

# ACCWPA

Air Conditioning Contractors Western Pennsylvania

August  
Sept.  
2019

**Inside:**

- 2019 Mark Your Calendar
- Wine Tasting Sept. 11<sup>th</sup>
- Trap Shoot Oct. 9<sup>th</sup>

Volume 14, Issue 8-9

## 2019 General Meeting Dates

*Mark your Calendar!*

**September 11<sup>th</sup>**  
Social – Wine Tasting  
Pittsburgh Winery

**October 9<sup>th</sup>**  
Trap Shoot  
N Side Sportsman's Assoc.

**October**  
2020 Planning Meeting  
Place TBA and Date

**November 14<sup>th</sup>**  
Marijuana in the Workplace  
What you need to know.  
Place TBA  
Election of Officers



## HOW CAN WE SERVE YOU BETTER?

Our October Planning meeting is fast approaching!  
If you have any suggestions on topics, events, how to increase our membership we welcome your thoughts.  
**See Page 7**

## September 11<sup>th</sup> – Pittsburgh Winery Social

# Wine Tasting Party!



## Wednesday, Sept. 11<sup>th</sup> Invite Family and Friends!!!

Pittsburgh Winery is a boutique urban winery located in Pittsburgh's historic Strip District with roots going back nearly 16 years. Winemaker and owner Tim Gaber began his winemaking career with a small group of friends making small batches of wine the old-fashioned way. This hobby slowly began to develop into something more as he became more and more impassioned about everything wine and wine making, even obsessed as he began to collaborate with seasoned vintners in California and to study at UC Davis to sharpen his winemaking skills. This passion and skill evolved year after year, first as a partner and founder of a small private winery, Tim inevitably grew out of the tiny basement operation he had so much to do with creating and launched the Pittsburgh Winery in an old bank building located at 2815 Penn Avenue. Urban wineries do not own vineyards, so they can bring in wine grapes from some of the best vineyards in the world. Being a Pittsburgh native Tim is proud to be able to source Premium California and Chilean wine grapes and to be able to produce world class wines right here at home. This access to quality fruit, along with an imaginative winemaking style results in hand crafted, fine wines that are anything but ordinary. Cheers!



**2710 Penn Ave.** (left side of the street) • **Pittsburgh, PA 15222**

2:30 pm – Board Meeting

5:00 – 7:00 pm – Wine Tasting at Pittsburgh Winery

\$20.00 per person (includes snacks / tasting of 7 wines)

To taste 2 of their premium wines (total tasting of 9 wines) that will be an extra \$5.00 pp

(you will pay Pittsburgh Winery direct for any wine you taste)

**Snacks will be provided.**

**RSVP: 724-687-7860** (phone, email or fax) –

**NO cancellations after Sept. 9<sup>th</sup> noon**



## What is Heat Stress ...

Heat stress is adverse health effects that occur while working in hot and/or humid environments or A condition in which the body is unable to cool itself enough to maintain a health temperature.

When heat is combined with other stresses such as physical work, loss of fluids, fatigue or some medical conditions, it may lead to heat-related injury. This can happen to anybody- even if you are young and fit.

### **Signs and symptoms of Heat stress include:**

Change in personality: increased irritability is often observed as the lack of water starts affecting the body and brain functions.

Loss of concentration and ability to do mental tasks or skilled tasks by means of loss of dexterity

Thirst, Headache, Nausea, stomach pain, weakness, dizziness, flushed skin  
Fatigue, dark urine and Heat intolerance.

The common symptoms which we must all be aware of when it comes to Heat Stress are: These include: mild to severe and needing immediate medical attention.

**Heat Rash** – Manifested by red bumpy rash with severe itching usually in places where the skin rubs together like under arms and between legs.  
Remedy by: Wash skin regularly to keep clean and dry. Move to a cooler environment if possible. Change into dry clothes.

**Heat Cramp** –Manifested by uncontrolled muscle cramping, muscle shaking during or a few hours after work or exercise is performed. Make sure to stay hydrated and eat a well-balanced diet. It will give your body all the electrolytes and salt it needs.

**Heat Exhaustion** – **Serious condition**, Manifested by: Heavy sweating, cool moist skin, body temperature over 100.5F. Weak pulse, normal or low blood pressure. Person is tired, weak, clumsy, upset or confused, is very thirsty or is panting or breathing rapidly, vision may be blurred. Remedy by: Move EE to shaded area, lie down with feet elevated, apply wet cloths and fan vigorously, Drink water or watered-down electrolytes drink. Seek medical attention if condition does not improve or worsens.

**Heat Stroke** – **This is the most Severe Heat Stress symptom.** It is manifested by: NO sweating, high body temperature (over 105F.), hot dry, red skin, person acting strangely, confused, upset, weak, fast pulse, a headache or dizziness. In later stages person may pass out and have convulsions. Remedy by: Call 911 and request ambulance. Seek immediate medical attention, assess need for CPR. Move to a cool area, loosen clothing and make person lie down. Apply cold packs to the neck and arm pits. If the person is conscious offer sips of cool water.

**ACCWPA**  
**Corner**

**ACCWPA**  
Air Conditioning Contractors Western Pennsylvania

*Integrity is the  
essence of  
everything  
successful.*



**SmartWords**  
**One Kind  
Word can  
change  
someone's  
entire day!**

**Inspiration**

*Be*LIEVE  
  
IN  
*You*RSELF

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# Wine Tasting Party!



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**Snacks will be provided.**

**RSVP: 724-687-7860** (phone, email or fax) – **NO cancellations after Sept. 9<sup>th</sup> noon**

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**\* Important – RSVP is appreciated! \***

Email: [accwpa@zoominternet.net](mailto:accwpa@zoominternet.net) or fax (724) 779-1860

Name(s): \_\_\_\_\_

Company: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**\$20.00** (tasting of 7 wines) for **\$5.00 more** taste 2 premium wines. (you will pay Pittsburgh Winery)  
**NO Cancellations after Sept. 9<sup>th</sup> NOON.**

**IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!**  
**PLEASE PASS THIS NOTICE TO SOMEONE ELSE THAT WILL BENEFIT!**

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Labor Day!!!!

# LABOR DAY



## Air Conditioning of Western PA

will continue to be your local industry partner,  
as we have been since 1950.

### Annual Membership Brings You the Following Benefits:

- Networking events
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- Technical training courses
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State recognized
- Monthly newsletter
- Information of industry news  
changes within the industry
- Insurance for member's company discount
- Code enforcement updates • Local lobbying
- Indoor Air Expo
- Voice for the local contractors
- Golf Outing
- Education opportunities for your technicians  
office staff
- Advocacy agenda promote contractor interest
- Labor and HR legal advice before utilities
- Helping members to stay ahead of the curve
- 8 Monthly informative meetings



**Wine Tasting Social**  
**Wednesday, September 11<sup>th</sup>**  
**Hope you can join us!**

## Upcoming Meetings!

### 2019

#### Meeting Topics!

**September 11<sup>th</sup>**  
**Social – Wine Tasting**  
Pittsburgh Winery

**October 9<sup>th</sup>**  
**Trap Shoot**  
N Side Sportsman's Assoc.

**October**  
**2020 Planning Meeting**  
Place and date to be  
announced.

**November 14<sup>th</sup>**  
**Marijuana in the  
Workplace**  
What you need to know.  
Place TBA  
Election of Officers



**Work Hard in  
Silence,  
Let Success  
make the Noise!**





## 2019 ASSOCIATE MEMBERS

as of June 27, 2019

### APRILAIRE

TONY ZINGALES, 330-958-3290

### BEAVER STEEL SERVICES, INC.

KURT TRESER, 412-429-8860

### CARRIER ENTERPRISE BRYANT PGH.

MIKE MARHEFKY, 412-586-3404

### COMFORT SUPPLY

DAVE HECKLER, 412-921-6600

### DONWIL COMPANY

GREGG MASSETTI, 412-787-1313

### EDWARD C. SMYERS CO.

TOM SMYERS, JR., 412-471-3222

### FEDERATED INSURANCE

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### FILTECH, INC.

ANDY KOMAR, 412-461-1400

### H. GERHARDT SUPPLY

HARRY R. GERHARDT, 412-279-4880

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### HVAC DISTRIBUTION

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### LENNOX INDUSTRIES

JILL MURPHY, 412-638-2430

### PITTSBURGH PLBG. & HTG. SUPPLY

KIRK ALLEN, 412-622-8100

### R.E. MICHEL CO.

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### ROBERTSON HEATING SUPPLY

TIM LEJA, 412-922-4001 CELL

### STANDARD AIR & LITE CORP.

TOM BANEY, 412-920-6505

### TRANE RES/LT COMM SYSTEMS

MARK FOSTER, 412-223-5100

### VIRGINIA AIR DISTRIBUTORS

SEAN McCARTHY, 724-266-2020

## 2019 CENTURY CLUB MEMBERS

### FEDERATED INSURANCE

DANIEL DOWDY, 412-720-4697

### JOHNSTONE SUPPLY INC.

STEVE BICHEY, 724-561-3345

### LENNOX INDUSTRIES

JILL MURPHY, 412-638-2430

### STANDARD AIR & LITE CORP.

TOM BANEY, 412-920-6505

## 2019 VO-TECH MEMBERS

### CCAC TECHNOLOGY CENTER

JASON NADZAM, 412-788-7380

### PENN COMMERCIAL INC.

MARIANNE ALBERT, 724-222-5330 x228

### PITTSBURGH TECHNICAL COLLEGE

ROBERT ROSSELL, 412-809-5350

### WESTERN AREA CAREER & TECHNOLOGY CENTER

DR. DENNIS McCARTHY, 724-746-2890

## “Be There Fund”

(Must be an ACCWPA member to Win!)

November 2019 - \$90.00

1525 Beaver Avenue  
Pittsburgh, PA 15233  
P: 412.321.8300  
F: 412.321.8306



201 Locust Street  
Youngwood, PA 15697  
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F: 724.925.9571



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# ACCWPA

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# LENNOX

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## EAST

706 Seco Road  
Monroeville, PA 15146  
412-457-7000 – phone  
412-373-0195 – fax  
Mgr. – Gregg Geis

## WEST

110 Parkway View Drive  
Pittsburgh, PA 15205  
412-489-9170 – phone  
412-788-5291 – fax  
Mgr. – Jill Watts, CSA



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**GREENSBURG**.....990 Broad St. ....724-836-6319  
**MONROEVILLE**.....1616 McClure Rd. ....724-733-7577  
**PITTSBURGH**.....952 Noblestown Rd. ....412-922-0500  
**WHEATLAND**.....10 Mill St. ....724-347-3774  
**WASHINGTON**.....84 Stewart Ave. ....724-222-6720

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Duquesne : 412-469-1010

Clarksburg: 304-622-4328

**ACCWPA**

Air Conditioning Contractors Western Pennsylvania

## We're Listening!



### HOW CAN WE SERVE YOU BETTER?

Our upcoming October planning meeting is fast approaching and WE want your input. Whether it's about how we can improve our events, monthly membership meetings, or increase our membership, we welcome your thoughts.

Email me directly at [accwpa@zoominternet.net](mailto:accwpa@zoominternet.net)

We are wanting to see more clearly in 2020 and you can help!

When it comes to our health and Wellbeing WE are in charge of our own bodies,

Here a few things we can do on a daily basis to keep ourselves Healthy:

- 1- **Wash our hands:** regularly with soap and water, before and after each meal, after each shift and when there are visibly dirty and after using the restrooms. This will help eliminate bacteria's and viruses.
- 2- **Eat Healthy:** Start with a healthy breakfast. Identify and avoid foods that make you feel sluggish eating small light meals helps you when you are working in a hot environment.
- 3- **Get a good night's sleep:** Studies say, A good night's sleep is between 7 and 8 hours for an adult. Allow plenty of time before work to get ready without rushing, and to have some time for yourself.
- 4- **Stretch and Exercise:** Maintaining an active lifestyle even if it means just a short walk each day. Take the time to complete your posture relief stretches before and after the workday
- 5- **Sunscreen:** Work in the shade, use appropriate clothing light colored cotton, not too tight, cover your head and wear sunscreen with SPF of at least 30.

### ACCWPA Newsletter and all notices:

If you like to get our ACCWPA Newsletter, send your email address to:  
[accwpa@zoominternet.net](mailto:accwpa@zoominternet.net)

Every Job is a  
**SELF-  
PORTRAIT**  
Of the Person  
who does it.  
Autograph your  
work  
with  
Excellence!

AUTHOR UNKNOWN



**ACCWPA**  
Air-Conditioning Contractors-Western-Pennsylvania



## Indoor Environmental & Energy Professionals



September 11<sup>th</sup> – Pittsburgh Winery

October 9<sup>th</sup> – Trap Shoot - North Side Sportsman's Assoc.



### ACCWPA Upcoming Events

**September 11<sup>th</sup>**  
**Social – Wine Tasting**  
 Pittsburgh Winery

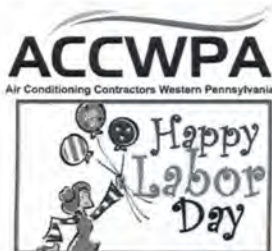
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**November 14<sup>th</sup>**  
**Marijuana in the Workplace**  
 What you need to know.  
 Place TBA  
 Election of Officers

### 2019 Officers and Directors

<b>President:</b>	
Rege Dumm, A-Air	412-741-9420
<b>Vice President:</b>	
Rob Champe, Shearer Heating & Cooling	724-222-1830
<b>Treasurer:</b>	
Chuck Rauch, Valley Heating and A/C	724-941-9793
<b>Secretary:</b>	
Ron Doebler, Premier Heating	412-928-8277
<b>CONTRACTOR DIRECTORS:</b>	
Sue Pelles, Pelles HVAC	724-321-0486
Steve Woodring, Wade Heating & Cooling	412-787-1341
John Wilcox, Wilcox Plbg & Htg	412-212-7525
<b>ASSOCIATE DIRECTORS:</b>	
Mike Marhefky, Carrier Enterprise	724-989-9555
Steve Bichey, Johnstone Supply	724-561-3345
Colleen Karnes, Standard Air & Lite	412-920-6505
<b>SPECIAL ADVISOR:</b>	
John Matthews, A-Air Company	412-741-9420
Dave Williams, A-Air Company (ACCWPA Past-President)	412-728-5148
Bob Boyle, J. A. Sauer	412-931-7200
Bob Champe, Shearer Heating & Cooling	724-222-1830

<b>Executive Director:</b>	
Pat Forker	Office/Fax 724-687-7860
accwpa@zoominternet.net	Cell 412-760-5792







# Turkey Trap Shoot



Join us for loads of FUN!

If you don't own a shotgun there will be one you can use there!

## Wednesday, October 9<sup>th</sup>, 2019

at



325 Mt. Pleasant Road, Warrendale, PA 15086 (directions on back)

**Prizes: 1<sup>st</sup> \$50 Gift Card; 2<sup>nd</sup> \$25 Gift Card; and 3<sup>rd</sup> \$25 Gift Card**

Each shooter fires 2 rounds of 25 clays from the 16-yard line.

Each round will be scored for a total # of birds hit.

If there are duplicate high scores, a shoot off 1 round of 25 clays will take place.

**Bring your own shotgun(s) & ammo. NSSA has 12g shells for sale 25 for \$7.00**  
If you have an extra shotgun, please bring it so if someone who does not can borrow it for the shoot.

3:00 – 5:30 pm Board Meeting • 5:30 – 5:45 pm Social (See Pat\*)

6:00 pm – Taco Bar Buffet opens

**6:00 pm - TRAP SHOOT begins**

Shoot, Prizes, Soft drinks and Ghost Taco Bar Buffet - \$40.00

**RSVP – 724-687-7860, fax or email • No Cancellations after October 7<sup>th</sup> noon!**

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**\* Important – RSVP is appreciated! \***

Email: [accwpa@zoominternet.net](mailto:accwpa@zoominternet.net) or fax (724) 687-7860

Name(s): \_\_\_\_\_

Company: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dinner Buffet: \$40.00 NO Cancellations after October 7<sup>th</sup> NOON. No shows will be billed.

**IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!**

**PLEASE PASS THIS NOTICE TO SOMEONE ELSE THAT WILL BENEFIT!**

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# Directions

**North Side Sportsmen's Association is located at:  
325 Mt. Pleasant Road  
Warrendale, PA 15086**

## Traveling North on I-79

Exit I-79 at exit 75 Warrendale. Turn right off of exit. Follow Red Belt and go straight through traffic light and across Rt. 19 to next stop sign. Turn left on to North Gate road. At Warrendale Fire Hall (about 150 yards from previous stop sign), turn right onto Mt Pleasant Road. The club is on the left approximately 1 mile from the fire hall.

## Traveling South on I-79

Exit I-79 at exit 76 Cranberry. Travel South on Rt. 19 to stop light at Warrendale road (Red Belt). Turn left and proceed from that point as described in directions above.

## Traveling on the turnpike

Take Exit 3. Travel south on 19 for 3 lights. At the third light, turn left at the 7/11 Exxon station onto Warrendale road. Turn left at stop sign onto Northgate Rd. and then right at Warrendale Fire Hall and Camelot onto Mt. Pleasant Rd. The club is on left approximately 1 mile.

**\*CASH BAR – NSSA only has can beer at \$2 each.  
Pat will have drink tickets for you to purchase.**  
There will be no trap shooting allowed while drinking beer.

**ACCWPA will provide soft drinks and water.**

