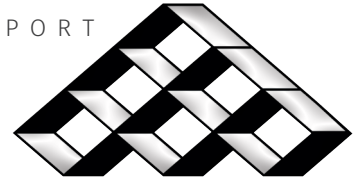


COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

ISSUE 66



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

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HO, HO, HO...OH-NO!

FROM ERIK MONTGOMERY | ERIK@COASTAL-FMC.COM

So, summer recently ended, and it's never too soon to think about the holiday shopping. The shopping – and shipping – season in the retail and e-tail world is already upon us.

Early October, my wife and I had the opportunity to spend the day together and while out, we stopped at several stores. I was amazed that Christmas was already here. The stores even smelled like Christmas. I am not sure how we can go from swimming suits to sweaters in a weekend at the stores.

With this said and the holiday seasons fast approaching, we are all seeing surging inflation. Higher prices for goods are here once again, along with higher fuel prices than what we had just two years ago – in the midst of a PANDEMIC! How is anyone supposed to know what tomorrow brings?

Here are some “fun & thought-filled” facts for the season upon us:

- 6 out of 10 major retailers are once again worried about inventory shortages and 82% worry about missing delivery windows with mail carriers such as the Post Office, UPS, and FedEx. (All are understaffed and can't fill driving positions.)
- 1 in 3 of families are already purchasing holiday gifts and plan on being completed by Thanksgiving 2022. (Realistic or not, that is the study.)
- Revenue projections are all over the map from everyone – believe what you want here!
- The top 3 worries of retailers are: 1 – Fuel Cost; 2 – Inflation of products; 3 – Driver shortages.
- 4 of 10 businesses are still concerned due to the impact of COVID and the fact that they are fighting to get people just go come back to work, as people can't work from home for most businesses. They are “fighting” a younger generation that wants to be given roles in the workplace instead of earning them.

Next, this last month was cybersecurity awareness! Our IT Team did a great job notifying us each day with email updates and little “blogs” to make sure we are updated on what is out there to keep us safe. It is amazing what can happen to large and small companies or even to individuals. Big thank you goes to our IT Team for these updates and keeping us safe. It is part of our duty also to keep us safe – please DO YOUR PART!!!

Interesting Fact of Cutbacks:

I thought the graphic on the next page would show another picture of how folks are shopping differently on a day-to-day basis. This affects everything in life – trucking, shopping, etc. We are part of the chain.

PLEASE SEE NEXT PAGE

VALUE MENU How are US consumers cutting back?



48.9%

Switched to a cheaper snack brand



53.0%

Buying less fast food



33.6%

Changed to a cheaper beverage brand



43.1%

Eat sweet snacks less frequently



21.2%

Stopped consuming alcohol



49.0%

Shopping less for alcohol



CONTINUED FROM PREVIOUS PAGE

Updates:

In the upcoming months, you will once again see some maintenance within the plants as we spoke of at the annual dinner. This is our 45th year and once again, some of our storage tanks are needing cleaned and some new piping will be added or replaced. We hope to have all of this completed by end of January, if all things go properly. We look forward to getting this done.

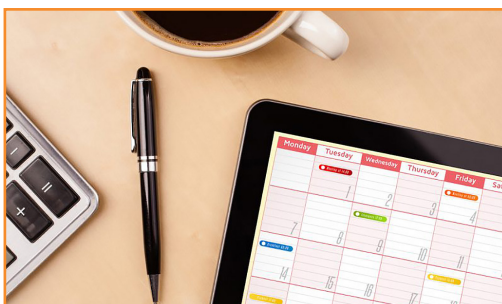
Our shop is working on our new trucks that have arrived and we hope to see these on the road very soon. These units are like any new vehicle that anyone is purchasing – sometimes they arrive and have a few issues. We are working through these with the vendors. This isn't a Kenworth issue, as sometimes it is the parts that are within the truck. It is easy to "blame" the brand, but you have to understand there are thousands of parts that make up the truck. We are working with our vendors to make everything correct. This again is no different than if you were to purchase a new car or truck from a local dealer.

If you have questions on items, please call us or email us. We are open to discussions and are happy to meet with you. Recently, I spoke to a driver that didn't have my information. Well, here is it again:

Erik@coastal-fmc.com
417-469-2777 Office
417-252-1040 Mobile

I am on the road a lot but will call you back!

When you carry the weight of yesterday, it will ruin the power of today, and the progress of tomorrow – Tony Evans



DON'T FORGET!

**Remember to schedule your PTO before the end of the year.
Company policy allows employees to carry only 40 hours
of PTO forward into the next calendar year.
Don't lose yours!**

COASTAL REPRESENTED AT TEXAS CONFERENCE

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

Cynthia George, industrial technician at the Willow Springs Rail Spur, recently represented Coastal Energy at the annual Emerson Exchange Conference in Dallas.

George and two representatives from Experitec, systems engineer Dustin Kreck and account manager Kevin Ross, gave a presentation entitled, "Asphalt terminal achieves regulatory compliance with DeltaV Mobile and wireless radar level gauges." She said was grateful to attend the conference.

Gretchen Evins, rail spur manager, also attended the conference. "She did a great job, and it was an honor having our company represented at the conference," said Evins.

The introduction for the seminar presentation said, "Seven years ago, Coastal Energy Corporation's Willow Springs Asphalt & Ethanol Terminal had minimal automation within its operations. The company recognized the potential environmental impact and concerns of a hypothetical tank over-fill or spill (despite stellar operating records and cleanliness above average for the industry). Management approached the local Emerson Impact Partner, Experitec Inc., about the possibility of installing a tank monitoring system to operate 24/7/365 and alleviate the need for multiple shifts at the site and ensure compliance. Using Emerson's Wireless HART gateway, Rosemount wireless radars, and DeltaV control system, Coastal satisfied concerns and regulatory requirements and is now enhancing its operations despite limited

staff and engineering resources."

"We are very proud and excited to have this opportunity to see that Coastal Energy and Emerson were able to put together a joint presentation for their annual conference this year in Texas," said Erik Montgomery. "Through the years, we have worked with Emerson Technology at our terminals and this relationship is so important in our daily functions. Cynthia's efforts have helped move Coastal Energy forward in our Willow Springs plant, taking us to the next level. We want to thank Cynthia and her efforts not only at the conference, but with her daily assistance at the terminal."

The annual Emerson Exchange offers a unique opportunity for automation professionals to engage with their peers, broaden their knowledge base and gain valuable insight from industry leaders on the latest tips and tricks, implementation successes, and proven project solutions being used throughout process automation. More than



Gretchen Evins and Cynthia George attended the Emerson Exchange Conference in Dallas in October.

Share your photos with the Coastal-FMC family during the holiday season!

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

HOW TO MANAGE FATIGUE WHILE DRIVING

FROM NATIONAL INTERSTATE INSURANCE | NATL.COM

Like drugs or alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment, and increases your risk of a crash. The National Sleep Foundation recommends 7 to 9 hours of sleep each night.

One contributing factor that causes fatigue is sleep loss. This is when you do not get the recommended 7 to 9 hours of sleep each night. Over time, this loss of sleep builds up and creates a sleep debt. Drowsiness occurs when your body wants you to repay the debt by getting sleep. Causes include such things as changing work schedules and personal life-style choices.



Another contributing factor that causes fatigue is when you wake up or are woken up multiple times throughout the night. This is called sleep fragmentation. Reasons could include disturbances such as noise or an illness such as sleep apnea. If you are experiencing patterns of sleep fragmentation due to illness, you should seek medical assistance.

According to the National Sleep Foundation, some signs of drowsiness while driving may include:

- Turning up the radio or rolling down the window
- Impaired reaction time and judgment
- Decreased performance, vigilance, and motivation
- Trouble focusing, keeping your eyes open, or your head up
- Daydreaming and wandering thoughts
- Yawning or rubbing your eyes repeatedly
- Drifting from your lane, tailgating, and missing signs or exits
- Feeling restless, irritable, or aggressive

Below are some recommendations to avoid fatigue:

- Get 7 to 9 hours of sleep each night; short naps are not a substitute for quality sleep
- Get checked for sleep disorders such as sleep apnea, narcolepsy and insomnia
- Eat healthy and exercise often
- Include rest breaks and proper sleep into your trip planning
- Don't consume alcohol or use sedating medications before driving
- Avoid excessive caffeine to keep you awake



HOLIDAY DINNER
NOVEMBER 28 IN
FMC SHOP

See page 12 for details

DEADLINE APPROACHING FOR CHANGES TO ACCOUNTS

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



The deadline is December 12 to change automatic contribution adjustments to Mainspring Managed accounts through The Standard.

Coastal-FMC took its employee retirement funds to The Standard in 2022, with some family members choosing the Mainspring Managed account form. Those with this type of account will see an automatic contribution increase January 1 unless individuals opt out by December 12.

According to company correspondence, the Mainspring Managed service offers ongoing account management by investment professionals so you can save and invest the easy way. Employees get guidance based on their personal situation and retirement goals. Employees can build your savings with automatic annual contribution increases.

Each year, the service will recommend an increase if employees are not on track to reach retirement goals. Employees can see if you're on track by looking at your Retirement Readiness Score on the Overview page on The Standard's website. Or you can see it in your Savings and Investment Plan that you get with each quarterly account statement.

Recommended increases are usually 1% or 2%, though you could get a recommendation to increase savings outside of your retirement plan account.

Each fall, The Standard will recommend an automatic increase for the upcoming year. Employees will get a letter from the company showing what is being saved now and the recommended increase. Employees have these options:

- Do nothing to accept the increase. We'll let your employer know by year end so they can increase your contribution rate for the upcoming year.
- Choose a different increase amount.

Here's how you can choose a different increase amount. To change your contribution online:

- Go to My Account, Contributions from the menu.
- To choose a different rate from what you have, choose your new contribution rate and click Save This Amount.
- To keep your current rate: Click Save This Amount. This step is important to opt out of the increase.

To make changes via email, employees may email MMQuestions@standard.com with this information:

- Your name
- Contract number**
- Phone number
- That you want to opt out of the recommended increase



To protect your account, employees need to email from the address on file with The Standard. You can update your email online under My Plan, About Me and My Plan.

Call 800.858.5420 (English or Spanish) to speak with a Financial Services Representative between Monday through Friday, 5 a.m. to 5 p.m., Pacific.

For more information or questions, employees also may contact Patty Spitser at patty@coastal-fmc.com.

DON'T FORGET TO SCHEDULE PTO!

Remember to schedule your PTO before the end of the year. Company policy allows employees to carry only 40 hours of PTO forward into the next calendar year. Don't lose yours!

TIPS GIVEN TO HELP WITH HOLIDAY STRESS, DEPRESSION

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

It's the most wonderful time of the year... Ugh. When you're not feeling festive, it can be lonely. Like you're the only one who forgot to take their extra-large dose of holiday cheer.

Despite the bright lights and festive cheer that accompany the winter holidays, this time of year can bring about feelings of loneliness, isolation, grief, and sadness, both for people with clinical depression and even for



These common scenarios can be taxing for anyone, whether you have depression or not. But if you do have depression, they could worsen your symptoms. The following are a few healthy coping strategies from WebMD.com and EverydayHealth.com to help you prepare for and get through the festive months ahead.

1. Make realistic expectations for the holiday season.
2. Set realistic goals for yourself.
3. Pace yourself. Do not take on more responsibilities than you can handle.
4. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
5. Be realistic about what you can and cannot do.
6. Do not put all your energy into just one day (i.e., Thanksgiving Day, New Year's Eve). The holiday cheer can be spread from one holiday event to the next.
7. Live and enjoy the present.
8. Look to the future with optimism.
9. Don't set yourself up for disappointment and sadness by comparing today with the good old days of the past.
10. If you are lonely, try volunteering some time to help others.
11. Find holiday activities that are free, such as looking at holiday decorations, going window shopping without buying, and watching the winter weather, whether it's a snowflake or a raindrop.
12. Limit your drinking, since excessive drinking will only increase your feelings of depression.
13. Try something new. Celebrate the holidays in a new way.
14. Spend time with supportive and caring people.
15. Reach out and make new friends.
16. Make time to contact a long-lost friend or relative and spread some holiday cheer.
17. Make time for yourself!
18. Let others share the responsibilities of holiday tasks.
19. Keep track of your holiday spending. Overspending can lead to depression when the bills arrive after the holidays are over. Extra bills with little budget to pay them can lead to further stress and depression.



Thanksgiving Day: Thursday, November 24

Remember: Thanksgiving Day is a paid holiday. If you plan to take PTO or use your Veterans Day holiday on Friday, November 25, please let your supervisor know.

Enjoy your time with family!

WILLOW SPRINGS CHRISTMAS PARADE



The community of Willow Springs will celebrate the holiday season with its annual Christmas parade on Saturday, December 3. Lineup will begin at 4:30 p.m. at Booster Field, with the parade kicking off at 5. Sponsored by the Willow Springs Chamber of Commerce, the theme for this year's parade is Home for the Holidays.

November is National Diabetes Awareness Month

SYMPTOMS



EXTREME FATIGUE



WOUNDS HEAL SLOWY



UNEXPLAINED
WEIGHT LOSS

PREVENTION



HEALTHY FOOD



DIAGNOSTIC



FOOD CONTROL



COMPLICATIONS



DIABETIC FOOT



CEREBROVASCULAR
DISEASE



EYE DAMAGE

designed by  freepik.com

COASTAL-FMC FAMILY PARTICIPATES IN CHILI COOK-OFF

FROM STAFF | SHERRY@COASTAL-FMC.COM

Coastal-FMC held its first chili cook-off on Friday, October 28. The event was held company-wide, with winners at each plant. Those winners were:

Clinton – Alex Martin
Miller – Aaron Simpson
Willow – Shane Lee

Each will receive a “Chili Cookoff 2022” apron and \$100 gift card of their choice from either Amazon, Apple, Best Buy, eBay, Target, Academy, Home Depot, or Lowes. All participants received a \$20 gift card for various businesses.

The next contest will be in December and will be an ugly Christmas sweater contest. Stayed tuned for additional information but be searching for that ugly sweater.

**See next month's issue
for photos of the
chili cook-off winners!**



Above, Chris Thomas and, below right, Jennie Rothermich sample chili as part of the chili cook-off in Willow Springs.



Those on hand for the Clinton chili cook-off were, from left, Daniel Williams, Kent McAbee, Alex Martin, Dan Helmer, and Ken Sasse.



NEW HIRE - DALLAS MCCOLGIN

POSITION: FMC SHOP

Dallas has joined the Coastal-FMC team in the Willow Springs shop. Prior to FMC, he spent 18 years at Jasper Engines & Transmissions in Willow Springs, along with time at Caterpillar and SRC.

Dallas will be helping around the shop, cleaning asphalt trailers and getting them ready for next season. He will be working part time for FMC, as he is starting a new adventure on his own as a part-time handyman.

He and wife Christina have four children – Noah, Chandler, Lane, and Tanner. He enjoys hunting, fishing, farming, hot rods, shooting, and reloading.



Dallas McColgin

VETERANS DAY IS NOVEMBER 11



Reminder: Veterans Day is a "floating" holiday for Coastal-FMC employees. It is a paid day off, per company policy, that may be taken on Nov. 11 or any other day in November; however, it must be used before the end of November. Please remember to schedule PTO with your supervisor.

NEW HIRE - SETH ADU AMANKRAH

POSITION: LAB ASSISTANT, MILLER LAB

Seth has joined the crew at the Miller Facility, working as a technician in the Coastal Emulsions laboratory.

Prior to working at Coastal, Seth was a lab bench technician at Cox Medical Center in Springfield and was a graduate assistant at Missouri State University.

He is married with two daughters, ages 8 and 5. His hobbies are playing soccer and traveling.



Seth Adu Amankrah



Todd McDaniel and his wife, Heather, and grandkids

NEW HIRE - TODD MCDANIEL

POSITION: FMC DISPATCH

Todd is a new member of the FMC dispatching staff. He former employment included DRS Technologies, testing aircraft loaders. He also has driven a semi off and on all his life, and has been a heavy equipment operator.

He and his wife, Heather, have children and grandchildren: Kalyn Johnson and husband J.R, and Bailey Shelton and wife Caitlyn, along with Ava Grace, Brinley, Preslee, and Braiydon.

His hobbies are riding motorcycles, spending time with his grandkids, off-roading, and finding good restaurants – “doing all this alongside my wife.”

DOING IT RIGHT

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

August

Byron Nickels Level 1

October

Rick Loman Level 2

Ron Pringle Level 2

Kevin Baker Level 2

Brian Bailey Level 1

Matt Shields Level 2

Mark Wise Level 1

Billy Vanderbilt Level 1



HOLIDAYS ARE JUST AROUND THE CORNER!!

Thanksgiving Day: Thursday, November 24, paid day off.

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.



★ HAPPY ★ BIRTHDAY!

NOVEMBER BIRTHDAYS

November 1 – Joe Blankenship

November 2 – Leah Watson

November 6 – Emily Scarbrough

November 8 – Donald Doods

November 11 – Kim Rich

November 14 – Bruce Ervin

November 16 – Tyler Jones

November 17 – Alex Martin

November 18 – Robert Hill

November 22 – Rodney Thompson

November 23 – Hayden Newberry

November 24 – Michael Dunn

November 26 – Phillip Lovan

November 27 – Justin Robertson

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

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. Miller FMC Transport Fuel Island
2. Love's T/S – Willow Springs, MO
3. Love's T/S – All other locations
4. Sapp Brothers – Harrisonville, MO
5. Casey's Travel Centers
6. Lamarties Travel Center

