

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, DC 20549**

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of The Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): July 18, 2006

MESTEK, INC.

(Exact name of registrant as specified in charter)

<u>Pennsylvania</u>	<u>1-448</u>	<u>25-0661650</u>
(State or other jurisdiction of incorporation)	(Commission File Number)	(I.R.S. Employer Identification No.)

260 North Elm Street
Westfield, Massachusetts 01085
(Address of Principal Executive Offices)

Registrant's telephone number, including area code: 413-568-9571

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

This report contains forward-looking statements which are subject to inherent uncertainties which are difficult to predict and may be beyond the ability of the Company to control.

Certain statements in this Report on Form 8-K constitute forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995 that are not historical facts but rather reflect the Company's current expectations concerning future results and events. The words "believes," "expects," "intends," "plans," "anticipates," "hopes," "likely," "will," and similar expressions identify such forward-looking statements. Such forward-looking statements involve known and unknown risks, uncertainties and other important factors that could cause the actual results, performance or achievements of the Company (or entities in which the Company has interests), or industry results, to differ materially from future results, performance or achievements expressed or implied by such forward-looking statements.

Readers are cautioned not to place undue reliance on these forward-looking statements which reflect management's view only as of the date of this Form 8-K. The Company undertakes no obligation to publicly release the result of any revisions to these forward-looking statements which may be made to reflect events or circumstance after the date hereof or to reflect the occurrence of unanticipated events, conditions or circumstances. For additional information about risks and uncertainties that could adversely affect the Company's forward-looking statements, please refer to the Company's filings with the Securities and Exchange Commission, including its Annual Report on Form 10-K for the fiscal year ended December 31, 2005, and its Quarterly Report for the quarter ended March 31, 2006.

ITEM 7.01. REGULATION FD DISCLOSURE

Rule 10b5-1 Trading Plan for William S. Rafferty

On July 18, 2006, Mestek, Inc. issued a press release announcing the adoption by William S. Rafferty, Executive Vice President of Mestek, Inc., of a plan to sell up to 1,250 shares of his company common stock per trading day, beginning on July 12, 2006, up to a total of 33,160 shares, so long as the market price of the common stock is higher than a minimum threshold price specified in the planned sales program, the plan being in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended, and Mestek, Inc.'s insider trading policy.

Rule 10b5-1 permits an insider to implement a written prearranged trading plan entered into at a time when the insider is not aware of any material nonpublic information about the company and allows the insider to trade on a one-time or regularly scheduled basis regardless of any material nonpublic information about the company thereafter received by the insider.

The information included in the press release, which is attached as Exhibit 99.1, is incorporated by reference into this Item 7.01 in satisfaction of the public disclosure requirements of Regulation FD. This information is "furnished" and not "filed" for purposes of Section 18 of the Securities and Exchange Act of 1934, or otherwise subject to the liabilities of that section. It may be incorporated by reference in another filing under the Securities and Exchange Act of 1934 or the Securities Act of 1933 only if, and to the extent that, such subsequent filing specifically references the information incorporated by reference herein.

ITEM 9.01. FINANCIAL STATEMENT AND EXHIBITS

- (a) none
- (b) none
- (c) The following document is filed herewith as an exhibit to this Form 8-K:

Exhibit 99.1 - Press Release of Mestek, Inc. dated July 18, 2006

SIGNATURES

In accordance with the requirements of the Exchange Act, the registrant has caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

MESTEK, INC.
(Registrant)

Date: July 18, 2006

By: /s/ Stephen M. Shea
Stephen M. Shea
Senior Vice President – Finance
(Principal Financial and Accounting Officer)



260 North Elm Street, Westfield, MA 01085 (413) 568-9571 www.mestek.com

Contact: John E. Reed
(413) 568-9571

Westfield Massachusetts
July 18, 2006

FOR IMMEDIATE RELEASE

Mestek Executive Vice President Adopts 10b5-1 Plan

Westfield, Massachusetts (July 18, 2006) – Mestek, Inc. (NYSE:MCC) today announced that in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended, and Mestek's insider trading policy, Executive Vice President William S. Rafferty has adopted a plan to sell up to 1,200 shares of his company common stock per trading day, beginning on July 12, 2006, up to a total of 33,160 shares, so long as the market price of the common stock is higher than a minimum threshold price specified in the planned sales program.

A 10b5-1 plan allows a corporate insider to gradually diversify holdings of his company's common stock while minimizing any market effects of such trades by limiting the number of shares offered in any given trading day and spreading the shares offered over an extended period of time as well as eliminating any market concern that such trades were made by a person while in possession of material, nonpublic information. Consistent with Rule 10b5-1, Mestek's guidelines permit personnel to implement 10b5-1 trading plans provided that, among other things, they are not in possession of any material, nonpublic information at the time that they adopt such plans.

Other Mestek officers and directors may also adopt 10b5-1 plans at their discretion. Mestek does not undertake to report 10b5-1 plans that may be adopted by its officers or directors in the future, or to report any modifications or terminations of any publicly announced plan, except to the extent required by law.

This news release may contain forward-looking statements, which are subject to inherent uncertainties which are difficult to predict, and may be beyond the ability of Mestek to control.

Certain statements in this news release may constitute forward-looking statements with the meaning of the Private Securities Litigation Reform act of 1995, that are not historical facts but rather reflect Mestek's current expectations concerning future results and events. The words "believes," "expects," "intends," "plans," "anticipates," "hopes," "likely," "will," and similar expressions identify such forward-looking statements. Such forward-looking statements involve known and unknown risks, uncertainties and other important factors that could cause the actual results, performance or achievements of Mestek (or entities in which Mestek has interests) or industry results, to differ materially from future results, performance or achievements expressed or implied by such forward-looking statements.

Readers are cautioned not to place undue reliance on these forward-looking statements which reflect management's view only as of the date of this news release. Mestek undertakes no obligation to publicly release the result of any revisions to these forward-looking statements which may be made to reflect events or circumstances after the date hereof or to reflect the occurrence of unanticipated events, conditions or circumstances.