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 or contact your ICD Coordinator 412-460-0390 or info@monvalleyicd.com
ICD Programs

ICD Programs are offered to active USW employees only.

Pre-Learner Maintenance Training Program* (online)
- All USW Maintenance Technicians who are considering a career change and desire a formal background in maintenance or those who have not had on-the-job training in the maintenance field.
- Specific Maintenance Technician Learner Program qualification.
- ToolkitU® Manufacturing Skills Training (online) - a self-paced learning program accessible even when you're on the road. Over 500 classes at your fingertips.
- For more information on enrollment, contact the ICD Coordinator.

Commercial Truck Driver (CDL) Training – Class A & B
- All USW Career School (West Mifflin, PA) offers a CDL Pre-Learner Program.
- This program is designed to prepare individuals for entry into the Learner Program.
- Mix of classroom instruction and online training.
- Graduates of this program will be eligible for Issuance 14 reimbursement.

ToolsingU Manufacturing Skills Training (online)
- Provides training in an easy to navigate, interactive environment.
- Can be accessed through any internet connection 24/7.
- Comprehensive curriculum with over 500 classes available.

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

### Education Providers

#### (CCAC) Community College of Allegheny County – South Campus
- Located at the Center for Fitness and Health (Belle Twp. PA) 15122
- Offers: Welding, Machining, Design, and Industrial Maintenance.
- Credentialed courses are offered in Welding, HVAC, Machining, Design, and Industrial Maintenance.
- Percentages of an array of topics.

#### (WC-ATC) Westmoreland Community College – Advanced Technology Center
- Offers: Welding, Machining, Design, and Industrial Maintenance.
- Provides welding, HVAC, Machining, Design, and Industrial Maintenance.
- Percentages of an array of topics.

#### (SC) Steel Center for Career & Technical Education
- Offers: Welding, Machining, Design, and Industrial Maintenance.
- Provides welding, HVAC, Machining, Design, and Industrial Maintenance.
- Percentages of an array of topics.

#### (PTA) Professional Training Associates, Inc.
- Offers: Welding, Machining, Design, and Industrial Maintenance.
- Provides welding, HVAC, Machining, Design, and Industrial Maintenance.
- Percentages of an array of topics.
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.

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

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 using different tools & products. Students will learn how to clean the exterior, interior, engine compartment, & other areas of the vehicle. Class size limited to 8.

SC Room 115
Alternating Tuesdays
5/29 & 6/5
4:30 – 8:30
2 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 & techniques for performing emissions testing. Upon successful completion of the 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.

SC Room 119
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

Automotive Inspection Certification
This course will examine motor vehicle pollution control systems in vehicles subject to emissions testing & PA emissions inspection procedures & vehicle code requirements. Upon successful completion of the course & testing, individuals will earn the PA Emissions Inspector Certification. Students must be at least 18 years old & possess a valid PA driver’s license. Class size limited to 5.

SC Room 112
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
**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

**Register anytime online**
www.monvalleyicd.com

**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 either session.

**MV ICD**
- Wednesdays 3/21
  11:00 – 12:30
  1 session
  Donna Kuzemka
  1:00 – 2:30
  1 session
  Donna Kuzemka
  3:30 – 5:00
  1 session
  Donna Kuzemka

**Google Series – What’s 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
  1 session
  Donna Kuzemka
  4:00 – 7:00
  1 session
  Donna Kuzemka

**Sell It Now**
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
  4 sessions
  Chuck Granche
  8:30 – 11:30
  2 sessions
  Chuck Granche
  4:00 – 7:00
  2 sessions
  Chuck Granche

**Windows 10 – Intro plus**
U cjank c mnfl c lcu cqcL cpolml mtk gpplznfrmct f xxr qps rgg mrg qk nh c lchap mtk gpplznfrmct f xxr qps rgg mrg qk nh c lchap

**Introduction to Windows 10**
Qscl qul ccc _ _ _ cpolml mtk gpplznfrmct f xxr qps rgg mrg qk nh c lchap mtk gpplznfrmct f xxr qps rgg mrg qk nh c lchap

**MV ICD**
- Tuesdays 2/6 to 3/27
  8 sessions
  Chuck Granche
  8:30 – 11:30
  8 sessions
  Chuck Granche
  4:00-7:00
  8 sessions
  Chuck Granche

**Windows 10 – Intro plus**
U cjank c mnfl c lcu cqcL cpolml mtk gpplznfrmct f xxr qps rgg mrg qk nh c lchap mtk gpplznfrmct f xxr qps rgg mrg qk nh c lchap

**Best Offer**

**MV ICD**
- Tuesdays 2/6 to 3/27
  8 sessions
  Chuck Granche
  8:30 – 11:30
  8 sessions
  Chuck Granche
  4:00-7:00
  8 sessions
  Chuck Granche

**Sell It Now**
J cpl fnu c glw qmr mpl wpwq cpl mtk gnnspq cpl mnfl c rcc c gnnspq cpl mtk gnnspq cpl mtk gnnspq cpl mtk gnnspq cpl mtk gnnspq cpl mtk gnnspq cpl mtk gnnspq

**MV ICD**
- Tuesdays 2/6 to 3/27
  2 sessions
  Chuck Granche
  8:30 – 11:30
  2 sessions
  Chuck Granche
  4:00-7:00
  2 sessions
  Chuck Granche

**MV ICD**
- Tuesdays 2/6 to 3/27
  8 sessions
  Chuck Granche
  8:30 – 11:30
  8 sessions
  Chuck Granche
  4:00-7:00
  8 sessions
  Chuck Granche
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 complement 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

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
Understanding & Optimizing Your Investment Choices

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
Trailing Stop Orders plus how to Short Stocks. Widen the band of knowledge.

3/22 – Class 6:
Widely-Held Stock & Portfolio Design
Fund stocks, buy, sell, rebalance, etc. to achieve the best long-term gains.

Choose either morning or evening series

MV ICD
Active USW employees only
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Wednesdays & Thursdays 3/7 to 3/22
8:30 – 11:30
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!
LIFELONG LEARNING FOR USW MEMBERS

The National ICD organization providers who offer a variety of learning opportunities, like Rosetta Stone.

Basics of Programmable Logic Controllers (PLCs)

Machining Fundamentals

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.

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.

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

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 1/25
28. - 58.
1 Session
Linda Banks
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

Winter Skin Glow
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
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

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
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

Active USW employees only

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

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

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
Heavy Equipment Operator – 40 Hour Entry Level

Acquire entry level operation & skills training in the proper techniques, safe operation, & general knowledge of residential equipment; Backhoe, Mini Excavator, Excavator, and Track Loader. Course projects include layout 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 Staff
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 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. Repairs can consist of anything from minor tune-ups to complete overhauls. Class size limited to 20.

IR-2227
U cbl ccb wpk/-1/ r n r-2
28L – 58L
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.

MV ICD Welding Lab
Rec wp./-1/ m1-4
28. – 58.
4 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 Staff
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 classes, 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.
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

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 operational plan, a marketing plan, and 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