

About Metra

Metra is one of the largest and most complex commuter rail systems in North America, serving Cook, DuPage, Will, Lake, Kane and McHenry counties in northeastern Illinois. We provide service to and from downtown Chicago with 241 stations over 11 routes totaling nearly 500 route miles and approximately 1,200 miles of track. Metra operates more than 700 weekday trains, providing about 300,000 passenger trips each weekday.

For More Information Visit

metrail.com

Metra Human Resources Department
547 W. Jackson Boulevard
Chicago, Illinois 60661

Metra is an Equal Opportunity/Affirmative Action Employer.

It is our policy to fill vacant positions with qualified candidates without regard to race, color, sex, religion, national origin, age, gender, identity disability, or any protected categories, assuming an individual can perform the essential functions of the job with or without accommodation.

METRA MECHANICAL APPRENTICE PROGRAM



The Metra logo is displayed in white on a blue background. The background of the entire page features a collage of images: a woman in a red hard hat and safety glasses working on a train, a man in a blue hard hat and safety vest working on a train, a woman in a yellow hard hat and safety glasses working on a train, and a man in a blue hard hat and safety glasses working on a train. The background also features large, stylized letters 'M', 'E', 'T', 'R', 'A' in white and blue.



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How does the program work?

Metra's Apprentice Program is a three-year training opportunity. Apprentices will participate in on-the-job training and classroom work and will learn how to inspect, repair and maintain railcars, locomotives and their components. Upon completion of the program, participants will have the skills necessary to become a full-time journeyman in their craft.



Career Paths

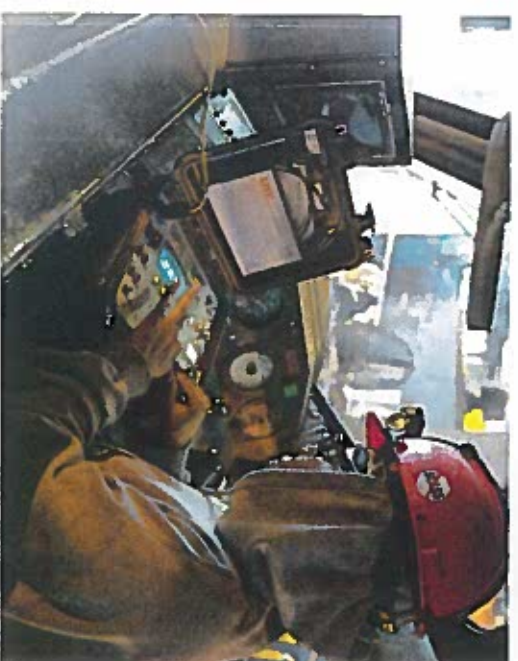
Apprentices can select from the following career paths:

Carmen: Perform all aspects of building, assembling, maintaining, dismantling and upgrading of all the components of our rolling stock; including installing and maintaining all upholstery work and air conditioning duct mechanisms, as well as inspecting and maintaining air brake systems, and the interior and exterior of passenger railcars.

Electrician: Maintain electrical equipment on diesel and electric locomotives, self-propelled coaches and passenger railcars, including electronic controls, lighting, generators, battery charging systems, signal systems, heating and air conditioning systems, and industrial wiring.

Machinist: Operate machinery, equipment and tools used in turning, drilling, grinding and maintaining wheels, axles and bearings of wheel sets for locomotives. In addition, remove, repair and install mechanical components of electric and diesel locomotives and passenger railcars such as main and auxiliary generators, alternators, starter motors and traction motors.

Sheet Metal Worker: Install, repair and maintain piping systems, including toilets and sinks on locomotives and passenger cars.



Why choose a career with Metra?

Metra strives to be an employer of choice. To attract and retain the best talent in the industry, Metra rewards dedicated employees with competitive pay and great benefits. Including:

- Paid holidays, vacation and personal time off
- Medical/dental/vision/life insurance
- Tuition Reimbursement Program
- Railroad Retirement
- Employee Assistance Program (EAP)
- Flexible Spending Account (FSA)
- Transit Benefit Program

The Successful Candidate**:

- Is at least 18 years of age
- Has a high school diploma or GED
- Is able to bend, stoop and lift up to 50 pounds
- Has military, trade school or some college experience
- Must complete the minimum qualifications questionnaire online within the application posting period

*Application process is subject to a third party lottery.





547 W. Jackson Blvd.
Chicago, IL 60661

www.metra.com



Getting On Board

If you are interested in applying for a job at Metra, visit metra.com to view a full listing of available positions.

Follow the Metra page on LinkedIn for updates on employment opportunities:
<https://www.linkedin.com/company/metra>

Metra is an Equal Opportunity Employer

Put Your Career On The Fast Track At Metra



Metra is looking for talented people who thrive in a challenging and fast-paced industry. Our most important resource is a committed and diverse team that brings together a wealth of knowledge, skill and experience. Metra provides employees with advancement and professional development opportunities to help them reach their full potential. Join the Metra team and become an important part of one of the nation's premier commuter railroads.

A Variety Of Exciting Challenges And Growth Opportunities

Career Paths
Whether you are an experienced professional, a recent college graduate or interested in becoming a skilled craftsman, connecting to a fulfilling career begins with choosing the right career path. Metra offers opportunities in these fields:

- Apprenticeships
- Customer Service
- Communications
- Budget and Finance
- Engineering
- Human Resources
- Information Technology
- Procurement
- Law
- Logistics
- Materials Management
- Skilled Trades
- Transportation

Excellent Benefits!

Metra strives to be an employer of choice. To attract and retain the best employees in the industry, Metra rewards dedicated employees with competitive pay and great benefits. All our positions are full time with full benefits, which include*:

- Paid Holidays, Vacation and Personal Time Off
- Medical/Dental/Vision/Life Insurance
- Tuition Reimbursement Program
- Railroad Retirement Pension
- Employee Assistance Program (EAP)
- Flexible Spending Account (FSA)
- Transit Benefit Program

*Benefits vary for contract, non-contract, temporary and intern personnel.



547 W. Jackson Blvd. | Chicago, IL 60661

Plan Ahead, Join Our Team And Find A Career You'll Love

Metra is looking for talented people who thrive in a challenging and fast-paced industry. Our most important resource is a committed and diverse team that brings together a wealth of knowledge, skill and experience. Metra fosters a culture of inclusion and provides employees with advancement and professional development opportunities to help them reach their full potential. Join the Metra team and become an important part of one of the nation's premier commuter railroads.

EXCELLENT BENEFITS!

Metra strives to be an employer of choice. To attract and retain the best talent in the industry, Metra rewards dedicated employees with competitive pay and great benefits. All of our positions are full time with full benefits, which include:**

- Paid Holidays, Vacation and Personal Time Off
 - Medical/Dental/Vision/Life Insurance
 - Tuition Reimbursement Program
 - Railroad Retirement Pension
 - Employee Assistance Program (EAP)
 - Flexible Spending Account (FSA)
 - Transit Benefit Program
- **Benefits vary for contract, non-contract, temporary and intern personnel.



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EXPLORE CAREER PATHS IN THE TRANSPORTATION FIELD*

POTENTIAL SALARY	Accounting and Budget: Budget Analyst
\$50,000	Engineering: Structural Engineer
\$60,000	Engineering: Signal Maintainer/Signalman
\$29,64/Hourly	Human Resources: Human Resources Specialist
\$50,000	Information Technology: Computer Programmer
\$60,000	Labor Relations: Labor Relations Specialist
\$50,000	Legal: Lawyer
\$65,000	Marketing: Marketing Specialist
\$50,000	Mechanical: Electrician
\$28,30/Hourly	Mechanical: Skilled Crafts Apprenticeship Programs
\$19,81/Hourly	Mechanical: Mechanical Engineer
\$60,000	Office of Diversity and Civil Rights: Certification and Compliance Specialists
\$45,000	Police Department: Police Patrolman
\$29,23/Hourly	Risk Management: Insurance Specialist
\$45,000	Strategic Planning: Transportation Planning Specialist
\$50,000	Transportation: Assistant Conductor (average salary)
\$69,000	Transportation: Conductor (average salary)
\$79,000	Transportation: Locomotive Engineer (average salary)
\$89,000	Workforce Education: Technical Training Specialist
\$50,000	

*Some of these positions require a college degree.

The list above represents just some of the thousands of occupations in the railroad and transportation industry. Plan for your future and prepare for a career at Metra.

Find Out More

Visit metrarail.com to view a listing of available positions.

Follow the Metra page on LinkedIn for updates on employment opportunities: <https://www.linkedin.com/company/metra>





The Postal Service is vital to the nation and its economy. Our vision, purpose, and direction are evident in performance and maintenance of affordable mail service to every American. We are the second largest employer in the United States today. The Postal Service has a tradition of high performance in on-time delivery and customer satisfaction, cutting edge automated equipment, and information technology. We continue to seek creative means to perform our mission in the face of changing marketplace.

We invite you to join us.

Tradition of Service,
History of performance



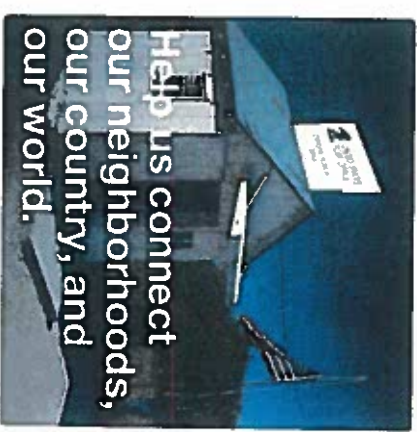
VETERANS: Applicants claiming veterans' preferences must attach a copy of member copy 4 (only) of Certificate of Release or Discharge from Active Duty (DD Form 214) or other proof of eligibility if claiming 10-point veterans' preference.

The United States Postal Service (USPS) is an equal opportunity employer. The USPS provides reasonable accommodation for any part of the application, interview, and/or selection process, please make your request to the examiner, selecting official or local manager of Human Resources. This request can also be made by someone on your behalf. Explain the nature of your limitations and the accommodation needed. The decision on granting reasonable accommodation will be on a case-by-case basis.



Employment
Opportunities with the

US Postal Service



Explore and apply for career opportunities
with the Postal Service™

www.usps.com/employment



The United States Postal Service has the following excellent and challenging employment opportunities for highly motivated and innovative individuals.

ALL applicants must apply online at

<http://www.usps.com/careers>

Paper applications will not be accepted
Browser: Internet Explorer 8.0 or higher.

Some positions may be temporary; please refer to job posting for specific job details.

ATTENTION! You'll need a valid email address and an eCareer Profile to apply for jobs with the Postal Service. We will communicate with you by email concerning your application, so it is very important that you are able to receive our messages. Please add the following email addresses to your email contact list right away to allow correspondence, especially if you use SPAM blocking software, use a Yahoo account, work or military email address.

ecareerworkflow@usps.gov
usps_support@panpowered.com
USPSservices@geninfo.com

Qualified applicants must successfully pass a pre-employment drug screening to meet the U.S. Postal Service's requirement to be drug free. Applicants must also be a U.S. citizen or have permanent resident alien status.

AGE REQUIREMENT

18 years at the time of appointment or 16 years with a high school diploma.

****Salary & Benefit Information as of 9/1/15:**
Many of our positions earn paid vacation time, pay raises and eligibility for health insurance. Please see specific job postings online for details.

**Today's Postal Service is hiring!
Immediate openings available in many locations nationwide. Positions include, but are not limited to (see online postings for details):**

TITLE: RURAL CARRIER ASSOCIATE
Cases, delivers, and collects mail along a prescribed rural route using a vehicle; provides customers on the route with a variety of services.

SALARY: \$16.65 PER HOUR**

DRIVING REQUIRED: YES. 2 Yrs Driving experience and good driving record. May be required to use personal vehicle. However, compensation will be provided. See posting for details.

TITLE: CITY CARRIER ASSISTANT **

Delivers and collects mail on foot or by vehicle under varying road and weather conditions in a prescribed area; maintains professional and effective public relations with customers and others, requiring a general familiarity with postal laws, regulations, products and procedures commonly used, and with the geography of the area.

SALARY: \$15.68 PER HOUR**

DRIVING REQUIRED: YES. 2 Yrs Driving experience and good driving record.

TITLE: PSE MAIL PROCESSING CLERK **

Performs a variety of clerk duties required to process mail using automated mail processing equipment or manual methods of sortation and distribution.

TITLE: PSE SALES & SVCS/DISTRIBUTION ASSOC

Performs distribution and a variety of sales and customer support services. Maintains pleasant and effective public relations with customers and others requiring a general familiarity with postal laws, regulations, and procedures commonly used.

SALARY: \$15.63 PER HOUR**

TITLE: Postmaster Relief/Replacement **

This is a non-career position with limited benefits. PMRs will work up to 6 days per week serving customers at a public window that is open 2 hours per day.

SALARY: \$11.76 PER HOUR**



TITLE: MAIL HANDLER ASSISTANT **

Performs manual labor involving lifting, carrying, prolonged standing, walking, pushing, bending and reaching, and may involve the handling of heavy containers of mail and parcels weighing up to 70 pounds. Mail Handlers must work in an industrial plant environment for their assigned tour and days of work.

SALARY: \$14.37 PER HOUR**

TITLE: PSE CUSTODIAN **

Performs manual labor in connection with maintenance and cleaning of the buildings and grounds of a postal facility; assists in firing low pressure boiler and in making minor repairs to the building and equipment.

This Position is reserved under the Veteran's Preference Act for **PREFERENCE-ELIGIBLES** only. Non-preference eligible veterans will not be considered if preference eligible applicants are available.

SALARY: \$13.25PER HOUR**

TITLE: PSE TRACTOR TRAILER OPERATOR **

Assists with, and operates, a heavy duty tractor-trailer in over-the-road service, city shuttle service, or trailer spotting operations.

DRIVING REQUIRED: YES. CDL License & 2 Yrs Driving experience and good driving record required.

SALARY: \$22.12 PER HOUR**

HOLIDAY TERM work may be available for most positions listed above. If holiday/peak work only, it will be noted on the posting.

These are temporary appointments during our Peak mailing season. Each posting lists the period of coverage. Subsequent appointments after appointment may be offered but should not be expected.

For Pay and Job Descriptions, see specific job title.



Looking for stability?

Jewel Osco has been around for 117 years and is 31,000+ employees strong.

Want opportunity?

Jewel-Osco is the #1 Grocer in the Chicagoland area with 185 stores.



150 Pierce Road
Itasca, Illinois 60143
630.948.6000
www.jewelosco.com

Apply online at
www.JewelOsco.com

Click 'Careers'

Equal opportunity employer.
Pre-employment drug screening required.



Be Social.

630-948-6000



Retail Store Part-Time Opportunities

- Front End Service Clerk
- Cashier
- General Clerk
- Night Crew Clerk
- Floral Clerk
- Bakery Clerk *
- Chef's Kitchen (Deli) Clerk*
- Meat Wrapper*
- Meat Apprentice*

Choosing Jewel-Osco

Over a century after Jewel Tea Company began delivering coffee door-to-door, Jewel-Osco has continued to strive towards its main goal: providing customers unbeatable service, offering excellent values and a wide range of products every day.

With 185 stores spanning across Illinois, Indiana and Iowa, Jewel-Osco offers full-service fresh shops with values like quality produce, specialty cut meats, a full-service deli and bakery, an in-store pharmacy, a diverse liquor department and many other areas to best serve every customer-- all tailored to the specific needs of the neighborhood that each Jewel-Osco serves.

Jewel-Osco stores provide an abundance of career opportunities throughout the Chicagoland area. Jewel-Osco associates enjoy comprehensive benefits, excellent career development programs and diverse workplace environments. Discover job opportunities in retail management, including opportunities for new college graduates and interns.

- Part Time Positions Include Nights, Weekends & Holidays
- Comprehensive Benefit Packages Available
- 401(k) Program
- Associate Discount
- Paid Vacation Time Off
- Paid Training

Store Management Trainee Programs & Department Manager Trainee Programs

Jewel-Osco Trainee Programs are designed to prepare trainees to become Store or Department Managers.

- Flexible Work Schedules
- Paid Vacations & Holidays
- Associate Discount & 401(k) Program
- Financial P&L Responsibility
- Ongoing Management Development
- Long Term Career Advancement
- Fun & Engaging Work Environment

* Must be at least 18 years old

Chicago Heights Store #3167 & Homewood Store #3188

Healthy Start Southeast Chicago

Serving Babies, Families & Communities



Available Services

- Case Management
- Prenatal/ Postpartum Care
- Community Events
- Employment Opportunities
- Parenting Classes
- Breastfeeding Support
- Male Resources
- Referrals
- System Navigation



Healthcare Consortium of Illinois

1350 East Sibley Blvd., Suite 200 .

Dolton, Illinois 60419-2912

Phone: (708) 841-9515 . Fax: (708) 841-9713

Website: www.hcionline.org