Stan's Tank Monthly

Volume 16, Issue 8 August, 2022

Mark Your Calendar!

Aug 23 - Fire Extinguisher Training, 7am @ Shop
Aug 23 - Stan's Social 4:30 pm- 6pm @ Shack
Sep 11 - 17 - Truck Driver Appreciation Week

Highway to Health

Being Mentally Healthy

People often ask what it means to be mentally healthy. We all want better mental health, but what does it look like? This looks a little different for everyone, but there are some common characteristics of people who are able to maintain good mental health and build resilience.

Be grateful for something you have
When you are having a bad day or a bad week, you can look around you and observe other people being happy. The ability to think of at least one thing for which you are grateful for on a daily basis is a sign of resilience.

Help plan and organize an event or family outing
Planning something that you can look forward to and finding some contentment and enjoyment in it is a sign that you are seeking positive experiences, which can decrease anxiety and feelings of depression.

Let go
Successfully letting go of anger and resentment could more likely lead to having peace in your life, which helps to aid in good mental health.

Always keep pushing
People who are mentally healthy can generally keep going when the going gets tough, and sometimes that even makes them more persistent.

Help others around you
The mentally healthiest and most resilient people are not self-focused. Even when your own circumstances are questionable, you continue to reach out to others and provide support as best you can.

Take care of yourself
How can you take care of others if you can't take care of yourself? Make sure your own needs are met because you know this allows you to be more available to help others and to be present in your relationships.

Maintain good boundaries in your relationships
Knowing when to say no and knowing when to give themselves some space allows people who are mentally healthy to stay that way.

Learning to reframe our thinking and be present to enjoy what's around us are great skills to acquire as we strive for the best mental health.

Source: Avera.org

Mike's Words of Wisdom…

Every day we get to choose our attitude and how we show up for the people around us. Be an Energy Bus Driver today! No Energy Vampires allowed.
- Jon Gordon

If you have read or listened to The Energy Bus you will recognize the references in the quote, if not, you can still read or listen to the book and get some great life lessons from it.

Let's start with identifying the Energy Vampires in our lives… these are not just people that are negative and hurt our families or our Stan's team, but they are things that take our time and energy. My list of Energy Vampires that are not people related but suck up my time would be, Netflix, Facebook, The News, etc… All these things distract me from spending my time being productive at home and at work. We all know the list of things that steal our time, but have a hard time doing something about it. It takes focus and effort to make a change and reap the results.

Now let's focus on how we can be The Energy Bus Driver by being positive, a giver, encouraging, and family/Stan's team focused. It takes dedication and time to become an Energy Bus Driver. At the end of the day, if we are in charge of our bus, we will enjoy our accomplishments for doing the right things for the right reasons, and reach our destination while enjoying the ride. We are in charge of where our bus goes.

One of the things we can do to get on the right road is to control the controllables. We might not be able to control all of our outcomes, but we can at least control how we respond to them. So, if someone is having a bad day, don't let it bring you down to their level, make an effort to bring them up to yours. If you have a bad day, don't let it make you have a bad week, month, or year. Shake it off, right the wrong, and move on.

Don't be an Energy Vampire that people avoid because you may drag them down with all your negativity. Instead, be The Energy Bus Driver that encourages and supports their families at home and at Stan's. The world and your life will be better because of it! Relax and Enjoy the Ride!

Respect Relationships Results

GET ON THE ENERGY BUS!

We encourage you to read (or listen to) Jon Gordon's "The Energy Bus".

We have the books you can check out at both offices, or you can download it on any of your convenient audio book APPs.

10 Rules for the Ride of your Life!!

1) You're the driver of the bus.
2) Desire, vision and focus move your bus in the right direction.
3) Fuel your ride with positive energy.
4) Invite people on your bus & share your vision for the road ahead.
5) Don't waste your energy on those who don't get on the bus.
6) Post a sign that says "No Energy Vampires Allowed!"
7) Enthusiasm attracts more passengers and energizes them during the ride.
8) Love your passengers.
9) Drive with purpose.
10) Have fun and enjoy the ride!

July Accidents & Incidents

Truck/trailer tip over during storm..... $8,000

Total : $8,000

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

Stan's employees have worked

194 days

without a "lost time" accident!

July Top Fuel Mileage Performers

Reefer Division:

6.75 MPG – 9.25 MPG Cost/Mile $0.85 – $0.62

Randy Flitter – 9.22
Loren Postma – 8.82
Steve Borkowski – 8.81
Terry Nedved – 8.68
Jimmy Block – 8.65

Total July Miles: 434,042

July MPG Avg: 7.82

Fire Extinguisher Training

Tuesday Aug 23rd
7:00am
At the Truck Shop

August Birthdays

Jimmy Block - 8/1
Brian Harrison - 8/1
Monty Johnson - 8/5
Judy Miller - 8/6
Terry Nedved - 8/8
Blake Meyer - 8/10
Tim Joynt - 8/10
Barry Eldeen - 8/14
Patsy Hoglo - 8/18
Mark Goral - 8/18
Alex Kopfmann - 8/20
Jeff Landeen - 8/24
Kevin Holloway - 8/25
Dave Fletcher - 8/30
Bill Ryan - 8/31

Happy Birthday to our August babies!

$3,000 REFERRAL & SIGN ON INCENTIVES!

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

HR CORNER

Career Opportunities!

- Drivers:
  - Grain
  - Regional
  - OTR
- Accountants
- IT Support
- Operations

Please share this information with anyone you know who may be interested in these opportunities.

For complete job descriptions contact Tammy: 605-961-9508.

September Birthdays

Santiago Trevino - 9/1
Loren Postma - 9/3
Elaine Puetz - 9/7
Stan Kopfmann - 9/7
Morgan Tebay - 9/8
Cody Barth - 9/17
Nick Gebel - 9/18
Bradley Mann - 9/25
Andrew Aipperspach - 9/30

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Stan's Welcomes New Employees!

Please take the time to introduce yourself!

Dee Tanner
Joins the Dispatch Division

Arnie Case
Joins the Reefer Division

Brian Harrison
Joins the Reefer Division

August Years of Service Anniversaries

Mark Goral - 12 years
Jodi Weber - 11 years
Bill Steffey - 5 years
Kenny Hendee - 5 years
Wade Metter - 3 years
Judy Miller - 2 years

Thank You

for your service & dedication to Stan's!

2022 National Truck Driver Appreciation Week

September 11th - 17th

There will be extra goodies and give-a-ways throughout the week.

Stay tuned for more details!