



# CARGO EXPRESS

DECEMBER 2017

A publication for ABX Air employees, families and friends

## ANNUAL CHARITY DRIVE UPDATE

The annual Charity Drive was a big success! Thanks to the generosity of our employees, we raised over \$143,000, exceeding our goal of \$100,000.

### **Congratulations to our grand prize winners!**

Congratulations to **Terry Hubbard**, Maintenance Controller, who won the Samsung Full HD 50-inch TV.

Congratulations also to **Kevin Miller**, ABX Air Staff Engineer, who won a \$350 voucher from Delta Airlines. The voucher was one of three given away by ATSG to employees who pledged at least \$26 annually to the charity drive.



Terry Hubbard, ABX Air  
President's Basket Winner

### **... and to the ABX Baskets raffle winners too!**

Tracey Dykes  
Steve Janasov  
Todd Kramer  
Tom Mountjoy

Kyle Murphy  
Eric Plas  
Khaya Rhoads  
Alex Temple

Alain Terzakis  
Marcelo Vega  
Laurie Wells

### **Charities supported:**



- ♥ American Cancer Society
- ♥ American Diabetes Association
- ♥ American Heart Association
- ♥ American Red Cross
- ♥ ATSG Cares
- ♥ United Way of Clinton County
- ♥ Wounded Warrior Project
- ♥ Wilmington Food Pantries



## We Were **DAZZLING** at the Wilmington Hometown HoliDazzle Parade!

ATSG was pleased to support our community as the Parade Sponsor of Wilmington's Hometown HoliDazzle on Saturday, November 25. Our very own float featuring Santa's sleigh and reindeer took home the prize for the "Best of Season" Award.

Special thanks to ABX Air employees **Cheryl Webb**, **Jean Radcliffe**, **Angela Hurst**, and **Judy Branham**, as well as employees of our sister companies, for their expert work in helping to decorate our dazzling, award-winning float.



**Wishing You Peace,  
Joy, and Soft Landings  
this Holiday Season and  
Throughout the New Year**

*Sincerely,*

Dave Soaper, Phil Flowers,  
John Maloney, Eric Plas, Brad Hamlin  
Greg Wehrung, Jeff Walling, Bob Boja  
Rob Davis, Bob Greene, Tammy Voss,  
Seve Janasov, and Patrick Fluegeman



## Lower Your Risk of Breast Cancer



There has been a lot of good news about breast cancer lately. Treatments keep getting better and screening methods help find cancers when they are most treatable. But the best therapy for cancer is prevention and there are things you can do can help lower the risk. You won't eliminate risk altogether, but you may be able to dramatically slash your chance of developing the disease. Here's where to start.

**Watch your weight.** Being overweight or obese increases breast cancer risk. This is especially true after menopause and for women who gain weight as adults. If you're already at a healthy weight, stay there. If you're carrying extra pounds, try to lose some.

**Exercise regularly.** Many studies have found that exercise is a breast-healthy habit. In one study from the Women's Health Initiative, as little as 1.25 to 2.5 hours per week of brisk walking reduced a woman's risk by 18%. Walking 10 hours a week reduced the risk a little more.

**Limit time spent sitting.** Evidence is growing that sitting time increases the likelihood of developing cancer, especially for women. In an American Cancer Society study, women who spent 6 hours or more each a day sitting when not working had a 10% greater risk for invasive breast cancer compared with women who sat less than 3 hours a day, and an increased risk for other cancer types as well.

**Limit alcohol.** Research has shown that women who have 2 to 3 alcohol drinks a day have about a 20% higher risk compared to women who don't drink at all.



*The St. Elizabeth's Digital Mammography Screening Van visited the Wilmington Air Park on November 29th, and 29 women took advantage of the visit to have a breast cancer screening. Breast Cancer screening is one of the women's preventive care services covered by United Healthcare.*

## 2018 401(k) Limits

**Employee Contribution**            **\$18,500**  
**Age 50+ Catch-up Contribution**   **\$ 6,000**

*\*(Highly compensated employees may have lower limits depending upon the results of the non-discrimination testing).*



### Are your 401(k) beneficiaries online?

Fidelity maintains your beneficiaries online provided you have entered the information. Less than 50% of participants have completed the online beneficiary information.

Go online at [www.401k.com](http://www.401k.com) and click on Profile and Beneficiaries to review or update your beneficiary information.

**Make sure your family has peace of mind by reviewing or entering your beneficiaries today.**

## December Anniversaries

**35 YEARS!**

**Phil Spencer**, Supervisor Maintenance Station (BWI)

**25 YEARS!**

**Patrick Ederer**, Maintenance Controller

**1 YEAR:**

**Angela Hurst**, H.R. Admin Assistant

**Dave Soaper**, President

**Patrick Fluegeman**, Director, Strategic Operations

**Andrew McAviney**, Manager, Airport Affairs

**Chris Norman**, Simulator Tech Assistant

First Officers:

**Alberto Pardo**

**Angelo Smith**

**Carlos Nieves-Garcia**

**Darrin Edwards**

**Harold Johny**

**Mawuko Agbe**

**Michael Clark**

**Robert Kachadoorian**

**Sean Liebers**

**Sean Spence**

**Steven Snider**

**Tammy Fung**

**Katherine Atkinson**

**Larry Fransson**



### ABX's Safety Management System (SMS)

**Steve Janasov**, Director of Safety & Compliance, recently announced that ABX Air has received official notice from the FAA that our Safety Management System (SMS) Implementation Plan has been

fully implemented and that the validation and demonstration phases of the Plan have been satisfactorily completed. This means our SMS Program is fully accepted by the FAA.

This is a significant milestone, but it also begins a new chapter of refining and improving our safety culture. This milestone was made possible by the efforts of all employees who completed SMS training and enrolled in [SMS Pro](#), our primary SMS database and safety issue reporting site.

On behalf of **Dave Soaper**, our SMS accountable executive, and the ABX Air leadership team, please accept our sincere thanks for your efforts in this important achievement.