

ACCWPA

Air Conditioning Contractors Western Pennsylvania

June
2023

Inside:

- May Board Mtg – May 8th
- 2023 Apprentice Graduation
- August 15th Golf Outing

Volume 18, Issue 6

2023

Meeting Dates

June 8th

Board Meeting Only

July/August

NO Board Meetings or
General Mtgs.

August 15th

ACCWPA Golf Outing
QuickSilver

ACCWPA
Air Conditioning Contractors Western Pennsylvania

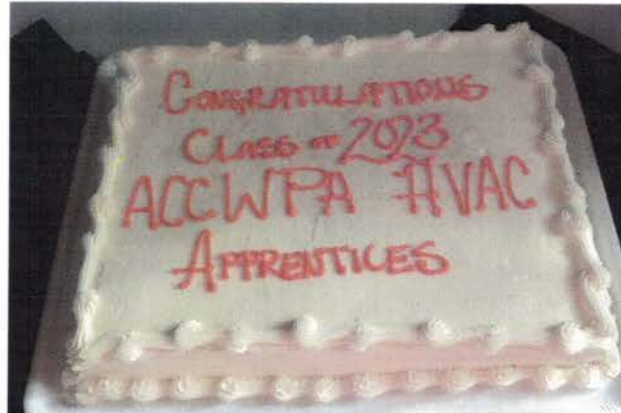
The mission of the Air Conditioning Contractors of Western PA is to assist its members in managing their companies more efficiently, therefore becoming more profitable, together with increasing their exposure and credibility within the community.



**SUMMER
BEGINS
JUNE 21st**

2023 APPRENTICE GRADUATION

May 11th



CONGRAUDLATIONS 2023 APPRENTICES!!!!

You worked hard for the 4 years! AWESOME!



(left to right)

Mike Schwartz – Guest Speaker and 4th year teacher

Eric Soukup – A-Air, Inc.

Jordan Petrosky – Caruso Htg. & AC

Eric Noland – Premier Mgt.

Sean Creighan – A-Air, Inc.

Charlie Faulkner – J. A Sauer Co. (not in attendance)

HEAT STRESS IS REAL!

HOW YOUR BODY COOLS OFF

1. Circulating blood to the skin so the body can give off excess heat.
2. Sweating – evaporation off of skin cools the skin surface. Only effective if the humidity level is low enough for evaporation.

When the body cannot dispose of excess heat, it stores it. When this happens, the body's core temperature rises and the heart rate increases - **you may suffer from heat stress and often lose the desire to drink.**

It will take your body about 5-7 days to get used to the heat. A few basic precautions should lessen heat stress:

- Know the signs of heat stress and what to do – see above.
- Drink small quantities of water or other **non-caffeinated** drinks often – e.g. 6 oz. every 30 minutes.
- Report any problems to management.

WHAT CAN HAPPEN WHEN YOU GET TOO HOT

Heat stroke – most serious health problem! Body cannot regulate its core temperature; **sweating stops** and the body can no longer get rid of excess heat.

Look for the signs:

- mental confusion, delirium, loss of consciousness, convulsions or coma, disorientation
- hot dry skin which may be hot, red, spotted, or bluish
- body temperature of 105° F or higher

Victims of heat stroke will die unless treated promptly. While awaiting medical help, remove the victim to a cool area and his or her clothing soaked with cool water. Fan vigorously to increase cooling.

Heat exhaustion - results from loss of fluid through sweating when a worker has failed to drink enough fluids or take in enough salt or both.

Look for the signs:

- skin is clammy and moist, profuse sweating
- complexion pale or flushed
- body temperature normal or slightly higher
- extreme weakness, fatigue, giddiness, nausea, or headache
- high pulse rate

Rest victim in a cool place and provide an electrolyte solution (used by athletes to quickly restore potassium, calcium, and salts). In severe cases victims may vomit or lose consciousness - seek medical attention.

Fainting - problem for the worker unacclimatized to the heat. Blurred vision and fainting (brief blackouts) may occur. People usually recover quickly after a brief period of lying down. To reduce fainting, move around.

CONTINUED ON PAGE 4

ACCWPA
Corner



*Integrity is the
essence of
everything
successful.*

**PEACE, LOVE
and JOY
thru out 2023!**

SUMMER

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

Inspiration

Work
HARD
Dream
BIG
Never
GIVE UP



Not a Contractor or Associate member?

We'd love to serve you, too.

For additional information visit

www.accwpa.org

or call 724-687-7860

Email: pforker@accwpa.org

Additional reasons for membership are:

- Company membership applies to all employees of your firm.
- **NEW!! Contractors Free Associate Membership in Service RoundTable!!**
- Networking!!!
- 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.
- Insurance for member's company discount.
- Social Outings that everyone can participate
- And much more to come!



Join today!

ACCWPA is the Professional Alliance designed exclusively for today's HVAC/R Contractor!

2023

ASSOCIATE MEMBERS

BEAVER STEEL SERVICES, INC.
Kurt Treser, 412-429-8860

CARRIER ENTERPRISE BRYANT PGH.
Mike Marhefky, 412-568-3404

COMFORT SUPPLY
Dave Heckler – 412-921-6600

DONWIL COMPANY
Gregg Massetti – 412-787-1313

FEDERATED INSURANCE
Ryan Bagheri, DMM – 316-210-0267

FILTECH INC.
Andy Komar – 412-461-1400

GEO. V. HAMILTON, INC.
Ed Wallace – 412-777-4405

H. GERHARDT SUPPLY
Harry R. Gerhardt – 412-279-4880

HABEGGER HVAC CORP.
C.J. Cameron – 412-469-1010

JOHNSTONE SUPPLY
Steve Bichey – 724-561-3345

LENNOX INDUSTRIES
Tom Wainwright – 614-578-0092

R. E. MICHAEL, LLC
Joe Kuczynski – 412-526-0881

ROBERTSON HEATING SUPPLY
Tim Leja – 412-922-4001

STANDARD AIR & LITE CORP.
Tom Baney – 412-920-6505



Father's Day!
June 18th!

HEAT STRESS IS REAL !!

CONTINUED FROM PAGE 2

Heat cramps - painful spasms of muscles caused by drinking large quantities of water without replacing the bodies' salt loss. Tired muscles are most susceptible to cramps. Cramps may occur during or after work.

Heat rash – “prickly heat” may occur where sweat is not easily removed from the surface of the skin by evaporation. Prevent by resting in a cool place and allowing the skin to dry.

Article sent by: Jay Rosencutter

MARK YOUR CALENDAR!

ACCWPA **Golf Outing** **Quicksilver**

2000 Quicksilver Road, Midway PA 15060

10:00 am Shotgun Start

Tuesday **August 15th, 2023**



Misc. Info

Every Job is a

SELF- PORTRAIT

Of the Person
who does it.
Autograph your
work
with
Excellence!

AUTHOR UNKNOWN



ACCWPA **Newsletter and** **all notices:**

If you like to get our
ACCWPA Newsletter
send your
email address to:
pforke@accwpa.org

There is
always
SOMETHING
to be
Thankful
FOR

ACCWPA

Air Conditioning Contractors Western Pennsylvania



WE'VE GOT YOU COVERED...

PRODUCTS • KNOWLEDGE • SERVICE

Now with 7 locations in the Pittsburgh area stocking Heating, Ventilation, Air Conditioning and Refrigeration equipment.

- | | | |
|--|--|--|
| <u>MONACA</u>
Phone 724-775-8041 | <u>BUTLER</u>
Phone 724-283-9100 | <u>NORTH HILLS</u>
Phone 412-367-8040 |
| <u>BETHEL PARK</u>
Phone 412-831-8188 | <u>MONROEVILLE</u>
Phone 412-373-6360 | <u>PITTSBURGH</u>
Phone 412-690-2388 |
| | | <u>GREENSBURG</u>
Phone 724-216-5406 |

WWW.JOHNSTONESUPPLY.COM



RELAX. IT'S RHEEM. Rely on Ruud Service That Satisfies Since 1934

- | | | |
|--------------------|-------------------------|--------------|
| BEAVER FALLS..... | 500 Seventh Ave. | 724-843-4500 |
| BUTLER..... | 678 E. Butler Rd. | 724-282-8200 |
| CRANBERRY TWP..... | 1245 Freedom Rd. | 724-772-3855 |
| 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 |

ACCWPA

Air Conditioning Contractors Western Pennsylvania

ACCWPA

Air Conditioning Contractors Western Pennsylvania

PROUD AFFILIATE PARTNER WITH!!

Service Roundtable Affiliate Association



AWESOME CONTRACTOR BENEFIT!

2023 Century Club Members

Federated Insurance
Ken Deason - 507-363-1762

Standard Air & Lite Co.
Tom Baney, 412-920-6505

Johnstone Supply Co.
Steve Bichey, 724-561-3345

2023 Vo-Tech Members

PENN COMMERCIAL INC.
Marianne albert, 724-222-5330

PITTSBURGH TECHNICAL COLLEGE
DAVE BECKER - 412-809-6505

PITTSBURGH PUBLIC SCHOOLS
ANGELA MIKE, 412-529-8680

WESTERN AREA CAREER
& TECHNOLOGY CENTER
Dr. Dennis McCarthy, 724-746-2890

ROSEDALE TECHNICAL COLLEGE
Kara Chan - 412-521-6200

"Be There Fund"

(Must be an ACCWPA member to Win!)

Next General Meeting - \$30.00

Membership Benefits...

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
- ACCWPA Apprenticeship School
- 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
- Local lobbying



MARK YOUR CALENDAR!

ACCWPA Golf Outing

Quicksilver

2000 Quicksilver Road, Midway PA 15060

10:00 am Shotgun Start

Tuesday

August 15th

2023

Upcoming Meetings!

2023

General Meetings Schedule!

June 8th

Board Meeting Only

July/August

NO Board Meetings or
General Mtgs.

August 15th

ACCWPA Golf Outing
Quicksilver



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

**Make
Today
Amazing!**

Father's Day – June 18th



126 Resolution Drive • Mars, PA 16046-3719

ACCWPA is the Professional Alliance designed exclusively for today's HVAC/R Contractor!

Membership Advantages:

Networking with other contractors. This source of information is invaluable in handling problems within your own company. ACCWPA members help fellow members to be successful!



ACCWPA distributes ACCWPA Newsletters monthly to members and selected non-members, so that all those in the HVAC/R industry can keep informed of issues regarding our trade, and Chapter activities. We hope the non-members will see this newsletter as an example of the quality services that ACCWPA provide.

Contributions or suggestions can be emailed to pforke@accwpa.org

ACCWPA is proud to be a Service Roundtable Affiliate Associate.



ACCWPA Upcoming Events

June 8th

Board Meeting Only

July / August

NO Board Meetings or General Mtgs.

August 15th

ACCWPA Golf Outing
Quicksilver



JUNE 14TH!!!!

2023 Officers and Directors



PRESIDENT:

Sue Pelles, Pelles Heating & Cooling 724-625-2444

VICE PRESIDENT:

John Wilcox, Wilcox Plbg & Htg 412-212-7525

TREASURER:

Chuck Rauch, Shearer Heating & Cooling 724-222-1830

SECRETARY:

Dave Williams, A-Air Company 412-728-5148

CONTRACTOR DIRECTORS:

Steve Woodring, Wade Heating & Cooling 412-787-1341
Rob Champe, Shearer Heating & Cooling (ACCWPA Past-President) 724-222-1830

ASSOCIATE DIRECTORS:

Mike Marhefky, Carrier Enterprise 724-989-9555
CJ Cameron, Habegger Corp. 724-550-6201
Colleen Karnes, Standard Air & Lite 412-920-6505

Executive Director:

Pat Forker Office/Fax 724-687-7860
pforke@accwpa.org Cell 412-760-5792