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In Loving Memory Of Donna Mroz

In January, I was at a SMACNA Board meeting when my phone rang. It was the call I had been dreading.

Donna Mroz had finally lost her long and heroic battle with lung cancer. It had been over 3 years since her diagnosis despite the doctors telling her she had only 8 months. It was a very sad phone call and touched all of us at WAM greatly.

Western Allied has been victim to lung cancer in

the past, as Loek lost his wife Ursula to this terrible disease many years ago. For at least 6 years, Loek has been honoring his wife by climbing in the American Lung Association's "Fight for the Climb" event in San Francisco. This past year, he sent a notice out to all WAM employees that he again was putting a team together and this year he would also honor Donna.

Our WAM team stepped up, with more than 30 people — including spouses, significant others, retirees, kids and vendors — joining the climbing team. The idea of having to climb 49 stories was a bit intimidating but we were all willing to try, and some even practiced for the event by doing stair workouts in 7-story parking garages.

The WAM team also focused a lot of energy on fundraising for the ALA, and ended up raising \$28,651, the most of any team this year. We not only received contributions from friends and families, but also from vendors, service providers and even from many of our clients. Everyone was very generous for this great cause. If WAM folks could not climb, then they made donations to be part of the team. It truly was a total team effort!

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Photo Above: The trophy from the American Lung Association WAM received

Photo to the Right: Donna Mroz 1958-2018



Letter From a Principal

Working in the HVAC field was something I seemingly was destined to do. In fact, it's in my blood.

In 1955, my grandfather, William Kastelic, Sr., opened a local residential and light commercial HVAC company just down the street from Western Allied on Hamilton Avenue. He built his business, Sunset Heating and Air Conditioning, Inc., from the ground up. He brought his son — my dad — in to work for him in the early 1960s and added my brother in the 1980s. When I was old enough, and possibly when I was too young, I would shadow our technicians, install ductwork, furnaces and air conditioning systems.

Like several other of our Senior and Junior partners, I went to California State Polytechnic University, San Luis Obispo (more commonly known as Cal Poly). Upon graduating, I lived in Houston, Texas for about a year, designing mechanical seals for pumps in the oil refinery business. Before I could get too settled in Texas, it was clear that my dad and my brother needed help running the family business as my grandfather was battling an illness and finally retired in his 80s.

While at Sunset, I was in charge of the service department including technicians, sales and customer relationships. Unfortunately, an eminent domain situation by the City of Menlo Park in 2004 forced our shop to leave Hamilton Avenue in order to build low income housing.

Shortly thereafter, my dad was ready to retire and we decided to close up shop and move on to bigger and better things. I interviewed at a couple of companies before interviewing with Angie Simon here at Western Allied Mechanical. As she took me on a shop tour to end my interview, she introduced me to Rob Monaghan. We had an instant "Service" connection and I had no doubt in my mind that Western Allied was the perfect fit for me.

When I joined Western Allied in 2005, my wife Bo (who I met at Cal Poly) and I already had 2 sons, Joseph (born in 2002) and Braden (born in 2004). In 2007, we welcomed our third son, Riley and in 2010 we rounded out the family with our first and only daughter, Ella. Bo had been teaching high school math at Gunn High School in Palo Alto. She now stays home to manage the chaos of having 4 very active kids.

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Fire Life Safety

By Joe Chin & Randy Freitas

Western Allied Mechanical has earned its ICB/TABB Fire Life Safety (FLS) Level 1 Contractor Certification and we're working on our FLS Level 2 Contractor Certification. Currently we have 5 Sheet Metal workers with the FLS-1 and FLS-2 technician certification.

These certifications show that Western Allied Mechanical is experienced in the installation, inspection, testing and repair of fire dampers, smoke dampers and combination fire smoke dampers.

So why is this important? Fire and smoke dampers in buildings save lives. This includes the occupants of the building and the first responders that enter the building to fight fires. Many buildings never inspect or test their fire and smoke dampers after they are installed.

Recently there has been a push by the local Authorities Having Jurisdiction (AHJ) for buildings to inspect their fire life safety dampers and comply with the NFPA standard 80 and 105. These standards define how the dampers are to be tested and the frequency that they should be tested. The following is a summary of the testing requirements.

- All dampers need to be inspected and tested within 1 year of installation.
- All dampers need to be inspected and tested every 4 years, except in hospitals where they need to be tested every 6 years.
- Documentation of the inspections and testing need to be retained by the building owner for at least 3 cycles of testing (usually 12 years, but 18 years for hospitals).

Along with not inspecting and testing fire and smoke dampers, many building owners do not know where all of the dampers are located in their building since they can be added over multiple projects over a long period of time. The first step is for us to provide a service to the building owners to survey, identify and document the locations of their fire and smoke dampers. We have developed an inspection & testing procedure, record forms to be filled out by the technician and labels to be placed on the dampers.

During the training classes it was stated that a failure rate of around 20% is not uncommon and further emphasizes the need to perform the inspection and testing of the fire and smoke dampers.

We can help the building owners identify the issues in their building and provide a resource for repair of replacement of failed fire and smoke dampers.

There is no way to understate the importance of proper inspection and maintenance of fire dampers, smoke dampers and other equipment throughout buildings. Safety is always THE number one priority!





Safety: Distracted Driving

By LeeRoy Young

Each day in the United States approximately 9 people are killed and more than 1,000 injured in crashes that are reported to involve a distracted driver. The definition of Distracted Driving is the practice of driving a motor vehicle while engaged in another activity, typically one that involves the use of a mobile phone or other electronic device. However eating, talking to other passengers or adjusting the radio or climate control can also cause issues.

Distracted driving is fast becoming one of the country's biggest health concerns. In a world of social media and instant communication, we as drivers are increasingly tempted to "multi-task" while we are in our vehicles. As more and more drivers text while on the road, distracted driving crashes are steadily increasing year over year.

The percentages for teenage drivers is higher than these percentages provided by older drivers. Studies have shown that males have a tendency to drive distracted more often than women. These include driving while drowsy, drinking, reading a map or talking to passengers.

Your risks of being in a crash are 3.9 time higher while sending or receiving a text message, 8.0 times higher when reaching for objects and 3.0 times higher while eating or drinking. Statistics shows that dialing on a cell phone will increase your risk of crashing by a ratio more than 2.5 times.

In newer model vehicles there are apps that help fight distracted driving by helping to keep you off your phone while you are behind the wheel. Other types of hazards include tasks like checking your GPS or map, taking a photo or even checking your email or posting to social media.

You are distracted ANY TIME your mind and/or your eyes are off the road. The extent of the problem is distracted driving is all too common. Think about your daily commute. How many times have you looked over and seen someone looking down at a phone? Even if it's just for a brief text, the results can be deadly.

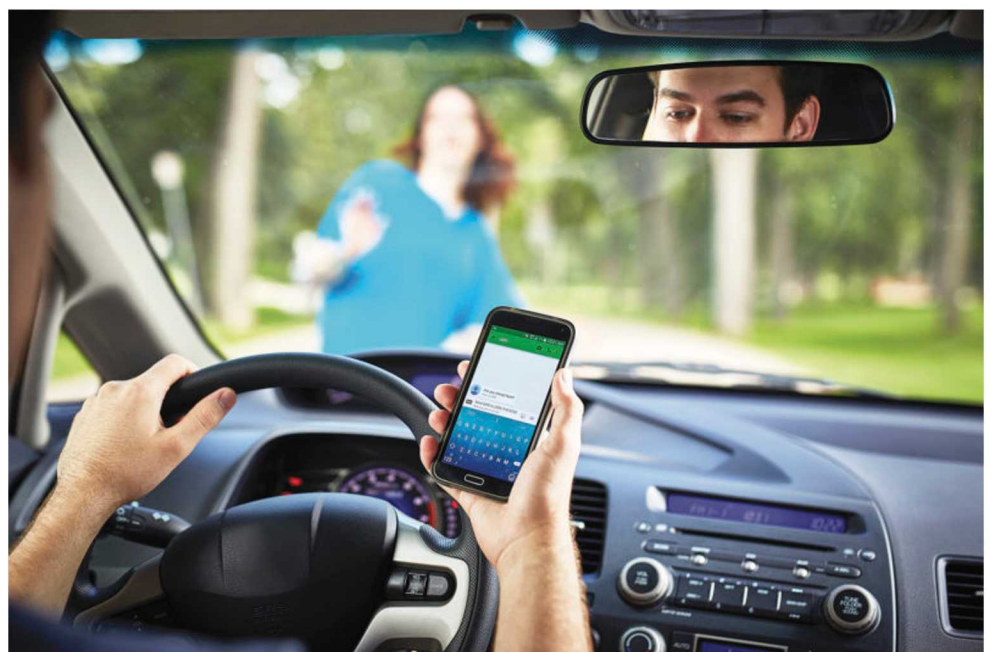
Consider the following statistics:

1) When you send a text, you take your eyes off the road for about 5 seconds. That's the time it takes to drive the length of a football field going 55 MPH as per (U.S. Department of Transportation).

2) At any moment during the daylight hours, about 481,000 drivers are handling cell phones or other electronic devices while driving in the U.S. (National Highway Traffic Safety Administration).

3) You are 3 times more likely to get into an accident when distracted by a cell phone or other feature that our vehicles and technology offer while driving on the roads today.

Don't Be a Distracted Driving Statistic!
You can easily be distracted while driving. Always think about whether it's worth it. Is the text message you're about to send worth an injury or death to you or your loved ones? BE SAFE when you drive, WAM wants all employees to go home to their families at night!





Health: 8 Ways To Fight The Cold And The Flu

By Sallie Chikas

Cough, sniffle, achoo! Cold and flu germs have some crafty ways of getting around.

Often these viral villains take to the air. They spread by airborne droplets when someone coughs, sneezes or even talks. They can also land on surfaces — and hitch a ride when you touch them with your hands.

GERM FIGHTING 101

According to the Centers for Disease Control and Prevention, taking a yearly flu vaccine is the single best way to avoid getting influenza for everyone 6 months and older. But there's more you can do. These stay-well strategies can help keep you and your family from getting — or passing along — a cold or flu bug:

1) Hit the Sink

Be sure to wash your hands regularly to remove any germs. A good, thorough scrubbing is key. That means for at least 20 seconds with soap and warm water.

2) Have Sanitizer at the ready.

Soap and water aren't always available. So keep hand sanitizer in your car, your bag or tote, and your workspace too. Look for products that contain at least 60 percent alcohol.

3) Be Hands-off!

Try to limit how much you touch your face. Germs can enter your body through your eyes, nose or mouth.

4) Cover That Cough

Make it a habit to cough or sneeze into a tissue or the crook of your elbow. Teach kids this trick too.

5) Keep Your Distance

As much as possible, try to avoid close contact with anyone who's ill. If you do get sick, stay home until you're feeling better and use recommended remedies.

6) Wipe 'Em Out

Regularly clean surfaces you touch often — such as keyboards, phones, remote controls, door handles and countertops. Use soapy water and a household disinfectant.

7) Share Not

Remind your family not to share items such as cups, silverware or toothbrushes.

8) Building a Strong Defense

When you take care of yourself, you help your body fight off illness. So be sure to get plenty of sleep. Choose healthy foods — and get regular exercise.*

In Loving Memory of Donna Mroz (Continued) - By Angie Simon

When the day of the climb arrived, we truly looked like a team in our black WAM t-shirts with a bat on the back (in remembrance of Donna). There was many activities before the climb like workouts with weights, rowing machines and other festivities. I was even honored to get up in front of all 1000 participants and tell Donna's story and share why this meant so much to our company.

And finally, the climbing went well! We had some amazing times, including Terry coming in first place for her age group and Cinthya finishing in 9 minutes and 22 seconds, good for third in her group. Everyone had fun and we all finished the climb with no injuries and smiles on our face.

There were many times during that climb that we thought of Donna and glad that we could help the American Lung Association with their mission of saving lives by improving lung health and preventing lung disease. It is something I am planning on doing again for years to come, and I know many who attended with me that day also said they were looking forward to participating again next year. So, if you could not join us this past April, we would love to have you be part of the climbing team next year.



Photo Above: The Western Allied team that participated in the 2018 Stair Climb!

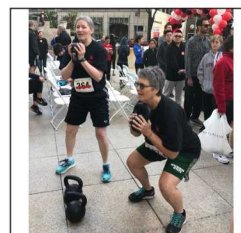


Photo to the Left: Terry and Dona get ready for the stair climb with some stretching exercises!



Employee Profiles

Gary Partin

Gary is a Bay Area native, born in San Francisco and raised in South SF. He started at Western Allied as an apprentice over 14 years ago and has been a foreman for the last 6 years. From a very young age, Gary liked to pull things apart and put them back together. He taught himself how to fix cars and was so good at it that he became the neighborhood mechanic. Now as a father, he is rebuilding a '73 Ford F100 truck with his eldest son. He has two sons (11 and 9) together with his wife of 12 years, Lina. Gary's own father passed away when he was 12, so he is very committed to being engaged with his own children. All of Gary's hobbies stem from his desire to be a good father and exposing his children to different activities. Some of his hobbies are dirt biking, fishing, hunting and camping. As a long-time sheet metal foreman, Gary takes pride in doing quality, clean installations. He likes installing exposed duct because it allows him to showcase his attention to detail. He also enjoys the different kinds of projects he is able to work on at Western Allied from large multi-story lab projects to weekend shutdown work. He gets a lot of satisfaction from a job well-executed and well-done.



Eddie Patterson

Eddie was born and raised in Newbury Park in Southern California. College got him up to the Bay Area where he studied mechanical engineering and product design at Stanford University. Eddie also played for their football team as a free safety. While in college, Eddie interned at Western Allied for two summers in the CAD department and continued to work part-time during the school year. After his March 2001 graduation, he started to work for Pete Kelly in the Special Projects group. He soon realized that he enjoyed the interactive nature of HVAC project management with the field crews and clients, as well as appreciating the WAM community. Almost 18 years later, he now heads the Estimating Department, with visions of growing his group to better support ownership and project management. In his personal life, Eddie and his wife, Danielle, are raising their two children; Gabriella (5 yrs) and Dominic (3 yrs). His time away from work consists of teaching the kids to ride bikes, going to the park, watching sports and spending time with local family members. He's currently working on a backyard remodel project to add an outdoor kitchen and bocce ball court, hoping to create a home where family and friends can gather and enjoy time together.



Elaine Raeber

Elaine was born on a farm in Iowa. She traveled throughout Iowa and Colorado before arriving in California in 1988. Before joining Western Allied Mechanical she worked for an insurance company with Barbara for 12 years. Elaine heard about a position with Western Allied from Barbara and has been with us for the last 15 years. She has one daughter named Jamie and has 2 granddaughters (Emma and Sophia) with a third on the way! Elaine enjoys spending time with her granddaughters — they love to read together. She also enjoys reading (autobiographies are her favorite genre), learning to prune and care for roses and loves a mean bloody Mary and Mexican food. Elaine is a three time donor kidney transplant recipient. She would like to thank all of you have that donor indicator on your drivers' licenses!



Henry Sanchez

Henry was born, raised and still lives in the city of San Francisco. Henry loves "The City by the Bay" dearly and knows it well (so if you're ever looking for a nice place to eat in the city, he has some great recommendations!). Henry graduated from Cogswell College with a degree in Civil Structural. He worked for a Siemens controls company for 10 years before coming to the Western Allied service department in 1991. The people at Western Allied are his favorite part of the company. Henry has been together with his partner Jeff for 25 years and they have been married for 9 years. When he's not working he enjoys reading — biographies are his favorite genre — meeting with friends, and caring for his parents who have been married for over 60 years. He also enjoys traveling and even lived abroad for a while. He recently visited Australia but his favorite place to visit is Spain. Henry also has a sweet tooth and loves all candy with the exception of licorice.





Events and Celebrations!



Congratulations to Jim Jeffrey, who officially became a U.S. Citizen on June 14 — Flag Day!

Congratulations to Ivan and Hazio Vasquez on welcoming their baby boy Ivan Omid to our world!!



Congrats to Cinthya Mendez and Dante Carrillo on their beautiful wedding day! Cinthya also passed her Professional Engineer (PE) exam recently! What a 2018!

Congratulations to Yindy and Brandon Felkins on welcoming their third boy, Evander, on July 21!



Congratulations to Pete Kelly on his 25th anniversary at Western Allied! Pete with Zach on the big day!

Congratulations to Cameron and Rachel Matthew on their lovely wedding in Scotland!! We all love the kilt!



Happy retirement to Dave Cook and John Barbuscia, who celebrated together! Thank you both for everything!



And we wish a happy retirement to Terry Juri! Thank you for all that you did for WAM over the years!



Congratulations to Sallie Krochalis and Tony Chikas on their lovely wedding!



Congratulations to Rita Mancini on her 20th anniversary at Western Allied! Rita with Randy on her big day!



Letter From a Principal Continued

Continued from page 1

Outside of work I love spending time with my family. Our kids play a variety of sports; football, soccer, basketball, baseball, lacrosse, swimming and dance. At one point we had all 4 kids playing baseball for Redwood City Little League, and all 3 boys have played competitive travel baseball with the Peninsula Rays. Bo and I have served on the little league board for a few years and I have coached my boys through their baseball years. I love coaching my kids and their friends, but I have also learned to enjoy watching them play any sport from the sidelines!

Other than sports, we enjoy time up at our family cabin in Northern California where we fish, hunt, ride ATVs and just play in the country. We have a 5 year old fox red Labrador retriever named Buster who is always first in the truck to head to the cabin.

Since my start at Western Allied, I have noticed how similar our work culture is to that of my family business. We deeply care for our colleagues, beyond just what we each do in the office. I've seen some of you get married and have congratulated you when you've had children or achieved professional goals. I've seen people pick up when one of us is down with personal issues, like when I lost my mother in October. I am forever grateful for the support I received while going through such a painful time.

As I look to my future and the future of Western Allied, I am certain that we will continue to have great success. Western Allied's growth through repeat business and trusting relationships will provide longevity while our solid core values and culture continue to strengthen our foundation.

James Kastelic





Some Current Large WAM Projects

PROJECT	EXECUTIVE	JOB DESCRIPTION
NuGEN	Angie Simon	Office and Lab buildout including new air handler and boiler.
TCD/OCD Equipment Replacement	Angie Simon	Various air handlers, cooling towers, boilers and exhaust fans replacements including a full controls upgrade.
Fortinet	Angie Simon	New multi-story building designed with highly efficient in-slab radiant heating and cooling. (172,000 sq ft in Sunnyvale)
Dropbox	Zach Russi	700,000 square foot of Tenant improvements for Dropbox.
681 Gateway Amenities Building	Zach Russi	Amenities building for ARE HVAC and Plumbing with a VRF system
Tencent TI	Zach Russi	30,000 sq ft tenant improvement for popular gaming company
Kaiser Union City unit replacements	Pete Kelly	Replacement of 21 large AC units for Kaiser Permanente Union City
901 Gateway Steam boiler replacement	Pete Kelly	Replacement of multiple steam boilers for Theravance
Wells Fargo Bank unit replacements	Pete Kelly	Replacement of roof top units at multiple Wells Fargo locations.

Welcome to WAM!! New Employees!

Sallie Chikas - Human Resources Manager
Joseph R. O'Bryan — Project Engineer
Nick Werner — Project Engineer

And Welcome Back!

Nicholas G. Johnson — Sr. Project Manager
Jamie L. Green — Office Assistant

Attaboys

Ken Kalning

• I just wanted to send a thank you for being the best vendor I have had the privilege to work with all these 20 years. We will be closing our doors at the end of Sept and had our last maintenance performed this morning. Ken Kalning has been a huge delight to work with and I am feeling really sad to end our relationship. He and I have been together 2 years longer than my own marriage! I have learned so much about the HVAC and refrigeration systems and what perseverance and patience it takes to keep our units running on our shoestring budget. His expertise has been invaluable to keeping us afloat over these many years. For us to have stayed in business all this time, with a product that was so hard to market, is a true testament to his knowledge and ability to keep those ancient units operational. In my opinion, he is your most valuable employee. I cannot say enough good things about him.

Thank you for all your great service all these years.
— Koreen Keith, Stryker

Michelle Baeza

• "Heidi was out sick and out soon after with a family emergency and Michelle really stepped up and dug deep and rose to the occasion. She not only was prompt on her replies she also had the attention for detail to follow up. Michelle is doing a fantastic job, I thought you guys should know!"

Jennifer Arellanes

• Thank you for welcoming our Interns!

Stanford Old Winery

• "Thanks to everyone who worked on the Stanford Old Winery project. It was a complicated removal and re-install of 30+-year-old equipment."

Brad Coleman & Greg Fraumeni

• "Thank you two for a job well done!"
- Cyrus

Israel Alvarez, Kevin Asti & Rodney Conway

• "Thank you for going the extra mile! You guys rock."
- Cyrus

Evangelina Balcioni

• "Thank you for working in the WAM piping department! Your help on the Golden Gate Theater and Academy of Sciences projects was sincerely appreciated, and we have enjoyed having you around alongside your dad Robert!"



Evangelina and Robert Balcioni

If you would like to submit an attaboy please email:
attaboy@westernallied.com!!



WAMers Pedal Strong!

By Dona Neilson

Bike to Work Day on May 10, 2018, was another successful and fun journey into work on our bikes. We had 19 riders this year! Riders converged from north and south — some riding the train, some meeting up with others at Dona's, and one riding all the way to work from San Jose!

The 13 riders meeting at Dona's, including recent retiree Terry, rode to the Menlo Park Caltrain Station to fetch the group riding up from the South Bay. Everyone wore a bright orange safety vest with the WAM logo on the back showing the awesome participation in this event as we rode to work. We received great swag and lunch was provided by WAM.

There were plenty of high fives and smiles in the hallways when the riders walked by each other in our new Bike to Work sweatshirts, enjoying the bond of doing something really cool together that day. For those who didn't participate: Come on, what are you waiting for? Join in on the fun next year!

Photo Right: Our biking crew gathers to start their journey!

Photo Below:
Our WAM Bike team after successfully making it to our office in Menlo Park!



Photo Near Right: Our Doubles Tournament champions and runner-ups!

Photo Far Right:
Our Singles Tournament champions and runner-up!

March Means Ping Pong!

By Diana Kadash

Thanks to everyone who participated in the 11th Annual March Madness Ping Pong Tournament. It was great that so many of you played in the tournament and also supported your fellow employees at the final matches!

The final singles match was Leon Matthews versus Sandy Yu. In a very exciting contest with lots of amazing shots, Leon was victorious and received the 2018 Singles Division Champion trophy!

In doubles, Sallie Chikas (Krochalis) and James Imbruglio claimed the championship title by defeating Dona Neilson and Joe Chin in a very well-played match! Thanks to both teams for such an entertaining contest that was a lot of fun to watch!

Father Larry Goode and Mar Y Sol Alvarado from the St. Francis of Assisi Parish and Youth Club were our special guests once again for the finals and lunch. This year, our employees donated \$2,130 and our generous WAM management matched our donation for a total of \$4,260! The check was presented to Mar Y Sol Alvarado, who is the Youth Club Director.

Located in East Palo Alto, the St. Francis of Assisi Youth Club helps youth grow into responsible adults by providing athletic and educational activities that foster character development, academic achievement, physical fitness, and community and environmental stewardship. The Youth Club is always looking for tutors and mentors. If you are interested, please let me know!



Upcoming Events & Holidays

Sept. 6: Wellness Cooking
Sept. 13: Flu Shots
Sept. 22: Company Picnic
Oct. 11: Wellness Health Screenings
Oct. 23: Blood Drive

Nov. 7: Construction Fall Safety Meeting
Nov. 14: Service Fall Safety Meeting
Nov. 22-23: THANKSGIVING HOLIDAY — ALL OFF

Nov. 29: Open Enrollment Meetings
Dec. 12: Holiday Chili Cook-Off Event (10th Annual!)
December: Holiday Tamale Party (Date TBD)

Dec. 24-25: CHRISTMAS HOLIDAYS — ALL OFF
Dec. 31-Jan. 1: NEW YEAR'S HOLIDAYS — ALL OFF
Feb. 6, 2019: Annual Safety Meeting Breakfast

More info. visit www.westernallied.com

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