



Stan's Ink Monthly

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STAN'S

ALPENA, S.D.



Volume 16, Issue 4

April, 2022

Mark Your Calendar!

Apr 12 - Spring Fling Social 4:30pm - 6pm

Apr 25 - 29 - Severe Weather Awareness Week

May 20 - Apparel Orders Due

Highway to Health

Don't Miss Out on the Benefits of Stretching

Most of us know the benefits of exercise. But how often are you stretching? Often times the workout takes center stage but there are plenty of benefits you may be missing out on.

Take 10 minutes and see what stretching can add to your routine. It may improve range of motion and decrease risk of injury.

While you CAN stretch anytime, anywhere; keeping the right form is key. Some tips below will guide you.

Stretching should NOT be how you warm up.

- It can actually hinder your performance to stretch first without warming up cold muscles.
- Try a light walk, or biking at low intensity for a few minutes.
- Do a stretch at the end of your workout when muscles have had a chance to warm up.

Stretch major muscle groups.

- Focus on calves, thighs, hips, neck.
- Stretch both sides and strive to keep each side symmetrical.

Try a new way to stretch.

- Gentle movement or mindfulness classes such as Pilates can support you in your journey to become more flexible.
- It can support you to attend a class where you are shown how to do the movements correctly to avoid injury.

Stretching shouldn't be painful.

- You should feel some tension but never pain. If that is the case pull back and hold the stretch where it feels more comfortable.
- If you have a chronic injury you may need to try other techniques or seek support from a therapist or doctor.

Source: Avera.org

WEAR YOUR TEAM COLORS!

Custom Apparel Orders DUE 5/20/22

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.

Mike's Words of Wisdom...

A Set Back is Just a Set Up for a Come Back.

This statement is so relevant to the NCAA Men's Basketball Championship that was played last Monday night. Kansas was down by 15 points at half (one of the top deficits in history) and came back to win by 3 points at the end of the game. Do you think they went in the locker room and talked about how they wouldn't have enough time to win, or they couldn't come back from that far down? No, they talked about what they were going to change to give them a chance to win the game and focus on their fundamentals, and that's what they did. They didn't keep doing what didn't work, but they found things that worked, and executed to their success. Coach Bill Self said, "I think the way we won made it even more special. That was a special comeback."

That's a good lesson for all of us to learn, because we know we are going to have things that set us back....health, work, home, or personal issues can really get us down, but if we stay down we will never know the extent of what we can do. Our focus should be what we can change to get set up for a come back, by having a positive attitude and focusing on how we can vs how we can't.

At Stan's, we have set backs that we feel we can't overcome, whether that is an accident/incident, violation, or just dropped the ball at work and caused the team to suffer, but we have to clear our heads and utilize the team to help us dig out of that hole and reach the goals we all want for ourselves and Stan's. Mistakes are going to happen, but how we react to them will dictate our failure or our success. Mistakes are experiences we can share with others, and are truly only mistakes if we keep making them.

Our Stan's team is no different than the Kansas team. If we get set back for whatever reason, we have to communicate on how we are going to get set up with a plan that will lead to the team's success, and then in the end we can say, "That was a Special Comeback!"

Respect Relationships Results

SEVERE WEATHER AWARENESS WEEK

APRIL 25 - 29

A statewide tornado drill is scheduled for April 27th between 10 & 10:30am

Stan's Welcomes A New Employee!

Please take the time to introduce yourself!



Justin Van Niekerk Joins the Farm Division



Stan's NCAA Hoops Board 2022 Winners:

1st place
Winning \$136.50
Zach Kopfmann

2nd place
Winning \$52.50
Les Eckels

3rd place
Winning \$21.00
Jeni Sinkbell

AND Last Place
Winning 3 Red Hog Drink Tokens
Patsy Hoglo

Congrats to the winners and thanks to everyone for participating!

March Accidents & Incidents

Hard turn, damage side fairing..... \$1,500
 Hit building pulling into wash bay..... \$2,000
 Rolled back, struck parked car..... \$500

Total : \$ 4,000

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



Stan's employees have worked

74 days

without a "lost time" accident!



March Top Fuel Mileage Performers

Reefer Division:

8.24 MPG - 6.68 MPG Cost/Mile \$0.62 - \$0.76

Terry Nedved - 8.24
 Brian Alumbaugh - 8.21
 Loren Postma - 8.04
 Steve Borkowski - 7.93
 Randy Flitter - 7.86

Total March Miles: 442,778 **March MPG Avg: 7.34**



Reminder to complete your Safety Training in your TruckRight account. Reach out if you have questions.

Stan's focuses on and promotes a culture of safety and rewards employees who embrace safety as part of their daily routine. Congratulations to those drivers that achieved the 2021 Safety and MPG Awards. Your efforts at strengthening our culture are not unnoticed. Thank you to the entire Stan's Team for all your hard work. Without all of you, we would not be who we are, nor could we do what we do.



2021 Statistics

(1/1/21 - 12/31/21)

ISS Score as of Dec 31st 2021 30
Pass (Random) 1-49 Green - Optional 50-74 Yellow - Inspection 75-100 Red

CSA BASIC Scores as of Dec 31st 2021
Percentage indicates fleets comparable in size that scored better than Stan's. The threshold for a DOT intervention is 65%.

Unsafe Driving	4%
Hours-of-Service Compliance	0%
Driver Fitness	0%
Controlled Substance & Alcohol	0%
Vehicle Maintenance	17%
Crash Indicator	2%

Total Miles Driven	5,386,492
Total Passed Inspections	28
Total Passed Inspections Payout	\$1,550
Total Failed Inspections	20

Total Safety Incentives Paid Out

Drivers	\$ 132,661
Non-Drivers	\$ 30,700
Grand Total	\$ 163,361

Total MPG Incentive Paid Out
\$ 101,740

MPG Fleet Average: 7.84



\$3,000 REFERRAL & SIGN ON INCENTIVES!

We've increased the Driver Referral & Sign On Incentives! Contact Tammy for more details! 605-961-9508



2021 Awards

1/1/21 - 12/31/21

Top Fuel

GOLD

8.00+

Randy Flitter - 8.48 Steve Borkowski - 8.41 Terry Nedved - 8.31
 Brian Alumbaugh - 8.27 Monty Johnson - 8.11 Barry Eldeen - 8.08
 Loren Postma - 8.08 Rob Sombke - 8.02

SILVER

7.75 - 7.99

Jeff Landeen - 7.93 Tim Walker - 7.92 Steve Wenninger - 7.91
 Michael Phillips - 7.90 Todd Burns - 7.88
 Jimmie Rederth - 7.84 Bob Halbeck - 7.81

BRONZE

7.50 - 7.74

Roger Lamme - 7.72 Kenny Hendee - 7.70 Don Sackett - 7.68
 Farley Trevino - 7.64 Bill Steffey - 7.59
 Dave Fletcher - 7.59 Santiago Trevino - 7.50
 2021 Fleet Average - 7.84

Total Paid Out for 2021 MPG Incentive **\$101,740**

Safety

(12 months without accident or violation)

Bob Baker	Kenny Hendee	Loren Postma	Kimmy Stacy
Steve Borkowski	Monty Johnson	Mike Powell	Bill Steffey
John Bozzella	Todd Johnson	Jimmie Rederth	Farley Trevino
Dave Fletcher	Dickson Jorgensen	Don Sackett	Santiago Trevino
Randy Flitter	Michael Phillips	Rob Sombke	Tim Walker
			Steve Wenninger

Total Paid Out for 2021 Safety Incentive **\$132,661**

April Birthdays

Miguel Carrillo - 4/7
 Judeen Schley - 4/8
 Alec Sibson - 4/16
 Taylor Sibson - 4/16
 Keith Barth - 4/21
 Jimmie Rederth - 4/21
 Justin Van Niekerk - 4/25
 Todd Burns - 4/26

Happy Birthday to our April babies!



May Birthdays

Audrey Baysinger - 5/14
 Alex Ames - 5/21
 Tim Walker - 5/21
 Sam Wenninger - 5/31

Happy Birthday to our May babies!

April Years of Service Anniversaries

Mark Jensen - 15 years
 Dave Fletcher - 8 years
 Bradley Mann - 1 year

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



The South Dakota

Trucking Association is

now accepting applications for scholarships for the 2022- 2023 school year.

A total of seven (7) one-year nonrenewable scholarships in the amount of \$1,000 each will be awarded. Stan's employees or immediate family members are eligible to apply. Immediate family is defined as spouse and children. Eligibility and application information can also be accessed at:

<http://www.southdakotatrucking.com/page-1218929>

Or contact Tammy in HR. All applications must be postmarked no later than Friday, 4/29/2022.

Stan's Spring Fling!

TUESDAY 4:30 - 6:00pm
April 12th @ The Shack

Awesome People Cold Drinks
 Great Food Fun Yard Games



We have an "Above and Beyond" recipient to recognize. The "Above and Beyond" is awarded to those who step up to do the right things for the right reasons and expect nothing in return. Kim Stacy was nominated due to the following: "When I got to the yard yesterday afternoon Kim Stacy was serving some of the drivers that were coming in late for a meal of what was given earlier at driver appreciation. That was awesome of her it's like having a big sister. Before calling it a day, Kim Stacy returned to the driver lounge area and put away leftovers and cleaned up all the crock pots from the luncheon. I would like to nominate her for the Above and Beyond.- Santiago Treviño" Thanks Kim, for all you do for Stan's and its team members!!

We are always looking for nominations for our Above and Beyond recognition. When you experience a helping hand, or an act of kindness, please share the details by emailing Morgan: morgant@stansinc.net.