

# DSTA HEADLIGHT

Duluth-Superior Transportation Association News

NOVEMBER/DECEMBER 2020

## President's Note

As 2020 enters it's final phase, barreling into the holiday season, we first have the opportunity to reflect on what we are thankful for over the past year. This may come as a challenge to some.

We don't have to review the economic, political, health, and personal battles that we've all faced over the last ten months or so in this newsletter. Instead let's acknowledge that 2020 has been incredibly draining on all of us. Our mental health has taken an unprecedented toll.

I have personally felt overwhelmed, directionless, and hopeless this year and at some previous times in my life. I know the downward spiral. I know when I'm falling into one, and I know how to start the upward climb again. Battling previous bouts of depression and enlisting resources to help me recuperate did not come easy. But acknowledging that I needed help was the first step.

There are resources out there for folks who are struggling mentally. Your employer may have an Employee Assistance Program (EAP) and often these are offered at little to no cost to the user. I've used one a couple times. My primary doctor was also very supportive and really pushed me into seeking additional help. There are many online resources for addressing mental health challenges. Don't be afraid to type one into your search bar. My personal favorite therapy is getting outside. I can't wait to strap on the cross country skis again (come on snow!). I also find huge gratification in completing small projects. Building something, reorganizing spaces in my home, nurturing plants, or remodeling small paces. I'm almost done with a minor kitchen remodel right now. Just paint and some small upgrades. Enjoying the fruits of my work and seeing the project finished is a huge confidence boost and gives me a great satisfaction. I've learned not to go too big though, because not being able to complete a big project can actually have opposite effects.

Joe Schiff, DSTA President (Continued on next page)

## UPCOMING EVENTS

**December 9th**—Lunch and Learn (COVID-19 and its continuing impact on your Transportation Business)

*Thank you from your DSTA Board of Directors and Officers for your continued support.*

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- President's Note
- December Event Info
- Weight Loss Challenge Results
- Letter from the Editor

## President's Note Continued

Find ways to create small wins. So if you're in a funk and unsure how to get out or can't see the light at the end of the tunnel, know you're not alone. Don't be afraid to reach out for help. Know that it's going to get better. Once it does, reflect back on what triggered the slide and ask yourself what you can do to lessen that feeling in the future. Trust me, I've ridden that roller coaster so much. But it's just a loop and you get on and get off. Highs and lows. And I'm not the only one on it. Happy Holiday's everyone. We're all in this together. Reach out to me personally if you'd like, even. Best Regards, Joe.

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**\$1,270**

Was raised for  
the Annual  
DSTA Fill-A-  
Truck Event  
(Virtual).

*Thank you to  
all who  
donated!*

### **WEIGHT LOSS CHALLENGE FINAL RESULTS!**

**Congrats to everyone on eight weeks of focusing on your health!**

The total weight of all team members started at 13,730.9 lbs and ended at 12,128.2 lbs. This group lost a total of 602.7 lbs or 4.4% weight loss. This is awesome! *Just think what another 8 weeks, 8 months, or 8 years of living like this could bring?*

Please see below winners:

**1<sup>st</sup> Place:** Chelsea Loining, Linzie Miller, Kendra Payette, Adam Lang, and Ryan Johnson lost 6.577%! **Wins \$250!**

**2<sup>nd</sup> Place:** James Kurosky Jr., Jennifer Kurosky, Roberta Lindemann, Kelly Kurosky, and Kyra Olmstead lost 5.966%! **Wins \$150!**

**3<sup>rd</sup> Place:** Chad Blaine, Ryan Lennartson, Sean Vinje, Jason Vinje, and Mason Vinje lost 5.811%! **Wins \$100!**

**Overall Biggest Male Weight Reducer** = Chad Blaine at 12.06%!  
Winner of \$50

**Overall Biggest Female Weight Reducer** = Kellyann Wilkins at 17.62%!  
Winner of \$50

Congratulations to all who participated!

(Full list on next page)

Hello DSTA Members,

We hope you are continuing to be safe out there and that you were able to have a nice Thanksgiving holiday. The board has made the decision to roll over current board positions through 2021. This is due to the impact of COVID-19 on event offerings as well as challenges with holding an election event.

We plan to continue to offer virtual events until it is safe for us to be in person again. In addition, **your current membership dues will continue to be valid for the 2021 year.** It is important to ensure our members are getting value out of their current DSTA membership.

We hope you have a happy holidays and please reach out to the board with any questions.

Chelsea Loining, DSTA Editor

PLEASE JOIN US  
FOR  
COVID-19 LUNCH  
AND LEARN  
December 9,  
2020  
MORE INFO TO  
FOLLOW ON NEXT  
PAGE

## WEIGHT LOSS CHALLENGE (TOTAL STANDINGS)

1. 6.577%

We're Not Going to Bake It	* Chelsea Loining
	Linzie Miller
	Kendra Payette
	Adam Lang
	Ryan Johnson 10.54%

5. 4.989%

Little Debbie's	Sue Kamunen 8.05%
	Angela Murphy
	Joshua Tinley
	Stacy Volkers
	DJ Hennessey

9. 3.639%

Hot Bod Makers	Clint Koecher
	Chad Stuber
	Bruce Hart
	Shane Kath
	Peyton Koskela
	*Dan Smiley 5.45%

2. 5.966%

	James Kurosky Jr.
	Jennifer Kurosky
	Roberta Lindemann
	Kelly Kurosky 8.96%
	Kyra Olmstead

6. 4.884%

Weighting on a Fuel Solution	Sherri Sharpe
	George Sowl
	Tobin C.
	Brandon S. 9.78%
	Shelley Faul

10. 3.013%

Badunkadunk Busters	Leyla Aktenkin
	Brian Foster
	Holly Austin
	Becky Pettit 5.23%
	Josh Pettit

3. 5.811%

Skinny Dippers	Chad Blaine 12.06%
	Ryan Lennartson
	Sean Vinje
	Jason Vinje
	Mason Vinje

7. 4.628%

The World Health Organization	Norm Holt
	Amy Holt
	Rory O'Donnell 7.28%
	Sarah O'Donnell
	Mike Mikrot

11. 2.601%

Buckaroo's	* Buck Hammann
	Jeremy Hammann
	Andy Raunio 5.08%
	Casey Scharnott
	Al Mamea

4. 5.20%

The Healthy Triple C's	Lance Loomis
	Carah Alexander
	Joe Alexander
	Terryanne Mascarenas
	Kellyann Wilkins 17.62%

8. 4.302%

Weight Shakers	Jim Kriske
	Dawn H.
	Jessica Culhane
	Mark Anderson 8.21%
	Kristi Anderson

12. 1.148%

Less than Yesterday	Debbie Landry
	Kevin Snyder
	Andrew Robertson
	Pam Hammann 2.70%
	Thela

**COVID-19 AND ITS  
CONTINUING IMPACT ON YOUR  
TRANSPORTATION BUSINESS**

**PRESENTED BY:**

Minneapolis law firm of Barna, Guzy & Steffen, Ltd.



**Carole Clark Isakson**

Attorney & DSTA board member



**Joan Quade**

Employment law attorney

**December 9 | 12:00 - 1:00 pm | via Zoom**

Please send any questions you may have to  
Carole Isakson at [cisakson@bgs.com](mailto:cisakson@bgs.com)

Join us for a one hour discussion of the Covid-19 related legal issues faced by transportation companies, including:

- Review and update your Covid-19 preparedness plan. How are you dealing with infected drivers? Other workers?
- Can you expect to be sued when an employee/independent contractor catches Covid? For what? How will this work? what about independent contractors?
- Are Covid cases workers compensation claims?
- What can you say/should you say about an employee with Covid?
- What to do about workers that tell you they are afraid to come in to work? What about independent contractors?
- How do we continue to keep the workplace safe? And what happens when that "workplace" is a company truck that moves from state to state?
- Rethinking the headquarters - do you need all that space? How do you keep connected (figuratively and literally) with employees working remotely?
- Renegotiating leases for less space, redesigning spaces for differing uses
- How about data security issues? We moved quickly to get people out of the office, but if some will stay home in the future do we have a good handle on data security requirements and issues?
- Your questions!

# Application to Duluth-Superior Transportation Association - Year 2020 Membership

Please accept my \_\_\_\_\_ application for membership or \_\_\_\_\_ renewal or membership in the Duluth-Superior Transportation Association.

Please mark the appropriate line:

\_\_\_\_\_ \$40 Annual Dues      \_\_\_\_\_ \$10 Full Time Student at \_\_\_\_\_  
\_\_\_\_\_ Support Paying Retired      \_\_\_\_\_ Retired - Mail Only      \_\_\_\_\_ \$50 After April 1<sup>st</sup>, 2020

Would you like a Certificate of Membership sent to you? YES NO (circle one)

**DUES ARE PAYABLE BY JANUARY 1ST FOR THE UPCOMING YEAR.**

**OPTIONAL** \_\_\_\_\_ I am enclosing an additional \$40.00 for a link to my company's web site on **DSTA's home page**. See banner at bottom of web page [www.TheDSTA.com](http://www.TheDSTA.com).

Web site url: \_\_\_\_\_

**PLEASE PRINT CLEARLY OR TYPE**

Date: \_\_\_\_\_

Name \_\_\_\_\_ Title: \_\_\_\_\_

Telephone: work: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Ext. \_\_\_\_\_ Cell: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Company Name: \_\_\_\_\_

Company Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Email address: \_\_\_\_\_

Company Web site: \_\_\_\_\_

Member sponsored/recommended by (if any): \_\_\_\_\_

Sponsor member's company: \_\_\_\_\_

**PAYMENT METHOD**

Total amount paid: \_\_\_\_\_

Check # \_\_\_\_\_ Payable only to **Duluth-Superior Transportation Association (or DSTA)**

**CREDIT CARD PAYMENT:** \_\_\_ VISA \_\_\_ MASTERCARD \_\_\_ DISCOVER \_\_\_ AMERICAN EXPRESS

NAME AS IT APPEARS ON CARD: \_\_\_\_\_

CARD NUMBER: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EXP. DATE: \_\_\_ / \_\_\_ (MO/YR)

3-DIGIT CODE ON BACK OF CARD: \_\_\_\_\_ BILLING ZIP CODE \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

My application qualifies me for membership under the Constitution and By-Laws of the DSTA.

Signature of Applicant \_\_\_\_\_

*Please send signed application and **check made payable only to DSTA** to:  
Dawn Evans, Dave Evans Transports, 19 East 3<sup>rd</sup> Street, Superior, WI 54880*

Thank you and welcome to DSTA!