



April 2020

TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

The Antosh Family

Abbotsford, British Columbia



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Meet Daniel Wahl, Sr.



Daniel Wahl, Sr. began his career with CPC Logistics at the Walgreens domicile in Woodland, California in August 2003. Since then he has relocated five times, finally settling in Harlingen, Texas. He earned the prestigious One Million Mile Award in February 2016, and he was awarded the Driver of The Month Award for February 2018. Although he peddled for 12 of his 16 years, Daniel is now a relay driver. He says he sometimes misses the day-to-day contact with store personnel. Daniel is well-liked and respected in both his professional and personal life.

Married for 25 years, he and his wife, Margaret, have four children; two daughters in California and one son, Daniel Wahl, Jr. who proudly serves in the United States Army.

“One of my mentors offered sound advice regarding hard work, dedication, and respectability,” he says, “I took that advice to heart and today I live a happy life.”

At 56 years young, Daniel looks forward to many more happy years at CPC Logistics.



A MESSAGE FROM THE PRESIDENT

Harold "Butch" Wallis, Jr.
CPC Logistics, Inc.

I frequently hear positive stories of our drivers putting others first and watching out for each other. One of our Regional Safety Managers relayed a story about one of our drivers who was able to obtain masks after making a delivery. He indicated he was providing half of what he was able to buy to a fellow driver who has a serious chronic health issue (not related to COVID-19) and has been out of work for an extended period of time. He knew the fellow driver was continuing to get treatment for his illness and having to be out in public and at medical facilities. He wanted to make sure that he was doing it as safely as possible given he is in a susceptible group, so he provided him the resources he would have unlikely been able to obtain on his own.

This is just one example of living by the statement – “We are all in this together”. There are reports the virus is leveling off, and hopefully those are accurate. But regardless please remain vigilant in practicing good hygiene and using all precautionary measures recommended by the CDC and WHO to protect yourself and others. Continue to wash your hands, social distance, clean and disinfect your work area, and follow the new recommendation of wearing a mask when around others. And I will add continue to take care of your fellow drivers and others. Because “This is who we are and what we do”.

**Thank you for what you
are doing each day!**

DRIVERS OF THE MONTH

EAST DIVISION

William A. Pearsall

Walgreen Co./Ft. Wayne IN

Jimmy A. Young

Walgreen Co./Knoxville TN

WEST DIVISION

James C. Bloodworth

Walgreen Co./Sweetwater TX

Glen J. Wayne

Walgreen Co./Woodland CA

CANADA

Francis "Harry" Radford

TMH/Tona Transport/Oshawa ON



Congratulations!



**COVID19 QUARANTINE:
CPC FAMILIES STAYING STRONG TOGETHER**



Dad's Helpers

My daughters are always engaged in what I am doing for my CPC drivers. They say my drivers are their drivers, and they are family. It is great in times like these to see my kids want to help in what we are doing to help drivers, especially when it comes to packaging safety supplies. Thank you, drivers, for what you are doing.

- Rick Weiher, CPC Operations Manager



The Antosh Family

of Abbotsford, BC is encouraging all drivers to stay safe, although their dog is a little camera-shy.



WHEN SOMEONE COUGHS IN FRONT OF YOU #CORONA

Jaida

Neil Telfer, Director of Canadian Operations for CPC Canada shares this story of his dog, Jaida: We were in the car and someone was walking innocently towards us. Our dog is a bit weird and gets these very worried looks on her face. I could not resist taking her

picture, so now we have an official meme model in the family. Stay safe everyone !!

Fred Adams Family



Remaining 'Georgia Strong' are CPC Driver Fred Adams and his daughter, Gabby.

Blake Cretsinger



CPC Operations Manager Dean Cretsinger is sending a special shout out to his son, Blake Cretsinger.

Blake is a 5-year fireman for Arlington, Texas and now has 1 year in as a US Marine!



The Battistini Family

From San Juan, Puerto Rico, the Roberto Battistini family is staying busy doing craft projects and playing video games together. Mr. Battistini states, "My family is my inspiration to go out to work every day so that they and other families do not lack essential supplies."



Daddy Daycare

The wife of CPC Safety Supervisor Curt Ryan is a valued essentials worker so when their daycare closed due to the pandemic, Curt found himself adding Daddy Daycare to his resume. His hands are full but his children are adorable!

KEEPING OUR TEAM SAFE



Wesley Chapman, Curt Ryan & Dean Cretsinger



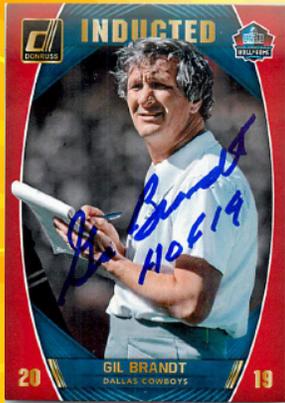
Adam Nelson, Curt Ryan, Marcus Pettaway & Brian Garner



Curt Ryan & Wesley Chapman



Albert Mitchell



NFL Hall of Fame Inductee Expresses Gratitude to CPC Logistics Drivers

In a recent conversation between CPC Senior Field Safety Manager Joe Cosenza and NFL Hall of Fame Inductee Gil Brandt, Joe gave a shout out to all the CPC Logistics drivers making deliveries across the country during these challenging times. Mr. Brandt asked that his appreciation of drivers be sent to all of you: "Please thank all those brave men and women for doing what they are doing on our nations roadways servicing the country."

Thank you, Gil Brandt (Godfather of NFL analytics), for your thoughts and kind words. Congratulations on your 2019 NFL Hall of Fame Induction.

CPC Canada Gives Shout Out to Hamid Issa



Hamid Issa has been with ITP since December pulling cross border loads for Atlantic Packaging, a supplier of much needed cardboard/packaging material/shipping boxes. During his short time with us he has shown dedication & professionalism. Most recently, during these unprecedented times, he brought a load home from Tarrytown, New York. Knowing we are committed to our employees' safety, Hamid did not hesitate to take on the challenge. We just wanted to say THANK YOU to Hamid and all of our Canadian Team members for working hard to keep the wheels turning.



CPC Driver Featured as Hero on Connecticut NBC News Station

Timothy McLeod, a CPC driver assigned to Walgreens in Hartford, Connecticut was recently recognized as a #CTHeroes on NBC Connecticut's Facebook page for being on the front lines of the Coronavirus pandemic. Over the last 8 months Tim has been the go-to driver for Walgreens dispatch during their Rite Aid store conversions in the Bronx and in Yonkers, New York. More recently, he was asked to do Virginia deliveries in support of the Anderson, South Carolina domicile and he gladly accepted the challenge. We are proud to have Connecticut Hero Tim McLeod as part of our CPC Logistics team!

Thank you to all of our drivers and personnel assigned to Walgreens across the country for keeping essential products moving and stocked for the nation!

L-R: Daniel, Oscar, CPC Driver Ed Perez and Lee



CPC Canada Gives Shout Out to E. Allen Shelly



Way to Go Allen Shelly!

E. Allen Shelly has been employed with ITP since 2014 and is assigned to one of our premier long term customers, Canadian Tire. He was asked to perform a task not related to his work and upon completion our client expressed their sincere appreciation: "I will be sure to Thank him for his effort. He always goes above and beyond. He's our go-to guy when we require added experience or someone who can think outside of the box safely. We wish we had more like him..."

Great job, Allen!

THANKS FROM JOHN DEERE CANADA



We appreciate your continued hard work during these challenging times, Stay safe!

Brian, Rolland, Jeremy, Miriam, Ken and Sam





MARK MANKE
SAFETY MANAGER

SAFETY MANAGE TIP OF THE MONTH - April Is Distracted Driving Awareness Month When Convenience is **DANGEROUS!**

MYTH: My vehicle came with an infotainment system. Since it's built into my vehicle, it must be safe.

FACT: A National Safety Council survey found more than 50 percent of drivers believe this myth. However, technologies that allow drivers to make hands-free calls and use voice commands to dictate texts and emails, change music and update social media can be distracting to drivers – even if they are built into the vehicle. In fact, the AAA Foundation for Traffic Safety found drivers doing some voice tasks via infotainment systems may remain distracted for as long as 27 seconds after they finish a task.

MYTH: I know distracted driving is dangerous, but I cannot afford to miss calls, emails or text messages. My job depends on it.

FACT: Vehicle crashes are the #1 cause of workplace deaths with distracted driving as a leading factor in road fatalities. Fortunately, more employers are recognizing this hazardous expectation of always being connected and they are doing something about it. Dozens of Fortune 500 companies have adopted cell phone policies, banning the use of phones while driving. By eliminating this deadly distraction, employers are keeping their workforce safer.

MYTH: Most vehicle crashes are caused by malfunctions such as faulty brakes, blown tires or engine problems.

FACT: On the contrary, 94% of crashes are caused by driver error. Therefore, nearly all of the crashes that happen on our roadways are 100% PREVENTABLE.

A leading cause of these human errors? **Distractions.**

- Distraction leads to driver error ● 7% of all drivers at any given time are using their phones while driving.
- A NHTSA survey finds 660,000 drivers using cell phones or manipulating electronic devices while driving at any given daylight moment
- Drivers talking on phones, hand-held or hands-free, miss seeing up to 50% of what is around them like:
 - other drivers ● pedestrians ● bicyclists



BEFORE YOU START YOUR CAR, TURN OFF YOUR PHONE AND JUST DRIVE!



CORONAVIRUS INFORMATION AND RESOURCES

The coronavirus (COVID-19) is a respiratory illness caused by a virus that is spread from person-to-person. Stay informed and prepared as the situation changes.

Get up-to-date information from the Centers for Disease Control and Prevention at [CDC.gov/COVID19](https://www.cdc.gov/COVID19).



How the virus spreads

The coronavirus spreads through person-to-person contact like coughing and sneezing.



Symptoms

The main symptoms include cough, fever, and shortness of breath which are common for other illnesses.



Protect yourself and others

Wash your hands well, and often. Cover your cough or sneeze with tissue and throw it out. Avoid touching your eyes, nose, and mouth.

Contact Accolade. As part of your benefits, you have access to a team of Accolade nurses to help answer your questions. The service is confidential and at no cost to you.

Call or message your Accolade Health Assistant or Nurse, 844-351-3536

(Monday through Friday 8AM to 8PM CT) or member.accolade.com. Nurses also available after hours.

Accolade does not practice medicine or provide patient care. We are an independent resource to support and assist you as you use the healthcare system and receive medical care from your own doctors, nurses and healthcare professionals. If you have a medical emergency, please contact 911 immediately.



Mental Wellness... Heart rate increases... Adrenaline floods... Energy surges... FIGHT or FLIGHT in the 21st century

Our brains are uniquely hardwired for survival. Imagine you're trying to escape a burning building or being chased by a bear. The brain chemical called "cortisol" – or the key stress hormone – was intended to rescue us in acute stress situations. But most of us don't experience life-or-death fight or flight scenarios on a regular basis. So, how does cortisol show up in our everyday, 21st century lives?

Stress: the good and the bad - Stress, by design, is still at play every day in the form of cortisol and adrenaline, but it's not because we're trying to outrun a predator. Modern day stressors (both good and bad) exist in the form of families, bills and workloads, and they still have the potential to reach an unhealthy level.



When stress strikes - When a stressful event occurs, the hypothalamus (located in the back of the brain), sends the body a signal to release a mix of hormones, including cortisol and adrenaline. This causes heart rate and blood pressure elevation. This hormone response also communicates to the digestive, reproductive, growth and immune systems to stand by because they are not needed to address a possible fight or flight situation. This process itself is perfectly normal – the brain and body are doing what they are trained/ prepared to do. But stress factors can get out of control and become chronic, and the ongoing nature of the stress may impact the brain's chemistry – and our health. If you feel very stressed for an extended period of time (weeks, months, years – it's different for everyone), the impact can be tied to a change in the brain's cortisol levels. That's why it's important to try to minimize the extra production of cortisol and keep stress levels in check.

Stress check

- How stressed do you feel, on a scale of 1-10?
- When is the last time you took an hour for yourself to decompress?
- Do you feel adequately prepared to deal with stressful situations?



Being "woke" - In addition to helping you run for your life, the hormone cortisol is also linked to biorhythms and the biological clock. Approximately 30 minutes after waking up in the morning, cortisol is released to help us become fully alert and begin the day.

Some studies show that chronic stress may impact cortisol levels and typical waking responses. If you fall into the overworked or burn out categories, you may not experience the typical waking cortisol surge as you should. If levels are chronically elevated, and they don't rise and fall in normal patterns, the brain may not be producing a typical amount of this important stress hormone.

The risk of stress - Our favorite stress hormone, cortisol, works hard for us when it matters most. But what about when we've activated our stress-response system and it stays on for an extended period? Your body will know, and it will show.

Nearly every bodily system has the potential to be impacted, and many health problems can occur, including:

Sleep disorders • Weight or metabolic issues • Heart disease • Headaches • Anxiety • Depression • Cognitive impairment



Important: If your stress becomes unmanageable or you suspect you may be suffering from anxiety or depression, seek medical attention.

WAYS TO COMBAT STRESS

- **PRIORITIZE THE BASICS** Sleep, nutrition, exercise. These are three proven tools to help mitigate stressful events and times.
- **MAKE TIME FOR YOU** Take a break from your days to rest your mind and rejuvenate. A massage, meditation or yoga can help you regain stillness and reset.
- **SEEK OUT CONNECTIONS** Whether through friendships, volunteering or counseling, connecting with others and sharing your story will make a difference.
- **LIMIT EXCESS STRESS** By minimizing extra stress in your life, you can help your brain and body stay balanced and perform optimally.



Emotional Support Help Line Available

UMR/Optum has opened a mental well-being help line available to anyone. Optum Emotional Support Help Line is available to **anyone**, even if they are not a UMR plan member. The **help line is 866-342-6892** and is staffed by professionally trained mental health experts and available free of charge.

UMR plan members (employees and their families with CPC insurance) can also **contact Accolade at 844-351-3536 or member.accolade.com**.

Deepest Sympathy



Jason Hosford & Jessie Thompson

We are deeply saddened by the news of the passing of **Jessie Thompson**, former Fleet Manager of the NG Energy Fleet, the predecessor of our TMH Transport Fleet. Jessie was our local manager in Anniston, Alabama for many years before his retirement in 2014.

He was a kind and friendly man and he was a great mentor to Jason Hosford, Fleet and Operations Manager at TMH. Mr. Thompson was preceded in death by his beloved wife, Jeannie. We extended our deepest sympathies to his loved ones.

Crazy stock markets? Count your financial eggs

When the stock market dives, take a deep breath.

It may be counter-intuitive but rest assured, every seasoned financial professional will tell you that. Knee jerk moves with money often end badly.

Indeed, as the billionaire investor *Warren Buffett* one noted: "Unless you can watch your stock holding decline by 50 percent without becoming panic-stricken, you should not be in the stock market."

It's during these whipsawing times that the value of diversification – not having all your financial eggs in one basket – becomes ever more apparent.

That's not only important for what kind of stocks and bonds you're invested in, but the kind of money vehicles and asset classes you have in your financial plan as well.

For instance if your retirement relies solely on a stock portfolio, then market volatility likely is much more of a risk than a situation where your retirement will be supported by income from several different vehicles with varying degrees of correlation to market ups and downs.

Sudden market drops also point up the value of long term investing horizons. The market comes back from every downturn. It always does. It just takes time.

Time horizons obviously will vary from person to person. A single young professional just starting out typically will have a longer time horizon than an older family man or woman looking at retirement in a few years.

Of course that single young professional can make some choices that, in the long run, may make circumstances easier when he or she eventually becomes an older, family person. Some of those choices are straightforward, like contributing to retirement plans and taking advantage of company matches. But beyond those there are options for insurance and annuities that can soften market blows down the road.

Again, it's a matter of personal circumstances that everyone has to consider.

A crazy market is just a good reminder to do it.



By Allen Wastler

Allen Wastler is a former financial journalist with over 30 years of experience, including time at CNBC, CNN and Knight-Ridder Newspapers.

Posted on March 6, 2020

Thank a Trucker

Throughout history, truck drivers have been our front-line workers in periods of economic hardships and times of need. They have been depended on to support our country by providing our essential businesses and workers with supplies and products to keep our economy moving. Once again, they have answered the call. On behalf of CPC, I want to say thank you to our Houston and associated domiciles team members:

- Ronald Mahar
- Ryan Boone
- Robert Garza
- Cassie Jefferson
- Brian Simoneaux
- Jeremy Jones
- Leone Mills
- David Davis
- Jamal Jones
- Lonnie Byers
- Terry Parker
- Danny Salazar
- Timothy Anthony
- James Harris
- Ricardo Diaz
- Kevin Davis
- Kelvin Armstrong
- Jason Roark
- Donald Grimes
- Enrique Caballero
- Sammy Meredith
- Jose Garcia
- Archie Knighton
- Robert Wilson
- Daniel Wahl
- Lloyd Carr
- Victor Martinez
- Clayton Layne
- John Stover
- Johnnele Trice
- Paul Herman
- Keithwick Spiller
- Letron Smith
- Ernest Ligon
- Justin Cunningham
- Jean Stites
- Christopher Ferrell
- Kareem Herbert
- Tyler Lee
- Stanley Smith
- Aaron Mills
- Clarence Hatch
- Raymond Bennett
- Tony Adeyanju
- Cordero Jernigan
- Charles Howard
- Melvin Prado
- Jason Whittington
- David Schliegmeyer
- Coby Carter
- Tomorrow Cherry
- Jason Meehan
- Benito Garcia
- Jarvis Webb
- Gregory Jenkins
- Marcus Perkins
- Marco Velazquez
- Gene Rushing
- Gregory Braden
- Wayne Hunter
- Brian Frederick
- Rodolfo Garcia
- Andrea Parras
- Joseph Davis
- Japheth Ballard
- Mark Nist
- Joshua Francis
- Antonio Menzies
- Korey Semmes
- Paul Barnett
- Vernardo Astorga
- James Rice, LA Willis
- Anthony Landry
- Andra Mayfield
- Larry Baldwin
- Larry Pitre
- Ronald Straub
- Narciso Hernandez
- Lonzo Scott
- Timothy Sterling
- Michael Trahan
- Joshua Cortinas
- Celestino Pantoja
- Michael Flippin
- Robert Trevino
- Joel Sandoval
- Thomas Silva
- Ricardo Ortiz
- Courtney Braziel
- Antonio Vargas
- Furgus Matheson
- Scott Wilcox
- Eduardo Lara
- Gerry Taylor
- Jobniel Herrera
- Charles Mickens
- Robert Valentine
- Danny Baker
- Sergio Gonzalez
- Carlos Iglesias
- Lawanda Ford
- Michael Mason
- Earnest Smith
- Tony Briscoe
- Johnny Contreras
- Desmond Cowart
- Jason Neal
- Karl Hughes
- Kenneth Dickson
- Robert Watts
- Andrew Scott
- Eduardo Diaz
- Gustavo Olvera
- Derris Thomas
- Larry Christie
- Darryl Walls
- Danfred Sayer
- Daniel Watts
- Rene Perez Borja
- Rivers Johnson
- Ricardo Benitez
- DeRico Holmes
- Brandon Evans
- Nathan Richmond
- Adam Rigsby
- Quentin Johnson
- Andrew Patterson
- Kendric Richardson
- Jeffrey Williams

Thank you,

**René Art Sandoval Operations Manager
CPC/Houston, Texas**

