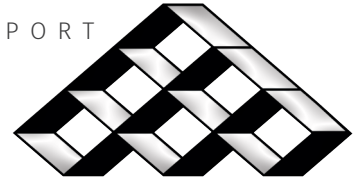


COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

ISSUE 69



Katie Montgomery, Editor | April 2023 | www.coastal-fmc.com

IN THIS ISSUE

- **CVSA ANNOUNCES 2023 BLITZ DATES**
- **SCANNING AHEAD FOR SAFE DRIVING**
- **DISTRACTED DRIVING AWARENESS MONTH**
- **REVIEWING LIFE INSURANCE BENEFITS**
- **BIRTHDAYS**
- **PREFERRED FUELING LOCATIONS**

TAKING TIME: KEEPING OUR TEAM STRONG THIS SEASON

FROM ERIK MONTGOMERY | ERIK@COASTAL-FMC.COM

This little newsletter article is for everyone; however, it's possibly more for me as we "start" a new season – asphalt season. We are gearing up once again, making sure we are all successful in our efforts in all we work toward. Simply, we need to take the time to get motivated!

Remember that motivation is not something that you simply hope occurs. This is something we must work toward, strive for, and obtain together. We have to work together to build each other up as we are separate individuals and realize that when we go home, we all have our own real lives to deal with. However, when we walk in the door to the office, a conference, climb into a truck, talk to a supplier, work on a bid, or just converse with our counterpart in the office or facility, we have to work to motivate them – to define common goals and work toward the better for everyone. Motivation leads to inspiration and can make you hungry. The short story is take the time!



I guess this is a challenge I am setting not only for myself, but for everyone reading this. Here are some standards we need and have to work towards as we enter our busiest season – asphalt season.

- Communication – Work together, talk, and leave it all on the table (good and bad).
- No Excuses – Things are going to break, we are going to have bad days. However, we are better and communication can make this better and easier.
- Poise – How do we communicate and discuss? If we leave it all on the table, we should be able to discuss and be adults, making it work and finding solutions.
- Dependability – We can count on each other.
- Enthusiasm and Respect – We bring energy, are on time, and we prepare.
- Care – we give compassion and care for each other as we all live outside of work.

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

- Represent our company – Remember that you are a part of the family and even outside of work hours, everyone is watching. I am proud of who we are and who we work with every day. We had our Spring Driver Safety Meeting at the end of March. We were trying something different and held this on a Friday evening. This is a trial and we will review to see how it goes. There will be more information to follow on this going forward. We just wanted to have a dinner meeting instead of a breakfast this spring.

We are already working on our annual company dinner and safety awards. Please note that it will be in October this year - Saturday, October 14. See below for more information and save the date!

We are working hard as well on our marketing and social media. Please like us on Facebook, Instagram, and you will see more of “us” in the near future.

I would like to end this month's notes by simply saying this...It is will after 10 p.m. on this evening after a full day of travel; meetings at the Miller Facility; meetings with our executive management team that provide insight, dialogue, different views, and more importantly, accountability; conference calls; then home to see the family for a very short time before we start the day tomorrow. As I work in my office here at my home, my youngest is watching a movie (up way too late) and my other ladies are reading in the other room. The challenge to everyone is take the time and let's make this season one for the books!



Plan ahead for 2023!

~ Plan your PTO and discuss with your supervisor.

~ Schedule ahead for wellness visits of all types.

CVSA ANNOUNCES 2023 ENFORCEMENT BLITZ DATES

FROM COMMERCIAL VEHICLE SAFETY ALLIANCE | CVSA.ORG

The Commercial Vehicle Safety Alliance (CVSA) recently announced dates for several of its annual enforcement campaigns for 2023.

International Roadcheck

International Roadcheck – an annual three-day event when CVSA-certified inspectors conduct compliance, enforcement, and educational initiatives targeted at various elements of motor carrier, vehicle, and driver safety – is scheduled for May 16-18, 2023.



International Roadcheck is the largest targeted enforcement program on commercial motor vehicles in the world, with nearly 15 trucks or buses inspected, on average, every minute across North America during a 72-hour period. Since its inception in 1988, roadside inspections conducted during International Roadcheck have numbered more than 1.4 million. Roadcheck also provides an opportunity to educate industry and the general public about the importance of safe commercial vehicle operations and the roadside inspection program.

CVSA sponsors International Roadcheck with participation by the Federal Motor Carrier Safety Administration, Pipeline and Hazardous Materials Safety Administration, Canadian Council of Motor Transport Administrators, Transport Canada and the Secretariat of Communications and Transportation (Mexico).

Operation Airbrake Program

CVSA's 2023 Operation Airbrake Program consists of two annual brake safety campaigns. Brake Safety Week is scheduled for Aug. 20-26. There will also be an unannounced one-day brake safety enforcement initiative, which may be held at any time. It took place last year in late April.

During both the announced and unannounced brake safety enforcement campaigns, commercial motor vehicle inspectors conduct brake system inspections (primarily Level IV Inspections) on large trucks and buses throughout North America to identify brake-system violations.

Properly functioning brake systems are crucial to safe commercial motor vehicle operation. Commercial motor vehicle brakes are designed to hold up under tough conditions; however, they must be inspected and maintained carefully and consistently so they operate and perform properly throughout the vehicle's life.

Brake-related violations comprise the largest percentage of all out-of-service violations cited during roadside inspections. Improperly installed or poorly maintained brake systems can reduce the braking capacity and stopping distance of trucks and buses, which poses a serious risk to driver and public safety.

Outreach and educational efforts by inspectors, participating motor carriers and others in the industry also take place during CVSA's brake safety campaigns and are integral to the success of the campaign. Operation Airbrake is a CVSA program in partnership with the U.S. Department of Transportation's Federal Motor Carrier Safety Administration.

More than 3.4 million brakes have been inspected since the program's inception in 1998.

Operation Safe Driver Week

Operation Safe Driver Week, a safe-driving awareness and outreach initiative aimed at improving the driving behaviors of passenger vehicle drivers and commercial motor vehicle drivers through educational and traffic enforcement strategies and interactions with law enforcement, is set for July 9-15.

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

Throughout Operation Safe Driver Week, law enforcement personnel will be on the lookout for commercial motor vehicle drivers and passenger vehicle drivers engaging in risky driving. Identified unsafe drivers will be pulled over and issued a citation or warning.

Data shows that traffic stops and interactions with law enforcement help reduce problematic driving behaviors. By making contact with drivers during Operation Safe Driver Week, law enforcement personnel aim to make our roadways safer by targeting high-risk driving behaviors.

Speeding has been a factor in more than a quarter of crash deaths since 2008. Speeding of any kind was the most frequent driver-related crash factor for drivers of commercial motor vehicles and passenger vehicles. Speeding was a factor in 26% of all traffic fatalities in 2018, killing 9,378 people or an average of more than 25 people per day.

Distracted driving claimed 3,142 lives in 2019. Of the 22,215 passenger vehicle occupants killed in 2019, 47% were not wearing seat belts. Seat belts saved an estimated 14,955 lives and could have saved an additional 2,549 people if they had been wearing seat belts, in 2017 alone.

Every day, about 28 people in the United States die in drunk-driving crashes — that's one person every 52 minutes. In 2019, 10,142 people lost their lives due to drunk driving.

SCANNING AHEAD FOR SAFETY

SUBMITTED BY GARY PICARD, SAFETY | GARY@COASTAL-FMC.COM

Distance scanning allows you to identify hazards early. You must be looking far enough ahead that when you spot a potential problem, you have time to:

- Decide how to react.
- Check for vehicles or other obstacles around you, and
- Maneuver away from danger.

As a general rule, you need to look about 12 to 15 seconds ahead of your vehicle. In the city, that is about two to three blocks. On the highway, that is about one quarter mile. If you can't see that far ahead, you're driving too fast and should slow down.

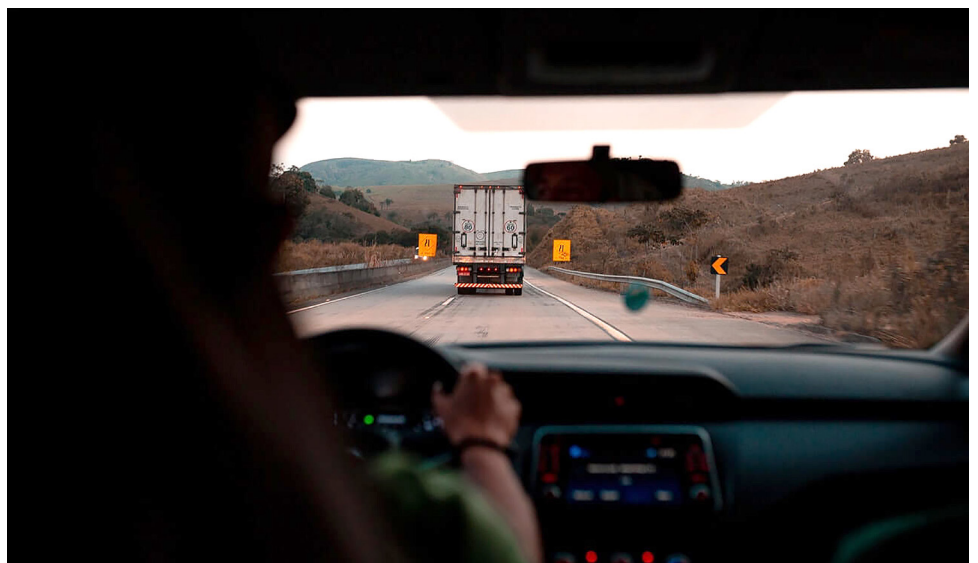
Your eyes should be continually moving from far to near, paying special attention to anything that could affect your path of travel, including:

- Other moving vehicles,
- Stopped vehicles,
- Debris,
- Weather-related hazards,
- Animals,
- Road signs and traffic signals,
- Intersections
- Work zones,
- Emergency vehicles
- Accidents.

You must also watch road signs and check the vehicle's instruments.

Scanning to the sides

In addition to looking ahead, you should periodically scan to the sides of the vehicle.



PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

Scanning to the sides is critical when driving in the city. Watch for:

- People walking into the road between parked cars,
- Drivers opening car doors without looking, and
- Pedestrians and bicycles in crosswalks, which may be hidden from your line of sight when they're coming from the right.

At intersections, move the vehicle forward slowly:

- Look left, right, and left again;
- Start to pull into the intersection; and
- Continue to scan when pulling through the intersection.

Using mirrors

Mirrors provide your only view to the sides and rear of the vehicle. You should check your mirrors every four seconds as part of your visual scan. Use your mirrors:

- When changing lanes,
- When forced to slow down quickly,
- If you must unexpectedly merge or turn,
- When approaching alleys and intersections,
- When driving alongside parked or stopped vehicles,
- To monitor your blind spots,
- To check load and cargo securement,
- To watch for loose or falling cargo, and
- To spot potential tire problems, including flat or damaged tires or tire fires.

Remember that even with the help of your vehicle's mirrors, blind spots still exist.

APRIL IS DISTRACTED DRIVING AWARENESS MONTH

BY STAFF | [KIM.R@COASTAL-FMC.COM](mailto:kim.r@coastal-fmc.com)



aking an important business call in the rain and heavy traffic. Eating lunch in the car or truck because you're still on the run. Scrolling social media because it's a seven-hour drive and the interstate is wide open. All of these things can be distractions while driving.

April is Distracted Driving Awareness Month, an observance dedicated to preventing distracted driving, which is anything that takes one's attention away from the task of driving. According to the National Highway Traffic Safety Administration, these obvious things and more are distractions while driving. The NHTSA says distracted driving has become a deadly epidemic on our roads. Cell phone use — specifically, texting, talking, and social media use — has become the most common distraction. Other risky actions include adjusting the radio or GPS, applying makeup, eating, and drinking.

Simply put, distracted driving includes everything from smartphone activity to using a navigation system or eating while driving, and there are three types of distraction: visual (taking one's eyes off the road), manual (taking one's hands off the wheel) and cognitive (taking one's mind off the road). Mobile device use involves all three at once. Statistics from the NHTSA and the National Safety Council show that about 3,000 people were killed by distracted driving in 2020 and 3,522 in 2021. In just a year's time, that statistic meant nine instead of eight people per day were killed from behind-the-wheel distractions.

By driving distracted, you're robbing yourself of seconds that you may need to avoid a close call or deadly crash. Coastal-FMC employees who will use a company vehicle during their work are required to sign a driver's agreement upon employment. The document may be found in the employee handbook. It states:

Distracted driving is a major cause of vehicle crashes and incidents. Distractions take both the eyes and the driver's concentration off the road. They can consist of cellular phones, eating or drinking, grooming, or talking with passengers. Distractions also are caused when the driver is operating a vehicle he or she is unfamiliar with.

Cellular phone use has grown substantially in the last five years and is popular now with all drivers. Drivers need to be aware when the use of the cellular phone is creating a distraction from safe driving and adjust their use accordingly, including pulling off the road to continue the conversation.

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

- I will keep cellular phone use while driving to a minimum and only use it when absolutely necessary for work-related issues.
- I will only complete calls while the vehicle is parked or use the phone in a "hands free" mode via a headset or speaker.
I will not send, prepare, or view any text, email, or electronic data unless the vehicle is parked and then only for Company business purposes unless I am safely parked and it is at the proper times of breaks or lunches as outlined in this handbook.
- I will keep my attention to the road while driving, and safety will always take precedence over conducting business on the phone.

Need to send a text? Pull over and park your car in a safe location. Designate your passenger as your "designated texter" to respond to calls or messages.

Do not scroll through apps while driving. Struggling not to text and drive? Put the cell phone in the trunk, glove box, or back seat of the vehicle until you arrive at your destination.

Remind your friends and family: If you're in the driver's seat, it's the only thing you should be doing. No distractions. If your driver is texting or otherwise distracted, tell them to stop and focus on the road.

Information also provided by: National Highway Traffic Safety Administration at nhtsa.gov and National Safety Council at nsc.org.



ALL IN A DAY'S WORK

Shop foreman Allen Eggert and Sherry Venneman have been working on technology updates for FMC trucks.

REVIEWING LIFE INSURANCE BENEFITS

FROM PHILIP CHAFIN | PHILIP@COASTAL-FMC.COM



rees are starting to bud, flowers are beginning to bloom, grass is turning green, and insects are everywhere. The calendar says it is spring and it appears spring is just about here, except for the cold temperatures, but that will soon change.

Soon, it will be 100 degrees in the shade and we will have to cut the air to breathe it, but I digress. Also, this is the time of year everyone starts to think about life insurance and their dollar amount of coverage. HA! Not really, but that will be the topic of this month's health news. We will discuss the type of coverage that is offered by Kansas City Life (KCL) and how to increase your coverage.

What does your KCL insurance cover? The \$50,000 (depends on your age) that is paid for by Coastal-FMC is life insurance and accidental death and dismemberment (AD&D). This means it will pay your beneficiary \$50,000 if you die at any time or place, from any cause. Then, since it has the AD&D added, if you are killed due to an accident, your beneficiary would receive another \$50,000. This means if you died in a car wreck, hunting/fishing accident, or fell off a cliff and the insurance classified it as an accident, your beneficiary would receive \$100,000 total, not just the \$50,000. If you die in your sleep, your beneficiary will receive the \$50,000 only.

KCL insurance that you pay for is just life insurance. It does not have accidental death and dismemberment coverage. This means if you die at any time or place from any cause, your beneficiary will be paid the amount you purchased. If you die due to an accident, your beneficiary will just receive the amount of your policy, and not anything more.

Last, but certainly not least, is how to increase your life insurance coverage amount. All employees are allowed to increase coverage every year at renewal (in August). You may increase this amount every year by \$10,000 without filling out an Evidence of Insurability (EOI) health questionnaire for amounts up to \$100,000. If you want to go up more than \$10,000, you will have to fill out an EOI and send to KCL.

This is the same for your dependents for any amount of increase. They must fill out the EOI and send it to KCL. If you go into Employee Navigator (EN) and increase yours or your dependents' coverage, it will not be changed until the EOI is submitted to KCL. Then, it is still a possibility that they will reject the increase and no coverage will be added. This means if you went into EN last year and increased yours or your dependents' coverage, then did not turn in an EOI to KCL, your coverages will not be increased.

I know this is a bunch of information. If you have any questions, please call me at 417-469-4891 or email me at philip@coastal-fmc.com.

Confucius Says: To know what you know and what you do not know, this is true knowledge.
Stay Healthy, Philip

DOING IT RIGHT

Each month, many of you will experience Roadside Inspections. Congratulations to the following drivers who received an inspection with no violations.

January

Steve Redmond	Level 2
Matt Shields	Level 2

February

Billy Vanderbilt	Level 2
Matt Shields	Level 2
David Lamson	Level 1

March

Allen Smith	Level 2
Matt Alcorn	Level 2
Tom Cummings	Level 2



FMC TRANSPORT HOLDS SPRING SAFETY MEETING



Above, Gary Picard updated FMC drivers on current safety issues at the spring driver meeting on Friday, March 24. At left, John Saylor waited in line for the evening's meal. Below, Shane Lee visits with Ron Gudermuth.



Above, the evening's meal was catered by Leslie's Catering of Cabool.





FMC HONORED FOR SAFETY

***Pictured at left and below
are Ron Pringle with propane
and Tom Cummings hauling
fuel this winter.***

***The Missouri Trucking
Associated recently
awarded FMC Transport
first place for fleet safety
in its division of 2.5 to
5 million over-the-road
miles. The company
received the recognition
at the annual awards
banquet at Lake of the
Ozarks earlier this year.***



FMC TRANSPORT PREFERRED FUEL STOPS

Each month, we will feature a list of preferred fueling locations as we work to negotiate better fuel savings with various fuel stops that can better suit drivers in Kansas and Arkansas. Look for more updates throughout 2023.

1. Sapp Brothers – Harrisonville, MO
2. Loves Travel Center – Willow Springs, MO
3. Loves Travel Centers – all other locations
4. FMC Transport Fuel Island – Miller, MO: This location has DEF and Winter Treatment. If you have questions, call Joe or Allen.
5. Lamar Travel Center
6. Lamarties Travel Center
7. Casey's Locations: This is not our best option, but we do have some discounts offered.
8. FMC Transport Fuel Island – Willow Springs, MO: Please only use if you are unable to use the Loves across the street.



COASTAL HOSTS REGIONAL EMERGENCY DRILL

FROM STAFF | KIM.R@COASTAL-FMC.COM



It's a scenario everyone hopes will never come to be.

In the pre-dawn hours on a cold February morning, an outside carrier is loading for the first time at the Coastal Energy propane load rack. Traveling too fast around the turn, the driver strikes and cracks the piping. Instead of remembering his training, he panics. He does not depress the emergency stop and flees the scene. He then calls 911.

State agencies and local responders held their first drill with Coastal Energy personnel on Wednesday evening, April 5, using this scenario as a possibility.

Participating in the drill with Coastal were emergency management, police, fire, street, and electric departments from the City of Willow Springs; Missouri Highway Patrol-Troop G, SEMA (State Emergency Management Agency), and Department of Transportation; Region G HazMat Team; Howell County 911 and Howell County Emergency Management; City of West Plains Fire Department; and other area fire departments.

Loading and all other activity was stopped during the time of the drill, which included a propane cloud, simulated using a large amount of dry ice.

The exercise was designed to meet emergency management requirements for Coastal and the public entities. Certain emergency response provisions as part of the EPA's Risk Management Program (RMP) will go into effect at the end of next year, with another phase in 2026. These provisions include annual notification drills, along with a schedule for tabletop and field exercises that may be set by governed facilities and responding agencies, said Kim Rich, compliance for Coastal. The propane program falls under regulations from EPA's RMP, along with OSHA's Process Safety Management regulations, meaning it is one of the most regulated parts of the company.

"With the numerous chemical accidents this year, especially those involving rail transport, EPA is focusing on its RMP facilities," said Rich. "What this means for us is that we need to do our very best to prepare for the worst. While this planning process was uncomfortable at times, it is very important. We've all learned a lot that will help keep our employees safer, plus protect our property and community even more."

As the drill unfolded, participants learned valuable lessons. Facilitators from Missouri's State Emergency Management Agency pointed out that as is typical with exercises and with real-life scenarios, communications proved a challenge. Unable to make radio contact, some of the agencies used cellular phones from staging and command areas to keep in touch.

"We provide a service to our communities that is vital, and we are proud to do so with the utmost care and concern for everyone's safety," said Shane Lee, Operations Manager. "Having an awareness of safety within our company is important, but even more important is having an awareness of our community and others we serve. Everything we must do to keep them safe is critical. Trainings and drills, although mundane at times, are needed to keep our skills honed and minds sharp. We are grateful for the support of the state, local and surrounding cities, and emergency response agencies for sharing in this vision of preparedness in our communities."

COASTAL HOSTS MISSOURI PROPANE TRAINING



Coastal-FMC recently hosted a Missouri Propane Gas Association training for safe rail car transfers of propane. Andy Gosney, director of safety and education for Missouri Propane, conducted the training at Bear Crossing Truck Wash & Tire Center on April 4. Several members of the Coastal-FMC team took the class for three-year recertification or as a new hire. The training was also open to the public, with two plant operators from Union, Missouri, in attendance, along with David Patten, the area's inspector for the Missouri Propane Safety Commission.

AN OZARKS FISH TALE



Adler Odle caught this monster blue cat in March while fishing at Lake of the Ozarks on spring break. Adler competes in the National Youth Fishing Association, but was fishing for fun when he caught this one that weighed in at 17-plus pounds.



COASTAL-FMC FAMILY ATTENDS WILLOW CHAMBER BANQUET

The Coastal-FMC family was well represented at the Willow Springs Chamber of Commerce banquet in February, held at Pine Meadows Venue in Willow Springs. Bear Crossing Truck Wash & Tire Center was also named Large Business of the Year for 2022. Below, pictured from left are Philip Chafin, Emily Scarbrough, Joe Blankenship, Brady Walton, and Miranda Brotherton. Also, Sabrina Lee, wife of Shane Lee, was named Educator of the Year at the banquet.



Above, Brady Walton from Bear Crossing Truck Wash & Tire Center performed some country favorites as part of the evening's entertainment.

DANCERS TAKE AWARDS IN APRIL COMPETITION



The competition team for On the Floor dance studio, Burn the Floor, had a great weekend on April 1 in Kansas City at the City Slicker Stomp. All pieces qualified to compete at the National Clogging Championships in September. The team placed third in contemporary duets, ages 15 to 18; first in traditional duets, ages 15-18; third overall in traditional duets; second in small teams, ages 10 to 12 (Sparks); first in traditional line, ages 19 to 29 (Blaze); second overall in traditional line; first in traditional line ages 30+ (Embers); first in traditional formations line (Blaze); and first in acapella teams. Pictured, Sydney Montgomery and Darcy Bennet placed well with their two duets.

NEW HOME FOR SHOP TECH

Kyle Sanders and his wife, Monica, are the proud owners of a new home. Kyle works in the shop at Coastal-FMC.

Send photos of special occasions or events for inclusion in our company newsletter! Send to kim.r@coastal-fmc.com.



NEW GRANDBABY

Pictured is Kristen Wallace's daughter and family, including Kristen's new granddaughter Blaire. Pictured are Lari, Brandon, Bryson, Brynlee, and Blaire.



BIRD HUNTING TRIP

Joe Blankenship and his dog Willow recently went upland hunting.

★HAPPY★ BIRTHDAY!

MARCH BIRTHDAYS

March 2 – Scott Grant
March 7 – Deborah Birk
March 8 – Todd McDaniel
March 9 – John Saylors
March 18 – Brian Smeby

March 19 – Philip Chafin, Shane Lee
March 25 – Ben Holloway
March 27 – Wendy Altermatt
March 29 – Jonathan Baker

APRIL BIRTHDAYS

April 4 – Jerry Courtney
April 12 – Sherry Venneman
April 13 – Ken Sasse
April 16 – Miranda Brotherton

April 21 – Tyler Radford
April 24 – Stan Wood
April 29 – Tye McCoy
April 30 – Cody Cook

MAY BIRTHDAYS

May 3 – Chris Thomas
May 4 – Doug Gimpel
May 5 – Steven Redmond
May 11 – Michael Johnson, Trey Oravec,
Kent McAbee
May 13 – Dan Helmer, Randall Perry

May 17 – Dustin Miller, Billy Vanderbilt
May 19 – Lisa Sanders
May 21 – Brady Walton
May 23 – Ray Brotherton
May 29 – Larry Thompson, Kristen Wallace

