



# NEWSLETTER

DECEMBER 2024/JANUARY 2025

# 2025

## A NEW YEAR - 2025

As we usher in the new year, we want to take a moment to reflect on the incredible journey we've shared in 2024. Each mile we've driven together, whether on the road or behind the scenes, has been a testament to the dedication, hard work, and teamwork that define our company.

We are deeply grateful for the commitment you bring to your work every day — from our drivers, dispatchers, and mechanics to our office staff, safety team, and everyone in between. Your contributions make Onfreight not just a business, but a big family.

Looking ahead to 2025, we're excited about the opportunities and challenges that lie on the road ahead. Together, we will continue to build on our successes, overcome obstacles, and keep moving forward.

We wish you and your loved ones a healthy, safe, and prosperous New Year. Let's make 2025 another year to remember!

Thank you for all that you do!



## TRUCKS FOR CHANGE

New charity initiatives have kicked off with Trucks For Change. We have partnered with them for many years providing trucking for food, clothing and other necessities for people in need across Canada. This past month we hauled our first expedite load for Brands For Canada. Big brands donate clothing and goods whether damaged or unsold and then we truck them to communities in which they are distributed to families in need.

## WHAT'S HAPPENING

**Friday, December 13th** - Christmas Luncheon - Patillo Rd. Pizzas will be served.

**Tuesday, December 24** - Christmas Eve

**Wednesday, December 25** - Christmas Day

**Thursday, December 26** - Boxing Day

**Tuesday, December 31** - New Year's Eve

**Wednesday, January 1st** - New Year's Day



# NEWSLETTER

DECEMBER 2024/JANUARY 2025

## SAFETY TIP OF THE MONTH

The cold weather is here to stay, temperatures dip to freezing and the snowstorms are here. Black ice often makes the road surface look wet especially in shady areas and bridges and overpasses, check for water spraying off tires around you or your own, check the back of your mirror, if its frozen and water is not spraying up, its black ice. Slow down and brake gently. In snow and ice, start slower and drive slower. Avoid braking on curves. Drop your speed to match road conditions, this is the best way to drive safe in snow and ice. Leave space! If you see trucks and cars spun out in the median take extra caution! And as usual, complete a full and thorough pre trip inspection, this will save you in the long run.



Remember, you are a professional driver, drive as such. Your family and friends are counting on you!

## EMPLOYEE SPOTLIGHT

7 questions with...

**Aamir Patel**

Onfreight Logistics

**1. One meal for the rest of your life, what would it be?** It would undoubtedly be biryani. Its rich blend of spices, tender chicken, and aromatic rice makes it not just a meal, but a celebration of flavors that I could savor forever. For me it's just not Food. It's Emotions.

**2. What is something people would be surprised to know about you?** I have a real passion for cooking, and I believe I can make some delicious food. Though, it could just be my imagination—or maybe my friends are being kind, telling me I'm a great cook so they can enjoy a tasty meal without lifting a finger! Haha!

**3. Best day of your life so far?** Receiving my Permanent Residence in Canada was one of the happiest moments of my life. I never imagined I would be able to build such a meaningful life here on my own. But thanks to Onfreight, I was welcomed and supported like family, making this journey even more special and unforgettable.

**4. What would your dream vacation be?** My dream vacation would be to visit Dubai, a city where modern luxury meets rich culture. I can't wait to experience its breathtaking skyline, world-class shopping, and vibrant energy, all while soaking in the unique blend of tradition and innovation.

**5. If you could be someone else for a day, who would you be?** I would love to be Steve Ondejko for a day. I deeply admire how he built his entire business from the ground up, all on his own, and yet remains so humble, grounded, and approachable. His genuine kindness and willingness to help others is truly inspiring and something I would love to experience firsthand.

**6. What was your first job ever?** My journey started with my first job as a cashier at Walmart. After that, I was hired at Onfreight as a dispatcher, where I've been able to further develop my skills and contribute to a dynamic team. It's been an amazing progression that has shaped my career path.

**7. If you could appear on any game show, which one would you choose?** I would absolutely love to watch a cricket match.

# LET'S CELEBRATE

## ***Birthdays***

### DECEMBER

Andi Anton  
Arshvir Jagpal  
Dwayne P. Lalonde  
Kennan Z. Martial

Tegbir Singh  
Marc St. John  
Mark Toohey  
Jamie Turcotte  
Santino Viselli

### JANUARY

Michael Allen  
Timothy Bailey  
Kevin Boismier  
Gregory Gamble  
Jeffrey Hunter  
Aamir Patel  
Gaurav Sharma  
Harwinder Singh  
Rhonda Skiba

## ***Anniversaries***

### DECEMBER

Joseph Abramuk  
Kimberley Cracknell  
Terry Greene  
Sheila Tessier  
Santino Viselli  
Ismail Yilmaz

### JANUARY

Jimmy Brar  
Ravneet Kaur  
Eric Menna  
Gaytan Ouimet  
Paul Panasiuk  
Marius Pandea  
Gurbinder Singh  
Anthony Soresi  
James Trepanier

# Connect Care

## Managing the Holiday Blues

BY DR. ROGER HABER

In 1957 Elvis Presley released "Blue Christmas." But being "blue" during the holidays is more than a sad song from the King of Rock and Roll.

In an article in Psychology.org (August 15, 2024), the writers inform us that according to the American Psychological Association, 44% of women and 33% of men surveyed feel stressed during the holidays. "The **holiday blues** strike people experiencing the forced joyfulness and expectations of the season."

According to this article, some of the common triggers include:

- ❑ Stress about family gatherings.
- ❑ Overspending, especially for people already in financial stress.
- ❑ Pressure to create the most festively decorated home, bake professional-grade cookies, and find the "perfect" holiday gifts.

Some of the symptoms of these holiday blues include:

- ❑ Situational sadness.
- ❑ Trouble concentrating.
- ❑ Irritability.
- ❑ Anxiety.
- ❑ Fatigue.
- ❑ Stress.



**"HEAVY HEARTS,  
LIKE HEAVY  
CLOUDS IN THE  
SKY, ARE BEST  
RELIEVED BY THE  
LETTING OF A  
LITTLE WATER."**

---

CHRISTOPHER  
MORLEY

---



There are several reasons people experience the holiday blues:

- ✓ Unrealistic or unattainable expectations.
- ✓ Memories of loved ones who have passed.
- ✓ Isolation or loneliness.
- ✓ Feeling overwhelmed or stressed.
- ✓ Financial difficulties.

So, what might we do to cope with the holiday blues we might experience (or help a friend or relative who might be "down in the dumps")?

First, **we need to look for ways to release harmful emotions.** The best course of action might be to talk with someone about your stress or emotional turmoil. Your care team is available to you.

Second, **set reasonable expectations.** Avoid the "must" and "should" traps or allowing the all-or-nothing notion that if the holidays aren't perfectly joyful then they are entirely miserable.

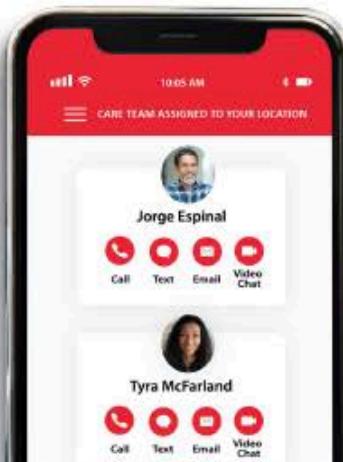
Third, **take care of yourself.** Lack of sleep and inconsistent eating can worsen irritability and fatigue. Keep working on healthy habits.

Fourth, **acknowledge grief.** If you've lost a loved one, honor what you are grieving. Again, talking to your Care Team might really help.

Finally, **focus on the positive.** Try listing the positive elements in your life and focus on them.

If you have the holiday blues, why not go to your MCare Canada App right now and reach out to your care team and set up a time to have a confidential chat?

**Have you downloaded the MCare Canada App? Why not do that right now, and let your care team know how you'd like to connect? You can call, text, email, or video chat.**



**24/7 access to your  
Care Team  
via MCare Canada App**

\*free in your app store



Download on the  
App Store

GET IT ON  
Google Play

## How It Works



Enter your company's  
Location ID



Select a Care Partner to call,  
text, email, or video chat  
directly from the app.



Browse additional  
resources