

ACCWPA

Air Conditioning Contractors Western Pennsylvania

July
August
2016

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- Apprentice Enrollment
- Golf Flyer

Formerly Air Conditioning Contractors of America – WPA Chapter – ACCA-WPA

Volume 11, Issue 7 & 8

2016 General Meeting Dates

Mark your Calendar!

August 25, 2016

ACCWPA Golf Outing
Fort Cherry Golf Course

July & August, 2016

No Meetings

September 8, 2016

Camera Bartolotta
PA State Senator
46th district
What's happening in PA!!!
Hilton Garden Inn –
Southpointe

September 13, 2016

Community Service Day

October 13, 2016

Associate Member Night
Come support ACCWPA's
Associate Members
Bronze Hood
5920 Steubenville Pike

November 10, 2016

Social Event

ACCWPA
Air Conditioning Contractors Western Pennsylvania

Apprentice Enrollment NOW OPEN!

1st year Apprenticeship Enrollment is now OPEN!

Our Apprenticeship Program is accredited with the State of Pennsylvania.

You will find on our website accwpa.org the detailed brochure that explains all that is included in the 4-year program. Students attend from September thru April two nights a week from 6-9 pm.

When they complete their 8,000 hours of On the Job Training (OJT's) they will receive a Journeymen certificate from the State of PA along with a Certificate of Achievement from ACCWPA.

If you have questions or have a student(s) that you want to register, contact:

Pat Forker, Executive Director
accwpa@zoominternet.net or 724-779-1860

For an Application!

Golf Sponsors!

It's about that time to start golfing! Our Spring Golf Outing is our biggest event of the year and we have the best contractors from across the PGH coming! Sponsorships are now available to support our organization and the contractors you work with. The Golf Outing is being held on August 25th at Fort Cherry Golf Course, McDonald, PA. Watch your mail for Sponsorships information soon!

August 25th!

Registration 10:30 am

Box Lunch

12:30 pm Shot Gun Start

Steak Dinner

Prizes!!

Partners in Training — Federated Insurance

Employers appreciate the benefit of offering practical, relevant employee training that helps their workers better identify and manage on-the-job the risks.

Federated Insurance has partnered with J. J. Keller®, a leading provider of safety and compliance solutions, to provide clients complimentary access to easy-to-use, timely, and engaging employee training tools that fit their business's needs.

Educational content is available through instructor-led presentations via streaming video (video on demand), or interactive, self-paced, online courses for individual training. Sessions incorporate the latest adult learning techniques, and deliver a consistent and standardized message at each location.

Training topics available from J.J. Keller include:

- workplace safety—HazCom, forklift safety, and fire prevention construction—fall protection, confined spaces, and excavations
- transportation/DOT—hours of service, alcohol and drug testing, and vehicle inspections
- human resources—FMLA, ADA, and substance abuse
- HazMat—compliance, security awareness, and placarding
- Risk management is a continuous process, which is why Federated strives to provide useful products and services that can help businesses keep pace with their changing needs.

For more information or to access more risk management resources, log on to [Federated's Shield Network®](#) or contact ACCWPA representative Matt Johnston, Account Executive, 606-323-6350.

EDUCATION EVENTS



*Integrity is the
essence of
everything
successful.*



SmartWords
You Must Remember

You have to think about big things while doing small things so that all the small things go in the right direction.

Balvin Toffler

Inspiration

BeLIEVE

IN
YouRSELF

Heat Wave Safety by Bud Price

A heat wave is defined as three or more days of temperatures 90 degrees or higher. Most summers you can count on at least one heat wave. So remember these tips for surviving extreme heat in good health:

- Remember high heat and humidity put a lot of stress on your body as it tries to regulate internal temperature.
- Exercise early in the morning or in the evening after the sun goes down.
- Drink plenty of water all day—at least eight glasses a day, or two to four glasses an hour (16-32 ounces, or 1 to 2 quarts) if you are working or exercising in extreme heat.
- Increase salt intake to replace salt lost in sweat. (If you're on a low-sodium diet, check with your doctor first.)
- Dress cool—lightweight, light-colored clothing reflects heat. Wear a hat to keep the sun off your head.
- Stay out of the sun during the hottest part of the day. If you can't, at least get out of the sun occasionally and take a break in a shady, cooler place.

Pay attention to your body. Early warning signs of heat stress include headache, heavy perspiring, high pulse rate, and shallow breathing. If you experience any of these symptoms, sit down in a shady, cool location and drink water. If symptoms persist, get medical attention.

Thunderstorms

It's safest to be indoors during a thunderstorm, but if caught outdoors, seek shelter quickly or, if necessary, get inside a hardtop vehicle and keep the windows closed. If that's impossible, stay away from tall trees, flagpoles, metal fences, and towers.

In wooded areas, find safety under a thick growth of small trees. In the open, find as low a place as possible—in a ravine or beneath an underpass. Get out and away from open water. Get off and away from motorcycles, bicycles, and golf carts.

Put down golf clubs and metal baseball bats. If you're with other people, don't cluster together; keep several yards apart.

Tornadoes

If a tornado warning is issued, take shelter immediately—but never in a mobile home or a motor vehicle. Stay away from windows. Go to the lowest floor and get underneath a heavy piece of furniture such as a desk or workbench, and cover your body with blankets, a sleeping bag, or a mattress.

In a large public building, get to the inner-most part of the lowest possible floor (don't use the elevator), crunch down to make yourself as small a target as possible, and protect your head.

Floods

When a flood warning has been issued, get to higher ground without delay, staying away from low areas, creeks, streams, and underpasses. Never attempt to cross flooded areas in a vehicle.

GOLF – August 25th!



**August 25th
Registration
10:30 am
Box
Lunch
12:30 pm
Shot Gun
Start
Steak
Dinner
Prizes!!**

**Mark your Calendar!
Register
NOW!**



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**Join US August 25th!
 ACCWPA Golf Outing**

ACCWPA Upcoming Events

August 25, 2016
 ACCWPA Golf Outing
 Fort Cherry Golf Course
 Plan to Join US for a fun day!

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 Community Service Project

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 Air Conditioning Contractors Western Pennsylvania

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