

Synergy Assists Client With Unique Line Flush Pump Project



Synergy Equipment's pump division recently started a unique and time-critical pump filtration job for a client in the Orlando area.

Typically, the pump division's equipment is used to dewater construction job sites and mining operations, sludge management at sewerage plants, or water transfers. Started in late November, the Orlando job called for the use of ultra-clean, decontaminated Synergy pumps and hoses to circulate 3,500 gallons per minute of water at 5.0 feet per second velocity to clean the inside of the buried steel pipes.

"The client needed to filter the water and remove impurities from inside the pipe down to the micron level," said Richard Kelly, a Synergy regional pump specialist who designed and managed the project. New pipes installed on a construction site can sometimes contain oil, dirt and debris. The pump and filtration system were applied

to flush out the contaminants over a one-to-two-week period.

Kelly configured a 10-inch by 8-inch pump system that included specialized hose and fittings. Connected to a half-mile long 20-inch force-main pipe, the Synergy pump system recirculates and cleans the water by discharging into a series of filter pods containing bags that remove impurities down to the micron level. A micron is one twenty-five thousandths of an inch. It's small.

Pressure gauges on the pump and filtration system are monitored by the client to ensure a constant and sufficient water velocity for proper cleaning of the pipe.

In addition to the configuration, the entire pump system was required to fit inside



Richard Kelly the micron level.

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Resolution: Start the New Year With New Eating Habits at Work

Steve Simons
REGIONAL MANAGER HUMAN RESOURCES AND SAFETY

Lose weight and eat less junk food.

These goals always top many of our New Year's resolutions lists. But sticking with those good intentions is just not that easy.

The problem, most experts say, is that we always set unrealistic expectations. We decide this is the year that we are going to completely change everything about our diet but shortly after the year begins, the resolution ends.

Did you know that only 64 percent of resolutions do not last longer than the first month, and only 46 percent last longer than six months. Even more discouraging is the statistic that only 14 percent of people over 50 actually achieve their resolution compared to 39 percent of people in their 20s.

Why is that? Well, willpower isn't the issue. Willpower is about depriving yourself, and nobody gets excited about that. Besides, depriving yourself is depressing and leads to bingeing. That ruins all the positive ground one may have made in those first few days of your resolution.

When making dietary changes, experts say start small. Set a few realistic goals. In the long run, you'll have better self-esteem and more self-confidence because you'll actually



Prepare your work meals and snacks at the beginning of each week to prevent eating junk food.

stick with them. Losing weight and feeling better is all about making healthy life decisions and building a plan that works for your lifestyle. Not every diet plan or exercise plan works for everyone. In order to be successful, you have to make it your own.

In preparation for writing this article, I did a little research to try and find out what healthy practice we should not forget to include in our plans. Here is what I found. I hope some of these help you reach your new year's goal.

- Don't skip. Skipping breakfast gives you the munchies later on and slows your metabolism down. Start the day with yogurt and fruit or whole-grain cereal with low-fat milk.
- Try not to let more than five hours go by without eating. Waiting too long can zap energy, and can lead to overeating later. Eat healthy snacks between lunch and dinner, maybe right before leaving work,

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Synergy Awards Three Employees Safety Stars For Outstanding Efforts

Steve Simons
REGIONAL MANAGER HUMAN
RESOURCES AND SAFETY

In the month of November, we awarded the coveted Safety Star to three of our employees; Gerry Miller out of our Sarasota location and Greg Welford and Brian Quarles out of Byron, Ga. For this honor, each will receive a plaque, a \$15 gift card for lunch, and a letter placed in their permanent file celebrating their accomplishments.

Several weeks ago, Gerry Miller, a sales coordinator, was called by a fellow employee who was hearing crunching sounds coming from the trailer he was pulling. Gerry asked the fellow employee to stop hauling the trailer and to leave the unit on the side of the road. He told the employee that we would send a driver out and have the unit loaded and returned via a rollback.

When the unit returned to Sarasota, a thorough investiga-



GERRY MILLER



GREG WELFORD



BRIAN QUARLES

tion was conducted. Mechanics found the lugs on the rim were put on backwards and not tightly fastened. Had the lugs come loose, it could have been devastating to our employee and other drivers on the highway. We appreciate Gerry for having the courage to step in and stop a peer from performing an unsafe task.

Lesson learned? Always remember to conduct a thorough inspection of your truck and trailer before departing. When you stop on the highway at rest stops, inspect again. You never know

what may have come loose.

PANDEMIC STRESS

Greg Welford, district manager, and Brian Quarles, territory manager, faced a very difficult and stressful three-week time period in early October. The pandemic hit our Byron location particularly hard. Seven of the 18 employees that work in that location all tested positive.

Although significantly understaffed, the crew didn't slow down. They persevered with two things in mind: Keep the business going and ensure that the

remaining employees remained healthy and safe.

On two separate occasions, Greg had the branch professionally disinfected and had all remaining employees visit a nearby facility for testing.

Brian Quarles, territory manager, single handily ran the counter and the front office. He even handled all the safety captain responsibilities in the absence of the branch captain. We can only imagine how tough all of this was, but these two gentleman, along with the remaining staff, continued to make it happen. We sincerely thank Greg and Brian for their efforts. Both are truly superstars.

If you have a peer or a supervisor that you think is deserving of this honor, please send me an email (ssimons@synergiequipment.com) telling their story. Maybe they too will get celebrated for their efforts.

Eating Healthy

Continued From Page 1

so you will be less likely to grab snack foods once you get home.

- Include a total of 30 minutes of activity every day. WebMD says it doesn't have to be all at once. If it takes 10 minutes to walk from the bus stop, get off at the next furthest stop so you get a few more minutes walking. And walk it briskly – you can lose some weight, improve your cardiovascular system, and sleep better.
- Drink fewer sodas and other sweetened drinks, like iced tea. A big bottle of a juice-based drink can contain 300 calories; and those calories add up. Drink water instead. Or mix juice and water, so you're not drinking something so heavily loaded with sugar.
- Aim to eat five servings of fruits and vegetables every day. Buy pre-cut fruits and vegetables, so you can grab them when you're hungry.
- Keep frozen veggies in the



fridge. They are easy, quick, and rich in nutrients. Take them to work for a quick lunch you can heat in the microwave. Season with black pepper, herbs, lemon juice, or a red wine-and-balsamic vinegar dressing.

- Bring snacks to work – such as pretzels, fruit, and yogurt – so you won't find yourself at the vending machine every afternoon.
- When fixing a salad, sprinkle rolled oats or crunchy whole-grain cereal for added fiber, so you'll feel full.
- Fix pasta dishes with veggies and lean protein (like canned tiny shrimp, tuna canned in

water, precooked chicken breast, or soy crumbles).

Adding protein and veggies to pasta allows you to cut back on the amount of pasta (which is high in carbohydrates) while still feeling full.

- Also, hand-select a variety of fruits instead of buying one large bag of the same fruit. After the third or fourth day of apples, you'll likely be sick of them. Mixing up a few different types of apples, one pear, one banana will keep you from getting bored.

Here's wishing everyone much success with your new year's resolutions.

FRUIT BOWL RECIPE

- 3 cups watermelon chopped
- 3 kiwis chopped
- 2 cups grapes halved
- 2 cups strawberries chopped
- 1 cup blueberries
- 1 cup raspberries
- 1 cup mango pitted and diced
- 2 oranges sectioned

Dressing (Optional)
½ lime juiced

1 tablespoon honey

Instructions

Place all fruit salad ingredients in a large bowl.

If using, mix honey and lime and pour over fruit salad. Gently toss to combine.

QUINOA SALAD RECIPE

- 1 cup quinoa
- 2 cups water
- ¼ cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon red pepper flakes, or more to taste
- 1 ½ cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- ¼ cup chopped fresh cilantro
- salt and ground black pepper to taste

Step 1

Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water

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Synergy Team Raises Holiday Cheer With Tree of Lights

Give Kids The World Village, a non-profit resort near Kissimmee, FL, that provides critically ill children with week-long wish vacations, has been supported for the past two years with equipment donations from Synergy to install lights and illuminated features on the 89-acre, 166-villa facility.

This year, in addition to using its equipment, the non-profit organization gave Synergy a tree to decorate as part of the Night of a Million

Lights. Open from Nov. 13 through Jan. 3, the Night of a Million Lights includes a festive kaleidoscope of sights and sounds, including a shimmering 150-foot tunnel leading to 45 exquisitely decorated wish family residential villas; more than 50 larger-than-life holiday-themed wireframe displays; an enchanting, incandescent gingerbread arch and more.

For more information, visit <https://www.gktw.org/lights>.



Synergy strength was demonstrated by Julia Mohamed, Jessica Shaw and Melissa Santiago as they completed decorating the Christmas tree.



Synergy employees who volunteered to decorate the tree were, from left, Jamie Sawyer, Julia Mohamed, Jessica Shaw, her two children Khloe and William, and Melissa Santiago.



Employees Can Earn \$600 Toward HSA by Staying Go365 Healthy

Synergy Equipment will continue to provide \$600 toward your HSA for employees enrolled in the High Deductible Health Plan.

Synergy Equipment will base the HSA employer contribution amount on your Go365 medal status achieved by December 31, 2020.

The quarterly contributions start January 2, 2021, and runs through December 31, 2021.

MAXIMUM OF \$600 IS AVAILABLE FOR THE 2021 PLAN YEAR

- \$200 for all employees - \$50 for Blue Status/quarter. If you remain in the Go365 Blue Status all year, then your maximum HSA contribution would be \$200 for the year.
- \$75 for reaching Bronze Status/quarter
- \$100 for reaching Silver Status/quarter
- \$125 for reaching Gold Status/quarter
- \$150 for reaching Platinum Status/quarter



HEALTH SAVINGS ACCOUNT (HSA)

EMPLOYEE HANDOUT



THE FASTEST-GROWING HSA ON THE MARKET



1
ONE ONLINE ACCOUNT, ONE MOBILE APP AND ONE DEBIT CARD FOR ALL OF YOUR BENEFITS



ABILITY TO CHECK BALANCE AND REQUEST DISTRIBUTIONS OR CONTRIBUTIONS ON THE GO



A LOW INVESTMENT THRESHOLD AND ENHANCED INVESTMENT EXPERIENCE



NO SURPRISE PARTICIPANT FEES



TOOLS AND RESOURCES FOR SPENDERS, SAVERS AND INVESTORS

Health Savings Account Overview

A Health Savings Account (HSA) lets you make the most of your earnings by setting aside tax-free dollars for medical, dental and vision expenses. HSAs are individually owned and provide a triple-tax advantage. You can deposit money tax-free, it will grow tax-free until you use it, and your withdrawals are tax-free when used on eligible expenses.

Eligibility

You must be enrolled in a High-Deductible Health Plan (HDHP) to get an HSA, which can be used to pay for out-of-pocket expenses until you've met your deductible, at which point your health plan kicks in. While you can't be enrolled in a general purpose Flexible Spending Account and an HSA at the same time, you can pair an HSA with a Limited FSA.

Spending

The HSA covers qualifying medical, dental and vision expenses. To find out which specific expenses are eligible, view our searchable eligibility list at www.DiscoveryBenefits.com/eligibleexpenses.

Discovery Benefits makes it easy to access your HSA funds with:

- The Discovery Benefits debit card, which can be used to pay for eligible expenses, so you'll reduce your out-of-pocket costs.
- The Benefits Mobile App by Discovery Benefits, which provides a fast and secure way to check your balance, track expenses and move funds between your HSA and your bank account.



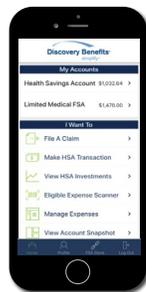
Saving

To take the guesswork out of election decisions, we offer a free savings calculator to help you decide how much to set aside. Calculate your savings today at www.DiscoveryBenefits.com/hsacalculator.

Investing

We make it easy to invest by offering a low HSA investment threshold. Once your HSA reaches that amount, you're able to invest in interest-bearing accounts or mutual funds without ever leaving your online account. View your investment options at www.DiscoveryBenefits.com/hsainvestments.

We also offer an Investment Guidance Tool through your online account to help you determine which investments are right for you. And, since all of your HSA dollars carry over from year to year, HSAs are a valuable long-term investment option.



DOWNLOAD THE APP FOR FREE ON APPLE AND ANDROID SMARTPHONES AND TABLETS



RESOURCES

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Synergy's Go365® Program Year Renews on January 1, 2021

Synergy's Go365 Program Year is about to Renew – What You Need to Know!

Our Go365® program year renews on January 1, 2021, and there are a few things to keep in mind as we approach that date:

Status – Your Status is based on the current program year with Go365. When our program year renews, your Status will revert to Blue until you complete one of the following in Go365:

- Complete the Health Assessment online or on the Go365 App



- Get a biometric screening
- Log a verified workout

You will want to earn more Points to attain your previous Status (or a higher one) in the new program year.

Points – 10 percent of your current

points will rollover with you in the new program year if you are Bronze Status or higher currently. You will also automatically receive points in the new plan year in the categories Healthy Living and Prevention for all metrics in range for this year's (the current plan year) biometric screening, except for BMI.

Bucks – Your unspent Bucks carry over if you end the year in Bronze Status or higher (*As long as you do not have any bucks that are set to expire. You can check under "Shop" on Go365.com).

You also have the opportunity to earn Bonus Bucks when you reach a higher status and Double Bonus Bucks in the new program year when you achieve your prior year's highest status (*applies to Silver Status or higher only). You won't be able to spend them though until you get out of Blue Status in the new program year.

Don't forget our health insurance resources available to you- Friday at 3 p.m. optional FAQs, tips and tricks teams call with Synergy HR, or contact any member of the Synergy HR team with individual questions!

KEEPING FOLLOWERS ENGAGED

Employees See Synergy's Strengths and Post

Isaac Cardona Cuevas • 1st
Platinum Certified Bobcat Parts Specialist
5d • Edited • 🌐

#Synergiequipment #Orlando

End of the day purchase. New E20. Another satisfied customer



Tonya Weiss • 1st
Territory Sales Manager
1w • Edited • 🌐

Looking for large or Small Earth Moving equipment ?
Just ask me . I will deliver anytime..

#synergy #rentalservices #earthmoving #partnership #customersatisfaction #bigiron



Michael A. Paterno • 1st
Territory Sales Manager
6d • 🌐

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." Vince Lombardi

Doosan Equipment Doosan Infracore

#synergiequipment #synergyrents #doosanequipment #doosanexcavator #doosandx140lcr #fordtrucks #fordtrucksofinstagram #fordf150 #largeearth #bigiron #construction #constructionlife #sales #b2bsales #b2bmarketing #determination #motivation #blessed #godfirst #business #outsidesales



Robbie Chaplin • 2nd
Territory Manager at Synergy Equipment
2w • 🌐

Product Demonstration in South Georgia today!
The Takeuchi TB290 is an awesome and very capable machine!!

#Takeuchi #takeuchiexcavator



Eating Healthy

Continued From Page 2

has been absorbed, 10 to 15 minutes. Set aside to cool.

Step 2

Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.

Step 3

Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

Pump Project

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a small footprint near a very busy highway.

"We also had to use hoses with the proper pressure rating to ensure a successful, fail-safe system for the client," said Kelly, a 24-year industry veteran.

Before bidding the project, Kelly prepared and presented a mechanical drawing of the complete pump system, and discussed the configuration with the client to ensure that it met their needs. Kelly has had a relationship with the client for more than 15 years and understood their technical requirements.

The project was a success, finishing ahead of schedule and another thankful client.

Keep up the good working posting about your branches and projects on LinkedIn. The more you post, the more people follow Synergy and the more business we receive. Some suggestions: When shooting video, turn your phone horizontally instead of vertically. Doing so captures more of the scene and, if it is good video, it can be re-purposed for other video promotions. When shooting photographs, frame people or the equipment in the camera and get as close as possible to capture a clear, high-resolution image. If you have questions about what to post, contact Steve Settmayer at: ssettmayer@synergiequip.com.