Stan's Ink Monthly

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

Volume 10, Issue 10 October, 2016

Mark Your Calendar!

Oct. 18 — Monthly Safety Committee Meeting—2:00-3:00—Conference room

Oct. 27 — Flu shots—10-2, Main Office Conference room

Oct. 28— Last day to submit your Stan's apparel order.

Oct. 31— Happy Halloween!

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!

Mike's Words of Wisdom…

October 2016

What gets you out of bed in the morning?

It's a loaded question so watch out…. Is it an alarm clock, your kids, your dog (or your barking dog on your iPhone), your bills, or do you jump out of bed and say "Hooray it's going to be a great day"? Most of us in our busy lives struggle to get enough rest and rely upon coffee or some type of caffeine to get us going. Without our caffeine we could never make through the day right? Besides a couple in the office (you know who you are) most of us could make it through the day just fine without caffeine. True story…. An office manager replaced the normal blend of coffee in the office to decaf. He said that everyone commented on how great the coffee was for a pick me up in the morning. He never told them he did it and eventually changed it back. So I don't have a riot at the coffee pot, it was not me.

In our lives do we rely on things we think are helping us or do we meet the world each day with enthusiasm and motivation, ready for any challenge? We need to be motivated by the family we have and the job we do. We have to invest in those things that give back to us. Doing the right things for the right reasons our lives flow smoothly, but if we live our lives for only our individual cause it makes both home and work a stressful place.

Stan's can only be as strong as the weakest member of the team, but each day we need to be safer, smarter, more efficient, and more profitable than our competition or they will be taking care of our customer. The best ideas and innovations come from the Stan's team members and one great idea from a team member can be multiplied by 150 other team members. Remember your input matters and that is what keeps us ahead of the competition.

A short story of innovation. The Germans developed a drill bit the diameter of a human hair and sent it to multiple companies in different countries to show their superior tooling abilities. Many countries never responded, the Japanese requested to purchase hundreds of them, and Americans returned the drill bit back to the Germans and upon inspection, they discovered the Americans had drilled a hole down the center of the Germans drill bit. Moral of the story is…. When you think you have it all wrapped up and no one can compete with you, there is someone out there innovating something better.

We can never let up on doing the best for our families and our work family. By being motivated, innovative, and positive we will be ready for whatever challenges come our way. So when that alarm goes off or your dog wakes you up, say "Hooray, it's going to be a great day" and then go out and make it happen.

Stan's Alpena SD Highway to Health

5 Simple Tips for Workplace Wellness

- Choose Snacks Wisely

Prepare your own in advance—from fresh fruit to mixed nuts.

- Add Fitness to your Routine

2 minutes of chair yoga—stretching and breathing—can increase your fitness and focus.

- Pack Your Own Lunch

Eat lunch out less frequently and lose weight.

- Trade Your Smoke Break

…for fresh air. Try a walk around the block instead.

- Be Your Own Advocate

Ask your employer about ways to boost your health—and that of your coworkers.

If you're going to spend 8+ hours a day at the office, MAKE THEM COUNT!

Source: Clevelandclinic.org

World's Largest Truck Convoy for Special Olympics

Special Olympics South Dakota

SD Truck Convoy for Special Olympics is an annual benefit fundraiser that raises money for Special Olympics South Dakota. All proceeds from this benefit stay in SD to help SD Special Athletes achieve their goals in various types of athletic competition. Not only does the event raise money, it creates bonds between the athletes, truck drivers and other participants. This year's convoy was held in Sioux Falls on September 24th with over 180 trucks participating. Stan's is a proud sponsor of Special Olympics and was represented by Roger Lammey, Speedy Wendt, Skimpy Seaman, Carmen Anderson and JJ O'Truba.

Stan's employees have worked **197days** without a "lost time" accident!

Stan's drivers have driven 2 days without an at-fault physical damage accident! Drive Safely!

October Birthdays

Chad Bacon—10/05
Carla LeVeque—10/05
Roger Lammey - 10/07
Steve Passenheim—10/09
Jim Troth—10/17
Mike Kopfmann—10/17
Steven Borkowski—10/21
David Findlay—10/23
Jon Nelson—10/25

Happy Birthday to our October babies!

Flu Shot Clinic

Flu shots will be given on October 27th from 10:00 AM-2:00 PM in the Main Office Conference Room. FREE to anyone covered under Stan's Avera plan. $30.00 to all others, payable the day of the clinic. Please bring a photo ID and your insurance card. Contact HR to reserve your spot so we can make sure we have enough to go around.

November Birthdays

Lori Haak—11/01
John Bozzella—11/02
Bob Haibeck—11/10
Duane Kopfmann—11/16
Dave Balster—11/16
Blain Tebay—11/18
Randy Flitter—11/19
Todd Boomer—11/24
Todd Larson—11/27

Happy Birthday to our November babies!

Stan's Welcomes New Employees!

Stan's welcomes several new employees to the team. Pictured left to right are: Luis Cucurella (Wash Bay), Joey Kilmartin (Dispatch), Carla LeVeque (Farm), Scott Wagner (Reefer), Ronald Clark (Reefer), and Justin Friese (Feed Mill). If you see these new faces around, introduce yourself.

Welcome to Stan's!

A New Era for the Swine Industry

SDSU and the swine industry officially dedicated a $7.4 million Swine Education and Research Facility during a ceremony at the site on Oct. 1st. SDSU's President Dunn credits Dave for giving them the push to do better and being a leader throughout the process.

October Years of Service Anniversaries

Bob Baker—12 years
Todd Burns—5 years
Tammy Bierman—7 years
Rick Airth—2 years
Matt Johnson—2 years
Jason Gebel—1 year
Carmen Anderson—1 year

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

Sept. Top Fuel Mileage Performers

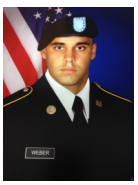
Reefer Division:	Grain Division:
6.31 MPG—8.14MPG	4.88 MPG—5.04 MPG
Cost /Mile	Cost /Mile
$0.37—$0..29	$0.48—$0.47
Terry Nedved 8.14	Brian Wicker 5.04
Claire McBride 7.98	Paul Kopfmann 5.00
Bob Lisowski 7.87	
Don Sackett 7.85	
Monty Johnson 7.81	

Stan's drivers traveled a total of 471,815 miles in September!

Wear Your Team Colors!

Stan's is offering all employees a $50 allowance to be used on **Stan's logoed custom order apparel** (not to be used on in stock merchandise). **The $50 allowance is to be used towards apparel for YOU.** We will now be placing custom apparel orders every six months, so this is the last order for 2016. **Your order must be turned in by Friday, Oct. 28th.** Your $50 allowance will not carry over to the next order —"use it or lose it" -

Congrats



Congratulations to Zack Weber for his recent graduation from SD National Guard basic training at Ft. Leonard Wood, MO. Zack graduated from Huron High School in '16 and is the son of Paul & Teresa Weber. He is currently stationed at Ft. Gordon outside of Augusta, GA and eventually plans to pursue a Computer Engineering Degree at South Dakota School of Mines. Thank you for your service, Zack!