

- 2020 General Meeting Topics
- Golf Outing August 14th
- Apprenticeship Registration

## 2020 General Meeting Dates

Mark your Calendar!

**July 30<sup>th</sup>**

Board Meeting Only.

**August 14<sup>th</sup> (FRIDAY)**

ACCWPA Golf Outing  
Conley Resort & Golf Club

**Sept. 10<sup>th</sup>**

2020 ACCWPA  
Apprentice  
Graduation

How to Live a  
Meaning Full Life!

Speaker: Bert Dorazio

Place: Celebration's  
Imperial, PA 15126

**October 7<sup>th</sup> (Wednesday)**

ACCWPA Trap Shoot  
North Side Sportsmen's Club  
Warrendale

**Nov. 12<sup>th</sup>**

Speaker – TBD

Topic – TBD

Carmody's Grill – (Neville  
Island)



## Apprentice

### ACCWPA Apprentice Program Registration for 2020-2021 classes will open starting July 1<sup>st</sup>

#### Registration Eligibility for 1<sup>st</sup> and 2<sup>nd</sup> year classes.

To qualify for 2<sup>nd</sup> year classes, you will need to test out by August 16<sup>th</sup>)

#### ACCWPA's classes will start September 15<sup>th</sup>

#### Pittsburgh Technical College (PTC)

This is a four-year program that combines 3200 hours of classroom and lab training with 8,000 hours of On the Job Training, (OJT). Upon completion, the successful student will be awarded an ACCWPA Diploma, PA State Journeyman's certificate, attain a CFC certification and NATE core/heat pump certification.

If you have a potential candidate for the upcoming school year or would like to learn more about the program call the ACCWPA office at 724-687-7860.

First year classes are designed for entry level students who may or may not have some field experience or formal training. Second year students must have either completed the 1st year class OR If you have an employee who has entry level experience and training but needs more training and help to advance, you can have them "test out" of the first year and start in the 2nd year.

Visit our website at [www.accwpa.org](http://www.accwpa.org)

For a full description brochure.

Registration Form available by calling

ACCWPA Office 724-687-7860

After a long, gray winter, the sun is shining, the birds are chirping, and the mercury is rising — and rising, and rising. For several weeks in the spring, outdoor work is going to be comfortable — even preferable to indoor work. But by mid- to late June, the temps will begin to take their toll.

### **The Dangers of Heat**

Preparing for and handling working in heat and humidity can provide protection from potentially deadly conditions. Your body is designed to cool itself and normally does a good job. But if you're exposed to extreme heat for too long, sweat a lot and don't rehydrate, your cooling system may fail. A heat-related illness can start slowly — you may not even realize it's happening — but it can quickly get worse if it's not treated.

While anyone spending time in high temperatures is susceptible to a heat-related illness, some conditions can make you more likely to develop a heat-related injury, including:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Poor circulation
- Sunburn
- Alcohol use

### **Know the Warning Signs**

Major warning signs of heat-related illness include muscle cramps, nausea or vomiting, weakness, headache, dizziness, and confusion. If you notice any of those symptoms, you might have one of the following:

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## **ACCWPA Corner**



*Integrity is the  
essence of  
everything  
successful.*



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

## **Inspiration**

*Be*LIEVE  
  
IN  
*You*RSELF



740 Pittsburgh Road (Route 8), Butler, PA 16002 • 724-586-7711  
(Directions to Golf Course on the back)

# Friday, August 14<sup>th</sup>, 2020

7:30 a.m. – Registration ♦ 9 a.m. - Shotgun start

**\$125.00 per golfer**

(Bag of Goodies, Texas Scramble, putting green, golf & cart, light breakfast, Hotdog/at turn, Buffet dinner, cash bar, prizes)

**\$40.00 per person** (Dinner Only / cash bar)

**DRESS CODE:** Golfers are required to wear appropriate golf attire. Tanks tops, tee shirts, blue jeans, athletic pants are swim ware are not permitted. Metal spikes are not permitted on the golf course or in the clubhouse. Respect for the golf course and fellow golfers is required.

**SIGN UP EARLY** - Maximum number of golfers – 72

This year we will have 10-15 **Specialty Gift Baskets** valued between \$100 - \$125 each. Raffle tickets will be \$5 each buy as many as you like! Put your ticket(s) in the box in front of the basket you would like to win! Example of baskets: Wine Basket; Coffee Basket; Cigar Basket; Lottery Ticket Basket; Dog Lovers Basket, Truck it Basket and may more! Check them out before golf begins!

**Putting Contest** after play is complete \$5 for a chance to win a \$100 Visa Gift Card donated by Johnstone Supply.

**50/50 Raffle**

**NOTICE: No Cancellations or Refunds after August 3<sup>rd</sup>**

*Make Check out to **ACCWPA** / mail check and registration form to:*

Bob Champe ■ Shearer Heating & A/C Inc.  
125 Old Plank Road ■ Washington, PA 15301 ■ 724-222-1830

To pay by Credit Card call the ACCWPA Office at 724-687-7860

**PLEASE PRINT CLEARLY!**

Golfers: \_\_\_\_\_  
\_\_\_\_\_

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

Email: \_\_\_\_\_ Cell # \_\_\_\_\_

# ACCWPA Golf Outing Friday, August 14<sup>th</sup> Make plans to join us!



## ACCWPA has rescheduled the Apprentice Graduation

Hope you can Join us. . .

# September. 10<sup>th</sup>

**2020 ACCWPA Apprenticeship Graduation**  
**“Living a Life of Purpose”**  
Guest Speaker: Bert Dorazio  
Celebration’s – Imperial, PA 15126

Watch for September’s Newsletter for more information.

## 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
- Discounts on seminar
- Current info from local suppliers
- Legislative efforts
- Local website
- Technical training courses
- Apprenticeship program  
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



## Upcoming Meetings!

### 2020

**July 30<sup>th</sup>**

Board Meeting Only

**August 14<sup>th</sup>** (Friday)

ACCWPA Golf Outing  
Conley Resort & Golf Club

**Sept. 10<sup>th</sup>**

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How to Live a Meaning Full Life!

Speaker: Bert Dorazio  
Place: Celebration’s Imperial, PA 15126

**October 7<sup>th</sup>** (Wednesday)

ACCWPA Trap Shoot  
North Side Sportsmen’s Club  
Warrendale

**Nov. 12<sup>th</sup>**

Speaker – TBD  
Topic – TBD  
Carmody’s Grill – Neville Island



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





## 2020 ASSOCIATE MEMBERS

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LENNOX INDUSTRIES  
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## 2020 VO-TECH MEMBERS

PENN COMMERCIAL INC.  
MARIANNE ALBERT, 724-222-5330 x228

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WESTERN AREA CAREER & TECHNOLOGY CENTER  
DR. DENNIS McCARTHY, 724-746-2890

## "Be There Fund"

*(Must be an ACCWPA member to Win!)*

September 2020 - \$240.00

# ACCWPA

Air Conditioning Contractors Western Pennsylvania

## Not a member?

### We'd love to serve you, too.

For additional information visit

[www.accwpa.org](http://www.accwpa.org)

or call 724-687-7860

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

### Additional reasons for membership are:

- Company membership applies to all employees of your firm
- Monthly meetings with informative presentations that benefit both the Contractor and Supplier.
- Relevant technical training and educational classes.
- 4-year Apprenticeship School with curriculum that is focused only on the HVAC industry!
- Monthly newsletters and email communications filled with industry information and updates.
- Networking!!!
- Insurance for member's company discount.
- Social Outings that everyone can participate in.
- And much more to come!

Join ACCWPA today  
and be a part of the

**Indoor Environmental &  
Energy Professionals!**



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Pick All Three**



Being confident in the brand you sell, makes the sale a little easier. And working with the Trane Pittsburgh DSO can give you that assurance by providing you with all the resources and materials you need, when you need them.

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with the thought that  
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| CRANBERRY TWP..... | 1245 Freedom Rd.....   | 724-772-3855 |
| GREENSBURG.....    | 990 Broad St.....      | 724-836-6319 |
| MONROEVILLE.....   | 1618 McClure Rd.....   | 724-733-7577 |
| PITTSBURGH.....    | 952 Noblastown Rd..... | 412-922-0500 |
| WHEATLAND.....     | 10 Mill St.....        | 724-347-3774 |
| WASHINGTON.....    | 84 Stewart Ave.....    | 724-222-6720 |

**ACCWPA**

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412-373-0195 - fax  
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**WEST**

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Pittsburgh, PA 15205  
412-489-9170 - phone  
412-788-5291 - fax  
Mgr. - Jen Cieslak



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**Heat cramps** — Just like they sound, these charley horses can be an indicator of a heat-related illness.

**Heat exhaustion** — Symptoms include increased body temperature, clammy skin, fatigue, nausea, headache, low blood pressure, and faintness. Untreated, it can lead to heatstroke.

**Heatstroke** — This condition is life-threatening and can cause brain damage, organ failure, or death. Body temperature goes over 104°F. The victim may stop sweating even though his/her skin may be hot, and could also become confused or irritable. Medical attention is critical.

### Avoiding the Dangers

Not everyone reacts to excess heat exposure the same way. If you work in hot conditions, familiarize yourself with the related risks and preventive measures to help protect yourself. Practicing basic precautions can help make working in hot weather more bearable and less dangerous.

- Don't overdo it. Pace yourself when working in the heat.
- Hydrate with plenty of water or sports drinks, but no alcohol or caffeine.
- Dress appropriately — light-colored, lightweight, loose fitting clothing, including a wide-brimmed hat, if possible.
- Stay out of the midday sun if you can. Do the harder work during the cooler parts of the day.
- Wear sunscreen. A sunburn makes it harder for your body to cool itself.
- Keep an eye on co-workers. You might notice symptoms before they do.

If you or a co-worker experience symptoms of heat-related illness, stop work immediately, get out of the sun, and notify a supervisor or seek medical attention. A bright day could quickly turn dark if you don't recognize the risks of working in the heat.



This article is for general information and risk prevention only and should not be considered legal or other expert advice. The recommendations herein may help reduce, but are not guaranteed to eliminate, any or all risk of loss. The information herein may be subject to, and is not a substitute for, any laws or regulations that may apply. Qualified counsel should be sought with questions specific to your circumstances. © 2019 Federated Mutual Insurance Company.

### ACCWPA Newsletter and all notices:

If you like to get our ACCWPA Newsletter, send your email address to:  
accwpa@zoominternet.net

Every Job is a

## SELF- PORTRAIT

Of the Person  
who does it.  
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Excellence!

AUTHOR UNKNOWN





**Indoor Environmental & Energy Professionals**



**ACCWPA Apprentice Graduation**  
**Thursday, September 10<sup>th</sup>**



**Celebration's, Steubenville Pike, Imperial, PA 15126**



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 Imperial, PA 15126

**2020 Officers and Directors**

|  |  |
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| <b>President:</b><br>Rege Dumm, A-Air  | 412-741-9420   |
| <b>Vice President:</b><br>Rob Champe, Shearer Heating & Cooling  | 724-222-1830   |
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**Executive Director:**  
 Pat Forker  
 accwpa@zoominternet.net

Office/Fax 724-687-7860  
 Cell 412-760-5792