



Stan's Ink Monthly



Volume 17, Issue 8

August, 2023



Mark Your Calendar!

8/16 - Fire Safety/Extinguisher Training 7am - @ Shop
8/23 - Stan's Social 4:30 pm- 6pm @ Shack
9/10 - 9/16 - Truck Driver Appreciation Week



Highway to Health

5 Tips to Stay Hydrated

When the temperature rises, hydration becomes even more important. Remember to drink plenty of water even when you're not thirsty. Headaches and dizziness can be symptoms of dehydration, which can be a sign of more serious issues such as heat exhaustion or other heat-related illnesses.

Here are 5 tips to help you stay on track.

1) Add flavor to your water. Drinking all that water each day can be a challenge, especially when there is no taste. Add some excitement by adding fresh fruit, veggie slices and herbs to your water pitcher.

2) Drink a glass of water after every bathroom break. Get in the habit of drinking more water by adding it in with your most common daily activities. Each time you get up for a bathroom break, remember to fill up your water bottle. Don't go past the water cooler without filling up.

3) Use an app to track your cups. With technology, anything is possible, including tracking your daily water intake. There are free apps like *Daily Water* you can add to your phone to keep track of your water consumption and set daily reminders and alarms.

4) Add water and ice to dilute sugary drinks. Water down those drinks that are high in sugar. If sugary drinks are part of your daily habit, slowly start to add more ice and water. You'll still get the sweetness you crave, but also the healthy dose of water your body needs.

5) Choose sparkling or mineral water over soda. Do you crave a good bubbly soda? Try trading in your daily soda fix for some sparkling or mineral water. It's zero calories and just as good for you as drinking water. Add a squeeze of lime juice for extra punch.

Source: Avera.org

Mike's Words of Wisdom...

"Failure is not fatal, but failure to change might be." John Wooden

I really enjoy John Wooden quotes because they cover life in general...you can apply that quote at home, work, athletics, or basically any life function. How we deal with change dictates our success and not changing can be fatal.

A classic example of not changing and it becoming fatal is the downfall of Kodak.

The "Kodak Moment" had everything going for them prior to the digital age when iPhones put them into bankruptcy, because they didn't change. The following article was in the WSJ "As Kodak became more successful in the 80's, complacency grew, leaders listened less to these voices, which made complacency grow some more. It can be a vicious cycle. It certainly was at Kodak. And if you don't address it first... good luck." Kodak was too big to fail but they did, by being complacent and not changing.

So why does everyone talk about change.....because the world is constantly changing and we must change with it or accept failure. Every generation talks about the changes they have seen growing up. My kids don't remember hand crank windows in the car, a dial phone attached to the wall, or having 3 channels to watch on tv, without a remote. But change in our lives is inevitable, because if things didn't change we would still be walking around as cavemen hoping to find fire.

Stan's has change going on every day, in every division and how we handle the changes determines our success. The road map we laid out 6 months ago looks a lot different today. We deal with weather, customer requests, price fluctuation, economic fluctuations, new technology, and that's just at work...

Everything is not perfect but as a team we can accomplish great things by improving our processes.

I believe that each team member has a big part in the success of Stan's and are what separates us from the competition. If each team member continues to embrace change, we will continue to grow as a company and individuals, but if we chose not to, we may experience the fatal "Kodak Moment".

Life is like the Seasons.....Ever Changing!

Respect Relationships Results

For those team members who joined the Stan's team prior to 7/1/2023, you are now eligible to enroll in the 401k! A 401k is one of the best ways to save for your retirement. Stan's encourages you to take advantage of your 401k plan so that you can look forward to a more secure future and will match up to 5% of your deferral. Enrolling is quick and easy! Check your email for enrollment instructions. For those of you already enrolled, you do not need to take any action. If you have any questions, contact Tammy in HR @ 605-961-9508.



July Accidents & Incidents

Damaged trailer, backed it into a building..... \$100
 Damaged trailer, leaned angle iron against it... \$500

Total : \$600



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

July Top Fuel Mileage Performers

Reefer Division:

6.83 MPG - 9.13 MPG Cost/Mile \$0.56 - \$0.42

Top 5 ALL over 9! Awesome Job!

Jesus Garcia	-	9.62
Terry Nedved	-	9.27
Randy Flitter	-	9.21
Steve Borkowski	-	9.07
Jimmy Block	-	9.00

Total July Miles:
438,915

July MPG Avg:
8.18

Stan's employees
have worked

555 days

without a
"lost time" accident!

**THINK SAFE
WORK SAFE
BE SAFE**

HRCORNER

- Diesel Mechanic *
- IT Support *
- Accountants/Bookkeepers *
- Drivers **:
 - ⇒ Regional & OTR

All
experience
levels
considered!

* Eligible for \$2,000 referral bonus

** Eligible for \$3,000 referral & sign on bonus

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



August Birthdays

Jimmy Block - 8/1
 Monty Johnson - 8/5
 Judy Miller - 8/6
 Terry Nedved - 8/8
 Tim Joynt - 8/10
 Blake Meyer - 8/10
 Barry Eldeen - 8/14
 Robin Sombke - 8/15
 Mark Goral - 8/18
 Patsy Hoglo - 8/18
 Alex Kopfmann - 8/20
 Connor Wolfcale - 8/21
 Jeff Landeen - 8/24
 Kevin Holloway - 8/25
 David Fletcher - 8/30
 Adam Wolfcale - 8/30
 Derek Hunter - 8/31
 Bill Ryan - 8/31

*Happy Birthday to
our August babies!*

Stan's Welcomes New Employees!

Please take
the time
to introduce
yourself!



Robin Sombke
Rejoins the Reefer Division



Eric Lothamer
Joins the Reefer Division



Kelly DeBusk
Joins the Reefer Division

Fire Extinguisher Training

Wednesday 8/16/23
at 7:00am
At the Truck Shop



The 11th Annual Brett Boomer Memorial Golf Classic was held on June 10th!

Thank you to all who donated and participated.
Funds raised in the amount of \$3,100 were donated to the Alpena Fire Department.

Mark your calendars as next years event will be
 June 15th, 2024.



August Years of Service Anniversaries

Mark Goral - 13 years
 Jodi Weber - 12 years
 Kenny Hendee - 6 years
 Bill Steffey - 6 years
 Wade Metter - 4 years
 Judy Miller - 3 years
 Tye Evers - 1 year

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

2023 National Truck Driver Appreciation Week September 10th - 16th

There will be extra
 goodies and give-a-ways
 throughout the week.
 Stay tuned for more details!

Let's get together... **FOR ANOTHER STAN'S SOCIAL!**

WEDNESDAY 23RD
AUGUST

4:30PM - 6:00PM @ THE SHACK

SNACKS YARD GAMES
BEVERAGES PRIZES