

Universal Logistics 75th Anniversary Event

As you know, Universal Logistics is celebrating our company's **75th Anniversary** this year.

We are planning a very special event to celebrate this extraordinary anniversary, and it is likely to take place in December in lieu of our annual staff Christmas party.

Stay tuned for more details soon and plan on attending!



Hockey Helps the Homeless – Employee Fundraiser

Following another fantastic Employee Fundraiser last year – we raised a spectacular total of **\$36,161.13** for HHTH (<https://htht.akaraisin.com/ui/yorkregion2024>), 360Kids (<https://www.360kids.ca/>) and Blue Door (<https://bluedoor.ca/>) – this year Universal will once again support the **Hockey Helps the Homeless (HHTH)** tournament in York Region.



We will kick off this year's 30-day campaign with a **Lunch 'N Learn** event at Head Office on **Tuesday, October 22nd** – mark your calendar and stay tuned for more details in the coming weeks!

Summerlicious Days – The Wrap-Up



Summerlicious Days at Universal wrapped up on September 17th with some great weather to close off another year of this delicious initiative, organized by the *LEAD* team. From May to September, Head Office saw Food Trucks roll in to bring on the goodies. Our Canadian Branch and U.S. Offices got to enjoy options specific to their locations. Here's a recap of what we got to enjoy!

On May 28th, Head Office saw a Food Truck BBQ feast, while our Canadian Branch and U.S. Offices got to organize delicious meals from restaurants in their neighbourhoods.

On June 18th, an Ice Cream Truck pulled up to Head Office, and our Canadian Branch and U.S. Offices picked up their frozen favourites – some even put together a *Summerlicious* Sundae Buffet!

On July 13th, the Food and Ice Cream Trucks pulled up to the *Universal's Summer Picnic* at Bruce's Mill.

Since there's never enough dessert, round 2 of frozen treat fun happened on August 20th.



The final course of *Summerlicious Days* was served on September 17th, with the return of the Food Truck at Head Office. Our Canadian Branch and U.S. Offices got to once again support their local restaurants to close off another successful *Summerlicious* program.

[>> Click Here to see some photos from September 17th! <<](#)

2024 Spirit Days at Universal

We've got spirit yes, we do!

We've got spirit, how 'bout you?

On July 22nd, the *LEAD* team introduced the *2024 Spirit Days* schedule. These days are dedicated to enhancing our office culture and bringing some fun into our workplace.

The first *Spirit Days* saw the theme of Summer Olympics, which spanned the entire duration of the Summer Olympics rather than a single day. Everyone was encouraged to decorate their workspaces to embrace the thrill of the Olympic games. **Mariana Minero** and **Maggie Gragasin** each took home a gold medal (read: \$25.00 Amazon gift card) for their decorating efforts!



On September 24th, Universal employees were turning heads with Crazy Hat and Hair Day! Although results for this *Spirit Day* are pending, it's not too late to begin thinking about our next theme...**Halloween!**

Get your workstation, or yourself, dressed for Spooky Season! Winners of this *Spirit Day* (*haha, "Spirit" like ghosts, get it?*) will be ~~trick~~ or treated to \$25.00 gift cards.

Something's Brewing

Contributor: Alice Yan

The *Smart* Shopper – How to optimize the use of your digital wallet!

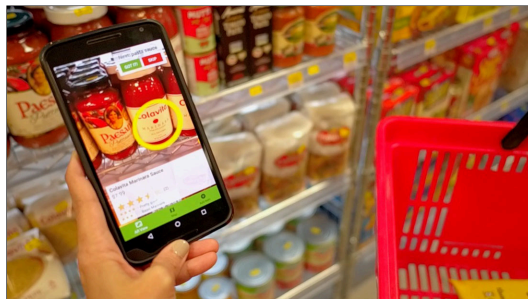
As our phones replace cash, with the ease and convenience of a digital wallet, it's easy to overspend. As we're getting closer and closer to the holiday season, here are some tips and apps to save money on your next shopping trip.

Before shopping...

1. Don't go shopping without a plan. Set up timelines for different types of shopping (e.g. weekly grocery shopping), and determine your budget for each trip, doing your best to stay within that budget. Moreover, put the items on your shopping list in priority order to identify which items can be left behind in case you go over budget.

2. Price match and look for coupons. Look into loyalty programs or apps that align with your shopping habits. Penny pinch by trying the apps below to help you find the best price and coupons. Best of all, they're free to use!

- **Flipp Flyers** – quickly compare prices from local flyers (*Canada & The U.S.*)
- **PC Optimum** – in addition to flyers, you can also collect points redeemable at any PC-affiliated store (*Canada*)
- **Reebee** – finding coupons from hundreds of major Canadian grocery stores
- **Groupon** – unbeatable deals for things to do, see, eat and buy (*Canada & The U.S.*)
- **KCL** – Coupons, deals and savings! Find grocery deals, promo codes, online coupons, manufacturer coupons, cash back rewards and more (*Canada & The U.S.*)



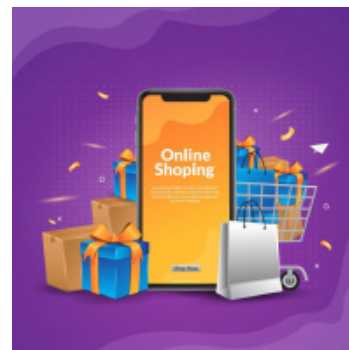
3. Prepare all of the relevant rewards/loyalty/points cards (in-app, linked to your credit card, standalone card) for your shopping trip.

While you're shopping...

1. Buy generic brands. Supermarkets put costly, name-brand items at eye level, which can tempt you to spend more money on high-cost items. If you look at the top or bottom shelves, you'll often find generic brands, like the store's own brand, that are cheaper and often taste just as good.

2. Use a rebate app. These are especially helpful when online shopping – you will often find that there are app-exclusive coupon codes, or they might also be a coupon finder in addition to providing cashback. Here are some recommendations, all of which are free to use!

- **ibotta** – a digital coupon app that lets you earn cashback and other rewards on purchases
- **Rakuten** – a cashback shopping app, also downloadable as a browser extension, that lets you earn at thousands of retailers
- **TopCashBack** – get rewarded with cashback and coupons from over 7,000 stores
- **Checkout 51** – get cashback on groceries and other household items
- **Honey** – a free browser extension that automatically searches for the best prices of goods and services on over 300,000 websites



The Aftermath...

Don't just throw away your receipts right after shopping! Review and analyze how you did budget-wise. There are even apps that give you points for uploading your receipts. In exchange for your consumer data, **Receipt Jar** and **Receipt Hog** offer points that can be converted into cashback. Upload a picture of your receipt, or link your online shopping accounts, to accumulate points without needing to purchase anything specific for any store!

Question: Some choose to save on shopping by using a method where you can only purchase as much as you can fit in your cart or basket. The size of your vessel will reflect how much you're willing to spend - we can only imagine what that budget is if you're using one of the shopping carts below! What are the dimensions of the largest shopping trolley, and where is it located?



- A. 20.02 m in height, 9.60 m in length; Tokyo
- B. 16.60 m in height, 8.23 m in width; Turkey
- C. 12.50 in length, 1.20 m in diameter of the wheels; U.S.A.
- D. 9.60 m in length, 8.23 m in width; Istanbul

Click on the question above, submit your answer to Sharon, and you're eligible to win!

Submission deadline

Friday, October 4th (Noon)

Prize

\$25 Tim Hortons, Starbucks or Amazon gift card for the 2 winners

(If more than two contestants have the right answer, we will pick the winning names out of a hat)



Kudos (Noun) – Praise & honour received for an achievement

Kudos Corner is a forum where Universal employees can recognize the efforts of their co-workers. Bring forward candidates for *Kudos Corner* at your next Team Meeting or simply drop your Manager a line whenever you feel someone's efforts should be recognized in *Universal & You*.

For this issue we received the following entries:

Submitted by Pamela Randolph of our US Freight Operations team:

*"I would like to commend **Mark DeLuca of our Customs Operations team in Buffalo**. I have nothing but praise for Mark and his work ethic. Whenever I have needed to work on a holiday or weekend, Mark is always prepared to help me find a solution to a problem, and/or quickly makes import operations payments. Mark has always had a positive attitude and has even assisted me with after-hours monitoring. He is really appreciative and constantly willing to learn new things. In my opinion, he is a tremendous asset to Universal Logistics.*

Mark has tremendous leadership characteristics and consistently demonstrates initiative. I wish he was part of Import Operations, as he always goes above and beyond to provide additional information and ensures that nothing is missed. Mark has always gone out of his way to make me feel like I'm part of his office."

Submitted by Janice Ilkay of our IT Solutions team:

*"One of the projects for the IT Solutions team this year was to upgrade all the PCs to Windows 11. The time to upgrade to Windows 11 varies, but it could take as long as 2 hours. During this time, the user would have no access to their PC and therefore would be unable to work. **Maryam Mehrdad and William Ong of our IT Solutions team at Head Office** decided on their own that they would do the upgrades after hours so as to not disrupt the user during their work day. They have spent many evenings working on this instead of enjoying their free time and completed what could have taken many months to complete during work hours in just a few months. Kudos to Maryam and William for taking this on, on their own time!"*

Growing again

In *Universal & You*, we want to introduce all new employees. We have a new addition at the Buffalo office. Please join us in welcoming Megan Henderson to the team!



Name: Megan Henderson

Team: US Customs Operations

Start date: August 6, 2024

Book Buzz

Contributor: *Barbara Mulatinho*

Author Spotlight: T.J. Newman

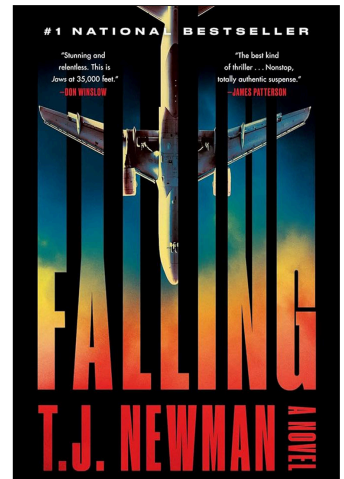
T.J. Newman is a former bookseller and flight attendant whose books were instant New York Times bestsellers. The first two books will soon be major motion pictures after selling in two separate headline-making seven-figure deals!



T.J. Newman

Falling

You just boarded a flight to New York. There are one hundred and forty-three other passengers onboard. What you don't know is that thirty minutes before the flight, your pilot's family was kidnapped. For his family to live, everyone on your plane must die. The only way the family will survive is if the pilot follows his orders and crashes the plane.

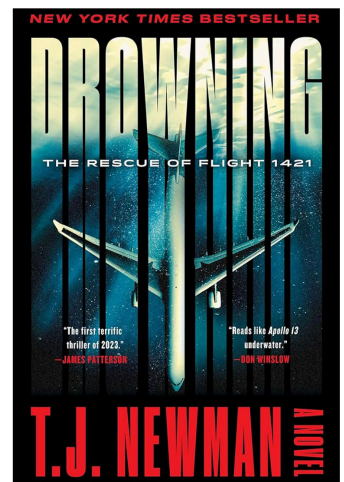


Falling

Drowning

Six minutes after takeoff, Flight 1421 crashes into the Pacific Ocean. During the evacuation, an engine explodes and the plane is flooded. Those still alive are forced to close the doors. The plane sinks to the bottom with twelve passengers trapped inside.

Their only chance at survival is an elite rescue team on the surface. They need to rescue the passengers from the sealed airplane, which is now teetering on the edge of an undersea cliff. There's not much time. There's even less air.

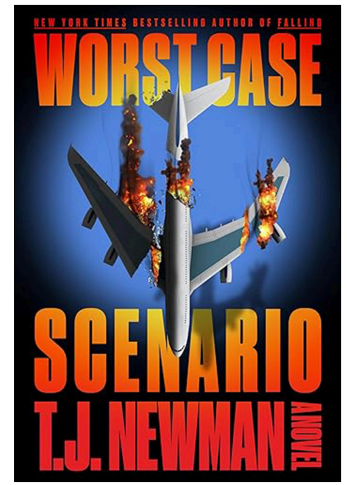


Drowning

Worst Case Scenario

When a pilot suffers a heart attack at 35,000 feet, a commercial airliner filled with passengers crashes into a nuclear power plant in a small town, which becomes ground zero for a catastrophic national crisis with global implications.

In this heart-stopping thriller, ordinary people are thrust into an extraordinary situation as they face the ultimate test of their lives. It will take the combined courage, ingenuity, and determination of a brave few to save not only their community and loved ones, but the fate of humanity at large.



Worst Case Scenario

Culture and Entertainment

Contributor: Barbara Mulatinho

The 76th Primetime Emmy Awards

Outstanding Comedy Series

Hacks is an American comedy-drama television series starring Jean Smart. The series received critical acclaim and won accolades with 6 nominations at this year's Emmy Awards.

Premise: Deborah Vance, a legendary Las Vegas stand-up comedy diva, needs to re-invent her aging act to avoid losing her residency at the Palmetto Casino. Ava Daniels is a young comedy writer who is unable to find work due to an insensitive tweet and her reputation for being self-centered and arrogant. When Ava's agent sends her to work as Deborah's new head writer, the two slowly bond as Ava pushes her new boss to take more risks and Deborah, in turn, helps Ava start to work through her personal problems.



Hacks – on Crave

Outstanding Drama Series

Shōgun is an American historical drama television series with its first season receiving widespread critical acclaim. In 2024, it became the first Japanese-language series to be nominated for a Primetime Emmy Award for *Outstanding Drama Series*, and has earned 25 Emmy nominations.

Premise: *Shōgun* follows the collision of two ambitious men from different worlds, John Blackthorne, a risk-taking English sailor who ends up shipwrecked in Japan, a land whose unfamiliar culture will ultimately redefine him; Lord Toranaga, a shrewd, powerful daimyo, at odds with his own dangerous political rivals. And Lady Mariko, a woman with invaluable skills but dishonorable family ties, who must prove her value and allegiance.



Shōgun – on Disney+

Outstanding Limited or Anthology Series

Ripley is an American neo-noir psychological thriller miniseries. *Ripley* received critical praise and at the 76th Primetime Emmy Awards, it received 13 nominations, including *Outstanding Limited or Anthology Series* and acting nods.

Premise: In 1960s New York, Tom Ripley, a down-at-the-heels con-man, is hired by a wealthy man to convince his prodigal son to return home from Italy. But Tom's introduction to Dickie Greenleaf's comfortable and leisurely life abroad turns out to be "the first step into a complex life of deceit, fraud and murder".



Ripley – on Netflix

Health and Lifestyle

Contributor: Veena Ramesh

Blue Zones

One of the most beautiful seasons of the year is Fall with all its inimitable colours. This is a time when you tend to appreciate nature and take your time to slow things down. Only then do we realize the benefits of peace, calm, and the way it has a positive effect on your body.

Imagine a lifestyle that promotes this, and the people who follow this lifestyle live without constant hustle. There are a few places around the globe that promote this lifestyle, and they are called **Blue Zones**.

Blue Zones are regions around the world where people live significantly longer and healthier lives compared to the global average. The concept was popularized by Dan Buettner, a National Geographic Fellow, who identified five key Blue Zones:

1. **Okinawa, Japan** – Known for its high number of centenarians, particularly women. The diet is rich in vegetables and tofu, and the culture emphasizes family, community, and purpose.
2. **Sardinia, Italy** – Specifically, the mountain region of *Barbagia*. Their diet includes whole grains, vegetables, and moderate amounts of wine. There's a strong sense of community and family.
3. **Nicoya Peninsula, Costa Rica** – Characterized by a diet high in beans, corn, and squash. Residents have a strong sense of purpose and a close-knit community.
4. **Ikaria, Greece** – Known for its diet rich in vegetables and olive oil, the way of life there boasts plenty of physical activity and social engagement.
5. **Loma Linda, California, U.S.A.** – Home to a large population of Seventh-day Adventists who follow a plant-based diet and have a strong sense of faith and community.



Ikaria, Greece



Barbagia - Sardinia

Blue Zones are special for several reasons:

1. **Longevity:** People in Blue Zones live significantly longer than average, often reaching their 100th birthday or beyond. Their life expectancy is notably higher, and they tend to experience fewer age-related diseases.
2. **Health:** Residents in these areas have lower rates of chronic diseases like heart disease, cancer, and diabetes. They also generally report better overall wellbeing and quality of life.
3. **Lifestyle Factors:** Several common lifestyle factors contribute to their longevity
 - o **Diet:** Diets in Blue Zones are typically plant-based and rich in vegetables, fruits, legumes, nuts, and whole grains. They often include moderate amounts of fish and, in some cases, meat. Processed foods and sugars are very limited.
 - o **Physical Activity:** Regular/moderate physical activity is integrated into daily life. This often means walking, gardening, or other forms of natural exercise rather than structured workouts.
 - o **Social Engagement:** Strong social networks and family ties are emphasized. Socializing with family and friends, and participating in community activities contribute to emotional wellbeing and a sense of belonging.
 - o **Purpose:** A sense of purpose, or "*Ikigai*" in Okinawa and "*Plan de Vida*" in Nicoya, is common. Knowing one's purpose in life can contribute to good mental health and resilience.
 - o **Stress Reduction:** Blue Zone residents incorporate practices to manage stress, such as meditation, prayer, or relaxation routines. They also tend to have a slower pace of life, which helps reduce chronic stress.
4. **Cultural Practices:** The unique cultural practices and traditions of these areas, include daily routines, celebrations, and rituals, and health and wellbeing support. These practices are often passed down through generations and play a role in maintaining a healthy lifestyle.
5. **Community and Environment:** The environments in Blue Zones are often supportive of a healthy lifestyle. This includes walkable neighborhoods, access to fresh food, and a supportive community that encourages healthy behaviors.

In summary, what makes Blue Zones special is the combination of these factors that together create a holistic environment conducive to longevity and personal wellbeing.



Okinawa, Japan



IT Corner

Managing Quarantine Summary Emails

We occasionally receive "Quarantine Summary" emails from release-ctrl@mgw06.pathcom.com. These are legitimate emails that notify you about messages from external senders that have been **quarantined as suspicious** by Pathway.

| Date | From | Subject | Web Actions |
|---------------------------------|---|--|--|
| Mon, 09 Sep 2024 10:12:18 -0400 | Armin Nikzad < anikzad@mollisurgical.com > | Re: LTL Request - MOLLISurgical Reference #: 1194856 - ASN #: 0250124095 UL HD24311654 | Release Delete |

Web Actions:

- Click on **Release** link to send a http(s) request to have the message sent to your inbox.
- Click on **Delete** link to send a http(s) request to delete the message from your quarantine.
- Click [Here](#) to send a http(s) request to **Delete all messages** from your quarantine.

Action is required within 2 weeks. After this time, the email will be deleted, potentially causing you to miss important messages. Sometimes emails sent internally even get quarantined, which means client emails are definitely susceptible to this (*as seen above*).

Here's how to manage these emails:

- **If you recognize the sender and subject**: Click "**Release**" to receive the email in your inbox. A confirmation webpage will open once the message has been successfully released.
- **If the sender or subject seems suspicious**: The quarantine email can be deleted.

Take action promptly to ensure that you don't miss any important communications!

Calling all Universal Employees!

We are looking for volunteers to contribute short articles to *Universal & You*. Topics can be team or industry-related or you might want to share a personal experience (e.g. volunteer work or travel) with your fellow employees.

Please forward your ideas to Sharon Fong ([mailto:sfong@universallogistics.ca?subject=Universal & You](mailto:sfong@universallogistics.ca?subject=Universal%20&%20You)).

Universal & You is produced bi-monthly for the employees of Universal Logistics. Reader comment and story ideas are welcome. Comments of general interest to all *Universal & You* readers will, with the permission of the writer, be published. Copyright © Universal Logistics Inc. All rights reserved. Reproduction for any commercial use is strictly prohibited.

Universal & You is produced by Universal Logistics, Editor: Sharon Fong, email: sfong@universallogistics.ca (<mailto:sfong@universallogistics.ca>).

While every effort has been made to ensure the accuracy of information contained herein, Universal Logistics accepts no responsibility or liability for errors or omissions.