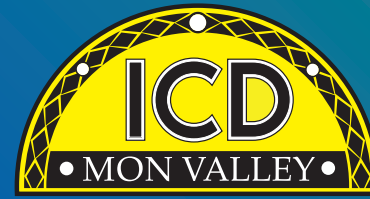


Mon Valley Works ICD,  
One South Linden Street,  
Duquesne, PA 15110



# Spring 2018 Training & Education Guide

## Mon Valley Works Spring 2018 ICD Training Schedule

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



## Mon Valley Works Institute for Career Development

### Local Joint Committee Members

#### 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 (See page 5).
- A minimum of five (5) active USW members must be enrolled per class
- Retirees and Spouses may participate as per the ICD Policy guidelines
- Members are limited to 2 Personal Development courses (in Arts/Crafts/Music, and Health/Fitness/Recreation) per year (maximum of \$1250 per participant).

#### 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.

Students actively pursuing education for career advancement through an accredited degree program may qualify to combine their funds up to \$3800 per year until completion. Contact the ICD Coordinator to complete an Issuance 14 EDP (Educational Development Plan) to begin the approval process.

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

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Mon Valley Works ICD,  
One South Linden Street,  
Duquesne, PA 15110  
[www.monvalleyicd.com](http://www.monvalleyicd.com)  
412-460-0390

## Highlights

Beginning in 2018, the ICD will produce a Spring and Fall Schedule of Training and Education (Custom Courses) in a full-size catalog. Registration will be online through the website or by calling the ICD. Activities and events scheduled for Summer months will be posted on the web site only (no Summer catalog).

**Many new courses are  
being offered this Spring!**

Look for the “NEW” symbol next to courses such as Windows 10 – Intro Plus, Stained Glass, Adobe Photoshop, Advanced Welding and more!



Back by popular demand – First Year Beekeeping, Hot/Cold Smoking, Understanding and Optimizing Investment Choices, Heavy Equipment Operator, Auto Body Repair & Detailing, and Small Engine Repair.

**Remember to register early  
as class sizes are limited.**

Our Education Providers and locations are listed on page 5 and have been given a code that is listed with the course information. Any classes held at the Mon Valley ICD Learning Center will be indicated by **MV ICD**.

**Some courses are for Active USW employees  
only and are noted in the course descriptions.**

**Active USW employees only**

# ICD Programs

**ICD Programs are offered to active USW employees only**

## **Pre-Learner Maintenance Training Program\* (online)**

As per the Labor Agreement, this standardized training offers employees the opportunity to acquire the necessary skills and knowledge to potentially test at a higher level in order to enter the U. S. Steel Maintenance Technician Learner program. This program is self-paced through access to online Mechanical, Electrical, or Systems Repair topics correlating to the competencies required for Maintenance Technician. Valid Email address is required. Contact the ICD Coordinator to enroll.

\* Completion of the online training does not guarantee qualification for a Maintenance Technician position or entry into the Learner Program.

## **Commercial Truck Driver (CDL) Training – Class A & B**

All-State Career School (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 to prepare for the operator exam. Valid driver's license and physical exam will be required to obtain a CDL permit prior to training. Contact the ICD Coordinator to enroll.

More Information about All-State Career School at [www.allstatecareer.edu](http://www.allstatecareer.edu)

## **USX 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 and workout techniques to develop exercise regimens and a healthy lifestyle. Professional fitness trainers provide instruction and motivation at weekly classes, scheduled multiple times and days to accommodate shift work. New classes begin quarterly. Contact the ICD Coordinator to enroll.

More information about the Center for Fitness and Health at [www.myhealthplex.com](http://www.myhealthplex.com)

## **ToolingU Manufacturing Skills Training (online)**

With more than 500 unique online classes, ToolingU provides training in an easy to navigate, interactive web-based environment. Comprehensive topics can be accessed through any internet connection 24/7 and include competencies in maintenance, engineering, welding, machining, safety and much more! One-year subscriptions are available. Contact the ICD Coordinator to enroll.

Catalog of courses and more information about ToolingU at [www.toolingu.com](http://www.toolingu.com)

**Contact the ICD Coordinator for more information and to enroll in these ongoing ICD Programs.**

Education Provider codes (referenced in the course information) are in **bold** with class location address listed below. (MV ICD) indicates classes held at the Mon Valley ICD Learning Center

# Education Providers

**(CCAC) Community College of Allegheny County – South Campus**  
1750 Clairton Blvd Route 885  
West Mifflin, PA 15122  
[www.ccac.edu](http://www.ccac.edu)

CCAC offers both credit and non-credit courses at their four main campuses as well as area centers throughout Allegheny County. As an accredited institution, most CCAC courses are approved for Tuition Assistance and eligible for Issuance 14 reimbursement. Through their Workforce Development program, CCAC continues to provide quality training through custom courses as well as online learning.

**(DEC) Douglas Education Center**  
130 7th Street  
Monessen, PA 15062  
[www.dec.edu](http://www.dec.edu)

Douglas Education Center continues to transform itself by offering education and training to meet today's career opportunities. From their globally renown creative programs to health care and skilled trades, DEC offers accredited programs as well as ICD custom courses at their fascinating campus in downtown Monessen.

**(IR-2227) Local Union 2227 Hall**  
1301 Phillip Murray Road  
West Mifflin, PA 15122

**(PIA) Pittsburgh Institute of Aeronautics**  
Heavy Equipment Range  
1200 Lebanon Road  
West Mifflin, PA 15122

Known for aircraft mechanics training, PIA has expanded into Heavy Equipment Operation and Commercial Trucking. Through a negotiated program with the Mon Valley ICD, members can take 40- hour training in Heavy Equipment operation in just two weekends! PIA is also working to provide a continuous program that would result in achieving their accredited diploma in 160 hours.

**(PTA) Professional Training Associates, Inc.**  
46 S. Linden St.  
Duquesne, PA 15110

Professional Training Associates is a leading provider of environmental health and safety training, specializing in OSHA and EPA required courses such as those governing asbestos and lead activities.

**(SC) Steel Center for Career & Technical Education**  
565 N. Lewis Run Road  
Jefferson Hills, PA 15025  
[www.steelcentertech.com](http://www.steelcentertech.com)

A long-time partner with the Mon Valley ICD, Steel Center has provided custom courses in a variety of interests from culinary and automotive, to construction trade skills. In addition, they offer accredited Adult Education programs in Nurses Aid, Practical Nursing, and Pennsylvania State Inspection and Emissions Certification. They also collaborate with Ed2Go, offering online training of an array of topics.

**(WC-ATC) Westmoreland Community College – Advanced Technology Center**  
1001 Technology Drive  
Mt. Pleasant, PA 15666  
[www.westmoreland.edu](http://www.westmoreland.edu)

Westmoreland College's state-of-the-art Technology Center provides experiential learning relevant to today's industries. Credentialed courses are offered in Welding, HVAC, Machining, Design, and Industrial Maintenance. Additionally, custom courses are offered in partnership with the Mon Valley ICD throughout the year.

# Automotive

## Emissions Inspection Certification\*



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. *Choose only one series*

### SC Room 119 **Active USW employees only**

Tuesdays & Thursdays  
2/6 to 2/15  
5:00 – 9:00  
4 sessions  
Mike Castelli

Mondays & Wednesdays  
4/9 to 4/18  
5:00 – 9:00  
4 sessions  
Greg Siwik

\* Must attend all classes

## Auto Body Repair

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. *Choose only one series*

### SC Room 115

Alternating Tuesdays  
2/20, 3/6, 3/20, 4/3, 4/17, 5/1, 5/15  
4:30 – 8:30  
7 sessions  
Chuck Hicks

Alternating Thursdays  
2/22, 3/8, 3/22, 4/5, 4/19, 5/3, 5/17  
4:30 – 8:30  
7 sessions  
Chuck Hicks



## PA Safety Inspection Certification\*

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. *Choose only one series*

### SC Room 112 **Active USW employees only**

Mondays & Wednesdays  
3/5 to 3/14 plus Tactile – Date TBD  
5:00 – 9:00  
4 sessions  
Mike Castelli

Mondays & Wednesdays  
5/7 to 5/16 plus Tactile – Date TBD  
5:00 – 9:00  
4 sessions  
Ed Powell

\* Must attend all classes



## Automotive Maintenance

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.

### SC Room 112

Tuesdays 3/6 to 4/24  
5:00 – 9:00  
8 sessions  
Greg Siwik

## Auto Detailing

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.

*Choose only one series*

### SC Room 115

Tuesdays 5/29 & 6/5  
4:30 – 8:30  
2 sessions  
Chuck Hicks

Thursdays 5/31 & 6/7  
4:30 – 8:30  
2 sessions  
Chuck Hicks

# Computer Skills

## Computer 101

Get comfortable using a mouse, keyboard, & understanding the various parts of a computer. Learn what an operating system is & how to navigate onto the Internet through various web browsers. This is a great introduction for those with little or no computer experience.

Class size limited to 10.

*Choose only one session.*

### SC Computer Lab A

Monday 2/12

6:00 – 9:00

1 session

Peter Dye

Thursday 4/19

6:00 – 9:00

1 session

Peter Dye



## Windows 10 – Intro plus

NEW

Welcome to the newest version of Microsoft's operating system-Windows 10. Learn its user-friendly functions and features, including enhancements such as the new faster web browser. If you haven't upgraded yet to Windows 10, this will be covered in class along with an introduction to basic computing using Windows 10. This course will bring you up to speed on your computing skills! Class size limited to 12.

*Choose either morning or evening series.*

### MV ICD

Tuesdays 2/6 to 3/27

8:30 – 11:30

8 sessions

Chuck Granche

Tuesdays 2/6 to 3/27

4:00-7:00

8 sessions

Chuck Granche

## Introduction to Solid Works

NEW

SolidWorks is a solid modeling, computer-aided design engineering program that runs on Microsoft Windows. Learn the basics of the SolidWorks user interface, its features and functionality for creating mechanical designs used to build parts and assemblies. SolidWorks is a standard in many industrial sectors such as energy, construction, & automotive. Class size limited to 5.

### WC-ATC Active USW employees only

Mondays 3/12 to 4/30

5:30 – 8:30

8 sessions

Faculty

## Introduction to Windows 10

Students will get a basic introduction to Windows 10, the newest, most powerful operating system from Microsoft. Discover what's new & how to navigate its features and functions.

Class size limited to 10. *Choose only one session.*

### SC Computer Lab A

Tuesday 3/13

6:00 – 9:00

1 session

Peter Dye

Thursday 5/17

6:00 – 9:00

1 session

Peter Dye

## Excel for Investors – Computer Lab

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. Learn how to create a spreadsheet to help you maintain data on Widely Held Stocks from quarter to quarter. You will 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.*

### MV ICD

Wednesday 3/21

1 session

Donna Kuzemka

11:00 – 12:30

1:00 – 2:30

3:30 – 5:00

## Google Series – What's New?

NEW

Google is not just for searching anymore. Learn how this powerful search engine is transforming how we communicate today. Each session will concentrate on a specific aspect of the Google environment-email & contacts, calendars, Google Docs, Voice, and more. Students will have the opportunity to create a Google account or use their existing account to explore new features. Class size limited to 12

*Choose either morning or evening series.*

### MV ICD

Thursdays 4/12 to 4/26

3 sessions

Donna Kuzemka

11:00 – 2:00

Thursdays 4/12 to 4/26

3 sessions

Donna Kuzemka

4:00 – 7:00



## Sell It Now

NEW

Learn how easy it is to sell your items on popular websites such as Craigslist, Letgo, and EBay. If you are ready to part with treasures (or interested in how to use these sites for buying), this course will help you navigate these virtual marketplaces. PayPal will also be covered. Get ready to sell it now! Class size limited to 12.

*Choose either morning or evening session.*

### MV ICD

Thursdays 5/3 to 5/24

8:30 – 11:30

4 sessions

Chuck Granche

Thursdays 5/3 to 5/24

4:00 – 7:00

4 sessions

Chuck Granche

# Culinary

## Soups!

Transform everyday ingredients into an endless variety of soups to please every palate! Bring family and friends together around your table with classic soups you can create from scratch! Class size limited to 10

### SC Room 200

Wednesday 2/7  
5:00 – 9:00  
1 session  
Chef Adam Mika



## The Art of Building a Sandwich

Compared to paninis, pitas, and wraps, sandwiches seem simple and straightforward, but can be much more! Students will learn how to use fresh ingredients and surprising combinations to compliment your favorite sandwich for a culinary masterpiece.

Class size limited to 10.

### SC Room 200

Wednesday 3/7  
5:00 – 9:00  
1 session  
Chef Adam Mika



## Cooking Pittsburgh

From Primanti Brothers to pierogis, take a culinary tour of the Steel City's classic foods still enjoyed by Pittsburghers today. Recreate family favorites and restaurant recipes and discover why it's no secret that the 'burgh' is a gastronomic destination.

Class size limited to 10.

### SC Room 200

Wednesday 4/11  
5:00 – 9:00  
1 session  
Chef Adam Mika



# Events

Check the ICD web site ([www.monvalleyicd.com](http://www.monvalleyicd.com)) for upcoming Spring events, e-news, updates and add-on classes. Here are a few you won't want to miss;

## Bicycle tour of the Steel Valley Trail

Learn the history along the Steel Valley Bicycle Trail, located right outside the doors of the ICD.

This will be family friendly ride with a tour guide (provided by Rivers of Steel) beginning and ending at our Duquesne ICD location.



## Learning Opportunities Week June 11 to 15

This is the 2nd year for this national initiative to promote the benefits of lifelong learning through the Mon Valley ICD. Activities planned will be posted on the web site, at the Local Union Halls, and within the plants.

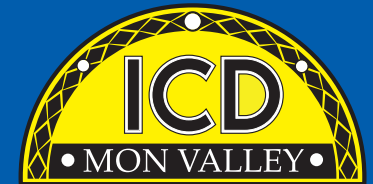


## Community Project – Clairton Park Fountain Revitalization

This is a great way to give back to the Clairton community and learn skills in landscaping, cement work, and general maintenance. With the help of Clairton Parks and Recreation, we hope to make the fountain into a living memorial to our local veterans.



Home Projects for  
Your Software Skill  
Benefit for Welding  
Learning.  
Your Construction  
Benefit for  
Life.  
Benefit for  
Life.  
Autom  
Learning  
Culinary  
Benefit for  
Life  
Career & Trade  
Technology



The ICD is here for you.

At the ICD, we understand that continuous learning positively enhances both your work & personal life experiences.

Through ICD programs, you can explore your individual interests from culinary & DIY projects to managing your finances and health. Expand & strengthen your job skills by learning new technologies or engage in higher education opportunities – all possible through your ICD benefit!

*Learning.  
Your benefit for Life.*

Check the ICD website regularly; information & additional classes may not appear in the current printed catalog.

[www.monvalleyicd.com](http://www.monvalleyicd.com)

ICD is on Facebook:

[www.facebook.com/MonValleyICD](http://www.facebook.com/MonValleyICD)

Complement with Excel for Investors (see page 9 for details)



Presented by Educational Investors

## 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.

Choose either morning or evening series

**MV ICD** Active USW employees only

Wednesdays & Thursdays 3/7 to 3/22  
8:30 – 11:30  
6 sessions  
Trish Nelson

Wednesdays & Thursdays 3/7 to 3/22  
4:30 – 7:30  
6 sessions  
Trish Nelson

Spouse permitted to attend with active Union member registration. Retirees are not eligible.

**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!*

### 3/7 – 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.

### 3/8 – 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.

### 3/14 – 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.

### 3/15 – Class 4:

#### Sector Funds

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

### 3/21 – 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.

### 3/22 – 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.

Presented by Gary Boatman, Boatman Wealth Management, LLC

## Social Security for Boomers

Social Security is a very important retirement asset, but most people don't fully understand how this system operates. This workshop will offer information on making the right retirement choices, benefits you may not be aware of & multiple ways to collect Social Security. Spouses are encouraged to attend. Class limited to 20.

Choose only one session.

### MV ICD

Tuesday 2/6  
3:30 – 5:00  
1 Session  
Gary Boatman

Tuesday 2/6  
5:30 – 7:00  
1 Session  
Gary Boatman



## New Generation Retirement Planning

This informative workshop looks at all the main elements of retirement planning; coordinating Social Security choices, health care, tax planning & more. Explore the key areas fundamental to insuring your retirement is the best it can be – including having a trusted advisor to help you find solutions that work for you! Class limited to 20.

Choose only one session

### MV ICD

Wednesday 3/7  
3:30 – 5:00  
1 Session  
Gary Boatman

Wednesday 3/7  
5:30 – 7:00  
1 Session  
Gary Boatman

## Complete Financial Management Workshop NEW

This 6-hour relaxed course explains & advises you through a wide variety of financial topics including how to earn more in your 401(k), reduce interest cost on credit debt, and taking the right steps toward meeting your financial goals. Participants will receive a work book as an at-home reference to all information covered. Spouses are encouraged to attend. Class limited to 20

### MV ICD

Tuesdays 4/10 to 4/24  
5:00 – 7:00  
3 Sessions  
Gary Boatman

# Finance

## Debt Free living

Want to get out of debt on loans, mortgages, & credit cards? This workshop will provide simple but powerful methodology & strategies proven to help you live debt-free. Making your debt work for you & preparing for financial emergencies will also be discussed. Bring a calculator & your personal debt information for private use in class exercises. Class size limited to 12.

### MV ICD

Thursday 1/25  
4:00 – 7:00  
1 Session  
Linda Banks

## Presented by PNC Workplace Banking

## Your Own Home

In this workshop you will learn the advantages & disadvantages of renting vs. owning a home. Identify your readiness to buy a home and learn the basic terms and disclosures used in mortgage transactions. Be aware of predatory lending practices & loan scams and learn how PNC Workplace Banking can help through the process. Class size limited to 20.

*Choose only one session.*

### MV ICD

Thursday 4/19  
1:00  
1 session  
Katie Nicholls

Thursday 4/19  
4:30  
1 session  
Katie Nicholls



## LIFELONG LEARNING FOR USW MEMBERS

The National ICD organization has approved a number of Education Providers who offer a variety of learning opportunities, like Rosetta Stone, and some offer discounted rates!



Details are available on their web page at [www.icdlearning.org](http://www.icdlearning.org), under the **Resources Tab > Educational Partners.**

And while you're there, explore more information on the history of the ICD, News from the Field, and how to apply for the **Tino Fulimeni Memorial Scholarship.**

# Industrial Technology

## Basics of Programmable Logic Controllers (PLCs) <sup>NEW</sup>

This 32-hour course develops knowledge and skills in programmable logic controllers, or PLCs. Beginning with an introduction to ladder logic programming, the course advances through interfacing (both digital and analog input and output techniques); event sequencing, motor control, and counter/timer applications. The use of system indicators, diagnostics, and I/O module indicators for troubleshooting will be practiced. Class size limited to 5 to 10.

### CCAC Room TBA **Active USW employees only**

Mondays & Wednesdays 2/26 to 3/21  
5:00 – 9:00  
8 sessions  
Paul Blackford



## Machining Fundamentals

This course will help you gain the competency for basic Machining using drills, saws, lathes, and mills. Students will learn to use tooling and measuring devices and how to perform calculations needed to complete machining tasks. Shop safety is emphasized through PPE and instruction. Class size limited to 5.

### WC-ATC **Active USW employees only**

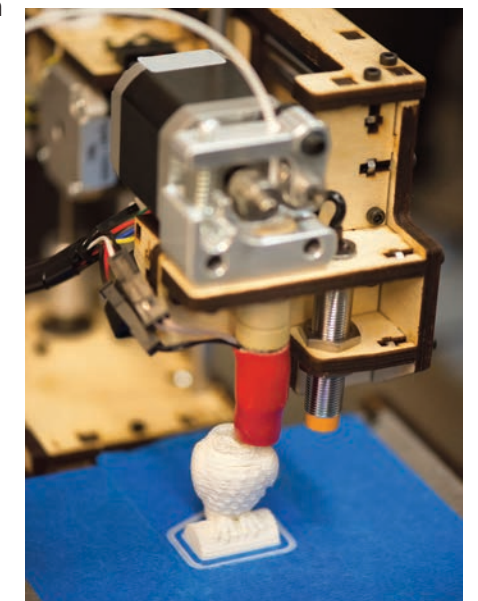
Saturdays 3/17 to 4/21  
8:00 – 12:00 noon  
6 sessions  
Faculty

## 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.

### WC-ATC **Active USW employees only**

Saturdays 4/7 to 4/21  
8:00 – 12:00 noon  
3 sessions  
Max Inks





# Personal Enrichment



## Upholstery

Learn how to reupholster, cut fabric, tie springs, and 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.

### MV ICD

Tuesdays 1/23 to 3/27  
4:00 – 7:00  
10 sessions  
Lou Heinle

## Stained Glass



Whether you're new to Stained Glass or have some previous experience, this class will challenge students in this creative art. Choose your pattern and glass and learn techniques through two small projects; night lights and sun catchers. All materials will be provided. Class size limited to 15.

*Choose either morning or evening series.*

### MV ICD

Mondays 2/5 to 3/5  
8:30 – 11:30  
5 sessions  
C&C Operations Staff

Mondays 2/5 to 3/5  
4:00 – 7:00  
5 sessions  
C&C Operations Staff

## Winter Skin Glow

Love the skin you're in! Learn the essentials to keeping your skin healthy and beautiful this Winter and throughout the year. Practice giving yourself a facial and see for yourself the long-lasting benefits that come from taking good care of your skin.

Class size limited to 10.

### SC 103

Monday 2/12  
5:00 – 9:00  
1 session  
Madeline Sweder



## Adobe PhotoShop



Learn fundamental photo manipulation techniques using Adobe Photoshop, with an emphasis on basic design concepts. Explore the Photoshop interface while creating original compositions and learn skills that may be applied to other photo editing programs. Projects range from creating a digital collage and performing color correction, to digital painting/drawing and advanced techniques. Participants will work on a personalized portfolio. Class size limited to 15.

### DEC **Active USW employees only**

Tuesdays & Thursdays 3/6 to 3/22  
6:00 – 9:00  
6 sessions  
Patrick Walsh

## Defensive Driving

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 20. Must be 18 or older & have a valid driver's license. Employee family members & retirees may participate as space allows.

### MV ICD

Wednesday 3/14  
4:00 – 8:00  
1 session  
All State Career School Staff



## PA Notary Seminar

This 2-day seminar provides the Pennsylvania state-approved Basic Notary Education requirement for new notaries. Led by a PA Association of Notaries (PAN) instructor, participants will learn the everyday work of a notary including the appointment process. Day 2 will provide a hands-on workshop to complete proper notarizations and documents, and preparation for the notary exam. Attendance both days is required. Class size: 10 participants required. Spouses may participate with active member registration.

### MV ICD **Active USW employees only**

Tuesday 3/20 & Wednesday 3/21  
4:00 – 7:00  
2 sessions  
PAN Staff

## First Year Beekeeping

Beekeeping is all the buzz and instructor Scott Benack takes a moderate approach to help the first-year bee keeper get acquainted with the preparations and pitfalls of establishing a healthy bee colony. Learn the fascinating history of beekeeping and honey bee biology along with how-to's for site selection and adapting to the timeline of care. Also included is a hands-on frame building activity and how to prepare the box for the bees to draw comb. Mr. Benack is a licensed nuc seller and queen breeder, a live removal expert, and currently serves a local organic farm in yearly pollination efforts. Bee there!

Class is limited to 20; Spouses and Retirees will be permitted as space allows.

### MV ICD

Saturday 3/24  
9:00 – 12:00  
1 session  
Scott Benack



# Personal Enrichment



## 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 and 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.

**DEC** **Active USW employees only**

Tuesdays & Thursdays 4/10 to 4/26  
6:00 – 9:00  
6 sessions  
Patrick Walsh

## Neck, Shoulder and Arm Massage

We all have those days – when your neck and shoulders are tight and sore. Learn how to massage your neck, shoulders and arms that will leave you feeling refreshed and relaxed. Class size limited to 10.

**SC 103**

Monday 4/23  
5:00 – 9:00  
1 session  
Madeline Sweder

## 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 either morning or evening series.*

**MV ICD**

Tuesdays 5/8 to 6/19 **No class 6/5**  
8:30 – 11:30  
6 sessions  
Chuck Granache

Tuesday 5/8 to 6/19 **No class 6/5**  
4:00 – 7:00  
6 sessions  
Chuck Granache



## Solar Power Your Home

Do you want to sell renewable energy back to your electric utility company and run your meter backwards? This class will provide the essentials of how to harvest sunlight for solar living. Learn how to install solar panels, understand inverters, and rechargeable products to reap the benefit of efficient natural solar lighting. Save money and energy! Class size limited to 15.

*Choose either morning or evening series.*

**MV ICD**

Thursdays 5/10 to 5/31  
8:30 – 11:30  
4 sessions  
C&C Operations Staff

Thursdays 5/10 to 5/31  
4:00 – 7:00  
4 sessions  
C&C Operations Staff

## Hot & Cold Smoking

Learn the craft of salting, smoking and curing, whether building on your own experience or for the new-at-this. This hands-on training, using the Masterbuilt Digital Electric Smokehouse and accessories, will teach techniques in preparing and cooking a variety of foods using both hot and cold smoking methods. Each student will receive recipes (including rubs) to help you master the art and impress your friends and family!

Class size limited to 10 to 15.

*Choose either morning or evening series.*

**MV ICD**

Wednesdays 5/23 to 6/20 **no class 6/6**  
8:30 – 11:30  
4 sessions  
C&C Operations Staff

Wednesdays 5/23 to 6/20 **no class 6/6**  
4:00 – 7:00  
4 sessions  
C&C Operations Staff

## The Social Media Connection

Social media plays a prominent role in today's society. This course offers a basic introduction to Facebook and Twitter and how they can be used for personal and business purposes. Bring your own device and create an account or use an existing account to explore more! Class size limited to 10.

**SC Computer Lab A**

1 session  
Wednesday 6/6  
6:00 – 9:00  
Peter Dye

# Trade Skills



## Heavy Equipment Operator – 40 Hour Entry Level



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. Class size limited to 6.

*Choose only one series.*

**PIA** **Active USW employees only**

Saturdays & Sundays 4/14 & 4/15; 4/21 & 4/22

7:00 – 5:00

4 sessions

PIA Staff

Fridays & Saturdays 5/11 & 5/12; 5/18 & 5/19

7:00 – 5:00

4 sessions

PIA Staff

PIA can accommodate this training weekdays for groups of at least 5 and will schedule on consecutive days off. Please contact the ICD Coordinator for more information!

## Electrical Fundamentals

Students will learn the fundamentals of electricity including the basic tools needed and how to use a voltage tester and continuity tester. Learn how to install a 100-amp service from the weather head to the main panel, terminate the panel with branch circuits, and install circuit breakers. Also, installation of receptacle and lighting branch circuits will be covered using various energy saving devices. Class size limited to 10.

**SC 108**

Thursdays 2/8 to 3/1

4:30 to 8:30

4 sessions

Dave Hall

## 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.

**IR-2227**

Wednesdays 1/31 to 4/4

4:30 – 7:30

10 sessions

Pete Kurka

## Welding Fundamentals

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

*Choose either morning or evening series.*

**MV ICD Welding Lab**

Tuesdays 1/30 to 3/6

4:00 – 7:00

6 sessions

Dennis Chew, CWI

Thursdays 2/1 to 3/8

8:00 – 11:00AM

6 sessions

Dennis Chew, CWI

## Lead Renovation, Repair, and Painting

This course is required for any contractor or maintenance employee that will be conducting an activity in a pre-1978 house or child-occupied facility (daycare center) where paint will be disturbed. The training explains the steps necessary to keep the paint dust and debris from spreading to other areas in the house and the proper cleaning techniques. A certification lasting 5 years is provided upon successful completion. Class size limited to 8.

*Choose only one session.*

**PTA** **Active USW employees only**

Friday 2/16

8:00 – 5:00

1 session

John Curcio

Monday 4/16

8:00 – 5:00

1 session

John Curcio



PTA offers a full schedule of open enrollment courses, including OSHA 10 Hour Construction. To see their printable list of 2018 courses, go to <http://www.ptainc.com/sched.pdf>. (Registration is available online through their website for all other courses than those listed above.) Active USW members only may use Tuition Assistance funds towards any of these courses.



**Live & Online** through the Joblink ICD in East Chicago, Indiana

# Trade Skills

## Residential & Light Commercial Air Conditioning

This course introduces students to residential and light commercial refrigeration and air conditioning systems. Individual components and controls will be installed, evaluated and tested in the HVAC Lab through the practical use of meters, gauges, hand and power tools. Classroom theory with an emphasis on control electricity and safety using proper PPE is applied throughout the course. Class size limited to 12.

### WC-ATC

Mondays 2/26 to 4/30  
5:00 – 8:00  
10 sessions  
Joe Myers

## Residential Lighting & Electric Basics

Electricity is a powerful energy source and electrical safety is imperative to understanding your home's internal wiring for the operation of your lighting and appliances. Learn how to diagnose and repair common electrical problems, and most importantly, when to call a professional. Introduction to the National Electric Code (NEC) is covered through hands-on activities, simple installations, and repairs. Class size limited to 5

### WC-ATC

Saturdays 4/7 to 4/21  
8:00 – 12:00 noon  
3 sessions  
Joe Myers

## Advanced Welding – MIG & Flux Cored

Participants have the opportunity to develop their welding skills using the GMAW (MIG) and FCAW (flux cored) processes through classroom theory, instructor demonstrations, and hands-on practice in the welding booth. Safe and correct methods of equipment set up along with proper operation for these specific applications will be offered. Preparation for AWS Certification is available for those interested. PPE is required. Class size limited to 8.

### MV ICD Welding Lab

Tuesdays 4/10 to 5/15  
4:00 – 7:00  
6 sessions  
Dennis Chew, CWI



**What are Live and Online classes? Classes you can attend by live streaming online or viewing on demand. Contact the Mon Valley ICD Coordinator to enroll. Sample the classes at: [careerdevelopmentchannel.org](http://careerdevelopmentchannel.org)**

### Acoustic Classic Rock – Favorites V4

Come join us and learn how to play your favorite Classic Rock tunes on acoustic guitar. We've learned everything from Pink Floyd to the Allman Brothers, America and CSNY. *Prerequisites: Own a guitar.*  
Monday 1/8 to 4/2 (12 weeks) No class 1/15  
11:00 – 11:45  
2:00 – 2:45  
3:00 – 3:45  
Eric Lambert

### L&O MTM Prep

This 14-week course will briefly touch on procedures such as welding, machinery, tools, hydraulics, pumps, (both hydraulic and pneumatic), piping, print reading, and more.  
Tuesday 1/16 to 4/17 (14 weeks)  
9:00 – 12:00 noon  
3:00 – 6:00  
Nick Nash

### L&O Business Planning II – Fine Tuning Your Business Plan

This course allows the participant the opportunity to complete an initial draft of a business plan. This draft will include an operational plan, a management plan, a marketing plan and a financial plan.  
Thursday 1/11 to 3/1 - (8 weeks)  
8:00 – 10:00  
4:00 – 6:00  
6:00 – 8:00  
Scott Williams

### TAP L&O Network Certification

Bring your networking skills to a new level. Network+ certification focuses on technologies used today, especially how to identify and use network elements like switches, routers, Wi-Fi, network cables and more. *Prerequisites: Previous networking class or permission of Instructor.*  
Tuesday 1/23 to 4/24 (13 weeks) No class 3/20  
9:00 – 12:00 noon  
3:00 – 6:00  
Bill Needles

### L&O Business Planning III – Finalization of Business Plan

The course allows the participant the opportunity to complete a final draft of a business plan. This draft will include an operation, marketing and management plan, as well as, a financial plan.  
Thursday 3/8 to 4/26 (8 weeks)  
8:00 – 10:00  
4:00 – 6:00  
6:00 – 8:00  
Scott Williams

### L&O Taking Stock in Your Life and Finances

The intention of this course is to introduce new-found confidence and understanding of the markets and how they may affect individuals in their financial growth and retirement. The course will teach students how to remove the media noise and biased opinions from news heard and seen daily.  
Tuesday 1/9 to 2/13 (6 weeks)  
10:00 – 12:00 noon  
4:00 – 6:00  
Tom Cook