



Stan's Ink Monthly

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STAN'S

ALPENA, S.D.



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September, 2021

Mark Your Calendar!

Sep 12 - 18 Truck Driver Appreciation Week

Sep 22 - Autumn Begins

Oct 18 - Flu Shot Clinic



Highway to Health

For Quick Meals and Snacks Start with a Well-Stocked Pantry

Meal prepping and snacking are common obstacles in the pursuit of a healthy lifestyle.

- ◆ A meal should be a serving from 4-5 food groups.
- ◆ A snack should be a serving from 1-3 food groups.

Single-serving, grab and go, options are a great way to always be prepared. Keep this list of items .

Pantry

- ◆ Whole-grain crackers or pretzels, breads, corn tortillas, whole-wheat English muffins and popcorn
- ◆ Beef jerky, peanut butter, nuts, seeds and tuna
- ◆ Single serving canned vegetables and freeze-dried sugar snap peas (avoid snap peas that are fried)
- ◆ Applesauce, fruit cups with 100% juice, dried fruit, (but be careful with banana chips as many are fried) or freeze-dried fruit, bananas, apples, pear, oranges or other fresh fruit
- ◆ Pudding products made with real milk (check sugar content on these)

Refrigerator

- ◆ Cooked quinoa, whole-wheat noodles, lentils or brown rice
- ◆ Hard-boiled eggs, shredded or rotisserie chicken, part-skim mozzarella cheese stick and hummus
- ◆ Cherry tomatoes, cucumbers, celery, carrots and vegetable juices (only use ones that are 100% juice)
- ◆ Fresh-cut fruit, grapes and berries
- ◆ Yogurt, cottage cheese, milk or soy milk

Freezer

- ◆ Ready-to-steam brown rice
- ◆ Edamame, fish and shrimp
- ◆ Cauliflower rice, peas, carrots, corn, spinach
- ◆ Grapes, 100% fruit-juice popsicles
- ◆ A well-chosen frozen yogurt product

Source: Avera.org

Mike's Words of Wisdom...

"You can't win together if you don't work together." Nick Saban

Nick Saban has won the college football national championship 7 times. Most notably 6 times with Alabama over the last 15 years. He has many quotes and motivational speeches that inspire his players to play for the good of the team, by being the best individuals they can be. After one of his national championship wins a reporter asked him when he was going to start preparing for next year and he said tonight, and he followed it up with this quote, "If you are called to be a street sweeper, sweep streets even as Michael Angelo painted or Beethoven composed music or Shakespeare wrote poetry. Sweep streets so well that all the hosts of heaven and earth will pause to say, 'Here lived a great street sweeper who did his job well.'" - Nick Saban

It made me look in the mirror and ask myself if I am being the best at what I am doing at home and at work. Are we being a mentor to someone else or a student so that we can learn and be the best at what we do? We need to put effort into being the best at whatever we do in life. At home or at work we have to work hard for the good of the team and we will get rewarded as an individual.

Some basic Saban day-to-day goals.....

- **Respect and trust your teammates** (and family members). Nothing causes more destruction in a family or team than disrespect and not being trusted.
- **Have a positive impact on someone else.** The more we give the more we get. Giving one kindness and many return.
- **Dominate your opponent.** You may think this is only in sports but in business if we don't stand above the competition our customers have no reason to call us.
- **Be responsible.** Be accountable, good or bad, and mistakes are learning opportunities that gain us knowledge.
- **Act like a champion.** We have a responsibility to represent the culture of our families and Stan's by being proud, not bold, and being mindful, not mindless.

We all need to find that burn that lies inside of us that ignites the why and purpose, and then causes us to take the necessary action to accomplish our goals. We can't let negativity stop our progress and need to continue to push ourselves to be better. If we do this, someday the host of heaven and earth will pause and say, "Here lived a great person who did their job well!"

Divided we can't, but United we Can!

Respect Relationships Results

2021 National Truck Driver Appreciation Week September 12th - 18th

We honor our Professional Truck Drivers for their hard work and commitment in tackling one of our economy's most demanding and important jobs. We know that without the hard work and dedication of professional truck drivers, our way of life would come to a grinding halt. Thank you for everything you do!

There will be extra goodies throughout the week.

(giveaways coming at a later date.)

August Accidents & Incidents

Trailer slid off fifth wheel, damaged trailer - \$200
Turned short, damaged side extender & damaged
airlines by not unhooking - \$400



Total : \$600

We have a \$25,000 deductible and are counting on **YOU** to keep costs down.

August Top Fuel Mileage Performers

Reefer Division:

8.96 MPG - 6.67 MPG Cost/Mile \$0.37 - \$0.50

Randy Flitter - 8.96

Terry Nedved - 8.95

Brian Alumbaugh - 8.87

Steve Borkowski - 8.81

KC Hendee - 8.74

Total August Miles:
423,111

August MPG Avg:
7.98

Reminder!

DRIVERS!

Reminder to complete your Safety Training in your TruckRight account. If you have questions, contact Jason Mundy 605-961-9522

Stan's Welcomes a New Employee!



Keith Barth
Joins the
Reefer Division.

Please take the time to introduce yourself!

FIRE SAFETY!

Stan's promotes a culture of safety with fire extinguisher training. Training of this nature not only prepares Stan's team members for situations at the workplace, but also for our home and families. Thank you, Brian Andersen of Midwest Fire and Safety out of Mitchell, SD for sharing your knowledge & expertise with us!



Stan's employees
have worked

442 days

without a
"lost time" accident!

**THINK SAFE
WORK SAFE
BE SAFE**



The 401K changes continue, moving all accounts from the EPIC/GoRetire site to John Hancock. You have received several emails and documents with instructions on how to register your accounts. Here is a brief overview of events & actions you may want to consider.

1. You can no longer make changes to your EPIC/GoRetire account.

a. However, you can make changes via your new John Hancock account. See #2.

2. Registering your John Hancock account:

a. If you want to be able to view your account, contributions, make address, investment (funds or amounts) or beneficiary changes, you will need to register your account.

i. You can do this by accessing this website,

<https://myplan.johnhancock.com>,

or by calling John Hancock @

1-800-395-1113 (English) or

1-800-363-0530 (Spanish).

ii. When registering your account, you will need the following information:

Contract #: 151373

Enrollment Access # (EAN): 405289

3. Investment Options:

a. When your \$\$\$ is transferred from EPIC/GoRetire to Hancock, it will be automatically deposited into Target Date Funds, which are investment accounts that take your current and anticipated retirement age into consideration.

i. To select something other than Target Date Funds, see #2 above.

b. If you have additional questions regarding investment options, please contact your personal financial representative or Jeff Lester, Financial Advisor, Eide Bailly Financial Services LLC, via phone @ 918-745-5002 or email @

401k@eidebailly.com (in subject line, add 'Stan's 401k').

4. Beneficiaries:

a. Unfortunately, previously selected beneficiaries will not be transferred to Hancock so everyone will need to re-designate beneficiaries. This can be done by accessing your John Hancock account online or calling the Hancock toll free #. See #2 above.

5. Want to enroll in the 401K?

a. By 10/1/2021, if you are not currently enrolled (hire date prior to 4/1/2021), or are newly eligible to enroll (hire date between 4/1 & 6/30/2021), please contact Tammy in HR for further instructions. 605-961-9508. *Don't miss out on an opportunity for a 4% company match! Next opportunity for enrollment will be January 1, 2022.*

September Birthdays

Santiago Trevino - 9/1

Loren Postma - 9/3

Elaine Puetz - 9/7

Stan Kopfmann - 9/7

Morgan Tebay - 9/8

Gilberto Frausto - 9/18

Nick Gebel - 9/18

Bradley Mann - 9/25

*Happy Birthday to
our September babies!*

October Birthdays

Kenny Hendee - 10/1

Michael Harvey - 10/3

Roger Lammey - 10/7

Brian Alumbaugh - 10/15

Luis Hernandez - 10/16

Mike Kopfmann - 10/17

Jim Troth - 10/17

Steve Borkowski - 10/21

Jason Mundy - 10/31

*Happy Birthday to
our October babies!*

September Years of Service Anniversaries

Luverne Jager - 20 years

Monty Johnson - 14 years

Lynn Hinrichs - 7 years

Nick Gebel - 4 years

Thank You
for your service &
dedication to Stan's!

FLU SHOT CLINIC

10/18/21 10 AM - 1 PM

@ The Shack

The vaccination is FREE for employees covered under the Stan's Avera Plan. Those employees with other, or no insurance, must pay \$30 on the day of the clinic.

Please bring copies of your insurance cards OR the ID and group numbers.

Contact Morgan with questions or to sign up:
morgant@stansinc.net or
605.849.3627

WEAR YOUR TEAM COLORS! Custom Apparel

Orders DUE 10/29/21

REMINDERS: Stan's will pay HALF of your total custom apparel order UP TO \$50.

The allowance is to be used on orders for YOU, and it is use it or lose it.