

Let us support our

Associate Members

A & M Truck Parts Ltd.
 Bendix
 Baker Auto Body
 Brandt Peterbilt London
 Bridgestone / Firestone Canada
 Carrier Truck Centers London
 Chevron
 Carrier Centres Group
 Cummins Eastern Canada
 Deetag Hose Supplies Ltd.
 Dowler-Karn Ltd
 DPF Cleaning Specialist
 Eaton Corporation
 EBI Canada Inc
 Elgin Middlesex Oxford Workforce
 Planning and Development Board
 Equitrain Systems Ltd.
 Evans Cooling Systems Inc
 Expressway Hino
 Fanshawe College
 Fleet Master Tank & Trailer Inc.
 Frein Meister Group Inc.
 Gerry's Truck Centre Ltd.
 Goodyear Canada Inc.
 Groeneveld / C. P. L. Systems
 Grote Industries Co.
 Haldex Ltd.
 NLS Products
 Kal Tire Ontario
 Kenworth Truck Centres

Krown Rust Control (London North)
 Krown Rust Control System
 Lawson Products
 London Custom Truck & Car Repair Inc.
 London Drive Systems
 London Factory Supply & Equipment Ltd
 London Mack
 London Truck and Trailer Service
 Lubecore
 Michelin North America (Canada) Inc.
 Meritor
 Pro Fleet Care Mobile Rust Control
 Premium Transportation
 Pro Tire Group Inc.
 Ross Towing and Transportation
 Ryder Truck Rental
 Stemco Canada
 TEAM Truck Centres
 Thames Valley Board of Education
 Tirecraft Commercial Ont. Ltd.
 Tiremaster Inc.
 Toromont Caterpillar
 TRACTION
 Transit Trailer
 Transportation Fleet Services
 Tubby's Truck, Trailer & Tire Service
 ULT Powertrain
 Versa Fittings and Mfg Inc.
 VieTech Training & Consulting
 Wajax Power Systems

Transportation Maintenance & Technology Association London Region

Board of Directors for 2023

PRESIDENT: Ron Kelly 519-859-4598

VICE PRESIDENT: Scott Bowie 519-872-1859

PAST PRESIDENT: Don Vertolli 519-473-3008
 Cellular # 519-494-2492

TREASURER: Jim Dobbs 519-642-7481

SECRETARY/EDITOR: Ron Kelly 519-452-4450
 Cellular # 519-859-4598

ASSISTANT SECRETARY: Tony Vieira 519-630-2055

I.T/WEBSITE: Jim Dobbs 519-642-7481

ENTERTAINMENT COMMITTEE: Don Clarke 519-455-9350
 Scott Bowie 519-872-1859

MEMBERSHIP COMMITTEE: Mike McCarty 519-857-2756

HEALTH, CARE & HAPPINESS COMMITTEE: Jeff Ste Marie 519-615-6787

SAFETY COMMITTEE: Mike McCarty 519-857-2756

TECH TIPS: Greg Scharr 519-495-0525


ASSOCIATE REPRESENTATIVES:
 Pat McKenzie pat@gerrystrucks.com 519-319-9431

London Branch Web Site: www.tmtalondon.ca

ADDRESS CORRESPONDENCE TO: T.M.T.A. London Region

P.O. Box 25002
 London Ontario
 N6C 6A8 or

mail@tmtalondon.ca

<p>Our Christmas meeting will be held December 12th at the Marconi Club of London, 120 Clarke Road.</p> <p>As is customary, there will be no fee for any TMTA member's spouse/ partner. The fee to our members and/or invited guests for this event will be \$25; which also includes a free draw ticket making you eligible for one of our eight \$50 cash prizes or one of our other sponsors donated prizes. Meet and greet at 6:00 pm, meal at 7 pm. Members please RSVP with the number of people coming!</p>	<div></div> <p>For this year at our annual Christmas event we will have two guest speakers. Sarah Campbell, Executive Director of the Ark Aid Street Mission will be receiving our charity donation and share with us details on what Ark Aid is working on, plus we will have Andrew Lukas. Andrew is a registered Psychotherapist and operates Freedom for Life Counselling. The current mental health crisis affects all of our lives and one of the challenges many people face is coming to grips with recognizing the symptoms of it. Andrew will be our guest speaker at the Christmas Dinner meeting, where he will guide us through some steps to identify issues and their symptoms and the steps we can take for better self care.</p>	<p><u>Tech Tips by Greg</u></p> <p>We have started this new segment in our executive to promote the combined technical and repair knowledge in our association. Greg Schnarr has volunteered to take on this task and we will feature a unique issue each month, with solutions to the problems. This month Greg wanted us to know about the DD13/15 oil filter standpipe issue that can cause unfiltered oil to enter the engine bearings and cause excessive wear. Also Detroit Diesel ask that after you replace the oil filter you start the engine first and then replace the fuel filter. You can email Greg or call him to have your issue addressed.</p> <p>Greg@thetruckshopstrathroy.com</p>
<p><u>Charity News 2024</u></p> <p>We are requesting your suggestions for our 2024 Charity. Remember our selection is announced at our fall Golf Tournament and we need your nominations in by June 1st; which would give us ample time to complete all of the required arrangements. Our first nomination is the London Humane Society.</p>		<p><u>MEMBERSHIP NEWS</u></p> <p>We have sent out your 2024 membership invoices. This year we decided that we should increase our membership fee slightly to \$75. It is a small increase to cover some of the additional expenses that we are experiencing to manage the membership. We are also asking for any members that would like to help on a few of the committees of the executive. The time commitment is about 4 hours per month and is personally very rewarding. Our association is directed by amazing volunteers that work only for the benefit of the membership and the association. Thank you and we hope to hear from you soon.</p>
<p><u>Associate Committee</u></p> <p>Please do not hesitate to contact Pat McKenzie our associate representative if you are interested in sponsoring a 2024 meeting and we will do our best to fit you in. We have many choices for a venue and Pat will be happy to discuss that with you.</p>	<p>Andrew Lukas MC, RP, CCC Registered Psychotherapist (#2632) Canadian Certified Counsellor Freedom for Life Counselling 21437 Highbury Ave N Arva, ON N0M 1C0 (phone) 519.204.8508 (email) fflc@protonmail.com (website) www.freedomforlifecounselling.ca</p>	
<p><u>Health, Care & Happiness</u></p> <p><i>Your TMTA seeks to celebrate and support the milestones in our members lives. From cradle to grave, our lives are filled with significant events that we would like to share with one another. If you are celebrating the birth of a child or grandchild, recognizing a marriage or significant anniversary, or grieving the loss of a loved one, or any other personal or company news, then please contact Jeff Ste. Marie at jeffste.marie@yahoo.com. At this time we are presenting to you both a wonderful success story from Greg Schnarr and an important letter from Jeff Ste. Marie about a mental health situation that directly touched Jeff and our association.</i></p>		

From Greg Schnarr about his amazing adventure:

I recently went on a trip to Nepal where I took part in the Tenzing Hillary Mount Everest Marathon. My trip was truly a gift from God, filled with many opportunities to share the blessings I've been given, to learn from others and to confirm I possessed the grit necessary to run 42 km over mountain passes with a starting elevation of 18,000 feet.

While trekking through the breathtaking mountains I encountered humble and gracious villagers, played a spontaneous game of soccer with a group of Nepalese children, and observed amazing hand-built infrastructure of bridges and buildings. I was very encouraged by their kind, hardworking, entrepreneurial mindset, a true testament that it is better to be born smart than rich. Everest basecamp is a tenting campground located on a glacier surrounded by mountains with daily avalanches on display. The thin air leaves you weak, the sun is scorching, and the darkness is freezing.

I encountered many interesting people from every part of the world and made it my purpose to leave a lasting, Canadian impression upon them all. I was given the opportunity to share some of my hiking and running gear with those in need, provide food to strangers who were hungry and endless chances to express gratitude through kind words and extra tips.

The most challenging part of the trip was being away from my family for 3 weeks however their love and support was present during phone calls and messaging. Through prayer and God's blessing, another difficulty was overcome as I experienced the inability to breathe normally without coughing fits above 15,000 feet of elevation. Fortunately, I awoke the morning of the marathon feeling notable relief and a strong sense of calmness, the power of prayer was obvious to me.

After almost 30 hours of flying time, 21 days of Indian cuisine (not my favorite), 14 days of trekking, 9 hours of running (placed 80th out of 166) and countless new friends, I'm left with lasting memories that will be shared with friends and family over my lifetime.

Greg Schnarr

The Truck Shop Strathroy

Coming to grips with the Mental Health Crisis(Jeff Ste. Marie):

At the TMTA membership meeting held on March 14 2023, a regular guest of the TMTA decided to join our ranks and paid for his membership. John Costa was a transportation technology teacher whom I had known since he was 16, when he walked into my classroom at Laurier S.S. in 1992. John was a master technician, a gifted teacher, a dedicated father to two wonderful kids, who had a lovely home and from all appearances, life was good.

John had faced a number of setbacks in his life of late, but he seemed to be back on a better path with plans for travel and projects to complete. Those of us who knew him well were devastated when we learned that he took his own life just 5 days after our meeting.

John had been a close friend for over 30 years and I loved him like a son. I thought I knew what was going on inside John, but I obviously didn't know it all.

The circumstances of his passing continue to grieve me, so I'm compelled to keep bringing up the need to address our own mental health status at every opportunity. Men tend to 'compartmentalize' things, and as long as they stay that way, we tend to chug along.

Like the Titanic, when a compartment gets breached, and stuff starts leaking from one into another, things can get complicated quickly. So often men will follow the Titanic example; when the ship is going down, the orchestra comes out to gloss over the pending reality. Eventually, enough compartments will fill up, and the obvious becomes real, there aren't enough life boats.

If there was ever a time that men need to be honest and open about when they need a lifeboat, a close friend, a counsellor, extra support in some form or another, it's now.

The challenge I've taken on for myself in the context of my family and circle of friends is this: am I a 'safe' person, whom others might come too when their ship is sinking? More importantly, am I willing to let others know when my ship is sinking?

Food for thought for one and all.

Your TMTA executive will address this important concern this Christmas meeting

Jeff Ste. Marie, Health, Care & Happiness

TMTA HISTORY NEWS

The executive team is working with our records and senior members to detail our history back to 1947. They are compiling pictures and member information to add to the historical data. If you have information to share then please contact Don Clarke and Harry Beukeboom

ASSOCIATE MEMBER COMPANIES

We strive to keep our information correct on the newsletter associate list, so we are asking our associate members and supporting companies to please check our associate list and let us know if it is correct and up to date. Just send us a note and we will make changes on the next newsletter.

VIETECH TRAINING INFO

Kevin Vieth, kevin@vietech.ca
President - VieTech Training & Consulting
www.VieTech.ca (226) 476-2233

Virtual Classroom, ELearning and in

person for all TMTA members:

15% OFF ALL CLASSES:

www.vietech.ca/classroom

THOUGHT FOR THE MONTH

“Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.”– Robert H. Schuller



For our November meeting we were very fortunate to have **Dustin Perkins**, Territory Account Executive of **Cummins** as our guest speaker. Dustin covered many areas of what Cummins is working on and what there will be working on in the future. Cummins is working hard on many alternative fuel projects and does have test vehicles running down the road in natural gas and hydrogen. One of the most exciting engines Cummins has is their new engine lineup is a 15 litre that will all be the same base engine, but will have a different head and fuel delivery depending on the required fuel. Cummins is focused on the new emissions regulations and will be able to deliver top performance and long life with ultra low emissions. Cummins is also working with hybrids and has an EV program in place. Feel free to connect with Dustin and he will be happy to answer any questions.

dustin.perkins@cummins.com

SPECIAL DEALS FOR TMTA MEMBERS



\$15 off plus a car care item.



10%-20% off retail price



receive 20% off retail price



Fleet Master 5% off on all parts sales

EMAIL AND SCAMS

As a note of caution for this month about scams. Members are getting many emails that look like they are coming from **Netflix and Interac**. Please never click on them and only access your accounts directly and never through the emails. We have also noticed a rise in scammers using smaller websites to gain community names asking anyone connected to them to “please send money quickly” or to buy gift cards. If you ever come across this then never buy gift cards and be cautious when there is a urgent need. Call your friend directly to their last known phone number to get confirmation. Your friends don’t usually email you asking for help. We are also working on providing a special scam announcement for each month and how to avoid scams. For this month a big one seems to be about storage limits. Please never click on a link. If you are going into your account, only go in through the account website.

Golf News 2024

We are looking for our **September 11th 2024** golf venue. If you have a connection with a golf club in the London area, then please get a quote for your favorite club and send it to our executive team

Next Directors’ Meeting

January, 2024

General Meeting Reminder

Scheduled for 2nd Tuesday of each month except for the summer months