



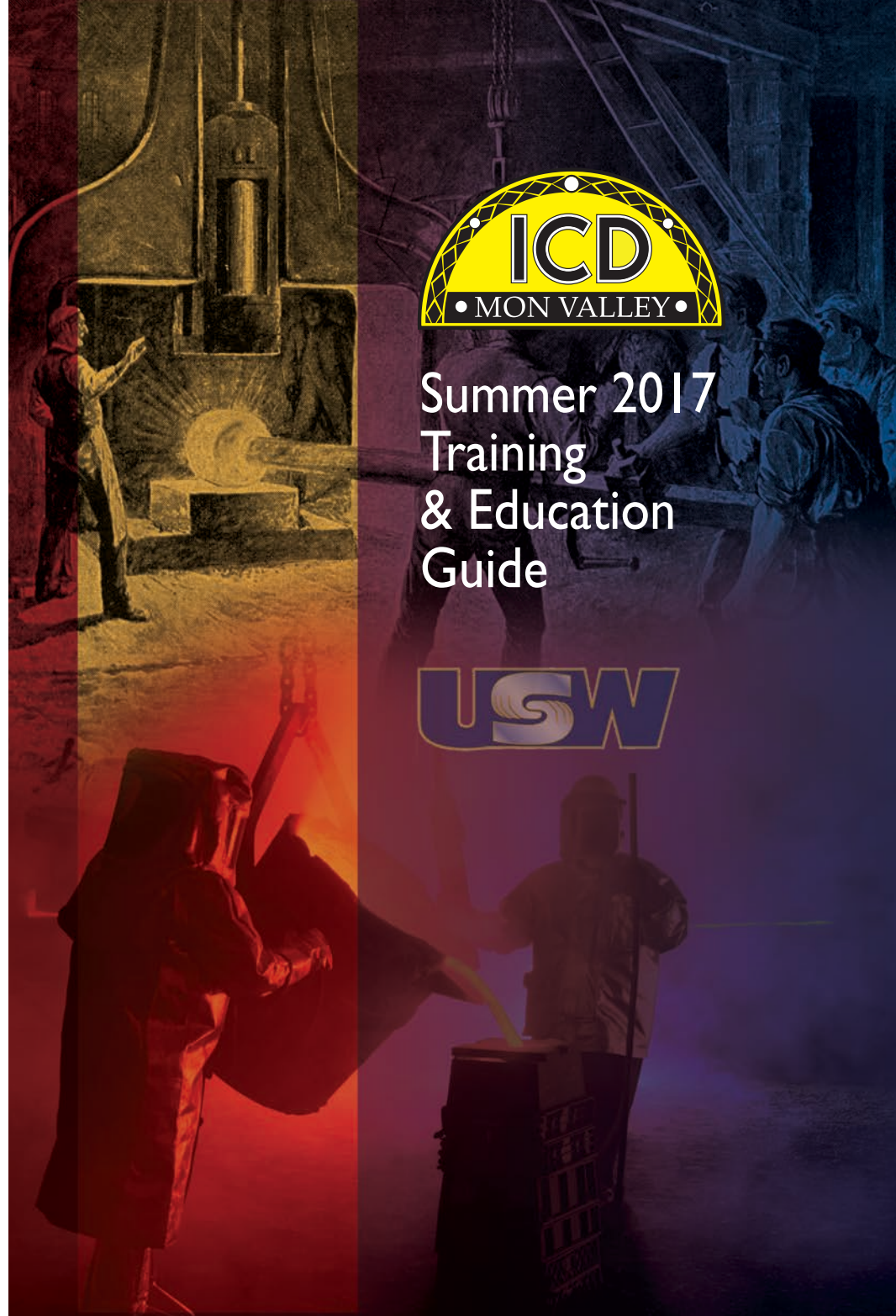
Mon Valley Works ICD
One South Linden Street
Duquesne, PA 15110

Mon Valley Works
Summer 2017
ICD Training
Schedule

REGISTER TODAY
www.monvalleyicd.com
412-460-0390



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



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- 4 Online learning opportunities
- 5 Mon Valley ICD Programs
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Coordinator
Nancy Ligus
nancy.ligus@monvalleyicd.com
412-460-0390

Visit us on the web:
www.monvalleyicd.com

Follow us on Facebook:
www.facebook.com/MonValleyICD

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

Mon Valley Works Summer 2017 ICD Training Schedule

Highlights

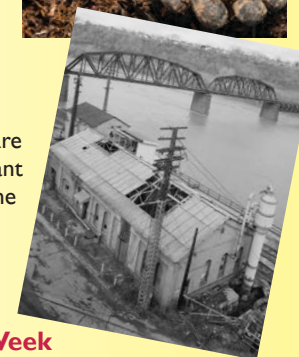
Garden Dreams Workshops: Building a Healthy Garden

This gardening series includes worm composting, growing mushrooms, & natural pest and disease protection.
(See page 17 for details)



“Steelworkers Then and Now”

USW members & their families are welcomed to attend this important oral history of steelworkers at the historic Pump House. Mark your calendar – Saturday, June 24th.
(See page 20 for details)



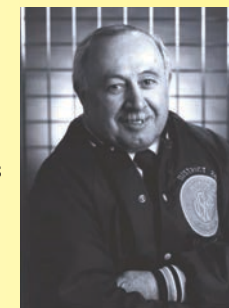
Learning Opportunities Week

Beginning this year, the National ICD has designated the second week in June as Learning Opportunities Week. This initiative supports the local Career Development programs to focus attention on the value of lifelong learning, and the training and education available to Steelworkers through their negotiated benefit. The Mon Valley ICD has planned an Open House and other events June 12-16 to engage our members. Keep watching for updates & how you can participate!

Mark
Your
Calendar!

Tino Fulimeni Scholarship

The Tino Fulimeni Scholarship Fund is open to children & grandchildren of United Steelworkers participating in the Career Development Program.
(See page 22 for application details)





From the desk of your ICD Coordinator...

For more information visit the ICD national website: www.icdlearning.org/resources/educational-partners



Summer is a busy time for our USW members of the Mon Valley! Longer days & warmer temperatures give a jump start to recreation, home projects, and other activities we've waited all winter to enjoy! In these next pages you'll find our summer schedule full of classes to add to your To-Do list!

Sometimes our lives have so many demands it is difficult to make time for a scheduled class! That's why I am working to bring to our Steelworkers new learning opportunities through **online training**.

I'm excited that we've partnered with ToolingU to provide interactive online training – with topics ranging from manufacturing technology, like machining & design engineering, to materials & quality. Our members can also access ToolingU's large collection of technical papers, videos & e-books. See the ICD Programs page for information on how to get started!

The ICD has additional partnerships nationally with education providers offering online learning. Included are ITU (Information Technology training), Ashworth University, & others which I can also help coordinate for our interested members.

Additionally, USW members are able to take on-line credit & non-credit skills classes through local community colleges such as CCAC & Westmoreland College & other accredited institutions with funds reimbursed through your ICD Tuition Assistance benefit. This applies to online & traditional classes – so please contact me if you have questions about using your ICD program funds!

Here are some tips for effective online training:

- 1 Preview the course. If possible, request a demo before you enroll to be sure you feel comfortable with the style of training.
- 2 Take the tutorial! If a tutorial is offered, take the time before starting the course to become familiar with navigating the site.
- 3 Make a time commitment. Most successful learning regardless of method comes from setting a schedule.
- 4 Eliminate distractions. Engage fully & avoid multitasking while in the learning mode.
- 5 Practice! Take advantage of online practice tests, activities to apply your new knowledge, & review course content.

I am always looking for our member's feedback as to how your Mon Valley ICD can assist you in on-going learning opportunities! Hope to hear from you & see you in a class this summer!

Nancy

Nancy Ligus

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

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 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/

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

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

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

565 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			
6/7, 6/21, 7/19			
8/2, 8/16, 8/30	4:30 – 8:30	6	Chuck Hicks
No class 7/5			

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 and hands-on experiences. Class size limited to 8.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Alternating Thursdays			
6/8, 6/22, 7/20			
8/3, 8/17, 8/31	4:30 – 8:30	6	Chuck Hicks
No class 7/6			



Register on-line @:
www.monvalleyicd.com

Class sizes are limited

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			
6/5/17 to 6/21/17	5:00 – 9:00	5	Ed Powell



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
Tuesday & Thursday			
6/6/17 to 6/15/17	5:00 – 9:00	4	Ed Powell

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

565 Lewis Run Road
Jefferson Hills, PA 15025



Location:

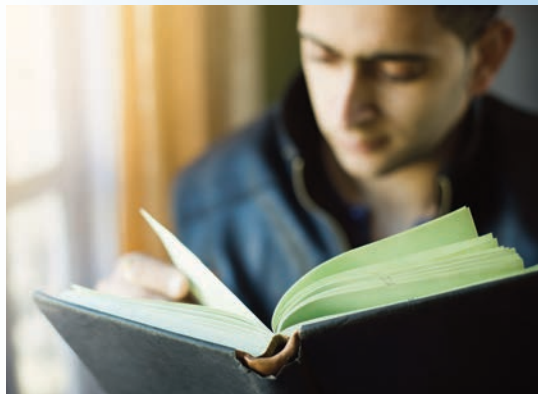
**Steel Center
for Career &
Technical Education**

565 Lewis Run Road
Jefferson Hills, PA 15025

Let's Read – Room 217

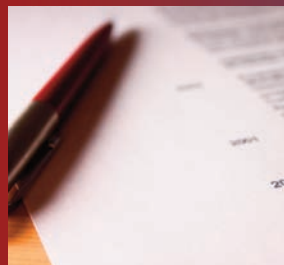
Summer is the perfect time to pick up a good book to read. Regain the understanding of solid reading techniques to improve retention & understanding. Reading really can be fun! Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday 6/12/17	5:00 – 9:00	1	Sheila Parker


Resume Writing – Computer Lab A

Create or refresh your resume by learning the skills needed to write effectively. Other topics reviewed include how to write a cover letter & what web-based tools are being used in today's job market. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 8/9/17	5:00 – 9:00	1	Sheila Parker


Register on-line @:
www.monvalleyicd.com

Class sizes are limited

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 6/6/17 & 6/13/17	5:00 – 8:00	2	Barb Smith


Defensive Driving Course

This 4-hour training session focuses only on Class C vehicles & 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 6/28/17	4:30 – 8:30	1	Wayne Crew
Friday 8/4/17	8:00 – 12:00	1	Wayne Crew



Location:

**Steel Center
for Career &
Technical Education**

565 Lewis Run Road
Jefferson Hills, PA 15025

NEW

Location:

**Mon Valley
Works ICD**

One South
Linden Street
Duquesne, PA 15110


2017 Summer Schedule **Computer Skills**

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

AutoCad Fundamentals

Learn the fundamentals of AutoCad through the essential tools & concepts including; understanding the AutoCad workspace & user interface; using basic drawing, editing, & viewing tools; organizing drawing objects on layers; inserting reusable symbols. Class size limited to 5.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday and Tuesday 6/5/17 to 6/28/17	5:00 – 8:00	8	Amber Long

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
Thursday 6/8/17 to 7/25/17	5:00 – 8:00	8	George Slezak

Intro to Personal Computers – Computer Lab A

Laptop or desktop? Mac or Windows? Learn the basics of buying a home personal computer with specifics about hardware & software as well as functional computer skills to get you started. Class size limited to 10

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 8/16/17	5:00 – 8:00	1	Peter Dye

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

Register on-line @:
www.monvalleyicd.com

Class sizes are limited

Computing with Office 365 – Computer Lab

In the market for a new computer? Features like touchscreen, software, cloud computing, & subscription services can be confusing terms if you're not sure what is right for your computing needs. This class will offer help & some savvy in purchasing a computer as well as the capabilities of Microsoft Office 365. Class is limited to 12. *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 6/14/17	1:00 – 4:00 or 4:15 – 7:15	1	Donna Kuzemka

Working in the Cloud – Computer Lab

What exactly is the Cloud? How can it be used effectively? This class is designed to get a basic understanding about Cloud computing, including why and how to use it and the pros & cons of this innovation. Class is limited to 12. *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 7/19/17	1:00 – 4:00 or 4:15 – 7:15	1	Donna Kuzemka

Working with Digital Photographs – Computer Lab

Taking great photos & want to share them with friends & family? Learn ways to use today's internet software to edit, download, store, & create lasting memories with your digital photos. Safe photo storage & organization will also be covered; bring some of your own photos (via USB flash or thumb drive) to experiment with & share. Class size limited to 12. *Choose only one session.*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 8/2/17 & 8/9/17	1:00 – 4:00 or 4:15 – 7:15	2	Donna Kuzemka

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



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

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

Summer Dessert Salads - Room 200

Dessert Salad? How can it be a combination when salads are supposed to be healthy, & desserts are, well, desserts?! By using sweet ingredients instead of leafy greens, learn how to turn your summer salads into tasty treats! Something fresh for summer's end picnics! Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Thursday 8/9/17 & 8/16/17	5:00 – 9:00	2	Sherry Morrow

Secrets of a Master Chef – World of Flavor

Spice up your summer barbecues with just the right seasonings! Chef Norm Domek will share his secrets about those special ingredients that makes favorite dishes so irresistibly savory. Learn how to combine fresh ingredients with ancient culinary techniques to take your flavor experience to the next level. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 6/14/17	4:30 – 8:30	1	Chef Norm Domek

Secrets of a Master Chef – Appetizers

Life is about balance and so is an enjoyable meal. Learn how to tantalize the senses with time proven culinary concepts & simple recipes for appetizers that invoke desire for the next courses! Chef Norm Domek will explore the relationship between food experiences like sweet and acidic, crisp & soft, cool and warm. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 7/12/17	4:30 – 8:30	1	Chef Norm Domek

**Sign up for the monthly
 Mon Valley ICD e-newsletter!**
**Go to our website www.monvalleyicd.com
 and CLICK the CONTACT tab to subscribe!**

Register on-line @:
www.monvalleyicd.com

Class sizes are limited

AC/DC Electrical Systems

Learn the fundamentals of AC/DC electrical systems used for power & control in industrial, commercial, agricultural, & residential applications. Industry relevant skills taught through virtual technology includes subject areas such as basic electrical circuits, electrical measurement, circuit analysis, inductance & capacitance, & transformers.

This is a self-paced, online platform using Amatrol Learning Systems.

Class begins on 6/1/17

Basic Hydraulics

This online course introduces hydraulic power use & application in today's industries. Develop skills through virtual technology in hydraulic power & safety, hydraulic schematics, principles of pressure & flow, and hydraulic speed control circuits. Additional topics include the fundamental application of hydraulics through pumping systems.

This is a self-paced, online platform using Amatrol Learning Systems.

Class begins on 6/1/17

Online

Online:
**Amatrol Learning
 Systems**
www.amatrol.com

Online



Online

ToolingU Online Programs

ToolingU online 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.
- 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.

During Learning Opportunities Week, ToolingU will be at the Mon Valley ICD on June 15 to provide live demonstrations of the online training programs & answer your questions.

Register on-line @:
www.monvalleyicd.com

Class sizes are limited

Residential Heating

This 32-hour condensed course will provide students the skills needed to assess furnace maintenance & repairs with & oil furnaces typically used in residential applications. Job safety and instruction in the use of standard industry tools are incorporated in this 2 week program.

Full attendance and use of PPE is required; Textbook to be provided. Class size limited to 12.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday to Thursday 7/31/17 to 8/3/17 & 8/7/17 to 8/10/17	5:00 – 9:00	8	Joe Myers

Basic to Intermediate Soldering in One Workshop

Want to learn soldering but don't know where to start? This **TechShop** workshop is perfect for the maker who's looking to learn how to solder or simply hone their skills. Instruction & practice in using the essential soldering tools will get you started on your soldering journey. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday 7/25/17	4:30 – 7:30	1	Stephen Zelenko

Intro to ToolingU

ToolingU representatives will be on hand to demonstrate this interactive online training from the Student's perspective. Learn how to access your student account, navigate the web based training, & manage classes and assessments. Each session will have time for questions & tips for your success!

Choose only one session.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Thursday 6/15/17	10:00 – 11:00 or 1:00 – 2:00 or 2:30 – 3:30 or 4:00 – 5:00.	1	ToolingU Staff

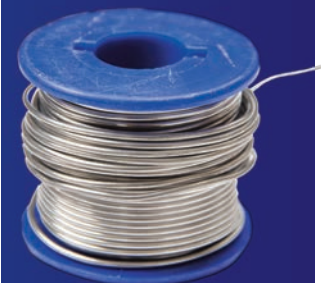
NEW

Location:
**Westmoreland College
Advanced Technology Center**

1001 Technology Drive
Mt Pleasant PA 15666



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



2017 Summer Schedule **Industrial Technology**

Location:
TechShop
192 Bakery Square Blvd.
Pittsburgh, PA 15206

Metal Masters program for USW Members

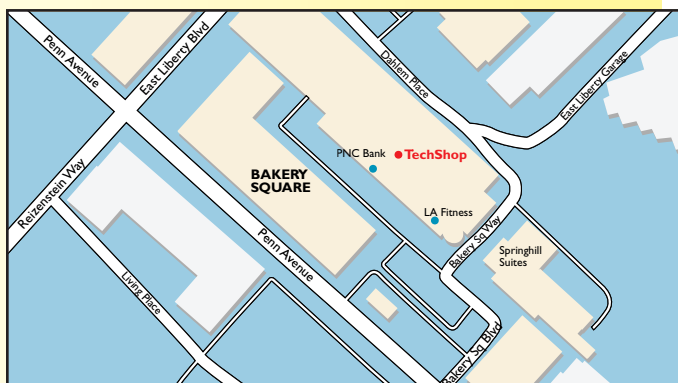
Completing this 15-class program, which includes extended hours of shop access, will result in a Metal Master certificate issued by TechShop Pittsburgh. TechShop staff will track the progress of each participant through the program over a 1 year period. Upon completing Safety & Basic Use instruction, participants will have flexible shop access to instructors, tools & equipment to continue to develop their skills in each of the 15 class competencies:

Waterjet Basics
Tormach CNC Mill
Milling Machine
Metal Lathe
Iron Worker
Basic Aluminum Casting
MIG Welding
TIG
TIG Welding Aluminum
Basic Metal Shop
Sheet Metal Basic
Sheet Metal Organic
Metal Spinning
Concepts of CNC
Fusion 360 Basics



For enrollment information:

TechShop
412-345-7182
info.pgh@techshop.com
www.techshop.com



Personal Enrichment

Building a Healthy Garden Series

NEW

Worm Composting

Learn how to build your own worm compost bin; how to take care of & feed your worms; tips & tricks on how to harvest their castings (aka worm poop) & how to use those castings to feed your garden; make compost tea and more. Each participant will take home their very own worm bin at the end of class. Bring non-glossy newspaper (a couple sections worth) with you to class. All other materials will be supplied. Class size limited to 15.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Wednesday 6/28/17	5:00 – 8:00	1	Garden Dreams Staff

Growing Mushrooms

Grow your own mushrooms, easily & quickly! Learn how to choose the proper growing medium, what mushrooms need to thrive, interesting facts about the Fungi Kingdom & how we can create symbiotic relationships with them in our gardens. Each participant will take home their very own oyster mushroom teepee that will grow mushrooms in just 4-6 weeks! Bring 2 rolls of toilet paper with you to class. All other materials will be supplied. Class size limited to 15.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Monday 7/17/17	5:00 – 8:00	1	Garden Dreams Staff

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



Natural Pest & Disease Protection

Learn how to deal with pest & disease pressure in your vegetable gardens by using completely natural applications from foliar sprays, to building beneficial insect habitat. We will cover an array of topics & discuss how to protect your plants while working with nature instead of against it. This class is outside, so please dress accordingly. Each participant will take home a seedling from the nursery, & enjoy garden grown herbal refreshments. Class size limited to 15.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Friday 7/28/17	5:00 – 8:00	1	Garden Dreams Staff

Location:
Garden Dreams Urban Farm & Nursery
806 Holland Avenue
Wilkinsburg, PA 15221
www.mygardendreams.com

Location:
Morris Farm
 110 Slobodnik Road
 Irwin, PA 15642
morrisorganic.com

Beekeeping – Into the Hives Workshop

First year bee keepers will get into the hives with instructor Scott Benack at Morris Farm! Learn safe practices inspecting bee hives & how to identify conditions affecting hive activity. Live demonstrations & hands-on tasks strengthen the student's skills in queen identification, recognizing mite infestation & treatment, & lighting a smoker. Additional instruction in splitting hives, making food & feeding practices will be offered.

Mr. Benack is a licensed nuc seller & queen breeder, a live removal expert, & currently assists Morris Farm in yearly pollination efforts.

Proper personal protection is required, including long pants, long sleeve shirts, & boots. Bring your own bee suit, or veil (an inexpensive mosquito veil is adequate). Disposable gloves will be provided and some veils may be available to purchase on site. Class size limited to 20. Spouses & Retirees will be permitted as space allows.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Saturday 6/17/17	9:00 – 1:00	1	Scott Benack



Register on-line @:
www.monvalleyicd.com

Class sizes are limited

Container Gardening – Room 103

This course is the finishing touch to the **Outdoor Planter** class or for anyone who wants to turn an empty container into a living planter! Students will learn types of vegetables & flowers that grow best in containers, along with how to prepare to plant & techniques for healthy container gardening. Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 6/20/17	5:00 – 9:00	1	Sherry Morrow

Social Media – So What? – Computer Lab A

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

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Thursday 7/13/17	5:00 – 8:00	1	Peter Dye

Healthy Lifestyle Workshop – Get Moving!

Kick start your summer with this workshop taught by Local Motion fitness experts! Participants will learn the benefits of being active & what types and levels of exercise can help overcome CPS (couch potato syndrome). Learn easy-to-do stretches and see how incorporating small exercises into your daily routine can build strength & bring energy back so you can *get moving!* Class size limited to 20. *Choose only one session*

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Friday 6/16/17	2:30 – 3:30	1	Local Motion Staff
	or 4:00 – 5:00	1	Staff
	or 5:30 – 6:30	1	Staff

Location:

**Steel Center
 for Career &
 Technical Education**

565 Lewis Run Road
 Jefferson Hills, PA 15025



Location:

**Mon Valley
 Works ICD**

One South
 Linden Street
 Duquesne, PA 15110

Local Motion

is located on 8th avenue
 in the heart of the
 Homestead business district!

USW Members receive a \$5
 discount off the 5-Class Pack
 which can be used for any
 cycling or yoga classes at
 Local Motion!

NEW

2017 Summer Schedule **Personal Enrichment**

Location:
The Pump House

880 East Waterfront
Drive, Munhall, PA 15120

NEW "Steelworkers Then and Now"

Battle of Homestead Foundation member Joel Woller will set the scene from a historical perspective on the importance of oral history, followed by steelworkers from "Back in the Day" & Steelworkers from today telling their stories of life in the mill & the changes in the industry. This special event was designed in collaboration with the Mon Valley ICD. Bring your family to experience the legacy of the our United Steelworkers, commemorating 75 years of unity! Reserve your seats early by registering online at www.monvalleyicd.com.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Saturday 6/24/17	1:30 – 3:30	1	Staff



July 6, 2017 marks the 125th anniversary of the Homestead Steel Strike, a collective act of resistance in response to shifting dynamics in the economic and political organization of society. A series of public programs will take place this year to honor the fighting tradition of Homestead steel workers.

Centered at the historic Pump House on the Monongahela River, these programs will engage schools, communities, unions, businesses & the general public with a wide array of shows, discussions and activities.

Battle of Homestead Foundation
offers programs & events
throughout the summer.

For information:
battleofhomestead.org/updates/calendar



Residential Construction

Deck Building – Room 103

This course is recommended for anyone considering a deck project. Learn how to choose materials, complete preparation and layout, build the substructure, & place decking boards & railings. Expert help & advice will be available to students to plan their own dream deck! Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 7/18/17 to 8/8/17	5:00 – 9:00	4	Bob Bergamasco

Outdoor Fire Pit Construction – Room 103

This class is for the occasional outdoorsman or anyone who enjoys relaxing with friends around a glowing fire. Learn step-by-step how to complete this easy fire pit construction project in one evening! Get your marshmallows ready! Class size limited to 10.

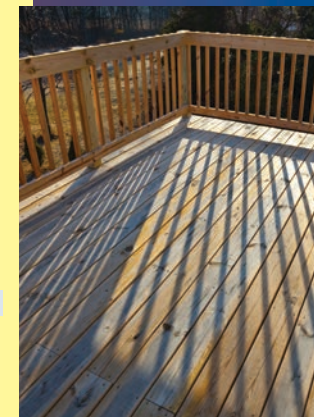
DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 8/15/17	5:00 – 9:00	1	Bob Bergamasco

Pallet Repurposing – Outdoor Planter – Room 103

Ever wonder how to give old wood pallets new life as seen on Pinterest & other crafting sites? Through basic wood working techniques students will learn to make a pallet planter to enjoy all summer! Don't miss the **Container Gardening** class (to follow) that will complete the project with your favorite vegetables or flowers! Class size limited to 10.

DAY	TIMES	# OF SESSIONS	INSTRUCTOR
Tuesday 6/6/17 and 6/13/17	5:00 – 9:00	2	Bob Bergamasco

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





Tino Fulimeni was a lifelong Steelworker who rose to Special Assistant to former USW President George Becker. Tino was a great supporter of the Career Development Program. He believed very strongly in education for Steelworkers & the value of the learning process.

This Institute for Career Development scholarship is a tribute to Tino & all he stood for and fought for. He would be proud that we are giving money in his name to young deserving children or grandchildren of Steelworkers to support their education.

Tino Fulimeni Scholarship

In 2016, ten \$1000 scholarships were awarded to children/grandchildren of Steelworkers. This year, the ICD will award at least six Fulimeni Scholarships.

Winners will be selected in Fall 2017.

The Fund is administered by ICD in Merrillville, IN.

The following criteria must be met to be eligible for the scholarship drawing:

- Applicant must be a high school graduate enrolled in college & beginning in the fall semester of 2017 or the spring semester of 2018 or a college student returning to school in the fall semester of 2017 or spring semester of 2018.
- Applicant must have maintained, in the past, at least a cumulative 3.0 grade point average & can demonstrate this with a transcript if selected.
- Applicant must be the child/grandchild of a United Steelworkers member who is currently eligible to participate in the Career Development Program.

Application DEADLINE IS SEPTEMBER 1, 2017.

Application submittal

Online:

www.icdlearning.org/resources

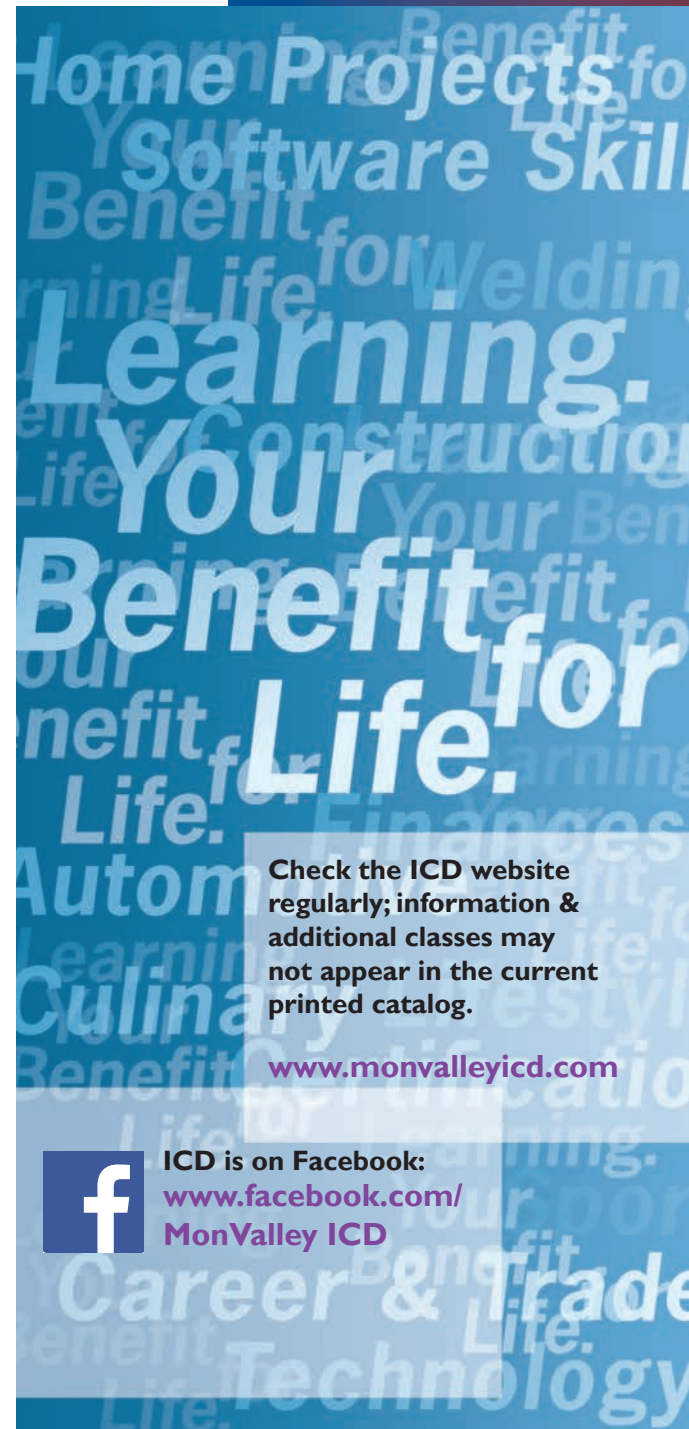
Mail:

**Tino Fulimeni Scholarship Fund
c/o The Institute for Career Development, Inc.
1000 East 80th Place, Suite 301 South
Merrillville, IN 46410**

Fax:

219-736-9216

Additional applications may be obtained from your local ICD program Coordinator.



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



ICD is on Facebook:

www.facebook.com/MonValleyICD