

# mer INSIDER

Volume 07 | Issue 3 | March 2017



## March quote..

*May your pockets be heavy and your heart be light, May good luck pursue you each morning and night.*

-Irish Blessing

*"Water Recovery wins MER 2016 Achievement Award for achieving their goals in 2016. Other award winners include the Randolph, Mid-Atlantic, Charleston, Savannah, and South Florida Resource Centers. The awards were presented during the 2017 Planning Meetings held in the first quarter of this year."*



MER March Madness Is Here!	<b>1</b>
MER Prescription Safety Glasses Program	<b>2</b>
Protect your Child from E-Cigarettes	<b>2</b>
National Nutrition Month	<b>2</b>
There's an APP for that! Couch to 5K	<b>2</b>
2016 Chris McLarney Memorial Award	<b>3</b>
Drummac 2016 Safety Awards	<b>3</b>
Drummac Welcomes QMP Graduates	<b>3</b>
2016 Drummac Annual Awards	<b>3</b>



## MER MARCH MADNESS IS HERE!

MER's 2017 March Madness Bracket Challenge is underway, and just like in past years, we're supporting a local non-profit organization in North Florida that's close to our hearts.

Pine Castle is a leading non-profit organization in the Northeast region of Florida that serves people with disabilities, providing them opportunities to learn and work through various programs that involve life skills training and hands-on job experience. <http://pinecastle.org/about-us/>

This year, 50% of the proceeds will be donated to Pine Castle with MER matching all employee contributions in support of Pine Castle.

Interested in seeing who's leading the pack? Check out the link below or head to ESPN's Tournament Challenge and search for the group, MER March Madness 2017.

<http://bit.ly/2mbAA6l>

### MER VALUES

*Professionalism*

*Integrity*

*Mutual Respect*

*Discipline*

# MER Prescription Safety Glasses Program



The Occupational Safety and Health Administration (OSHA), requires eye and face protection when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, or potentially injurious light radiation. The MER Family of Companies requires safety glasses for staff working in the field.

## Prescription Safety Glasses Available at Little-to-No Cost

The MER Family of Companies will provide our employees with basic, prescription safety glasses with permanent side shields in single-vision, bifocal or trifocal lenses at no cost to our employees. In the event an employee chooses to purchase one of the following options, that employee will be responsible for the discounted rate associated with these upgrades:

- Progressive lens
- FeatherWate® lens
- Sun Clips

## In Order to Receive Prescription Safety Glasses:

- Contact MER's Health and Safety Team
- Safety Team will send an employee-specific authorization form to the employee and/or their Supervisor
- Employee brings the MER Safety-authorized form to any LensCrafters® with their current prescription
- LensCrafters® typically does not fill prescriptions over 18 months old
- Employee receives safety glasses in about an hour (depending upon if the prescription and frames are in stock)

Contact your MER Safety Coordinator for more details.



# Protect Your Child from E-Cigarettes

The use of electronic cigarettes or e-cigarettes has grown exponentially in recent years—especially among young adults in the United States. According to the report, *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*, the use of e-cigarettes by high school students increased by 900 percent between 2011 and 2015.

The liquid used in e-cigarettes contains nicotine and other harmful chemicals, including heavy metals and carcinogens. The liquid nicotine used in e-cigarettes comes in thousands of different flavors, many of which are appealing—and harmful—to children.

Regardless of how it is consumed, nicotine is a highly addictive drug and has clear neurotoxic effects, especially on developing brains.

Unfortunately, many young adults do not realize the harmful side effects of e-cigarettes.

Do your part to explain to your teen that an e-cigarette is just as deadly and addictive as a normal cigarette.

For more information, visit <https://e-cigarettes.surgeongeneral.gov/>.



# NATIONAL NUTRITION MONTH

**National Nutrition Month®** is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, celebrated on the second Wednesday in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives. Read more: <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>

Registered Dietitian Nutritionist Day, celebrated on the second Wednesday in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives. Read more: <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>

There's an APP for that!

## Couch to 5K

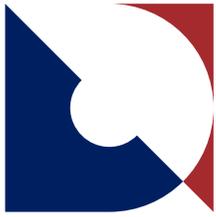


Get off the couch and get running with the OFFICIAL Couch to 5K®

training app! This oft-imitated program has helped thousands of new runners move from the couch to the finish line. Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race!

Select your interactive, motivating coach, and easily share your progress with friends and family on social media as you connect to Couch to 5K's supportive running community. Within the app, you'll see two separate graphs that monitor both distance and pace, giving you the ability to analyze your performance as you progress.

Download the APP from iTunes or Google.



# Drummac 2016 Awards

## 2016 Chris McLarney Memorial Award

For those new to Drummac, Chris McLarney worked for Drummac as a QMP and Supervisor in Portland OR for about 20 years. Sadly, Chris was diagnosed with cancer several years ago and passed away in the Fall of 2015.

Chris McLarney was a devoted employee. He was committed to "doing it right." As a "Carman," he was highly regarded in the railroad industry nationally - a true asset to Drummac. Chris worked every day with enthusiasm and integrity.

The recipient for this award will be a Drummac employee that exemplifies Chris's work ethic and spirit.

The 2015 winner was Caleb O'Conner from St. Albans, VT. Caleb's enthusiasm and dedication to his job embody the awards meaning. We are honored to have employees like Caleb working for Drummac.

We are proud to announce the 2016 award recipient is Lead Cleaner Antonio Lopez of Auburn, CA.

Dear Ashley,

I would like to nominate Antonio Lopez for this award. Tony has worked for Drummac for 20 plus years. As you know, he is the lead cleaner in Auburn, Ca. I have had the pleasure of knowing and working with Tony for many years. His attitude and safety practices and work ethic are impeccable. I can honestly say that Auburn would not be as successful as it is if it weren't for Tony. He also trains all the new hires and trains them right. I've heard rumor that Auburn is one of the cleanest trains in the Amtrak system. If this is true, he is the reason why.

Tony has been offered advancement in the company many times but he has respectfully declined. What a lot of people don't know about Tony is that he coaches High School soccer and is very successful at it. Another thing about Tony is that he is very well educated. He studied Criminal Justice at a local College in the area and has been offered employment by several Law Enforcement agencies. When asked why he continues employment with Drummac, he stated that he likes working for Drummac and the people he works with. It gives him the opportunity to continue coaching.

So, in closing, I would like to say that he has never had an injury or accident and I do believe that he's only missed 1 day of work in the 20 plus years he's been with the company.

There is no doubt about his loyalty or dedication to the company.

Respectfully yours,  
Dave Mesker, Supervisor  
Auburn, Ca

Antonio will receive a plaque, and a donation in his honor to the Pacific Railroad Preservation Association <http://www.sps700.org/prpa.shtml>. Chris McLarney founded this association.

### Honorable Mentions

Alex Jones – St. Albans VT

Joseph Gutterz – Sacramento CA

Charlotte NC Coach Cleaning Crew – Charlotte NC

**To all the nominees and recipients, thank you for all your hard work and dedication!**

## Safety First 2016 Safety Awards

These location had no recordable injuries for 2016 calendar year.

All employees in these location receive a \$25 gift certificate from their choice of the following: Outback Steakhouse, Cabela Outfitters, Target, Home Depot, Exxon/Mobil.

- CHARLOTTE
- LYNCHBURG
- MANASSAS
- ALBUQUERQUE
- MINOT
- NORFOLK
- AUBURN
- SAN JOSE
- SAN LUIS OBISPO
- SALT LAKE CITY
- GOLETA
- EVERETT
- TACOMA
- SPOKANE
- ST. ALBANS
- SAVANNAH



## Annual Drummac Awards

**2016 Rookie Supervisor of the Year**  
William Pough – Lakewood, WA

**2016 Supervisor of the Year**  
Joe Stimson – Portland/Brunswick, ME

**2016 Location of the Year**  
St. Albans, VT

## Drummac Welcomes QMP Graduates

Drummac is excited to welcome four new employees as Certified Mechanics (QMPs) this quarter:

Melvin Kenoly  
Bakersfield, CA  
January 5th



Desmond Thomas  
San Jose, CA  
January 5th



Hamilton Rodriguez  
Goleta, CA  
February 24th



Jacob DePriest  
Portland, OR  
February 24th



Jacob has also taken on the role of supervisor in Portland, OR.

Drummac offers an extensive "On-the-Job" Training program for those candidates who are driven, capable, and motivated.

Trainees will receive training/orientation in equipment standards and compliance requirements including, Standard Maintenance Practices (SMP's), FRA & FDA requirements, quality assurance programs, and other safety, regulatory requirements, and programs.

Mechanical trainees will undergo nine weeks of individualized training. For more information, please speak to one of our team members by calling our toll free number 800-780-0111.