Stan's Ink Monthly

Est. 1964 STAN'S ALPENA, S.D.

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Mark Your Calendar!

Aug 16 — Monthly Safety Committee Meeting—2:00-3:00—Conference room

Aug 19 — Fire Extinguisher Training—7:15 am at the shop

Sept 5 — Labor Day

Sept 11-17— National Truck Driver Appreciation Week!

Anyone is welcome to attend the Safety Committee Meeting—We welcome your suggestions! - If you can't attend—pass your ideas on to your supervisor or use the Suggestion Box!

Stan's Alpena SD Highway to Health

Easy ways to "sneak" more movement into your daily life…

You don't have to commit to a structured exercise program in order to be active. Think about physical activity as a lifestyle choice rather than a single task to check off your to-do list. Look at your daily routine and consider ways to sneak in activity here and there. Even very small activities can add up over the course of a day.

- *Make Chores Count: House and yard work can be quite a workout, especially when done at a brisk pace. Scrub, vacuum, dust, mow, and weed—it all counts.*
- *Look for ways to add extra steps: Take the stairs. Park farther from the entrance, rather than right out front. The extra walking adds up.*
- *Ditch the car whenever possible: Instead of driving everywhere, walk or bike instead when the distance is doable.*
- *Move at work: Get up and talk to co-workers, rather than phoning or sending an email.*
- *Exercise during commercial breaks*

Source: www.helpguide.org

Mike's Words of Wisdom…

August 2016

Plan-Prepare-Perform

The summer Olympics are in full swing in Rio. The best athletes from around the world are competing for the Gold. Some will succeed and some will not, as only 3 of the many athletes competing will make the podium for each event. Just that one mistake or lack of concentration could be the difference between going home with a medal or not.

The Olympic athletes (or any athlete) don't just show up and expect to compete with the best, they need to have a plan that starts 4 years earlier and execute each day. Preparation is key, the amount of time and effort put into their techniques and strength are taken for granted by those of us who watch on TV, but every meal, every workout, and every day is planned to the smallest detail. So if they make a plan, and prepare according to the plan, then their performance will be at the highest level possible. They must be in the best physical and mental shape of their life to compete at that level, but without commitment they will not achieve their goals.

Working at Stan's is not the Olympics, but we all have talents and skills that will help the team succeed and win our own gold medal of excellence. To accomplish that we need to give 100% and utilize our skills to the best of our abilities to reach our goals. We are like Olympic athletes, in a way that we must make a plan and execute it to achieve success. (If you can't measure it, you can't manage it). Secondly, we must be prepared for our day to day tasks and challenges. By being prepared we will make less mistakes and find more opportunities (the quote "the harder I work the luckier I get" comes to mind). By having a plan and being prepared we will be able to execute great performance, which improves efficiencies and helps the Stan's team become more valuable and promotes growth individually and as a company.

Just like Olympians, we have to be committed 100% to our team or family and be willing to make the right choices, not the easy choices. We have the opportunity and the ability to give our families, our communities, and our company the best we have to offer by having a plan, preparing to execute that plan, and performing to the highest level possible. So instead of dreaming for a gold medal in the Olympics make the efforts to go out and get the gold medal of life. Go Team USA and Team Stan's

Respect-Relationships-Results

If you or someone in your family is up to something GREAT—We want to know! Send us your newsworthy accomplishments so we can share them with the Stan's Team!

Stan's employees have worked **141 days** without a "lost time" accident!

The Huron eighth-grade basketball team, including Zach Kopfmann (front right) finished third in The Great Four State Championship, which was recently held at the Target Center in Minneapolis. Congratulations, keep up the hard work!

Fire Safety and Extinguisher Training

When: Friday Aug. 19th @ 7:15 am

Where: Truck Shop

Stan's Welcomes New Employees!

Stan's welcomes new employees to the team. Todd Larson (left) Joins our Reefer Division! Viola Trowbridge (right) and Jennifer Gibson (bottom) join the team at the Red Hog!

Welcome to Stan's!

National Truck Driver Appreciation Week!

September 11-17th marks National Truck Driver Appreciation Week! Stan's would like to take this opportunity to not only celebrate the drivers, but all employees! Stan's will provide lunch in the driver lounge Monday 12th through Friday 16th. There will also be opportunities to win prizes and extra goodies throughout the week! Stay Tuned for More Info!

Stan's drivers have driven 31 days without an at-fault physical damage accident! Drive Safely!

August Birthdays

Claire McBride 8/2
James Zard 8/4
Brian Vanderhoff 8/4
Monty Johnson 8/5
Terry Nedved 8/8
Richard Diedrich 8/9
Catherine Lucklum 8/12
Barry Eldeen 8/14
Patsy Hoglo 8/18
Mark Goral 8/18
Jason Gebel 8/18
Carmen Anderson 8/18
Brandon Telkamp 8/19
Alex Kopfmann 8/20
Aaron Roesler 8/30
David Fletcher 8/30

Happy Birthday to our August babies!

September Birthdays

Loren Postma—09/03
John Brock—09/03
Terry Kludt—09/06
Stan Kopfmann—09/07
Claude Raschke—09/17
Gilberto Frausto—09/18

Happy Birthday to our September babies!

June Top Fuel Mileage Performers

Reefer Division:
6.26 MPG—7.88 MPG
Cost /Mile
$0.39—$0..31
Jimmie Rederth 7.88
Terry Nedved 7.83
Robert Lisowski 7.78
Loren Postma 7.71
Monty Johnson 7.54

Grain Division:
4.49 MPG—5.05 MPG
Cost /Mile
$0.54—$0.48
Brian Wicker 5.05
Paul Kopfmann 4.92

Stan's drivers traveled a total of 484,728 miles in June!

July Top Fuel Mileage Performers

Reefer Division:
5.68 MPG—7.82 MPG
Cost /Mile
$0.42—$0..31
Jimmie Rederth 7.82
Roger Lammey 7.77
Bob Haibeck 7.69
Randy Flitter 7.65
Terry Nedved 7.65

Grain Division:
4.78 MPG—5.05 MPG
Cost /Mile
$0.50—$0.48
Paul Kopfmann 5.05
Brian Wicker 5.02

Stan's drivers traveled a total of 457,259 miles in July!

August Years of Service Anniversaries

Corey Minor—6 years
Mark Goral—6 years
Paul Weber—5 years
Jodi Weber—5 years
Russ Wendt—5 years
Val Wendt—5 years
Peggy Lisowski—3 years
Ray McKim—2 years
Chris Vinderslev—2 years
Ginger Moeding—2 years

Thank you for your service and dedication to Stan's!