

May **2025** 

### Inside:

- 2025 Meetings Update
- May 8th Students Graduation
- Heat Stress is REAL!

Volume 20, Issue 5

# 2025 Meeting Dates

# 2025

### May 8th

Board Meeting and ACCWPA Apprentice Graduation

Speaker: Robert Pelles Place: Carmody's Grille

### June 12<sup>th</sup> 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.

FOR FURTHER INFORMATION...

ACCWPA 724-687-7860 pforker@accwpa.org

### **ACCWPA APPRENTICE GRADUATION**

# **2025 ACCWPA Apprentice**





CARMODY'S

GRILLE

Thursday, May 8th



4905 Grand Avenue (Neville Island Pittsburgh, PA 15225 – 412-458-1813 Upstairs Meeting Room

3:00 pm – Board Meeting 5:30 – 6:00 pm - Social (cash bar) 6:00 – 7:00 pm – Guest Speaker Robert Pelles

### **Graduation Diploma Presentations**

7:00 pm - Dinner Buffet and Social resumes (cash bar)

Dinner Buffet - \$55.00

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

NO cancellations after May 5th, noon!

No Shows will be billed.

Join us to celebrate our graduates!!!



**REGISTRATION FORM ON PAGE 3** 



# 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!

# 2025 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

FEDERATED INSURANCE

Kevin Sundberg - 559-547-9694

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Andy Komar - 412-461-1400

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**RTI Insurance Services** 

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Russ Murphy - 412-713-0823

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Tim Leja - 412-922-4001

STANDARD AIR & LITE CORP.

Tom Baney - 412-920-6505





Pat Forker, Executive Director
126 Resolution Drive, Mars, PA 16046-3719
Phone/Fax: 724-687-7860 pforker@accwpa.org

# 2025 ACCWPA Apprentice Graduation Time!

# Thursday, May 8th



4905 Grand Avenue (on Neville Island)
Pittsburgh, Pa 15225
412-458-1813
Upstairs meeting room.



3:00 pm - Board Meeting ◆ 5:30 - 6:00 pm - Social (cash bar)

6:00 - 7:00 pm - Guest Speaker Robert Pelles Graduation Certificate Presentation

7:00 pm – Dinner Buffet and Social resumes (cash bar)

Dinner Buffet - \$55.00

RSVP - 724-687-7860, fax or email • No Cancellations after March 5th noon!

# \* Important - RSVP is a must! \* Email: pforker@accwpa.org or fax (724) 687-7860 Company \_\_\_\_\_ Name \_\_\_\_ Email address \_\_\_\_\_ Cell # \_\_\_\_\_

Carmody's Grille - \$55.00

NO Cancellations after May 5th - NOON. No shows will be billed.

IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!

### 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
- 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
- Current info from local suppliers
   ACCWPA Apprenticeship School
  - Voice for the local contractors
  - · Golf Outing / Trap Shoot
  - Education opportunities for your technicians office staff - Associates bring in Mfg. Reps.
  - Advocacy agenda promote contractor interest.
  - · Labor and HR legal advice before utilities
  - · Helping members to stay ahead of the curve
  - 6-8 Monthly informative meetings



### LEGAL TOOLS ... Federated Insurance

#### QUESTION:

We have an employee who is putting in extra hours fixing mistakes in their work. Sometimes, the employee does this on their own without our asking them to fix the mistakes. Do we need to pay the employee for these extra hours since they are basically just doing the same job twice? If the work was done correctly the first time the employee did it, they wouldn't need to put in the extra hours.

### ANSWER:

Under the federal Fair Labor Standards Act, if an employer requires or allows employees to work, the time spent is probably hours worked, entitling the employees to compensation. Time spent doing work that is not requested by an employer but is still allowed is generally hours worked. The employer knows or has reason to believe that the employees are continuing to work and the employer is benefiting from the work being done. This time is commonly referred to as working off the clock.

Thus, when an employee must correct mistakes in their work, the time must be treated as hours worked. The correction of errors, or rework, is hours worked, even when the employee voluntarily does the rework. Management has a duty to exercise control and see that work is not performed if the employer does not want it to be performed. An employer cannot sit back and accept the benefits of an employee's work without considering the time spent as hours worked.

That said, in an at-will employment relationship, employers can manage employee mistakes as a performance issue. If an employee is continuously making mistakes in their work, an employer can choose to discipline the employee, up to and including termination. An employer should always consistently apply its policies, including those regarding performance management, to avoid claims of illegal discrimination or unfair treatment.

### **Upcoming** Meetings!

# 2025 **Meetings Schedule!**

# May 8th

Board Mtg & Gen. Mtg **ACCWPA** Apprentice Graduation Speaker: Robert Pelles Place: Carmody's Grille

### June 12th 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!



**FOR FURTHER** INFORMATION...

**ACCWPA** 724-687-7860 pforker@accwpa.org

# **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.

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



# **HEAT STRESS IS REAL!**

Continued from page 5

**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 19<sup>th</sup>, 2025



### 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: pforker@accwpa.org





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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





### **PROUD AFFILIATE PARTNER WITH!!**

**Service Roundtable Affiliate Association** 



### 2025 Century Club Members

Federated Insurance Kevin Sundberg, 559-547-9694 Standard Air & Lite Co. Tom Baney, 412-920-6505

Johnstone Supply Ken Swank - 724-331-1663

### 2025 Vo-Tech Members

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

ROSEDALE TECHNICAL COLLEGE Kara Chan – 412-512-6200

PITTSBURGH PUBLIC SCHOOLS Mike Angela, 412-529-8680 WESTERN AREA CAREER & TECHNOLOGY CENTER Rob Rossell – 724-809-4047

### Be There Fund"

(Must be an ACCWPA member to Win!)

Next General Meeting - \$90.00

**AWESOME CONTRACTOR BENEFIT!** 

### **ACCWPA APPRENTICE GRADUATION May 8th!**



126 Resolution Drive • Mars, PA 16046-3719 • 724-687-7860

# 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 Assocate.



### **ACCWPA Upcoming Events**

### May 8th

Board Mtg &

## ACCWPA Apprentice

Graduation

Speaker: Robert Pelles Place: Carmody's Grille

# June 12th

SOCIAL OUTING

Giant Oaks Winery Finleyville, PA Time: 5 – 9 pm

# July & August

No board or general meetings

# August 19th Golf Outing QuickSilver Course



### **2025 Officers and Directors**

### ACCWPA

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John Wilcox, SUREWAY Htg. & Clg. & Plbg. 412-706-2477

#### VICE PRESIDENT:

Steve Boehmer, Boehmer HVAC 412-381-4100

#### TREASURER:

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

### SECRETARY:

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

#### CONTRACTOR DIRECTORS:

Sue Pelles, Pelles Heating & Cooling ACCWPA Past-President)

724-625-2444

Rob Champe, Shearer Heating & Cooling

724-222-1830

#### ASSOCIATE DIRECTORS:

Mike Marhefky, Carrier Enterprise 724-989-9555 Keith McCann, Habegger Corp. 412-913-5815

#### SPECIAL ADVISOR:

Steve Woodring, Wade Heating & Cooling

### 412-787-1341

#### **Executive Director:**

Pat Forker pforker@acowpa.org

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