SUBMISSION / PHOTO GUIDELINES

The deadline for 4th quarter newsletter submissions is Friday, **February 9, 2024**. We will consider articles on process improvement, milestone achievements, and other Southeastern events or projects. Please submit complete articles in Word format and email up to 6 photos that you want included as Actual/Full-Size resolution attachments (do not embed within email or document). Remember to identify full names of individuals pictured in your photos. Please submit high-grade photos only (no screenshots)—low resolution or blurry photos will not be published. QUALITY is our goal! Submissions should be emailed to: EagleEyeNews@sefl.com.

We are extremely proud of our drivers, from left, Kyle New (P&D/Driver Mentor-Charlotte) and Beau White (Linehaul Driver-Atlanta) who competed in the American Trucking Association’s National Truck Driving Championships this past August in Columbus, Ohio.

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O come, all ye faithful…and not so faithful, too.
There is a saying that was popular with the Christians in the early church. Paul calls it a “trustworthy saying” in a letter to Timothy:

“If we die with him, we will also live with him;  
If we endure, we will also reign with him.  
If we disown him, he will disown us;  
If we are faithless, he will remain faithful,  
For he cannot disown himself.”
(2 Timothy 2:11-13)

Have you ever come to Christmas, caught yourself singing “O Come, All Ye Faithful,” and wondered: Who is that? Who can say they have been totally faithful to Christ? To be honest, can anyone say they are entirely faithful in their walk with God? I would love to add, “compared to what?” Because “faithful” would have to be a relative thing. We all fail Him from time to time. We all struggle with faith. We all prove to be unfaithful partners with God.

In other words, if our security with God depends only upon our faithfulness to Him, I’m afraid we all would be in bad shape. But the good news is…our security with God depends on His faithfulness to us. Phew!

Jesus chided His disciples for having “little faith,” but He did not kick them off the team for it. He called His followers an “unbelieving generation,” but He did not abandon them.

As we come to the end of 2023, I’m sure we can all recall times when we struggled with our faith, had a hard time finding it, or perhaps found ourselves unfaithful in some way to God. Some of us may be in such a place right now. This is a time to worship God for His faithfulness to us and a time for us to reflect on how we can be more faithful to Him. If we are in Christ Jesus, we can rest assured that God will be faithful to us, but we are not perfectly faithful to Him. Don’t get me wrong, I desperately want to be more faithful to Him. But I am glad that my eternal future is based on His faithfulness and not on mine!

O come, All Ye Faithful…and all of us not so faithful, too. Come let us adore Him!
Southeastern Freight Lines is honored to be recognized with Logistics Management’s 40th Annual Quest for Quality Award. We received top honors for on-time performance and customer service in the South/South Central Regional Less-Than-Truckload (LTL) carrier category. This accomplishment is a testament to the unwavering commitment of our dedicated associates, who consistently go above and beyond to provide exceptional service.

Our journey with the Quest for Quality awards began in 1986, and we have maintained an unbroken winning streak, receiving this honor through 2023. This year marks our 38th consecutive win in this category!

At Southeastern Freight Lines, quality underpins our company’s values. Our associates deeply understand the significance of meeting delivery schedules, surpassing customer expectations, and providing top-notch customer service.

We extend our sincere congratulations to our partners, A. Duie Pyle, Dayton Freight Lines, and Oak Harbor Freight, for their well-deserved success in their respective categories. Together, we represent the industry’s pursuit of excellence, and we are honored to be acknowledged for our dedication to quality service.
The World's Largest Truck Convoy® for Special Olympics is a fundraising event that provides a unique opportunity for law enforcement and the trucking industry to partner together to change the lives of Special Olympics athletes. It creates a sense of teamwork in communities throughout the United States and Canada.

On Saturday, August 26, 2023, several of our drivers volunteered to drive in the World’s Largest Truck Convoy.* Southeastern drivers, along with an army of other trucks and drivers, were escorted across the highways of South Carolina by Department of Transportation officers to raise awareness and funds for the Special Olympics.

Special Olympic athletes train in various sports throughout the year. Participation is free to the athletes, so law enforcement and truckers help to provide the funding needed for these participants.

The South Carolina Truck Convoy had more than 168 trucks and raised over $68,000!

Thanks to Jeff Wade (Charleston) and Stephanie Cullum (Support Center) for letting us bring the Mighty Mite out to the event. The Mighty Mite was a big hit! The kids loved it and asked all kinds of questions.
REAL ESTATE DEVELOPMENTS AND IMPROVEMENTS

AUSTIN – NEW BUILD

- 122 Dock Doors  
- Appointment Warehouse

NEW ORLEANS – NEW BUILD

- 124 Dock Doors  
- Appointment Warehouse  
- Driver Rest Facility
DOTHAN – DOCK EXPANSION
- Net 24 Doors
- Office Refresh

ROANOKE – DOCK EXPANSION
- Net 25 Doors
- Office Refresh

CHARLOTTE – DOCK EXPANSION
- Net 107 Doors
- New Remote Trailer Parking Lot

LITTLE ROCK – NEW OFFICE
- New Office Location
In late September, fourteen technicians from every corner of Southeastern’s footprint gathered in Columbia, South Carolina, for what was for most of these technicians their first-ever Fleet Services training event. This professional technician development training was not just a simple series of classroom sessions. From Monday morning through Thursday evening, the hands-on training and testing was nearly nonstop. During these four days, technicians worked hard to learn introductory skills such as:

- Basic Electrical Theory and Meter Usage
- 5th Wheel Maintenance and Adjustments
- Wheel End and Hub Maintenance and Safety
- Brake System Maintenance and Safety
- Introduction to Collision Mitigation Systems
- Introduction to the Eaton Transmissions
- Introduction to the Cummins Engine Platform

By the end of the week, these technicians had learned the basics in many maintenance topics that will assist them on their way to being world-class professionals in their trade. While everyone in this group performed exceptionally well, our “Top Techs” made the highest overall scores among their peers. A big congratulations to all participants for their superior performance!
Fleet Services is excited to introduce James Woods of the Dallas Shop as our Associate of the Quarter for the third quarter of 2023!

Always ready to serve, James has made a name for himself through his service to his fellow technicians and to our Operations teams. He has been recognized for his dedication to supporting our drivers and dock associates. He always takes time to ensure that their needs are fully met so they can return to their work without delay. While in the shop, James approaches every task with a diligent and efficient work ethic, resulting in services and repairs of the highest quality. He also serves as a shift lead, providing guidance and support to technicians, as well as providing communications and updates to drivers and service center leadership.

Please help us congratulate James for this well-deserved honor!
Star of Hope Mission is a Christ-centered community dedicated to meeting the needs of homeless men, women, and children. Positive life changes are encouraged through structured programs that focus on spiritual growth, education, employment, life management, and recovery from substance abuse. Southeastern’s Houston team had the privilege of serving the Men’s Development Center by preparing 150 sandwich bagged lunches. These lunches were given to the men as they began their workday. It’s a step forward to help redirect their life. Our team members were Service Center Manager Todd Herbert, Regional HR Manager Melissa Sims, Account Managers Leah Jones and Maria Ramon, and Inside Sales Account Manager Katie Ramirez.

“A generous man will himself be blessed, for he shares his food with the poor.”
~ Proverbs 22:9
RICHMOND IN THE NEWS!

Employees of Southeastern Freight Lines Participate in Service Projects Dedicated to Foster Children

Please join us in recognizing Southeastern Freight Lines for its commitment to our community. On August 19, they generously donated school supplies and organized a special back-to-school clothes shopping spree for the foster children of Prince George County.

Employees of Southeastern Freight Lines participate in service projects to serve their local community. When Prince George County resident Justine Taylor noticed a sign about the need for foster families outside of the Department of Social Services, she saw it as a way for Southeastern Freight Lines to get involved. As many employees are parents, they understand the importance of having the right school supplies for a successful academic journey. They saw an opportunity to support these incredible children and help them start the school year on a positive note.

Their goal was simple: to bring joy and show these students they are loved. They firmly believe in the power of dreams and want to inspire these young souls with a powerful message: “Never let someone tell you that you can’t do something because where you are today is not where you will be tomorrow.” The day was filled with smiles and laughs and ended with hugs and shopping carts filled to the brim.

For those who are inspired to give back, Southeastern Freight Lines encourages people to be open-minded. There are numerous ways to make a difference, and sometimes, all it takes is a small act of kindness to create a ripple effect of positivity.

*As published in “The Prince George Journal” on 9/3/2023*
Living our Culture is essential to achieving our Mission at Southeastern Freight Lines. We know that a company’s culture doesn’t just happen overnight. Cultures are built one day at a time, over a long period of time, and are built by each person who is a part of our organization. We owe a huge debt of gratitude to these associates who recently retired with 25 or more years of service.

GLENN SELLARS  
SAVANNAH SHOP
The Savannah service center would like to congratulate Glenn Sellars on his retirement in October. Glenn began his career with Southeastern as a part-time Freight Handler in February 1988. We then recruited him to the Shop as a full-time Technician later in 1988. He quickly rose to the rank of Class A Technician for the Savannah Shop. Glenn served the Shop well in his over 35 years of service. He could repair every piece of equipment we owned, as well as maintain and make a variety of repairs at the service center. In his retirement, Glenn plans to spend more time with his family and also go hunting. He will be missed in the Shop and by everyone at the service center. Thank you for your many years of service to Southeastern, Glenn. We wish you nothing but the best!

B.P. HINES  
VALDOSTA
The Valdosta service center would like to recognize and congratulate B.P. Hines on his retirement. B.P. started his career with Southeastern in 1988 in Atlanta, Georgia, as a part-time Outbound Freight Handler. He transitioned into a P&D Driver in 1989 and transferred to our Valdosta location in 1990 in the same role. In 1997, he was promoted to Linehaul Driver where he served for the past 25 years. In his retirement, B.P. plans to spend a lot of time with his family, especially with his four grandchildren, and travel with his wife. Thank you, B.P., for your 34 years of dedication and loyal service to Southeastern and the Valdosta team. Good luck and best wishes in the years ahead!
SCOTT RUDD
GREENSBORO
Over Scott Rudd’s 33 years of service with our company, he served in almost every capacity possible at a service center! He was the epitome of a “company man,” as he always did what was best for Southeastern Freight Lines. Scott’s work ethic and knowledge of the industry were second to none. He always created solutions to any opportunities that occurred. His drive for perfection in all he did was what made him such a great person to follow and emulate. Scott looks forward to spending retirement on his farm, where he will continue to work each day! Thank you, Scott, for all the many ways you impacted this company and its associates. We are so grateful to have served with you!

RICHARD HUNTER
NASHVILLE
We would like to recognize and congratulate Richard Hunter for his 27 years of service in Nashville! Richard served as a Linehaul Driver since 1996 and said this was the best job he ever had. In retirement, he plans to spend as much time as possible with his two grandsons and enjoy the Tennessee countryside. Enjoy your retirement, chief—you will be greatly missed!

DAVID “PAUL” PRINGLE
WILMINGTON
The Wilmington service center would like to congratulate David “Paul” Pringle on his retirement. Paul started his career with Southeastern in August of 1996. He served as a P&D and Combo Driver for over 27 years. Paul plans to relax until his mission trip to Africa in November. Thank you for your service, Paul. We wish you all the best!

RON HILLS
TAMPA
Congratulations to Ron Hills on his retirement from the Tampa service center after 26 years of service. Ron began his career with Southeastern as a local city driver in 1997. He later moved into a Linehaul role in 2005 until retiring in August. In both roles, he did an outstanding job serving his internal/external customers. Now that Ron is officially retired, he plans to travel and spend more time with his children and seven grandchildren. Thank you, Ron, for the many contributions you made to our team. You will be truly missed, and we wish you the absolute best in your retirement!

ROCKY MINKLER
KINSTON
The Kinston service center and team would like to congratulate one of their own. Rocky Minkler completed his “Final Appointed Rounds” as it pertains to freight. He is eager and excited to start his new journey into retirement! Rocky was an important part of the growth and development of the Kinston service center, with over 25 years of dedicated service. He held various roles from part-time Outbound Freight Handler to full-time Inbound Freight Handler. He transitioned into a full-time P&D Driver, delivering to local grocery warehouses in the morning. Rocky filled in for both Combo and Linehaul and spent 18+ years serving the people of Beaufort, NC. Most recently, he served the New Bern, NC, area as a P&D Driver. Rocky looks forward to morning coffee on the porch with his wife Ann, spending more time with his grandkids, attending ball games, and enjoying time in the mountains of North Carolina. We wish you health and happiness, and a well-deserved retirement, Rocky!
No matter where you look in Southeastern’s fleet, there is a constant force that our technicians must be able to master if we hope to stay on top of the ever-evolving world of equipment. That force is electricity. Trucks and trailers, dollies and forklifts—every piece of SEFL equipment is dependent on its electrical system to function. The challenge? It is an invisible force!

Fleet Services is dedicated to providing the very best electrical training to our technicians. Starting in basic electrical theory training, technicians are introduced to the three main fundamentals of electrical theory—voltage, amperage, and resistance. As our technicians continue to hone their skills, they become more versed in digital volt-ohmmeter usage leading into our second level of electrical training. This level dives into the world of series and parallel circuits, and the use of OHM’s Law to calculate values that are not easily measured. In other words, your SEFL technicians solve complex vehicle problems with algebra and organic chemistry!

As technology in the field continues to increase, so must our technicians’ abilities. With this in mind, Fleet Services will continue to invest in our technicians to ensure they remain the subject matter experts in their field.
Just bought a 1-bedroom condo
Relishes time with grandkids
Wants to remain as independent as possible

Always looking forward thanks to MetLife Disability Insurance.

MetLife is Southeastern Freight Lines’ new Disability Insurance carrier effective January 1.

Should you need assistance with filing a claim or if you have any questions about the Disability program, please contact MetLife at 1 800 GET-MET8 (1 800 438-6388). Or, visit metlife.com/sefl by scanning the QR code!
Benefits can be complicated, but Quantum Health is on your side to make them simpler for you. For medical claims, benefits, prescription assistance, and so much more, you will receive expert guidance from your Care Coordinators.

**There are several ways to contact your Care Coordinators:**

- **Chat** live with a Care Coordinator through your online account during business hours.

- **Schedule** a call at the date and time that is convenient for you, and a Care Coordinator will call you at the scheduled time – no holding, no waiting.

- **Send** a secure message 24/7 through your online account when you need help after hours.

- **Call** to speak with a Care Coordinator. We have Spanish-speaking Care Coordinators available and will provide translation services if needed.

No request is too big or small for your Care Coordinators. Contact us by phone or chat during business hours, and anytime through your online account.

**myselfbenefits.com**

**(855) 576-9984**

(Monday-Friday, 8:30 a.m.-10 p.m. ET)
Southeastern Freight Lines awarded a total of $46,500 in college scholarship money to children of SEFL associates for the 2023-2024 school year. We are excited to announce that up to 10 scholarships will again be awarded to eligible children of Southeastern associates for the 2024-2025 school year.

The application window for next year’s scholarship program is scheduled to open on February 1st.

Please stay tuned for further communications as the application window approaches.

NAME A BENEFICIARY FOR YOUR RETIREMENT ACCOUNT TODAY!

Naming your beneficiary is a small step you can take today—and it’s important. Designating your beneficiary helps ensure that your Southeastern Freight Lines Retirement Savings Program account will be distributed the way you want in the event of your death. The important thing is to do it today.

What you can do now
To ensure that T. Rowe Price has your most up-to-date beneficiary information, visit the website at rps.troweprice.com. You can also call T. Rowe Price at 1-800-223-4055.

Scan the QR code to update your beneficiary online.

T. Rowe Price Retirement Plan Services, Inc.
Material for possible inclusion in future issues should be directed to EagleEyeNews@sefl.com