

ROADSIDE READER



MEMBERS
now available
PET CARE!

NAIT MEMBERS

Filed your taxes?

NAIT members can access Form 2290 Truck Tax Assistance and a Bookkeeping and Tax Service Partnership. For more information, reach out to NAIT Specialist Mona Brimeyer at 877-770-6248.

DID YOU KNOW?

In 1862, President Lincoln enacted a revenue-raising measure to help cover Civil War expenses. The action created a Commissioner of Internal Revenue and the nation's first income tax. It levied a 3% tax on incomes between \$600 and \$10,000 and a 5% tax on incomes of more than \$10,000.



- About NAIT
- Benefits
- Contact Us
- Membership Dues
- Women in Trucking
- Cabover Chronicles
- Frequently asked Questions
- Newsletter

Missed an issue of the NAIT Newsletter? We have all back issues on our website! On the Home page, click "About NAIT" and then "Newsletter" in the dropdown.

Follow NAIT on Facebook, LinkedIn, TikTok



CONTACT US

Association & NAIT Member Benefits
NAIT Specialist Mona Brimeyer 877-770-6248
MemberBenefits@NAITUSA.com



MARCH 2023

SEE YOU AT MATS

MATS is the largest heavy-duty trucking tradeshow in the world – and NAIT will be there from **March 30–April 1 in Louisville, Kentucky!** We'll be walking around, visiting members, and making new friends among the more than 58,000 people expected to attend. (We also may be a little excited about the Truck & Tractor Pulling Event!)



NAIT Specialist Mona Brimeyer will be at MATS. Ask her about this recipe:

Slow Cooker Beef Stroganoff



The traditional way is used with sour cream, but Mona has used *cream cheese* instead and liked it even better! Serve over hot-cooked egg noodles or rice that you can cook in the microwave.

Ingredients

- 1 pound of cubed beef stew meat
- 1 (10.75 oz.) can of condensed golden mushroom soup
- 1/2 cup chopped onion
- 1/4 cup water
- 1 tablespoon Worcestershire sauce
- 4 oz. cream cheese

Directions

- Combine beef, soup, onion, water, and Worcestershire sauce in a slow cooker.
- Cook on Low for 8 hours or High for 5 hours. Stir in cream cheese just before serving!

LOUISVILLE, KY

Louisville – "where Northern enterprise and Southern hospitality meet" – is the largest city in the Commonwealth of Kentucky, the sixth-most populous city in the Southeast, and the 28th-most populous city in the U.S.

Notable names from Louisville include Ned Beatty, Jennifer Lawrence, Colonel Harland Sanders, Diane Sawyer, Johnny Unitas, Patty Loveless, and Muhammad Ali.



MARCH 2023

NAIT MEMBERS

**TELEMEDICINE
BASIC**

Feeling sick?
Access doctors 24/7 from anywhere!
They can prescribe medicine as needed.

BENEFITS

- \$15 Visit Fee
- Dental
- Vision
- Hearing
- Diabetic Supplies
- New Benefits Rx
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- and more ...

www.nait.elelife.com



This program is NOT insurance coverage, not intended to replace insurance, and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CRM 5.00. It contains a 30-day cancellation period, provides discounts only at the offices of contracted health care providers, and each member is obligated to pay the discounted medical charges in full at the point of service. For a complete list of disclosures, click here. Discount Plan Organization: New Benefits, Ltd., Attn: Compliance Department, PO Box 803475, Dallas, TX 75380-3475.

WHY JOIN NAIT?

With more than 41 years of industry experience
and the strong buying power of our members,
NAIT offers several programs and services you can't find elsewhere.
We've recently added valuable new programs and services
based on membership feedback. As a NAIT member, your voice counts.
Bottom Line? Working together is powerful.
Take advantage of all NAIT has to offer by joining today.

MARCH 2023

NAIT MEMBERS

TELEMEDICINE PLUS

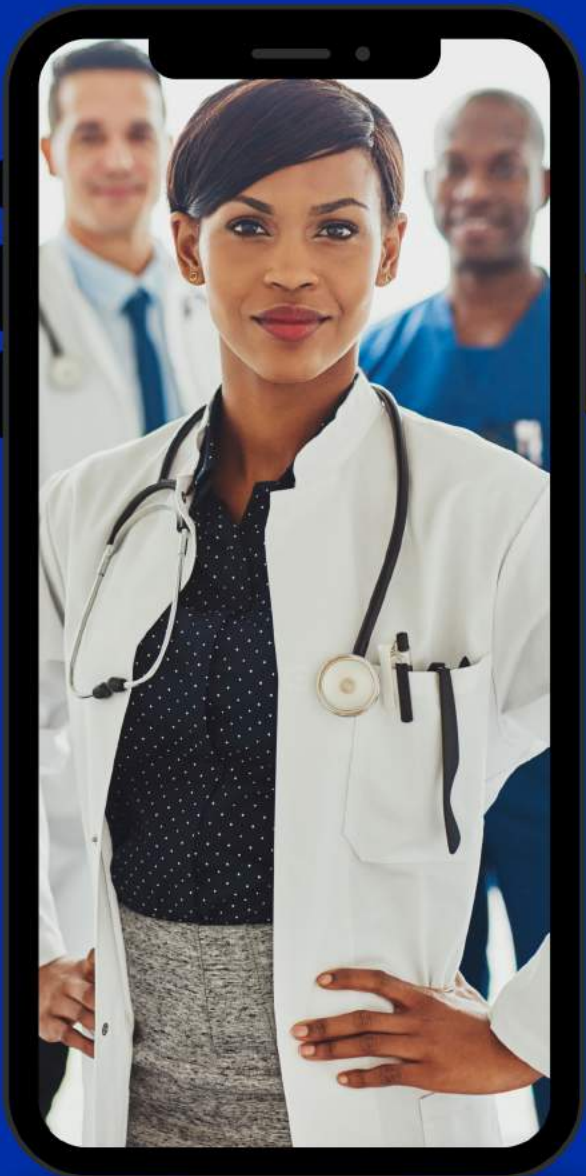
Need more than a doctor? Feeling stressed?
Telemedicine Plus also includes access
to mental health therapists and counselors.

BENEFITS

- Counseling Services
- MyEWellness
- Diabetic Supplies
- New Benefits Rx
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- and More...

Teladoc – \$15 vist fee
Teladoc Mental Health – \$25 visit fee

www.nait.elelife.com



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Coming Soon

BENEFITS PORTAL

We're launching an improved
NAIT Member Benefits Portal
so you can take advantage
of your discounts easily!

www.naitconnect.com
or Scan the QR Code.



MARCH 2023

NAIT MEMBERS

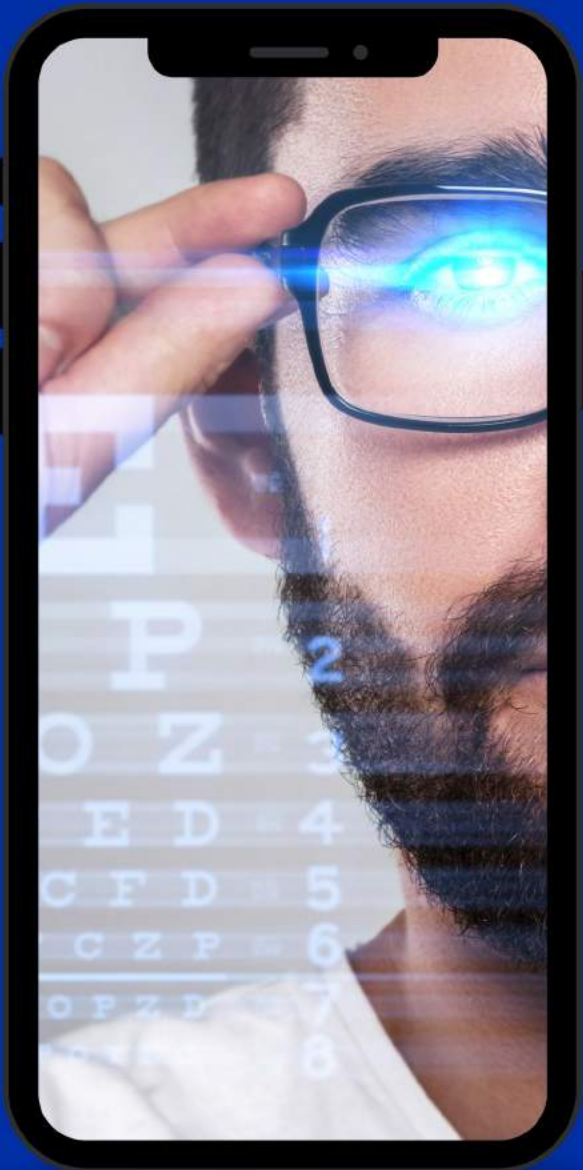
**DENTAL, VISION
AND
ALT MEDICINE**

Finally, affordable access to discounts
on dental, vision, and chiropractic needs.
Alternative medicine is included!

BENEFITS

- Dental
- Vision
- Alternative Medicine
- MyEWellness
- New Benefits Rx
- Diabetic Supplies
- Medical Equipment
- Lab Testing
- MRI & CT Scans
- and more ...

www.nait.elelife.com



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BUSINESS SOLUTIONS

- Emergency Breakdown/Roadside Assistance
- NAIT Fuel Program
- Used Truck Purchase Program
- Computer Hardware and Software
- Form 2290 Truck Tax Assistance
- Form 2290 Truck Tax Assistance
- Heavy Duty Truck Parts
- Office Products
- Tax Consultants/Preparation
- Mapping and Navigation App

NAIT Specialist Mona Brimeyer

☎ 877-770-6248
✉ MemberBenefits@NAITUSA.com

MARCH**2023**

NAIT MEMBERS

PET CARE

Your pet not looking so well?
You have access to pet health benefits –
no matter if you're on the road or at home.

BENEFITS

- NB Pet Telehealth
- Instant Deals
- New Benefits Rx
- Medical Equipment
- MRI & CT Scans
- Pet Care
- Vitamins
- Diabetic Supplies
- Lab Testing
- and more ...

www.nait.elelife.com



IS PET INSURANCE WORTH IT?

As everyday costs rise and the markets trend down, you must ask yourself: What would you do if your dog or cat had an unexpected \$5,000 vet bill? Last year, the number of insured pets in the U.S. increased by 28%, according to the North American Pet Health Insurance Association (NAPHIA). Today, more than 4 million dogs and cats have pet insurance in the U.S. At the very least, the average cost for unexpected veterinary care can easily cost anywhere from \$800 to \$1,500 or more. Pet insurance is worth the price for many people, especially in 2023 (and better than just setting aside a rainy-day fund). With the right coverage, you can provide your pet with diagnostics, treatments, and medications without severe financial risk.

FUN FACT



Irish Stew was recognized as early as 1800. It was initially a typical food for the ordinary and poor people of Ireland as it used cheap ingredients and was fed in bulk.



MARCH 2023

IRISH BEEF STEW

A ligean ar ithe!
(Let's eat!)

INGREDIENTS

- 1 teaspoon vegetable oil
- 4 slices thick-cut bacon, diced
- 3 lbs. of stew meat
- Salt and freshly ground pepper to taste
- 2 large onions, sliced
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 2 1/2 cups Guinness Extra Stout beer
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar
- 2 1/2 cups beef broth
- 2 sprigs thyme
- 1 lb. carrots, peeled and cut into 1-inch chunks
- 1 1/2 lbs. Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 1/2 cup chopped parsley

DIRECTIONS

Heat the oil in a large Dutch Oven or pot over medium-high heat. Add the bacon and cook until cooked through (4-5 minutes). Remove with a slotted spoon and reserve.

Season the beef generously with salt and pepper. Working in batches to not overcrowd the pot, brown the beef pieces on all sides for about 1-2 min. per side. Remove and reserve with the bacon.

Turn the heat down to medium. If necessary, add a little more oil. Stir in the onions and sauté until beginning to brown, about 5 minutes. Add the garlic and cook until fragrant.

Stir in the flour and tomato paste, mixing until well combined. Cook for a minute or two until the paste turns dark red. Then, pour in the beer, using a wooden spoon to scrape all the browned bits from the bottom of the pot.

Stir in the beef broth, brown sugar, Worcestershire sauce, and a pinch of salt and pepper. Add the beef and bacon back into the pot, plus the thyme sprigs. Bring to a boil.

Once boiling, cover and lower the heat to a simmer. Cook for 1 hour.

Add the carrots and potatoes. Cover and continue cooking until the beef is falling-apart tender and the veggies are cooked (about 1 more hour).

If, by this point, the stew is not thickened to the desired consistency, raise the heat to medium-high and bring it to a boil. Let it cook, uncovered until thickened. You can also add a slurry of equal parts flour and cold liquid (water, beer, or broth) to further thicken.

Discard the thyme sprigs and taste for seasoning, adjusting salt and pepper if necessary.

Stir in the chopped parsley and serve!

IRISH SODA BREAD

Ingredients

- 4 cups all-purpose flour, plus 1/4 cup more for dusting
- 1/4 cup granulated sugar
- 1 tsp sea salt
- 1 tsp baking soda
- 6 tbsp cold unsalted butter, plus 1/2 tbsp to grease pan
- 1 3/4 cups cold low-fat buttermilk
- 1 large egg, cold
- 1 cup raisins or dried cranberries (optional)

Directions

Preheat oven to 375°F. Grease a 10-inch cast-iron skillet with 1/2 tbsp butter.

Whisk together flour, sugar, salt, and baking soda in a large mixing bowl. Cut butter into small pieces and use your fingers to work the butter into the flour until crumbs form. Stir in the raisins, breaking up any clumps of raisins. Make a well in the center.

Whisk together the buttermilk and egg in a large measuring cup, then add this mixture to the flour mixture. Use a wooden spoon and mix until lightly moistened and the dough barely starts to come together.

You can go ahead and transfer to a floured surface and use floured hands to shape the dough until it forms into a round loaf. It should be shaggy if it's too sticky to handle; dust lightly with flour. Do not over-mix, or the bread will be tough.

Transfer to the buttered pan, and use a knife to score the top with a large and deep "X." Bake in the center of your preheated oven at 375 for 50-55min. When you tap on the bread, it should sound hollow inside. Transfer bread to a wire rack to cool.

MARCH 2023

NAIT BENEFITS

**\$11 MONTHLY
FOR \$5K
IN MEMBER BENEFITS**



ZERO-FEE
Fuel Card




Sleep Apnea
Testing



Arrow Truck Sales
Prime Program

For 41 years, the National Association of Independent Truckers has served the needs of Independent owner-operators.

NAIT has long-term partnerships with providers that share its dedication to the industry. We have worked with our members to develop association benefits to meet their needs.

 To receive a quote for any of these programs, call 877-770-6248.

WORD SEARCH

YAGKTRQRTVAOFZIUFGZZBMGMJ
XXWZVBARBIEGMAINFUDAEIDNT
ACAKNSJZFKKZJQMRQZSGEZSLM
RIWNWSPPEJLBFVRCOKXS KNHR
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ZGVIIZGKPIRBKEOVGF WLN YLZC

| | | |
|-----------|-----------|----------|
| APPLESEED | MINNESOTA | FLAPJACK |
| UMBRELLA | SUNKIST | CABBAGE |
| GRAMMAR | RAVIOLI | AWKWARD |
| PUPPET | KANSAS | PENCIL |
| PANDA | BARBIE | LAUGH |
| SEUSS | PUPPY | OREO |



WHO WAS ST. PATRICK?

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as an enslaved person at 16. He later escaped but returned to Ireland and was credited with bringing Christianity to its people. Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. However, the first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601, in a Spanish colony in what is now St. Augustine, Florida.