





Volume 17, Issue 11

November, 2023

### Mark Your Calendar!

Nov 11 - Veterans Day

Nov 23 - Thanksgiving Day

Dec 12 - Christmas Social 4pm



## **Highway to Health**

#### The Habit of Mindful Communication

What are your habits of communication that contribute towards well-being in your workplace? How mindful are you of your words, language, and tone that have the power to either build up or tear down? Below are four components designed to measure and strengthen your current proficiency of mindful communication.

<u>Care:</u> refers to being attentive, empathetic, and understanding. It involves active listening, recognizing diverse perspectives, considering the emotional impact of words, and engaging in supportive check-ins with others. How do you communicate care to those in your circles of influence?

Collaborating well involves clear dialogue, active listening, respecting differing opinions, and timely information sharing. It requires taking responsibility for one's actions, seeking solutions to conflicts, and fostering a positive team culture. How well does your team/department collaborate?

<u>Clarify:</u> refers to the ability to enhance understanding by asking targeted questions, rephrasing statements, and providing information that leads to more accurate and precise communication. It seeks to bridge the gaps in comprehension and assist others to effectively convey their thoughts or intentions. How do you respond in those moments of misunderstanding?

<u>Critique</u> is a constructive tool that enables growth and improvement. Unlike criticism, which often has a negative and judgmental tone, critique is focused on the work itself, offering both an affirmation of strengths and constructive feedback on challenges. How constructive is your critique?

Source: Avera.org

#### Mike's Words of Wisdom...

"If everyone is moving forward together, then success takes care of itself."

Henry Ford, American industrialist and founder of the Ford Motor Company

Henry Ford was most famous for inventing the Model T automobile over 100 years ago in 1908 and changed the auto industry by introducing the moving assembly line for car production. He did that by trying and failing and continuing to improve the process and to get everyone on the same page so that everyone could do their job efficiently as the assembly line moved.

Comparing it to sports, a team must be aligned and moving in the same direction towards the goal of winning, by making each play count. At Stan's we are not playing for a National Championship or a Super Bowl, but we are playing the game of life and in the game of life we want to be successful with our families and with our work family. If we make each play count and we do the right things for the right reason, we will support our families and Stan's and the success will come as new or repaired relationships or it may come in as an advancement or accomplishment in our career. We never know what is coming in the future but showing up, doing our best, and being a team player gives us the best chance.

It all starts with a positive attitude. "I think I can" allows you to move forward but an "I think I can't" will beat you every time.

"It's easy to get caught up in complaining about what everyone else is or isn't doing. Remember, you can't control their actions but you can control your own. Focus on your attitude, effort and actions. Be the best you that you can be and elevate the positivity around you."

Jon Gordon

It's the old "Control the Controllables" mindset that keeps us focused on how our actions can affect change and the outcome of the game, the family situation, or our day-to-day decisions at work. We all need to line up and move in the same direction for our families and our Stan's work family. Once we are all moving forward with a unified plan and goals our success will take care of itself. God Bless!

Respect Relationships Results



#### **October Accidents & Incidents**

A driver pulled out in front of our truck.... \$130,000 Struck pole while backing at customer...... \$575 

Total: \$131,400



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

# **October Top Fuel Mileage Performers**

Reefer Division:

6.90 MPG - 9.04 MPG Cost/Mile \$0.67 - \$0.51

Roger Lammey - 9.04

Bill Steffey - 8.73

Bob Haibeck - 8.56

Steve Borkowski - 8.56

Fred Dupris - 8.53

Total October Miles: 460,115

October MPG Avg:

Stan's employees have worked

### **652 davs**

without a "lost time" accident!



### RCORNER **Career Opportunities!**

- Feed Mill Support
- Diesel Mechanic \*
- Wash Bay Tech
- IT Support \*
- Housekeeping
- Drivers \*\*:
  - ⇒ Regional & OTR ⇒Feed Truck
- \* Eligible for \$2,000 referral bonus

\*\* Eligible for \$3,000 referral & sign on bonus For complete job descriptions contact Tammy @ 605-961-9508.

# Stan's Welcomes New Employees!



Please take the time to introduce yourself!

#### Morgan Hughes

#### **Jerry Laird**



# Congratulations! ABOVE&BEYOND

We share in the iov and love that is radiating from the new Mr. & Mrs. Alex & Audrey Kopfmann. Congrats and cheers to many years of happiness.





Have you ever been on the receiving end of someone going above and beyond? That certain someone who stepped outside of their day to day duties to help a fellow team member or Stan's in general, with no expectations of receiving anything in return? 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 Mike: mikek@stansinc.net.

#### November Birthdays

Kelly DeBusk - 11/1 John Bozzella - 11/2 Bob Haibeck - 11/10 Blain Tebay - 11/18 Randy Flitter - 11/19 Todd Boomer - 11/24 Zach Kopfmann - 11/25

Happy Birthday to our November babies!

#### **December Birthdays**

Isaiah Stahl - 12/5 Ryan Hughes - 12/11 Luke Sharp - 12/12 Fred Dupris - 12/12 Dillon Kouf - 12/14 Don Sackett - 12/19 Les Eckels - 12/20 Morgan Hughes - 12/21 Bill Steffey - 12/21 Kim Stacy - 12/22 Brian Wicker - 12/26 Logan DeJean - 12/29 Rick Airth - 12/30 Robbie Schley - 12/30

Happy Birthday to our December babies!

#### November Years of Service Anniversaries

Roger Lammey - 13 years Brian Wicker - 13 years Randy Flitter - 9 years Santiago Trevino - 7 years Farley Trevino - 6 years Ryan Hughes - 5 years Jeff Landeen - 3 years Miguel Carrillo - 2 years Mike Jurgens - 2 years Blake Meyer - 2 years Terry Martin - 1 year Derek Hunter - 1 year Brad Thompson - 1 year Adam Wolfcale - 1 year Carlos Yanes - 1 year

for your service & dedication to Stan's!



