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- March 12th Tool Time
- Working Hard & Your Health

**2025
Meeting Dates**

2025

April 10th

Board Mtg & Gen. Mtg
Mueller Streamline Co.
Speaker: Matthew
Barbour
Place: Carmody's

May 8th

Board Mtg & Gen. Mtg
**ACCWPA Apprentice
Graduation**
Speaker: TBD
Place: TBD

June 12th

SOCIAL OUTING -

Giant Oaks Winery,
Finleyville, PA

July & August

Board Mtgs if Necessary



*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.*

ACCWPA March 12, 2025

TOOL TIME! 

TOOL TIME!

“New COOL Stuff”

HBB PRO

Guest Speaker - Bruce Houck
Hilmar Tools – A2L tools, “007” Special - Guess what this is?

R.A. Benedict Sales Co.

Guest Speaker - Andy Benedict
UEI – Test Instruments • Malco – Sheet Metal Tools
6:00 pm to 7:00 pm

After all the presentations you will have the opportunity to
speak with each Manufacturing Representative!

Tour of ACCWPA's Apprenticeship School!

Wednesday, March 12th

Rosedale Technical College

215 Beecham Drive, Pittsburgh, PA 15205-9791

“The Shoebox” meeting room

**RSVP – 724-687-7860, fax or email • No Cancellations
after March 10th Noon!**

Make your Reservations NOW and JOIN US!!!



HAPPY ST. PATRICK'S DAY!!

March 17, 2025

ACCWPA

Air Conditioning Contractors Western Pennsylvania

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S. Hills • Monroeville
Strip District • Greensburg

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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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Be There Fund™

(Must be an ACCWPA member to Win!)

Next General Meeting - \$90.00

TOOL TIME!

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*** Important – RSVP is a must! ***

Email: pforker@accwpa.org or fax (724) 687-7860

Company _____

Name _____

Email address _____ Cell # _____

Steel Toe Station Cafeteria - \$10.00 (see Pat for dinner voucher)

NO Cancellations after March 10th - NOON. No shows will be billed.

IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!

Why Working Hard Might Not Be Working for Your Health....

Being active is just so good for you. We could spend all day talking about different health benefits of physical activity, but let's just skip to the one that's most impressive: It increases your chances of *living longer*. Who'd say no to that?

In part it's because physical activity decreases your risk for many illnesses, including heart disease and stroke, the two leading causes of death in the U.S. And it doesn't take much activity to start seeing benefits. Each year, there are an estimated 110,000 deaths that could have been *prevented* by just a 10-minute-per-day increase in physical activity.

This Just In: Life Is Not Fair

If you have a job that keeps you active all day, you might think you're sitting pretty. Who needs to make time for a trip to the gym when your daily work involves lifting big loads, using heavy tools, or walking long distances? That occupational activity should be enough of a workout to give you those highly desirable health benefits, shouldn't it?

If life was fair, it would be. If life was fair, sweating and straining on the job would give you the same health benefits as being active in your free time. But a growing number of studies, such as *this one* from the European Heart Journal of the European Society of Cardiology, have come to the unexpected conclusion that working too hard on the job can actually be detrimental to your health. High levels of occupational physical activity are associated with increased risk of cardiovascular disease and higher mortality, while leisure time physical activity contributes to positive health outcomes.

Researchers have even given this phenomenon a name – "physical activity health paradox" – and are still struggling to explain it.

Physical activity away from work	Associated with improved cardiovascular health and reduced mortality
Physical activity at work	Associated with reduced cardiovascular health and increased mortality

What Causes the Physical Activity Health Paradox?

Researchers are looking at some key differences between leisure-time physical activity and occupational physical activity. For example:

- In one-way, occupational physical activity isn't intense enough—it doesn't raise your heart rate to the level that allows short workouts to deliver cardiovascular benefits. But in another way, it's *too* intense—over a long work shift, it exceeds the recommended level of exertion and can be enough to impair heart health.
- Prolonged occupational physical activity keeps your heart rate high outside of working hours, while short workouts don't have this effect. Similarly, work that includes heavy lifting can result in higher blood pressure outside of working hours, while strength training workouts don't have this effect. Prolonged high heart rate and blood pressure are both risk factors for cardiovascular disease.

ACCWPA Corner



*Integrity is the
essence of
everything
successful.*

**PEACE, LOVE
and JOY
thru out 2025!**

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!



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2024* - 2025

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Why Working Hard Might Not be Working for Your Health . . .

Continued from page 4

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- When you're active at work all day, every day, your body may not be getting enough time to recover from the exertion. This can be similar to overtraining for an athlete, which can lead to a host of health problems. It can also lead to long periods of inflammation, which may increase the risk of cardiovascular disease.

What Can You Do About It?

Investigation of the problem is just getting started, and there isn't yet a proven way to diminish the negative effects of occupational physical activity. That said, it makes sense to focus on recovery, since there's been so much speculation that inadequate recovery is part of explanation for the paradox.

And when it comes to recovery the most important ingredients are easy to remember: it's all about restful sleep, good nutrition and adequate hydration. There are other things that may help—post-exertion stretching, massage, compression garments, hydrotherapy—but there's just no replacement for getting enough sleep, eating well, and staying hydrated.

In other words, it's stuff you already know you should be doing, even if it's not always easy to do. But now, there's another extremely persuasive reason to do this stuff—to improve your sleep hygiene by turning off your devices well before bedtime. To carry a water bottle and refill it throughout the day. To eat less sugar, saturated fat, sodium and alcohol. It can't hurt, and if it doesn't make you feel better today, it will tomorrow or next week. And if you're working hard all day, it might even help you dodge the worst effects of the physical activity health paradox.

9/21/24 - Grainger Editorial Staff

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St. Patricks Day- March 17th!!!!



Misc. Info

Every Job is a
**SELF-
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Of the Person
who does it.
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AUTHOR UNKNOWN



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If you like to get our
ACCWPA Newsletter
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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
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State recognized
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- 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



LEGAL TOOLS . . .

A member asked us:

Are piece rate/spiffs/commissions permitted to be paid as a bonus once per quarter? Can "incentive pay" be saved up and paid once a month in a week where no overtime has been worked? Or can it be saved up and paid once per quarter? Can a holiday bonus be paid without regard to FLSA overtime?

Brooke Duncan, from the law firm Adams and Reese in New Orleans, LA, responds:

Compensation of almost every form paid to hourly employees has an impact on the employee's regular rate of pay and therefore on overtime pay when overtime has been worked. The reason why is that the employee's regular rate of pay has to be adjusted when the employee receives a bonus or an incentive in a week in which he works overtime. Piece rate payments, spiffs, commissions, incentive pay, and holiday bonuses all must be counted in calculating a revised regular rate in weeks when overtime is worked. Only purely discretionary bonuses may be excluded. With regard to timing payments for weeks in which no overtime has been worked, if the payment is for efforts expended in other weeks or over a period of time, the Department of Labor will likely take the position that the payment should be attributed over the relevant time period. Remember that in most locales, overtime is after 40 hours but in some places, overtime is owed after eight hours in a day.

DISCLAIMER

This response is intended for general informational purposes only and should not be construed as legal advice or a legal opinion, nor is this column a substitute for formal legal assistance. For help with particular legal needs, members are invited to consult with ACCA's LegalTools Counsel, Brooke Duncan III of Adams and Reese LLP. Mr. Duncan can be reached at 504-585-0220 or by email at brooke.duncan@arlaw.com.

Upcoming Meetings!

2025

Meetings Schedule!

April 10th

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Mueller Streamline Co.
Speaker: Matthew Barbour
Place: Carmody's

May 8th

Board Mtg & Gen. Mtg
ACCWPA Apprentice
Graduation
Speaker: TBD
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SOCIAL OUTING -
Giant Oaks Winery
Finleyville, PA

July & August

Board Mtgs if Necessary

August 19th

ACCWPA Golf Outing
QuickSilver



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





St. Patricks Day- March 17th!!!!



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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 provides.

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

ACCWPA is proud to be a Service Roundtable Affiliate Associate.



ACCWPA Upcoming Events

March 12th (Wed.)

Board Mtg & Gen. Mtg.

TOOL TIME

"New COOL Stuff"

Speaker: HBB Pro

R.A. Benedict Sales Co.

Rosedale Technical College

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Mueller Streamline Co.

Speaker: Matthew Barbour

Place: Carmody's

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Board Mtg & Gen. Mtg

ACCWPA Apprentice

Graduation

Speaker: TBD

Place: TBD

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