

THE THERM

MONTHLY NEWSLETTER

Join us for our August Meeting!

Advances in HVAC Load Calculations

Load calculations and HVAC system sizing are fundamental tasks in designing HVAC systems for all buildings. Considering load calculations have a dramatic impact on HVAC equipment size and HVAC system first cost, energy consumption, refrigerant quantity, and carry a significant amount of liability for the Engineer of Record, determining accurate loads is essential to any building, building owner, and design team. Methods for calculating loads have changed significantly over time. "Traditional" methods assumed near instantaneous heat transfer or simplified the methods of estimating time-delay through weighting factors. These simplifications were made for a number of reasons including limited access to computing power and a lack of empirical tests for calculation methods.

Over 20 years ago, ASHRAE published (in the Handbook of Fundamentals) the Heat Balance Method for calculating loads. This method is considered to be the most accurate and has some empirical testing to validate the calculation methodology.

This session explores how the Heat Balance Method is different from other methods, how energy code has impacted HVAC sizing calculation assumptions, and the impact of oversized and undersized systems on energy, comfort, and environmental impact.

Speaker: Dr. Nathan Kegel

Nathan has over 20 years of design and building performance simulation experience using a variety of design and modeling tools and platforms. He has largely focused on lifecycle analysis, energy and carbon savings, and cost/benefit of building technologies. He has performed design and post-occupancy analysis on hundreds of buildings and dozens of building types all over the world. In addition, Nathan has built and led High Performance Design Teams, trained over 1,000 industry professionals on using and applying building performance simulation to the design process, and was the coach and captain of the ASHRAE Lowdown Showdown 2022 winners. He is ASHRAE BEMP certified, a LEED AP, and a RESET AP and serves as the co-chair of the Data Analysis and Reporting Working Group for MEP 2040 and is a co-author of "The Beginner's Guide to MEP Embodied Carbon".

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NEXT CHAPTER MEETING

AUGUST 20, 2025
Lunch Meeting
11:30AM - 1:00PM



PETROLEUM CLUB

777 MAIN STREET
FORT WORTH, TX 76102



SAVE THE DATE

TRWD Trash Bash



8:00 AM

Saturday Sept 20, 2025

Registration is Open!



PRESIDENT'S MESSAGE

Whitney Lampe | ASHRAE Fort Worth Chapter President 2025-2026



Cowtown ASHRAE Members and Friends:

Welcome to the start of a new and exciting year! I'm honored to serve as your President for the 2025-2026 term, and I look forward to working with all of you to make this our most impactful year yet.

The planning for the year is well underway. On August 8th, our Board of Governors and Committee Chairs came together for a productive meeting to outline our goals and events. This year, our focus is clear: to champion "Healthy Buildings: Designing for Life", the theme set by ASHRAE Society President Bill McQuade. Our team is hard at work planning a year of fun events and programs that will make this important theme a reality for our chapter.

We've already kicked off the year with our annual Clay Shoot on August 15th, and it was a huge success. Thank you to everyone who came out to support this event. Next up, our first lunch meeting is just around the corner, on August 20th. We're kicking off our program year with a presentation on "Advances in HVAC Load Calculations" by industry expert, Nathan Kegel. I hope to see you there!

Thank you to our incredible volunteers. Your commitment and hard work are the driving force of this organization, and your efforts are what make our programs possible.

We've got so many opportunities to get involved this year, and I hope you'll find a committee or initiative that sparks your interest. The latest newsletter has all the details on our upcoming events and how you can get involved. I'm excited about what we'll achieve together this year.

Thank you for being such a valued part of the ASHRAE Fort Worth community.

Whitney Lampe
ASHRAE Fort Worth Chapter President



THANK YOU TO LAST YEARS SPONSORS!

PLATINUM



GOLD



SILVER



THANK YOU PARTNERS!

ENGINEERING SENIOR ASSOCIATE



We will be reaching out to existing Sponsors and Partners for renewal for the 2025 - 2026 year! Please reach out to our Research Promotion Chair - Ryan Edwards at redwards@dfwsgi.com for information if you would like to become a sponsor.

Instructions:

Go to ASHRAE.ORG, log in.



After you log in, in top right corner (same location as the Log-In button on the previous screen, click dropdown that is green and says "HELLO <your name>". Select My Profile from that drop down.

On the top right side, select Contact Info (circled in green in below screenshot).



From here, you can update your email address, company, role, title, etc. and all other relevant information associated with your ASHRAE account, including password!

Stay tuned for next months episode of "Did you know?"



Past Presidents Night

On Wednesday, June 4th we concluded our 2024-2025 ASHRAE year celebrating our outgoing President Ryan Edwards and all of our previous Past Presidents that have served the Fort Worth Chapter of ASHRAE! We had a great turnout at the Petroleum Club for dinner. Thank you to all of them for their service and everyone that was able to attend.



We also welcomed in our incoming BOG for the 2025-2026 year. Welcome Whitney Lampe (Center Left—President), Kyle Troskot (Left—President Elect), Max Meyers (Center Right—Secretary), Michael Cox (Right—Treasurer).



ASHRAE Clay Shoot

Thanks to everyone who joined us for our Clay Shoot on Friday, August 15th at Alpine Shooting Club. We had a great turnout with 8 teams.

Congratulations to the 1st, 2nd & 3rd place winners!



Thank you to our Sponsors!!!



EVENT ALERT!

[ASHRAE HVAC DESIGN TRAINING!](#) -Register Here



Announcing HVAC Design Training happening in Austin, TX

November 17-21, 2025 | 8 AM-5 PM CST

Early Registration Discount Until October 17, 2025

Register now to save on ASHRAE HVAC Design Training

[Register Now](#)

Essentials | 17 – 19 November 2025

Applications | 20 – 21 November 2025

ASHRAE industry experts will provide a comprehensive curriculum and learning experience. Engage with like-minded professionals, expand your network, and immerse yourself in a vibrant community dedicated to sustainability and innovation in the HVAC&R industry.

In-person attendees receive:

- [Duct Size Calculator](#) valued at \$58
- [HVAC Fast Facts](#) valued at \$13
- Catered Lunch and Snacks Daily
- Hands-on learning

Act now to reserve your seat and take advantage of early bird discount pricing.

For an even deeper discount, email edu@ashrae.org to ask about our group rates for three or more attendees.



AUGUST BOG MEETING MINUTES

ASHRAE Fort Worth Chapter 2025-2026 Kickoff
 Meeting 8/8/2025: Time start 11:09AM. Time end
 1:04PM

CHAPTER SECRETARY - Max Meyers

Members in attendance:

Scott West, Allen Grammer, Whitney Lampe, Kyle Troskot, Ryan Edwards, Caleb Gentry, Michael
 Cox, Tony Finch

President – Whitney Lampe

Welcome & Introductions (Name, Company, ASHRAE Position)

Open Positions: WIA & DEI Chair

CIQ and contact information attached.

ASHRAE Fort Worth Chapter Metrics

311 Current Members (64 YEA)

Research Promotion (RP) last year: \$44,855

Confirmation needed if new goal is \$35k or stays the same

Confirmed \$35k

Aim for higher to start CRC fund

7 Past Presidents volunteering

ASHRAE Chapter Resources: [Helpful Information for Chapters](#)

Schedule of Events:

Clay Shoot 8/15

7 teams

Max morning shift, Kyle lunch shift

August Lunch Meeting 8/20

1st BOG Meeting 8/20 – 10:30am

BOG monthly meeting – in person or virtual?

In-person preferred, virtual option included

Bill McQuade – ASHRAE Society President

Presidential Theme: "Healthy Buildings: Designing for Life."

Video: [Bill McQuade, Introduction to Healthy Buildings](#)

IAQ assessments and measurements, thermal comfort, acoustics, lighting,
 clean water, decarbonization

Requested presidential visit for January meeting

Joe Sanders – Director Regional Chair (Region 8 DRC)

2 IEQ programs, ASHRAE Monthly Did You Know / How To, Joint IEQ Meeting

Included in the monthly newsletter

Fort Worth has been a strong chapter but not recognized

Check in monthly with RVC

RVC Contact information attached.

PAOE = President's Award of Excellence

Goal: reach PAR in each category. Enter PAOE points monthly.

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AUGUST BOG MEETING MINUTES

MEETING MINUTES

▶ Chapter Operations	Par: 1500	Min Points: 600
▶ Chapter Technology Transfer	Par: 1500	Min Points: 550
▶ Communications	Par: 700	Min Points: 300
▶ Government Affairs	Par: 1250	Min Points: 500
▶ Historical	Par: 500	Min Points: 100
▶ Membership Promotion	Par: 1400	Min Points: 800
▶ RP	Par: 1050	Min Points: 800
▶ Student Activities	Par: 800	Min Points: 500
▶ Young Engineers in ASHRAE	Par: 900	Min Points: 300

PAOE Guide / Info: [Presidential Award Of Excellence \(PAOE\) | ashrae.org](https://www.ashrae.org/paoe)

Video: [How to Enter PAOE Points on ASHRAE org](#)

PAOE 2025-2026 Newsletter with point values: [2025-26-paoe-user-guide----mcquade.pdf](#)

Who can enter points?

Chapter Officer Positions	
• President	• MP Chair
• President Elect	• SAC Chair
• CTTC Chair	• YEA Chair
• Communications	• Webmaster
• GAC Chair	• Newsletter Editor
• Historian	• Administrator
• RP Points are entered by RP Staff	

Kyle chasing down PAOE points monthly

BOG & Chair Updates:

President Elect – Kyle Troskot



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AUGUST BOG MEETING MINUTES

MEETING MINUTES

Newsletter Editor

Send out before monthly meeting & upload to Basecamp

Newsletter out a week before meeting

Website has a year lag on it

Need chair reports, pictures, past events, upcoming events

Secure a DL in IEQP, growing in popularity (Kyle has potential contact)

Tony, also, has a potential contact

Secretary – Max Meyers

BOG Meeting Minutes

Print Name Tags for Monthly Meeting

Kyle has nametags and a template

Send out PDH credits after monthly meeting

Teams meeting on how to do that

Treasurer – Michael Cox

Budget for 2025-2026 year

Check with Chairs on budget / funds needed for upcoming year

Finalize budget and send to BOG for review by 8/13

Vote on budget for approval at August 20th BOG meeting

Some open items, Whitney/Michael to reach out to confirm

Regional dues: Michael to confirm if we are up to date with Vanessa (RVC)

from post COVID delayed dues and if dues increased from \$8

Monthly Treasurer's Report – send to Kyle for Newsletter

Files Taxes by 11/15/2025

CPA: James Tacker james_tacker@sbcglobal.net

ASHRAE is a non-profit 501(c)(3) – Tax Exempt

Tax Exempt Certificate

Wells Fargo account needs to be accessed and closed. Jeremy will work Michael to find out that information. Proper BOG minutes to move people on/off account

Ryan Edwards motions for Jeremy and Scott to close the Wells Fargo account and move money to Frost account. Also, add Tony Finch to Frost CRC account. Allen seconds. Motion passes. I's have it.

ASHRAE Fort Worth table/booth cloth might be good to order and have for events.

BOG At Large:

Ryan Edwards

Allen Grammer

Scott West

BHB as a resource since they have around 6 past presidents

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AUGUST BOG MEETING MINUTES

MEETING MINUTES

Chapter Technology Transfer Chair (CTTC) – Cole Guarisco

- Need to find out where the DL mugs are at. Michael?
- Working with Dallas chapter on DL options
- Combined ethics seminar with Dallas in December
- If members have any contacts for IEQ/IEQP, please reach out to Cole?

Committee Members: Caleb Gentry and Van Cashen

Communications Chair & Webmaster – Jay Greene

- Website is going to get updated. Add headshots to it. Loading names, email, etc.
- Kyle or Jay to coordinate when reaching out to YEA and CTTC chair since it will be included on newsletter and website
- We have LinkedIn page
- Need to have pictures at every event for social media
- Scott: Uses an email alias if posted online due to increased hacking/phishing attempts. Can be changed on the leadership page

Research Promotion – Ryan Edwards

- New package system on what would be valuable on sponsorships
- ASHRAE FW polo's with sponsorships shown to provide value. Ryan to let people know by 12th
- Potential that the incoming treasurer, secretary, president elect, and president get free lunch. Will be shown in the budget
- Max out endowments

Student Activities – Caleb Gentry

- Confirming if senior design competition is still happening
- Establishing an official chapter at UTA
- Looking at doing some K-12

Committee Member: Chandler Iozzi

Honors & Awards – Tony Finch

- Mack Wallis big win
- Scott West for exceptional service but need to get it out by December (worth 45 points)
- Target for DSAs (3)
- Chapter service awards (3)

Government Affairs – Scott West

- Going for RVC for next year
- Engineers week in February
- Getting more code officials invited to our meetings
- A2L refrigerant changeover issues in the code 2021 IMC. Standard 15 has gone beyond IMC, so weird situations depending on location. Trying to get something taken care of at a state level
- No Day on the Hill this year

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AUGUST BOG MEETING MINUTES

Historian Co-Chairs – Jeremy Snyder & Jason Hall

Young Engineers in ASHRAE (YEA) – Luke Ellis

Wants to meet with a past YEA chair. Scheduling with Kyle and Whitney for 30 minutes some-time next week. Ideally back half of the week

Focus on quality in lieu of quantity. Potential using a DL for something technical. Happy hours been having lower attendance

Refrigeration – Mason Straughan

Membership Promotion – Aaron Volkert

Golf & Special Events Co-Chairs – John Aumen & Jacob Roussel

Late October in same area. Maybe Meadowbrook. Providing breakfast. Tentative date of 10/24.

Try to get ahead of ASHRAE Dallas, but may need to coordinate with them to make sure they didn't already schedule a date

Sustainability – Matt Waskowski

Committee Member: Caleb Barlow

CRC Chair – Tony Finch

Start pulling a committee. We are going in 2029. Using Patty's notes to build a committee with chairs and subchairs.

Auditing Chair – Richard Watters

WIA & DEI – Open

Adjourned 1:04PM

2025-2026 CHAPTER OFFICERS

OFFICERS/COMMITTEES	NAME	EMAIL
CHAPTER PRESIDENT	Whitney Lampe	whitneyl@mjec.com
CHAPTER PRESIDENT ELECT	Kyle Troskot	kyle.troskot@gmail.com
CHAPTER SECRETARY	Max Meyers	mmeyers@bartosindustries.com
CHAPTER TREASURER	Michael Cox	mcox@ehvert.com
BOARD OF GOVERNORS	Allen Grammer	tgrammer@bhbinc.com
BOARD OF GOVERNORS	Scott West	scott.west@summitnep.com
BOARD OF GOVERNORS	Ryan Edwards	redwards@dfwcgi.com
CHAPTER RESEARCH PROMOTION CHAIR	Ryan Edwards	redwards@dfwcgi.com
CHAPTER REFRIGERATION CHAIR	Mason Straughan	mason.straughan@jci.com
CHAPTER TECHNOLOGY TRANSFER CHAIR	Cole Guarisco	cole.guarisco@trane.com
CTTC COMMITTEE MEMBER	Caleb Gentry	cgentry@olsson.com
CTTC COMMITTEE MEMBER	Van Cashen	vmc@freese.com
CHAPTER SUSTAINABILITY CHAIR	Matt Waskowski	matt.waskowski@freese.com
CHAPTER SUSTAINABILITY COMMITTEE MEMBER	Caleb Barlow	caleb.barlow@freese.com
CHAPTER GRASSROOTS GOVERNMENT CHAIR	Scott West	scott.west@summitnep.com
CHAPTER GOLF & SPECIAL EVENTS CO-CHAIR	Jacob Roussel	jacob.roussel@carrierenterprise.com
CHAPTER GOLF & SPECIAL EVENTS CO-CHAIR	John Aumen	jaumen@dfwcgi.com
CHAPTER COMMUNICATIONS CHAIR	Jay Greene	jaygreene832@gmail.com
CHAPTER MEMBERSHIP PROMOTION CHAIR	Aaron Volkert	aaron.volkert@carrierenterprise.com
CHAPTER HISTORIAN CO-CHAIR	Jeremy Snyder	jsnyder@bhbinc.com
CHAPTER HISTORIAN CO-CHAIR	Jason Hall	jason.hall@victaulic.com
CHAPTER YEA CHAIR	Luke Ellis	luke.ellis@texasairsystems.com
CHAPTER STUDENT ACTIVITIES CHAIR	Caleb Gentry	cgentry@olsson.com
STUDENT ACTIVITIES COMMITTEE MEMBER	Chandler Iozzi	ciozzi@bhbinc.com
CHAPTER DEI CHAIR	OPEN POSITION	
CHAPTER HONORS & AWARDS	Tony Finch	tony.finch@texasairsystems.com
CHAPTER WEBMASTER	Jay Greene	jaygreene832@gmail.com
CHAPTER AUDITING COMMITTEE	Richard Watters	rwatters@bhb.com
CRC CHAIR	Tony Finch	tony.finch@texasairsystems.com



Interested in volunteering for the upcoming ASHRAE year? Please reach out to Kyle Troskot at kyle.troskot@gmail.com for additional information.

TREASURER SUMMARY

Below you'll find the chapter accounting transactions for the month of July 2025.

July 2025 Treasurer's Report (by Michael Cox)

Starting Balance (6/30/2025):	<u><u>\$56,209.51</u></u>
Debits	
7-02 FULLSTEAM SV9T - STARCHAPTER CARD MONTHLY FEES & PCI MANAGEMENT NON-COMPLIANCE FEE	(\$49.90)
7-18 StarChapter - STARCHAPTER SERVICE SUBSCRIPTION FEE	(\$126.00)
7-28 CHECK #1209 - ASHRAE MAY TRAVEL	(\$781.53)
	Subtotal: <u><u>(\$957.43)</u></u>
Credits	
7-30 FULL STEAM SV9T - ASHRAE SPORTING CLAY EVENT-NON-MEMBER TICKET - TEAM OF 4	\$773.60
	Subtotal: <u><u>\$773.60</u></u>
Ending Balance (7/30/2025)	<u><u>\$56,025.68</u></u>



ASHRAE FORT WORTH CALENDAR

2025-2026

YEAR AT A GLANCE / SAVE THE DATE!

August 15, 2025	Clay Shoot Alpine Shooting Range
August 20, 2025	Advances in Load Calculations Presenter - Nathan Kegel
September 17, 2025	September Lunch Meeting Petroleum Club
September 20, 2025	Sustainability Event Trinity River Water District Trash Bash
October 15, 2025	Aerobiology & ASHRAE 241 Speaker: Linda Le, ASHRAE Distinguished Lecturer
October 2025	Fall Golf Tournament Location and Date TBD
November 19, 2025	ASHRAE 170 Speaker: Eric Granzow
December 10, 2025	December Lunch Meeting with ASHRAE Dallas Ethics
January 14, 2026	Joint Panel Meeting Healthy Buildings: Designing for Life
January 31– February 4, 2026	2026 ASHRAE Winter Conference Las Vegas, NV
February 18, 2026	February Lunch Meeting Petroleum Club
March 11, 2026	March Lunch Meeting Speaker: Mick Schedler, ASHRAE Distinguished Lecturer
April 15, 2026	April Lunch Meeting Petroleum Club
April 23 – 25, 2026	Region VIII CRC Little Rock, AR
May 20, 2026	May Lunch Meeting Petroleum Club



HVAC Crossword

ACROSS

- 1 Air cleaner
- 3 Climate control acronym
- 5 Efficiency rating
- 7 Temperature control
- 9 Refrigerant loss
- 11 Distribution box
- 13 Condenser support
- 15 Controlled area
- 16 Thermostat setting
- 19 Airflow measure
- 20 Old refrigerant
- 21 Condensation issue
- 22 Fan connector
- 23 Heat unit
- 25 Flow controller

26 Fan driver

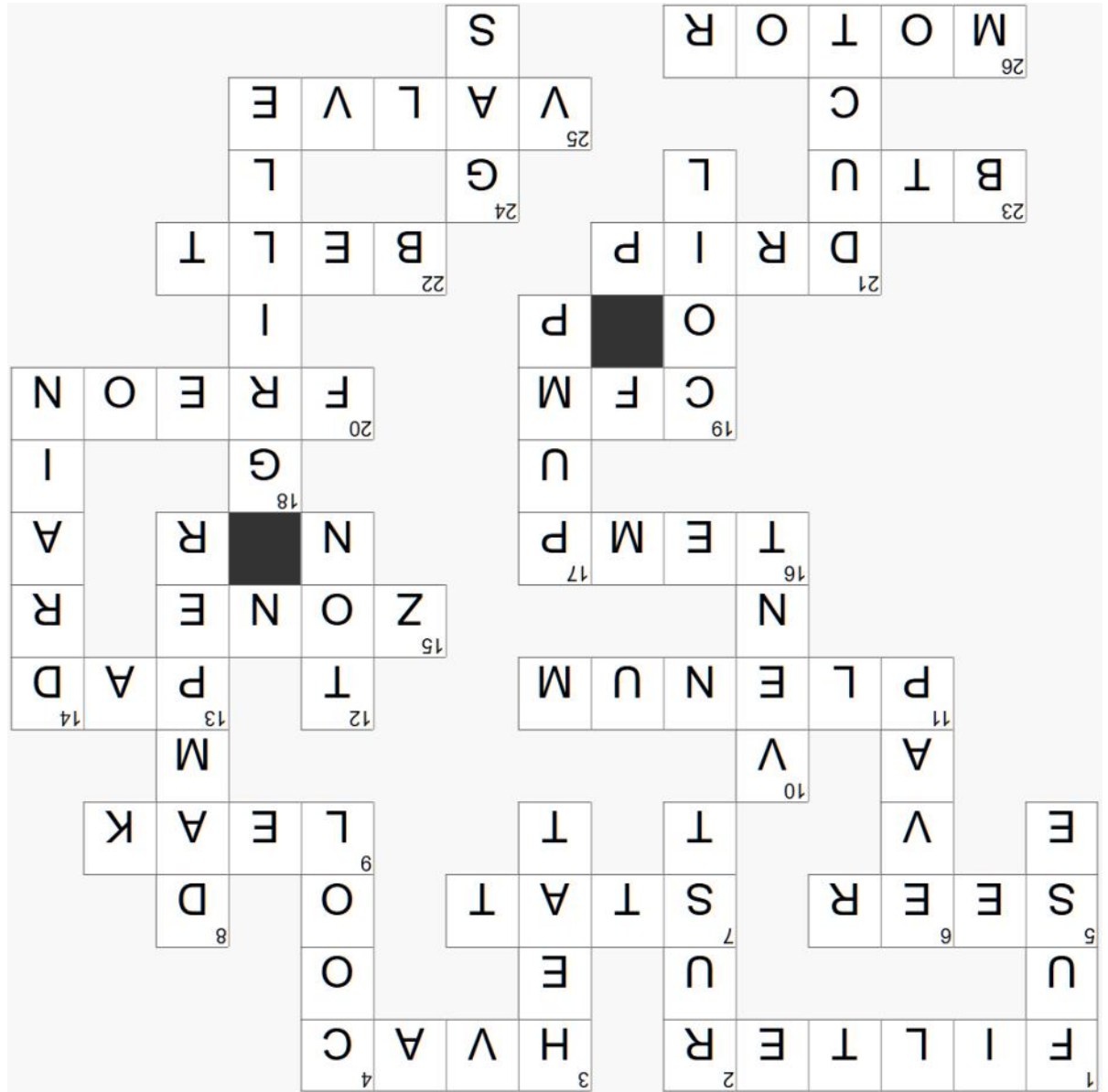
DOWN

- 1 Electrical protector
- 2 Metal decay
- 3 Furnace output
- 4 AC function
- 6 Cooling unit short
- 8 Airflow regulator
- 10 Air outlet
- 12 Cooling capacity
- 14 Condensate exit
- 17 Moves refrigerant
- 18 Vent cover
- 19 Component with fins
- 21 Sheet metal pathway
- 24 Furnace fuel



NOTE FROM THE EDITOR

CROSSWORD KEY:



MESSAGE FROM THE EDITOR:

Newsletter Editor: Kyle Troskot

Thank you for reading The Therm! I hope you enjoyed this months edition.

Questions or Feedback? Need to contact us? Visit www.ashrae-ftw.org

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