Program

Located at the Center for Fitness and Health, Belle Vernon, PA, this 36-month program offers a well-balanced combination of nutrition education & workout techniques to develop exercise regimens & a healthy lifestyle. A fitness trainer guides participants through weekly classes providing instruction as well as motivation. Class day/time schedules vary. Contact the ICD Coordinator to enroll as new classes begin quarterly. Current active members only.  
[www.mvhealthplex.com/](http://www.mvhealthplex.com/)

### CDL License Course

All-State Career School in West Mifflin, PA offers customized training in tractor trailer driving toward obtaining a CDL License as a Class "A" or "B" operator. This 100-hour program combines classroom theory and on-the-road instruction with qualified instructors who prepare participants to take their operator exam. Valid driver's license, physical exam & CDL permit will be required. Contact the ICD to begin the enrollment process. Current active members only.  
[www.allstatecareer.edu](http://www.allstatecareer.edu)

### Pre-Learner Maintenance Program

This online standardized training provides USW employees the opportunity to acquire necessary skills & knowledge in Electrical or Mechanical topics to test successfully into the U. S. Steel Maintenance Training Program. This is a self-paced program & requires a valid email address. Contact the ICD Coordinator to acquire online access. Further information is available at the Mon Valley ICD website.  
[www.monvalleyicd.com/pre-learner-maintenance-training-program](http://www.monvalleyicd.com/pre-learner-maintenance-training-program)

Location:  
**Steel Center  
 for Career &  
 Technical Education**

565 N. Lewis Run Road  
 Jefferson Hills, PA 15025

### Auto Body Repair – Room 115

This course will explain how to repair minor auto body dents & structural damage. Other topics include using different types of paints & primers & how to apply new epoxy products for gluing plastic. Painting techniques including clear coating will be covered. (All supplies included except paint and clears.)  
 Class size limited to 8.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Alternating Wednesdays			
9/6, 9/20, 10/4			
10/18, 11/1, 11/15	4:30 – 8:30	6	Chuck Hicks

### Auto Detailing – Room 115

This course will teach the proper way to clean a car from the inside out including detailing the engine compartment. Topics will include interior as well as exterior cleaning through demonstration & hands-on experience. Class size limited to 8.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Alternating Thursdays			
9/7, 9/21, 10/5			
10/19, 11/2, 11/16	4:30 – 8:30	6	Chuck Hicks

### Powder Puff Auto Mechanics – Room 112

Not just for Ladies! Learn how to properly care for your car with this hands-on course in automotive basics. Learn how to change your tires (and to know if you need new ones), check and maintain your car's fluids, and emergency situation preparedness. Class size limited to 8.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday			
9/26/17	5:00 – 9:00	1	Greg Siwik



**NEW**

Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

### Automotive Maintenance – Room 112

This class is for the student who wants to learn basic automobile maintenance. It will include demonstrations on how to change brakes, tires, & oil on an automobile, & how to diagnose engine problems. Instructors will review automotive operations & common repair techniques. Students will become familiar with the basics of preventive maintenance, emergency repairs & the operational systems of the automobile.  
 Class size limited to 8.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday			
10/3/17 to 11/14/17	5:00 – 9:00	7	Greg Siwik

### Emissions Inspection Certification – Room 119

Motor vehicle pollution control systems in vehicles subject to emissions testing are required to be tested once during the period for which vehicle registration or renewal is issued. Upon successful completion of this course & testing, individuals will earn the PA Emissions Inspector Certification. Students must be at least 18 years old to become a certified inspector and must possess a valid PA driver's license. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday & Wednesday			
10/9/17 to 10/18/17	5:00 – 9:00	4	Greg Siwik

### PA Safety Inspection Certification – Room 112

This course will certify individuals as PA State Inspection Mechanics. Course content includes hands-on instruction in the proper use of tools & equipment to perform a safety inspection as well as discussions on inspection procedures & vehicle code regulations. Students must be at least 18 years old & possess a valid PA driver's license. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday & Wednesday			
11/13/17 to 11/22/17	5:00 – 9:00	4	Greg Siwik
Tactile – Date TBD			

Location:  
**Steel Center  
 for Career &  
 Technical Education**

565 N. Lewis Run Road  
 Jefferson Hills, PA 15025





## Basic Skills

**Location:**  
**Irvin Plant**  
**Union Hall**  
 1301 Phillip Murray Road  
 West Mifflin, PA 15122

### Small Engine Repair – Back to Basics

Starting with the basics, learn the how's and why's of small gas engines, 2 & 4 cycle engines, and air-cooled overhead valve small engines. During the hands-on portion, you will be able to bring in your own equipment, troubleshoot & repair it to your satisfaction. The instructor will oversee & guide you in your work. Repairs can consist of anything from minor tune-ups to complete overhauls. Class size limited to 20.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 9/13/17 to 11/15/17	4:30 – 7:30	10	Pete Kurka



**Location:**  
**Steel Center**  
**for Career &**  
**Technical Education**  
 565 N. Lewis Run Road  
 Jefferson Hills, PA 15025

### Math for the Trades – Room 216

Calculations are used every day for problem solving both on the job & at home. A review of commonly used concepts in arithmetic, measurements, algebra & geometry will make that next task easier to tackle. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 10/10/17 & 10/17/17	5:00 – 8:00	2	Barb Smith



Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

### Defensive Driving Course

This 4-hour training session focuses only on Class C vehicle operation & how it relates to the driver & roadway community. Course material presented is designed to influence & challenge drivers to change their behind-the-wheel behaviors & attitudes and choose to drive safely, responsibly, & lawfully. Upon successful completions students will receive a certificate from the National Safety Council (NSC).

Class size limited to 25. Must be 18 or older & have a valid driver's license. Employee family members & retirees may participate as space allows. *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 11/1/17	8:30 – 12:30	1	All-State Career School Staff
or Wednesday 11/1/17	4:00 – 8:00	1	All-State Career School Staff

**Location:**  
**Mon Valley**  
**Works ICD**  
 One South  
 Linden Street  
 Duquesne, PA 15110



# Computer Skills

Location:  
**Westmoreland College**  
**Advanced Technology Center**  
 1001 Technology Drive  
 Mt Pleasant PA 15666

## AutoDesk Inventor 3D CAD Basic Skills

Create & edit parts, make engineering drawings, & prepare for manufacturing by using only your keyboard & mouse! This course will allow you to design items in a virtual world & prepare them for 21st century production as you explore the capabilities of this industry-standard software. Topics include the parametric & editing module, the 3D drawing module, the assembly module & the presentation module for assemblies. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 9/27/17 to 11/15/17	5:00 – 8:00	8	George Slezak



**Sign up for the monthly Mon Valley ICD e-newsletter!**  
 Go to our website [www.monvalleyicd.com](http://www.monvalleyicd.com) and **CLICK** the **CONTACT** tab to subscribe!

Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

## Viruses and Spyware – Computer Lab

NEW

What is Spyware? Spyware are evil programs that hide on your computer & do harmful and annoying things without your knowledge. They are known to steal information from your computer, email addresses, surfing habits, & more. Don't let Spyware & viruses ruin your computer! Learn how to professionally clean your computer of the malicious code that may already be on your PC. Class size limited to 12.

*Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 11/7/17 & 11/14/17	8:30 – 11:30 AM	1	Chuck Granache
or 11/7/17 & 11/14/17	4:30 – 7:30	1	Chuck Granache



## Excel for Investors – Computer Lab

NEW

If you've taken the course *Understanding and Optimizing your Investment Choices* then you don't want to miss this opportunity to put the methodology to work. You will learn how to create the spreadsheet to help you maintain data on Widely Held Stocks from quarter to quarter. You will learn how to input formulas, calculate percentage, & rank stocks by using Excel's auto functions. Previous excel experience is helpful but not necessary. Class size limited to 12. *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 12/13/17	1:30 – 3:30	1	Donna Kuzemka
or Wednesday 12/13/17	4:30 – 6:30	1	Donna Kuzemka

Location:  
**Mon Valley Works ICD**  
 One South Linden Street  
 Duquesne, PA 15110



## Culinary

Location:

**Steel Center  
for Career &  
Technical Education**

565 N. Lewis Run Road  
Jefferson Hills, PA 15025



### Cooking Around the World – Room 200

Take your taste buds on a trip around the world with this series of classes suitable for any skill level:

- Week 1- Asian
- Week 2- Mexican
- Week 3- French

Beginners in the kitchen will learn the basics & come away with the confidence to cook independently. Those with some experience will broaden their culinary knowledge, hone their skills, & acquire valuable tips and insight so that they can take their culinary ventures to a new level. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday			
10/4/17 to 10/18/17	5:00 – 9:00	3	Chef Adam Mika

### Secrets of a Master Chef – Holiday Desserts and Candies

A homemade delectable sweet treat was once only enjoyed by the wealthy. Modern production methods made more products available to the masses, but over time begin to lack the original flavor that made them so desirable in the first place. Rediscover some deserts & candies the way they were originally made in small batches & with wholesome ingredients.

Class size limited to 12.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Thursday			
11/16/17 & 12/7/17	6:00 – 9:00	2	Chef Norm Domek



Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

## Industrial Technology

NEW

### 3D Printing Basics

Take the first step into the world of additive manufacturing! You will gain hands-on experience in the operation of a 3D printer & associated equipment. In addition, you will explore current and future additive manufacturing applications. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Saturday			
10/7/17 to 11/11/17	8:00 – 12:00	6	Max Inks

### CNC G-Code Reading & Programming

CNC machines are everywhere in manufacturing & rely on good programming skills! Conversions of conversations of G-Codes will let you “speak” to your CNC machine & produce programs during 20 hours of hands-on trainings. You will cover the basics of M and G codes as you learn how to read CNC programs & perform basic operations. Prior machining experience required. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Saturday			
11/4/17 to 12/9/17	8:00 – 12:00	5	George Slezak
No class 11/25/17			

### MasterCAM Introductory Course

MasterCAM software makes CNC machining possible with endless design capability. This introductory course will equip you with the tools needed to begin programming & using CNC machines. You will navigate through the MasterCAM basics as you create & run tool paths and test your programs while learning the menu structure & time-saving short cuts. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday			
10/2/17 to 11/6/17	5:00 – 7:00	6	George Slezak

Location:

**Westmoreland  
College  
Advanced  
Technology Center**

1001 Technology Drive  
Mt Pleasant PA 15666



Online

## ToolingU Online Programs

ToolingU online training programs are developed by industry specialists and grounded in real-world knowledge. Their proven methodologies are mapped to today's professional standards to provide competency based learning. With over 500 online classes & more than 30,000 resources in digital books & videos, ToolingU is a powerful training tool in manufacturing technology & more!

Through our ICD partnership with ToolingU, USW members are able to access online training in functional topics including:

- Additive Manufacturing
- Composite Processing
- Design & Engineering
- Foundational/ Leadership
- Machining
- Maintenance
- Stamping/Forming/Fabricating
- Welding

### How it works:

- 1 Contact the ICD Coordinator to request the ToolingU Catalog or go to [www.toolingu.com/classes](http://www.toolingu.com/classes).
- 2 From the catalog pick specific classes or area of interest.
- 3 You must be a **current, active USW Employee** (not open to spouses or retirees).
- 4 Provide the ICD Coordinator contact information including check number; **you must have a valid email address.**
- 5 Your ICD Coordinator will create a Student Account & give you login information.
- 6 Complete courses self-paced; contact the ICD to request additional courses.
- 7 Student accounts expire one year from the first date accessed.



Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

## Welding Fundamentals – Welding Lab

Develop your welding skills through this course that combines practical theory & instructor demonstrations with hands-on practice in the welding booth. Safe & correct methods of equipment operation is emphasized along with supervised use of common tools used in basic oxyacetylene & arc welding. Preparation for AWS Certifications in multiple procedures is offered. PPE is required. Class size limited to 8

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday & Thursday 9/12/17 to 11/16/17	4:00 – 7:00PM 8:00 – 11:00AM	20	Dennis Chew

## Heavy Equipment Operator – 40 Hour Entry Level

NEW

Acquire entry level operation & skills training in the proper techniques, safe operation, & general maintenance of residential construction equipment; Backhoe, Mini Excavator, Excavator, and Track Loader. Course projects include lay out and excavation of footers/building foundations, pool installation, working around utility pipe, slope ditches and trenches. Successful completion of the program will require the student to complete all forty (40) hours of training and take all required tests and reviews. USW Active Employees only. Class size limited to 6. *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Friday & Saturday 9/15/17 to 9/23/17 or Saturday & Sunday 9/30/17 to 10/8/17	7:00 – 5:00 7:00 – 5:00	4 4	PIA Staff PIA Staff



Location:  
**Pittsburgh Institute of Aeronautics Heavy Equipment Range**  
1200 Lebanon Road,  
West Mifflin, PA 15122

## TACK Operator Training

NEW

ICD approved training is available at Tack Operator Training. One-on-one instruction in 25 hours per machine; backhoe, bulldozer, or excavator. Class times are flexible between 8AM – 4:30PM weekdays. Participants receive a certificate upon successful completion of training on each machine. Active USW employees only.

Contact the Mon Valley ICD for more information and to schedule a visit to Tack. **412-460-0390**

Location:  
**Tack Operator Training**  
692 E Butler Road,  
Butler, PA 16001



Location:  
**Mon Valley Works ICD**  
 One South Linden Street  
 Duquesne, PA 15110



NEW

**UAVs for Fun and Business**

While UAVs (often called drones) are fun to fly, flying your UAV can also be a business opportunity. This course will cover the basics of a UAVs flight, along with learning the techniques to fly the drone as used in aerial photography. By the course end, you will be proficient in flying and landing a GPS enabled UAV. Also included are shopping tips for buying a UAV, with pros and cons discussed. Class size limited to 12.

*Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 9/12/17 & 10/31/17	8:30 – 11:30	8	Chuck Granache
or 9/12/17 & 10/31/17	4:30 – 7:30	8	Chuck Granache

NEW

**Upholstery for Beginners**

Learn how to reupholster, cut fabric, tie springs, & do frame repair. Other skills covered will be hand and machine sewing, antique restoration, chair reupholstering, boat covers, tarps and more. Instructor Lou of Heinle Upholstery will identify types of small projects that students can bring to work on, such as chair cushions, tractor seats, small chairs, and stools to get started.

Students are responsible for all fabric & supplies necessary for their projects which can be purchased through the instructor. Class size limited to 10 *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 9/19/17 to 11/21/17	9:30 –12:30	10	Lou Heinle
or 9/19/17 to 11/21/17	4:30 –7:30	10	Lou Heinle



Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

**Social Security for Boomers**

NEW

Social Security is a very important retirement asset, but most people don't fully understand how this system operates. This workshop presented by Gary Boatman of Boatman Wealth Management, LLC will offer information on making the right retirement choices, benefits you may not be aware of and multiple ways to collect Social Security. Class limited to 25.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 9/20/17	3:30 – 5:00 or 6:00 – 7:00	1	Gary Boatman

**Solar Power Your Home**

NEW

Do you want to harvest sunlight, wind, or falling water to power your home? Do you want to sell renewable energy back to your electric utility company & run your electric meter backwards? This class gives you the how, when, what, and why of solar living. Learn how to install solar panels, understand inverters & rechargeable products, and reap the benefits of efficient natural solar lighting. This class will help you save money & energy in times when we need it most. Class size limited to 15.

*Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 9/20/17 to 10/11/17	8:00 – 11:00	4	C&C Staff
or 9/20/17 to 10/11/17	4:00 – 7:00	4	C&C Staff

**All About Smokers**

NEW

Learn tips and tricks needed in the craft of salting, smoking, & curing. Class will use the Masterbuilt Digital Electric Smokehouse for a hands on experience applying techniques for adding these flavors to a variety of food. Class size limited to 15.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Thursday 9/28/17 to 10/19/17	4:00 – 7:00	4	C&C Staff

Location:  
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 One South Linden Street,  
 Duquesne, PA 15110



## Personal Enrichment

Location:  
**Mon Valley Works ICD**

One South Linden Street  
Duquesne, PA 15110

NEW

### Empowering Women for Retirement

Women face unique challenges in their financial lives. Studies show women have a longer life expectancy, spend more on healthcare, and make most of the financial decisions regardless of marital status. Decisions made early in life can have a major impact in later years. This workshop will give you the knowledge necessary to make good choices. Gary Boatman, of Boatman Wealth Management, LLC will help you find out how to plan to have the best retirement plan possible. Class size limited to 25.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 10/11/17	3:30 – 5:00 or 6:00 – 7:00	1	Gary Boatman

Location:  
**Steel Center for Career & Technical Education**

565 N. Lewis Run Road  
Jefferson Hills, PA 15025



### Knee, Leg & Foot Massage – Room 209

Everyone deals with aches and pains but not everyone is able to get a relieving professional massage. Learn how to massage your knees, legs, and feet that will leave you feeling better and relaxed. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday 10/23/17	5:00 – 9:00	1	Madeline Sweder

### Introduction to Reflexology – Room 209

Foot Reflexology can be deeply relaxing & therapeutic. Learn the ancient & non-invasive therapy of applied pressure points on the feet & how it relates to the body's organs. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 10/30/17	5:00 – 9:00	1	Madeline Sweder

Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

### Ghoul School

Have you ever wanted to take the first steps into the world of Haunted Attractions? Now you can through this Douglas Education Center's course. This workshop provides basic fundamental knowledge of materials & skills used by professionals to create fast, quality makeup designs as well as techniques used in the Haunt Industry. A project combining learned techniques to develop a complete character will be included, just in time for the haunting season.

Eight sessions will cover Basic Make-up; Airbrushing; Wounds, Scars, & Blood (2 sessions); Speed application demonstration for haunted attractions; Practicing prosthetic applications; Practicing and painting for speed applications. Class size limited to 12.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday & Tuesday 9/25/17 to 10/10/17	6:00 – 11:00	8	DEC Faculty

### Basic Photography

This course will cover the basic photographic principals & have you taking the best photographs to capture your memories. Participants will learn the effect of light, shooting at night, & the all-important concept of composition. Projects are designed for every level of experience in photography whether using a camera phone or digital camera. Certificate provided upon successful completion of course.

Six sessions will cover basic photographic concepts & composition; light & controlling it through the functions of the camera; portrait and landscape photography; posing for the camera and selfies; introduction to Photoshop & Lightroom; & work on final project. Class size limited to 15.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday & Thursday 9/12/17 to 9/28/17	6:00 – 9:00	6	DEC Faculty



NEW

Location:  
**Douglas Education Center**

130 7th Street  
Monessen, PA 15062



NEW

**Location:**  
**Mon Valley Works ICD**

One South Linden Street  
Duquesne, PA 15110

**No Broker, No Selling. This is an Educational Only Program!**

*This class has been immensely well received by the USW and consistently ranks among the top classes offered by ICD!*

*Complement with Excel for Investors (see page 11 for details)*

Sign up on-line for any of these classes:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

**Understanding & Optimizing Your Investment Choices\***

This 18-hour seminar/workshop will explain simple, successful investment techniques that historically have produced average annualized returns that outperform the market. There are no pre-requisites required to attend the class. Participants will perform in-class exercises where they will learn how to choose the best mutual funds & stocks for their Traditional & Roth 401K, IRA/Roth IRA & Standard Brokerage Accounts.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday & Tuesday 12/4/17 to 12/19/17	8:30 – 11:30*	6	Trish Nelson
or Monday & Tuesday 12/4/17 to 12/19/17	4:30 – 7:30*	6	Trish Nelson

**\*Student must choose either morning or evening session. Spouse permitted to attend with active Union member registration. Retirees are not eligible.**

**12/4/17 – Class 1: Introduction – Investment Plans**

The difference between Traditional 401K & Roth 401K. What are the advantages of tax deferred investments? How to make tax-free withdrawals after retirement.

**12/5/17 – Class 2: Mutual Funds and Index Funds**

Learn about Mutual Funds, their different types & how to analyze Fidelity Funds in your 401k or an IRA. Class also covers market trends & the best time to invest in stocks and bond funds.

**12/11/17 – Class 3: U.S. Steel Stock Method**

Learn how to get better returns investing in U.S. Steel Stock based on its cyclical pattern rather than just buy and hold.

**12/12/17 – Class 4: Sector Funds**

Learn how to choose & invest in the correct market sectors. This method has eclipsed all other mutual funds over the last 20 years.

**12/18/17 – Class 5: Stock Market Lingo and ETF's**

Learn how to trade stocks using Market, Limit, & Trailing Stop Orders plus how to Short Stocks. Different types of Exchanged Traded Funds & their investment advantages will also be covered.

**12/19/17 – Class 6: Widely-Held Stock & Portfolio Design**

Taking Advantage of undervalued stocks & mutual fund window dressing. Learn to design a portfolio for your investment goals.

A wide range of affordable classes are offered through CCAC as non-credit adult and community education. Taught by experienced faculty & industry professionals, learn skills to advance in your current position or those needed to start your own business. Thinking of retirement? Many courses offered through CCAC can prepare you for a second career or just help you manage in your golden years. Classes can be on-site or on-line & enrollment for Fall 2017 is open!

Your ICD benefit will reimburse up to \$1800 per year for tuition, fees, & books. Already enrolled? Be sure to contact the ICD coordinator to process your reimbursement. In some instances, payment can be made directly to the institution.

**Visit their website [www.ccac.edu](http://www.ccac.edu) for more information on classes scheduled for Fall 2017 in Community Education, Workforce Development, and Professional Continuing Education.**

CCAC has campuses throughout the Greater Pittsburgh region including the newly built Energy Innovation Center (EIC), close to downtown Pittsburgh. Free parking is always available. Two programs offered this Fall at the EIC are Marketing for your Small Business & Residential HVAC.

**Marketing for Your Small Business**

Learn how to write a marketing plan, leverage social media, tap into traditional tactics such as direct mail to reach prospective customers, and track results through Google Analytics. Enroll in a single class or purchase a package, but don't wait. Seats are limited to 14 students, so sign-up today. Classes begin September 8!

**HVAC-R Electrical Theory & Application**

With the majority of HVACR service calls being electrical in nature, it is important for technicians to have a solid understanding of electrical fundamentals allowing them to develop a systematic and methodical procedure for troubleshooting. Electrical Theory & Application for HVACR provides the information and knowledge necessary to accurately diagnose and solve electrical system faults.

**HVAC-R Diagnostics & Troubleshooting**

This course details systematic troubleshooting and diagnostics of airflow problems, refrigerant cycle malfunctions, suction and liquid line restrictions, oil clogged evaporator, undercharge, overcharge, compressor inefficiencies, dirty condenser, air in the system, restricted metering device, and low and high condenser entering air temperatures.

**CCAC Adult and Community Education Courses Fall 2017**





Location:

**Steel Center  
for Career &  
Technical Education**

565 N. Lewis Run Road  
Jefferson Hills, PA 15025

**NEW**

### Repurposing Pallet Project – Room 103

Give old wood pallets new life as seen on Pinterest & other crafting sites? Through basic wood working techniques students will learn to make a coat rack/shelf from shipping pallets. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 9/19/17 & 9/26/17	5:00 – 9:00	2	Bob Bergamasco

### HVAC- Winter Maintenance – Room 102

Students will learn how to get their gas, hot water, and forced air furnaces ready for winter including how to engage the pilot light, trouble shoot and clean furnaces for efficiency. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 9/20/17 & 9/27/17	5:00 – 9:00	2	Justin Kuban



Register on-line @:  
[www.monvalleyicd.com](http://www.monvalleyicd.com)

Class sizes are limited

### Basic Furniture Refinishing – Room 103

Whether it's furniture you own or a yard sale find begging for a new look, furniture refinishing is a satisfying experience as well as money saving. Learn the proper techniques, including antique restoration, to bring those old pieces to life. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 10/10/17 & 10/17/17	5:00 – 9:00	2	Bob Bergamasco

### Home Maintenance – Winterizing Your Home – Room 103

The cold weather is quickly approaching. Learn some basic steps to help prepare your home for the winter weather. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 10/24/17 & 10/31/17	5:00 – 9:00	2	Bob Bergamasco

### Basic Carpentry – Room 111

Basic Carpentry provides students with an introduction to construction and woodworking as well as tool and shop safety. This course will teach basic skills in measuring, cutting, fitting and assembling wood and other materials in the construction of a project. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 11/28/17 & 12/5/17	5:00 – 9:00	2	Nate Frencho



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