



Stan's Ink Monthly

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STAN'S

ALPENA, S.D.



Mark Your Calendar!

July 16 - Safety Meeting

Aug 13 - Stan's Social 4:30 - 6pm



Volume 13, Issue 7

July, 2019



Highway to Health

Stan's will be hosting onsite Wellness Screenings on 8/20/19, beginning @ 8AM and ending @ Noon.

Screening is FREE to all Stan's & Red Hog employees. Screening is free to spouses if they are covered under the Stan's or Red Hog health insurance plan. There will be a \$45 charge for all others.

Participants will be screened for cholesterol, triglycerides, blood glucose, blood pressure, pulse, height/weight & waist circumference.

Testing is conducted by Avera representatives, is confidential, quick & easy. You will receive immediate results with supportive and motivating tips to maintain or improve your numbers. Individual data will not be shared with your employer.

For additional questions, or to schedule your appointment, please call Morgan @ 605-849-3582 or ext. 123.

Mike's Words of Wisdom...

July 2019

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same." - Ronald Reagan

After celebrating the 4 of July last week we all feel more patriotic, but it is not a seasonal thing to protect our freedom, it is a daily thing. Our forefathers left their homeland and came to America to fight for their freedom, which they did! You read the history and how much they sacrificed to earn their freedom and to be able to hand that freedom down from generation to generation, it was painful but in the end it was worth the fight.

Just as we fight for our freedom we have to fight for our opportunities in life. We want the best for our families and the best in our job and that takes initiative and effort. My grandfather always said "most things in life aren't free." And he was and still is right. Whatever we want out of life, we have to earn, whether at home or at Stan's. "There's no free lunch" as grandpa would say. We have to be conscious of our actions and do our best we can to achieve the best result. That goes for our finances and our health.

Someone shared the following with me and it made me think about things in a different light...

Something I have been thinking more about lately is what I want the future to look like. I make investments for retirement (as I hope you do) but I need to invest in my health as much as I invest in retirement savings. This requires moderation of budget, moderation of exercise, moderation of diet, etc... If you can think about what you want your life to look like at age 65 or age 80... That vision is going to require some investment today and unlike financial investment, the investment in health (diet and exercise, stress reduction...) helps us feel better now and later.

Fighting for something is tough but the reward may be great. Freedom, family, work, and health are all worth fighting for! Handing our culture down to the next generation is the most rewarding thing we can do so they too can fight for what is right. But it can only be done if we take care of ourselves and invest in our future!

Check out the Monthly Safety CD's!

Congratulations to the June winners!

Michael Phillips
Mick Tennant
Loren Postma

Laurie Cameron
Roger Lammey

Respect-Relationship-Results
God Bless America!!



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



July Birthdays

- Sandy Naber - 7/6
- Laurie Cameron - 7/13
- Keith Mathis - 7/18
- Dan Harmdierks - 7/21
- Kevin Trumbell - 7/29

*Happy Birthday to our
July babies!*

**Stan's
Welcomes
New
Employees!**

Stan's welcomes John Seton to the reefer team and Elaine Puetz to the accounting team.

Please take the time to introduce yourself!



**Welcome to
Stan's!**



The 7th Annual Brett Boomer Memorial Golf Classic was held on June 8th in remembrance of Brett Boomer. Donations raised during this event were over \$3200 with the proceeds going to the Alpena Volunteer Fire Dept. This year we had over 50 golfers and over 60 in total attendance. Thank you to everyone who participated and for the many donations!! The 7th Annual Brett Boomer Golf Classic was a huge success!

Next year's event, the 8th Annual Brett Boomer Memorial Golf Classic, will be held on Saturday, June 13th, 2020.



**Back to School
Supply Drive**



- ♦ Drop off supplies at - Stan's, Red Hog & American Bank & Trust.
- ♦ Can't shop? Cash donations accepted.
- ♦ Donations accepted until 8/1/19

August Birthdays

- Monty Johnson - 8/5
- Kyle Davis - 8/6
- Terry Nedved - 8/8
- Catherine Lucklum - 8/12
- Barry Eldeen - 8/14
- Mark Goral - 8/18
- Jason Gebel - 8/18
- Patsy Hoglo - 8/18
- Kyle Weinman - 8/19
- Alex Kopfmann - 8/20
- David Chapa - 8/21
- David Fletcher - 8/30

*Happy Birthday to our
August babies!*



If you're happy and you know it....tell us why!

We are looking for some new testimonials to add to our web pages! If you are not sure what to say, reach out to Elizabeth as she has a list of questions that will get you started, or feel free to speak from the heart and tell us why are you glad to be part of the Stan's team and what sets Stan's apart from the rest.

It's a GIRL!

Congrats to Jason Gebel & Heather VanOverschelde on the birth of their daughter.
Gracie Marie Gebel
Born 7/8, 7:48am, 8lbs 14oz.



June Top Fuel Mileage Performers

<u>Reefer Division:</u>	<u>Grain Division:</u>
MPG 5.62 - 8.93 MPG	MPG 4.68 - 4.75 MPG
Cost/Mile \$0.55 - \$0.34	Cost/Mile \$0.66 - \$0.65

- | | |
|--------------------------|-------------------------------|
| Terry Nedved 8.93 | Dickson Jorgensen 4.75 |
| Bob Halbeck 8.72 | Bob Baker 4.68 |
| Loren Postma 8.65 | |
| Mick Tennant 8.61 | |
| Ed Wipf 8.38 | |

**Stan's drivers
traveled a total of
515,228 miles in June!**

**July Years of
Service Anniversaries**

- Bob Haibeck - 19 years
- Les Eckels - 9 years
- Hans Anderson - 4 years
- Mick Tennant - 2 years
- Dale Eng - 2 years
- Izzy Taguilas - 2 years
- Todd Johnson - 1 year

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



It's a BOY!

Bob & Rosie Haibeck
welcome grandbaby #9!
Greyston Lee
Born 6/25/19