

# Transmark Times

## EMPLOYEE FEATURE

### WELCOME, SERGEANT E-5 CUMBERWORTH

A new face you may see around Transmark is Josh Cumberworth. He joined the team last December as a truck driver. Hauling fuel is new to Josh but driving a truck is not. He drove a dump truck for a couple of years and then more recently a flatbed truck. Josh enjoys working for Transmark. "I got kind of burned at my last job. Management didn't really operate well. I like hauling for Transmark because I get consistent work, they know what they're doing and there is some flexibility to my day."

Josh and his wife, Andrea, have been married for six years in June. They have a son, Reid who will be three in June. They have two dogs - Sophie and Ruger along with cats and horses that live on their farm. Family time is important to Josh. His favorite tradition is cutting down a Christmas tree. "We go to Sheets' Tree farm. They give you a hand saw and tell you where to go

We usually get a scotch pine but this year we got a fir. The needles were less messy and softer."

Another activity that Josh and his family enjoy is camping with their horses. "We go to Hoosier Horse Camp in Brown County and ride the horse trails." Josh is also an avid hunter. He hunts deer, rabbits, turkey and coyotes. "I don't have time much anymore but I used to get 2-3 coyotes a year. I would get the hides tanned out."

When Josh listens to music he listens to a bit of everything but mainly country. "I don't really like the more modern country music but prefer 90s country singers like Tim McGraw and Garth Brooks." Josh

was glad Garth Brooks came out of retirement to do a tour. He and his wife went to see him twice. When asked what age he would choose to be forever he jokingly said, "29. I don't want to become 30." But then explained, "No, I would love to always feel young but I don't think I would choose to stay one age forever. Part of life is aging and maturing. I want to see my son grow up. I wouldn't choose to stay the same age."



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#### IMPORTANT DATES

- Wellness Challenge deadline is June 20, 2018

## EMPLOYEE FEATURE CON'T:

### WELCOME, SERGEANT E-5 CUMBERWORTH

Josh says he doesn't really spend much time watching television. When asked what his favorite type of exercise is, he answered, "Crossfit. I recently got back into the military and needed to get back in shape. Crossfit is very upbeat, quick and very active. You go fast and hard for a while but it goes quick. I like that it is a total body workout."

Josh is currently in active duty with the Army National Guard. "I enlisted in Jan 2007 while I was a senior in high school. I attended 16 weeks of basic training in Fort Knox, KY from July to November, then I was mobilized for Iraq in December. I spent one year in deployment, pretty much all of 2008 in Iraq. My military job is team leader. I am in charge of 3-4 guys in a truck crew with one gunner. We are Cavalry Scouts, sneak and peek reconnaissance. Our job is to tour an area and report back to command the things we see so they know what is going on in the field," Josh said, "When we were in Iraq my main job was convoy security. We would be in the military security trucks escorting fuel trucks from base to base."

When asked what motivates him to work hard Josh says his family. "I have an end goal in mind. I'd like to expand our rental business to 100 units." Josh's first paycheck came from his job as a server at Crossroads restaurant in Versailles. He worked there for three years while he was in high school. The first thing he bought with the money he earned was a green, Ford S-10 pickup truck. When asked what he would do if he won millions in the lottery Josh says, "I would pay off mine and my family's debts, everyone's." But also he says he would want to do more to support a cause that is very important to him and his wife. They volunteer with the Lion's Club doing the sack lunch program. This program provides lower income students on the free and reduced lunch program with a sack lunch on Fridays so that they will have food to eat over the weekend. "It's especially fun to hand them out to the younger elementary kids. They get so excited. I would want to do more to ensure that there are no hungry kids in our immediate area and expand it from there."

## SAFETY SPOTLIGHT

### SPRING SHOWERS BRING TRUCKING SAFETY HAZARDS

#### Hydroplaning

One of the most common concerns with any vehicle driving in the rain is hydroplaning. When it comes to freight trucks that can weigh upwards of 40 tons, the danger grows exponentially. Hydroplaning happens when your tires lose grip of the road due to a layer of liquid resting on the road surface and start to skid. This occurs most frequently at the beginning of storms, when rainwater starts to seep into the asphalt, lifting residual oil and fuel to the surface, creating a dangerously slick situation. As the storm continues, these materials will start to be washed away. However, in a heavier storm, enough water can accumulate on roadways to create a barrier between your tires and the road, also leading to hydroplaning. To avoid hydroplaning when driving during a storm, slow down (even to below the speed limit if necessary), make sure your headlights are on for optimal visibility, and maintain a safe distance between yourself and the vehicle in front of you. If you start to lose control or start jackknifing, pushing in the clutch will make the vehicle slow down and let the wheel turn freely to regain control.

#### Staying Alert

Aside from the above tips to avoid hydroplaning accidents, the best thing you can do is to stay extra alert behind the wheel. If you or another vehicle loses control, the faster you can react the better. Any type of distraction can cause you to miss out on danger or cause danger of your own. We advise you to stay alert even before you hit the road by keeping an eye on the forecast to know if your route for the day might take you through any storms, so you have adequate time to prepare or reroute.





## WELLNESS CHALLENGE TRANSMARK ROAD TRIP

### PART ONE

Work together to earn a prize! Wear your Fitbit tracker everyday so we can track how many miles you walk. We will add up everyone's miles and track our progress along the Transmark Road Trip.

If we walk at least 3,500 miles then all participants who contribute at least 100 miles will get a nice Transmark Polo shirt personalized with your name if you'd like.

### PART TWO: Percentage of Body Weight Lost

Stand on your scale and take a picture of the weight and send to Wanda. This will serve as your starting point. At the end of the challenge take a new picture of your weight. Divide pounds lost by your original amount.

Starting Weight	200 pounds
Weight Lost	10 pounds
Formula	$10/200 = .05 = 5\%$

If you lose 5% of your body weight you will earn \$25. For every 1% lost above that, you will get an additional \$5.

## HEALTH & WELLNESS

### VOLUNTEERING AND ITS SURPRISING BENEFITS (PART 1)

In this 3 part series we will be including information on the benefits of volunteering.

#### How Giving to Others Makes You Healthier and Happier

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. Learn more about the many benefits of helping others and find tips on getting started.

#### Why volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

#### Benefits of volunteering: 4 ways to feel healthier & happier

1. Volunteering connects you to others
2. Volunteering is good for your mind and body
3. Volunteering can advance your career
4. Volunteering brings fun and fulfillment to your life

#### Benefit 1: Volunteering connects you to others

One of the better-known benefits of volunteering is the impact on the community.

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# HEALTH & WELLNESS

## VOLUNTEERING AND IT'S SURPRISING BENEFITS (PART 1), CON'T

Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

### Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

### Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.



### Volunteering as a family

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

### Volunteering: The happiness effect

Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness is comparable to having an income of

### Happy Anniversary!

David Wilson, 1 yr on 4/12

William Buchanan,  
1 yr on 4/26

Alan Heath, 4 yrs on 6/2

Michael Christmas, 5 yrs on 6/20



### Happy Birthday!

4/4 Cody VanMeter

4/30 Erin Knollman

6/13 Cody Fuqua

6/17 Lindsay Ransom

6/23 Cameron Sechrest