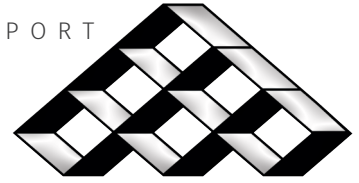


COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

ISSUE 67



Katie Montgomery, Editor | December 2022 | www.coastal-fmc.com

IN THIS ISSUE

- OPERATIONS UPDATE: LOOKING TO 2023
- PREPARE FOR WINTER WITH SAFETY TIPS
- FLEET UPDATE: KEEPING OUR PERSPECTIVE
- PROTECTING FROM COLD STRESS
- HEALTH PRECAUTIONS FOR HOLIDAY SEASON
- DEADLINE SOON FOR ACCOUNT CHANGES
- NEWS AND OTHER HAPPENINGS
- BIRTHDAYS

REMEMBERING THE REASON FOR THE SEASON

FROM ERIK MONTGOMERY | ERIK@COASTAL-FMC.COM



wanted to open up the newsletter with the following scripture, as this is the most important part of our lives and the season we all enjoy with family and friends. We want everyone to have a very Merry Christmas and a joyful New Year. We look forward to starting the year 2023 and the challenges that await each of us.

The Birth of Jesus: Luke 2:1-21

In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. (This was the first census that took place while Quirinius was governor of Syria.) And everyone went to their own town to register.

So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests." When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart.

The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told. On the eighth day, when it was time to circumcise the child, he was named Jesus, the name the angel had given him before he was conceived.

* * * * *

As we enter the new year, I wanted to stress that each year is a new year and a new beginning of sorts. We are challenged daily and will hopefully continue to challenge those team members here on a daily/weekly basis as we grow, change, and develop as a company.

One of the things we will be working on more in 2023 is cross-training, as we are seeing and have seen this as an area where we have failed. We are a very lean company and rely heavily on our team members for their expertise. Many of you have been here and just taken care of things. This increased desire for cross-training is nothing more than an effort to ensure that the company is taken care of in a time when maybe you are out for a prolonged absence.

This was very relevant to me during the last month, as I had to take off for several medical issues. I was at fault, because although some team members had an idea of what I was doing, I hadn't allowed them the knowledge to truly assist me or, better yet, the company. We have to do better, including myself.

Also, in review, we are working diligently again on our fueling price negotiations with all of our fuel stops. This is a time-consuming process, and sometimes it takes weeks to finalize these contracts for FMC Transport. Over the last year, it has saved the company money as drivers have fueled at the preferred fueling locations.

Now, we understand there may be times when these are out of route, or you are unable to reach these locations with your current fuel level. But we are asking you to please review and fuel here when possible. There is a large enough savings that we have to monitor this going forward.

Shane, Joe, Gary, and I discuss this weekly. Please know we will call you if we see issues and/or concerns if we feel there were better options for the company. Sometimes we can't get fuel at a location just because we like the food better.

Preferred locations for Dec 2022 & January 2023

1. FMC Transport Yard Tank – Miller, MO
2. Sapp Brothers – Harrisonville, MO
3. Loves Travel Center – Willow Springs, MO
4. Loves Travel Center – All other locations
5. Casey's General Stores – All locations
6. Larmarties – Lamar, MO (since we deliver their fuel daily)
7. FMC Transport Yard Tank – Willow Springs, MO (we plan to use this only for yard equipment, however, please use if needed in emergencies)

If you have a location you wish us to contact and work to get a contract with, please let me know and we will work on it or update you on our discussions. Also, please get your DEF at Willow Springs or Miller at the FMC Transport Fuel Island when at all possible. This saves the company money as the mark-up on the road is pretty high. There

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

is no reason to get DEF at Hoods in Mt. Vernon, for example, when we have it at Miller. Joe is monitoring this as we have this on contract. (Yes, we have run out, but are working with a supplier to keep full; we are on it!)

Operations and the plants are working diligently, as we begin our tank cleaning within the asphalt operations during December/January. Please be aware of crews on-site and watch for them. They will be watching out for you!

As we look forward to 2023, all areas are working hard to get ready. We appreciate each and every team member and their families so much. Again, I want to wish you a very Merry Christmas and a very Happy New Year.

PREPARE FOR WINTER WITH SAFETY TIPS

FROM CENTERS FOR DISEASE CONTROL | CDC.GOV



Winter is a beautiful time of the year; however, winter weather conditions can create dangerous situations.

The Centers for Disease Control and Prevention (CDC) provides several winter safety tips that can help you prepare for freezing temperatures.

When it comes to preparing your home, car, and family during the winter months, safeguard yourself with these winter safety tips.



Prepare your home

- Winterize your home with sound insulation. Use caulk and weather-strip frames for your doors and windows.
- Heat your home safely. If you plan to use a wood stove, fireplace, or portable space heater, be extremely careful and follow the manufacturer's instructions.
- Have your furnace system and vents inspected by a qualified technician to confirm they are functioning properly.
- Check the batteries in your carbon monoxide and smoke detectors.
- Keep an emergency kit in your home that includes nonperishable food, water, flashlights, extra batteries, a first-aid kit, extra medicine, and baby items, if necessary.

Prepare your car

- Make sure your tires have enough tread and check the air pressure for winter driving.
- Keep your gas tank full to help prevent ice in the tank and fuel lines.
- Replace your windshield-wiper fluid with a wintertime mixture.
- Check antifreeze levels and have the radiator system serviced.
- Equip your vehicle with an emergency kit that includes water, snacks, first-aid kit, blankets, flashlight, extra batteries, portable cell phone charger, and emergency flares.

Prepare your family

- Check the air temperature and wind-chill factor before engaging in outdoor activities.
- When participating in outdoor recreation, take a buddy and carry a cell phone.
- Dress in layers of light and warm clothing. Keep your feet, hands, and head well covered.
- Avoid overexertion when engaging in outdoor tasks, such as shoveling snow. Take breaks when you feel tired or strained.
- Be prepared for an emergency. Know the signs of frostbite and hypothermia. Seek emergency help right away if numbness or pain doesn't go away.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home, car, and family in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

For more winter weather safety tips, visit the CDC website.

OPERATIONS UPDATE: LOOKING TOWARD 2023

BY SHANE LEE | SHANE@COASTAL-FMC.COM

As I write this, there are 22 more days left in '22. I really don't understand how, but time sure seems to go by faster each year. 2022 has been a year full of many challenges across the spectrum of our industries. Looking back, not one of us had a clear vision of how the year was going to play out, and it definitely threw us some curve balls.

As we close the year and prepare to enter the next, there are more challenges ahead. With the government continuing to overreach into areas that should be left alone, it will cause us all to watch what we do more closely and operate a little differently. It's hard to make progress toward the goal post when they just keep moving it further away, and sometimes, it seems to a completely different field entirely. All of that does not control us or our destiny, though. How and what we will be determines the success or failures we have not only in '23 but also in the years to come. We survived the pandemic of '21, the oil fluctuations of '22, and will survive whatever '23 throws at us.

This month, we will start our winter maintenance and updates across the companies. This year will not see the massive projects we have had in the past five to six years. We are trying to keep it pretty simple with some tank cleanings, piping updates and repairs, and a few operating system updates to enhance our ability to operate more efficiently and effectively while using fewer natural resources and placing less of a burden on staff across all our businesses. When you are out in the different areas of the company, please be mindful of these smaller projects and that they may have, at times, minor impacts on the flow of business. We ask for your patience and understanding as everything is geared toward making your daily experiences better in the coming year.

As we approach these winter months, it's important to remember the changes we see as a business this time of year. Our operating models change, and especially freight changes, on the transportation side. Remember to keep an open mind and be willing to do the different things we have available, as that will be key to another successful winter season being behind us while we eagerly anticipate the spring and summer of the coming year. Cooperation and flexibility will be key for everyone this winter, as these next couple months will show. Our logistics team is working hard to secure freight and better freight at every opportunity they can. Our plants are doing all they can to create work when it makes sense and keep things moving toward the busier months.

As the holiday season is upon us, I want to say thank you to all of you. I appreciate every one of you and what you do for this company. I am keenly aware that without everyone doing their part, we would not be where we are today and would not be headed into the future of the next year. On a very personal level, I am thankful for the relationships, friendships, and care that I have seen and felt over the last year.

We have all faced some interesting crossroads and difficult times in our lives, and I have been no exception to that. There have been days that small words of encouragement, or simple phone calls from someone were what made the day worthwhile. Don't lose sight of that and, ultimately, don't lose sight of what this season is about. It's not the presents, the lights, the dinners, or anything material. Don't get caught up in the moments and forget there is a greater picture we need to see. Small glimpses of that greater picture are shown to us daily, but are our eyes open, and are we receptive to it? Personally, I know I likely fail more than I succeed, I think, but I continue to try. I am surrounded daily by some of the best people I have ever known, and I want you all to know that. We may not be family by blood, but you are my extended family by choice. I wish you all a Merry Christmas, and may you each be richly blessed. I look forward to 2023 and the adventures we will have together!

"Glory to God in the highest, and on earth peace, good will toward men." – Luke 2:14



FLEET UPDATE: KEEPING THINGS IN PERSPECTIVE

BY JOE BLANKENSHIP | JOE@COASTAL-FMC.COM

Even if we've never read the story, most of us are familiar with "The Gift of the Magi." It's a Christmas classic short story written by O. Henry and first published in 1905.

In the story, it's Christmas Eve and Della Young has discovered that despite her efforts, she only has \$1.87 to buy a present for her husband, Jim. (That's the equivalent to about \$62 this year.) She goes to a nearby hairdresser, who buys Della's long, beautiful hair for \$20, or about \$600 this year. The young wife then uses the money to buy a platinum chain for her husband's pocket watch.

When Jim comes home, the story is revealed. She admits she sold her hair to buy his gift. Jim's gift for Della is a pair of ornamental hair combs, and to purchase them, Jim sold his watch. While the two learn they can't use the gifts they've bought each other – though Della's hair will grow back – they learn more about how valuable their love for each other is.

We all make sacrifices at this time of year for those we love, some bigger than others. I would encourage all of us, though, to keep our perspective through this holiday season. Even when our economic circumstances might not be what we'd like due to higher prices for fuel and other goods, most of us are rich in many ways. We have love from our families, a roof over our heads, and co-workers and friends to share our journey with. Those things and knowing Jesus came to us in a stable are why we celebrate this season.

Fleet update

As we wrap up the year, our FMC shop has been extremely busy. We have hired some more help to cover our truck bay, and will work with our drivers to provide the work you need. We purchased several new trucks and trailers in 2022 and we are starting the process for buying new equipment for next year as well.

As we move into the winter months, I'd encourage our drivers to keep a close eye on maintenance. Items to watch include:

- **Tire pressure.** Keep tires for trucks and trailers at 100 psi. Also, maintaining traction on your tires is vital year-round, but especially in winter. Check your tires frequently.
- **Coolant levels.** Make sure you keep your coolant topped off and check the freeze point. Antifreeze can dissipate over time, which can leave to overheating your engine.
- **Windshields.** Maintain a clean windshield for a clear view at all times. Winter poses additional problems with snow, slush, dirt, and salt being kicked up from the road. Check that your windshield wipers are not damaged to ensure a clean view of the road. Check the windshield for any cracks, pits, or chips and let us know if repair is needed. Frequently check windshield wiper fluid levels to ensure it isn't low. Be sure to use de-icing or low-temperature fluid to ensure the fluid does not freeze.

Bear Crossing

The truck wash and tire center has had a good year, and we've been incredibly busy. We encourage drivers to stop in to get their equipment washed any time you're near Willow Springs. And if you're stationed out of Willow, when you come back at the end of the week, please drop your vehicle at the truck wash. We'll give you a ride back to the FMC yard.

Please help us continue to share the word about the tire center, as well. The shop can handle anything from a lawnmower tire to tires for our trucks and trailers. Ask us about our employee discount.

As always, my door is open. Please contact Allen or myself when you have questions, issues, or concerns. And lastly, from my family to yours, best wishes for a Merry Christmas and a happy New Year.



Our last new Kenworth for this year will leave the FMC yard soon. Plans are in the works for new trucks and trailers in 2023.



Pictured are Joe and Kim Blankenship with a new Westmore propane trailer at the Texas Propane Show in Houston in June.

PROTECTING OURSELVES FROM COLD STRESS

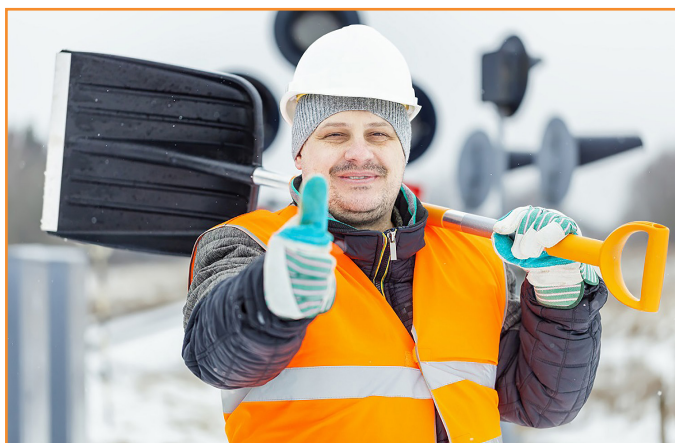
FROM OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION | OSHA.GOV

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Types of Cold Stress

Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- Mild Symptoms: alert but shivering.
- Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.



Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- Symptoms: numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

Trench Foot (also known as Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- Symptoms: redness, swelling, numbness, and blisters.

How to Protect Yourself and Others

- Know the symptoms; monitor yourself and co-workers.
- Drink warm, sweetened fluids (no alcohol).
- Dress properly:
 - Layers of loose-fitting, insulating clothes
 - Insulated jacket, gloves, and a hat (waterproof, if necessary)
 - Insulated and waterproof boots

What to Do When a Worker Suffers from Cold Stress

For Hypothermia:

- Call 911 immediately in an emergency.
- To prevent further heat loss:
 - Move the worker to a warm place.
 - Change to dry clothes.
 - Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do not cover the face.
- If medical help is more than 30 minutes away:
 - Give warm, sweetened drinks if alert (no alcohol).
 - Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

For Frostbite:

- Follow the recommendations “For Hypothermia.”
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to rewarm the area unless directed by medical personnel.

For Trench (Immersion) Foot:

- Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.

BE MINDFUL OF HEALTH PRECAUTIONS THIS SEASON

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

The national news media is in a flurry regarding a potential “tripledemic” of influenza, COVID-19, and RSV (respiratory syncytial virus). In our own company, many already have been out sick with a variety of illnesses.

Yale Medicine says flu, COVID-19, and RSV are all respiratory viruses, but there are differences in how they spread.

COVID is spread primarily “from sneezing, coughing, and expelling respiratory droplets and aerosols.”



On the other hand, RSV is spread more through contaminated surfaces. As an example, a child rubs his nose, then wipes it on a surface. Another kid touches that surface, then puts her hand in her mouth or rubs her eye, and she can be infected. “Handwashing and cleaning surfaces are more critical with RSV than with COVID,” says Yale Medicine.

Flu, however, is somewhere in the middle, and can spread from respiratory droplets, aerosols, and through contaminated surfaces. It’s important, therefore, to practice what the Centers for Disease Control and Prevention (CDC) calls “respiratory etiquette ... That means coughing into a tissue and disposing of it immediately in the garbage.”

It may sound obvious, but the best prevention advice for all three illnesses is to avoid close contact with others who are sick. The CDC recommends several other actions to help stop the spread of germs.

- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different. *More information is available at [cdc.gov](https://www.cdc.gov).*



HOLIDAYS ARE JUST AROUND THE CORNER!!

Christmas Day: Sunday, December 25. Paid day off is Monday, December 26.

New Year's Day: Sunday, January 1. Paid day off is Monday, January 2.

SHARING THE CHRISTMAS SPIRIT

The crew at the Clinton facility shared good cheer this holiday season. They pitched in and filled two donation boxes – one for the local women's shelter and one for the local VA hospital. Pictured with some of the items are, from left, Daniel Williams, Tony Craig, Brandon Caswell, and Robert Cline.



DOING IT RIGHT

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

November

Bob Ferguson	Level 2
Donnie Doms	Level 2
Doug Melton	Level 3
Rick Loman	Level 2
Rodney Wade	Level 1
Brent Merrick	Level 2
Daniel L'Heureux	Level 1



Merry
Christmas

Ugly Christmas Sweater Contest December 20th

1. Wear your ugly Christmas sweater to work December 20th.
2. Have your picture taken and submitted to sherry@coastal-fmc.com by 12 p.m. for the contest.
3. All pictures submitted will be posted, without identity revealed, December 21st for voting.
4. Voting will take place December 21st & 22nd by secret ballot. A ballot box will be setup at each location.
5. The prize is so nice, there will be **ONLY ONE WINNER!** Winner will be announced December 23rd.



Share your holidays photos with the Coastal-FMC family!

**Send photos of workplace celebrations,
family moments, special occasions, or just
something fun to kim.r@coastal-fmc.com.**

**Sydney, Katie, and Erik
Montgomery recently visited
colleges in the Pacific
Northwest (make sure and
give Erik a hard time about
his baby going to college).**



★HAPPY★ BIRTHDAY!

DECEMBER BIRTHDAYS

December 5 – Kevin Baker
December 6 – Cory Wynne
December 11 – Joshua Wallace
December 12 – Ashley Colley
December 15 – Martin Lovan
December 18 – Terry Cunningham

December 20 – Kevin Osborn
December 21 – Erik Montgomery
December 24 – Norman Drew
December 27 – Don Bartlett
December 29 – David Lamson
December 31 – James Kelly

JANUARY BIRTHDAYS

January 2 – Carson Smith
January 6 – Bruce Blankenship
January 11 – Jonathan Page
January 16 – Gretchen Evins, Brian Bailey
January 18 – Brent Merrick

January 21 – Roger Rush
January 23 – Ron Gudermuth, Paige Bennet
January 25 – Brandon Caswell
January 26 – Todd Nieznay
January 28 – Zachary Wick

FMC TRANSPORT FUELING LOCATIONS

Each month, we will feature a list of preferred fueling location as we work to negotiate better fuel savings with various fuel stops. This list will hopefully continue to grow!

1. FMC Transport Yard Tank – Miller, MO
2. Sapp Brothers – Harrisonville, MO
3. Loves Travel Center – Willow Springs, MO
4. Loves Travel Center – All other locations
5. Casey's General Stores – All locations
6. Larmarties – Lamar, MO
7. FMC Transport Yard Tank – Willow Springs, MO

