December 2019

TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

NC Trucking Association Grand Champion Fleet Safety

Richard Regan-Ryder, Wayne Smith, Ken Pruitt-CPC Div Mgr, Rob Sonnenberg- Moen Section Manager, Truckload Operations

CPC Logistics, Inc. proudly recognizes our driving team assigned to Moen, Inc. in Kinston, North Carolina for being awarded the 2018 Safe Fleet Award for Less than 5 Million Miles and the Grand Champion Safe Fleet Award for all fleets that are part of the North Carolina Trucking Association. Their safety record is impeccable and was recognized as the best out of 125+ fleets, including some of America's most well-known and awarded fleets!

Additionally, two drivers were honored with the North Carolina Trucking Association Driver of the Month Award. Congratulations to Wayne Smith (November 2018) and Shan-Tez Chapman (September 2019)!

We could not be more proud of this group of outstanding, professional drivers on their phenomenal achievements! **THE BEST DRIVERS DRIVE CPC!**

Kenneth Wilson-Ryder, Richard Regan-Ryder, Shan-Tez Chapman, Ken Pruitt-CPC Div Mgr, Rob Sonnenberg- Moen Section Manager, Truckload Operations

WREATHS ACROSS AMERICA

CPC Logistics and Walgreens were proud to have several drivers participating in the Wreaths Across America program by transporting Christmas wreaths that would ultimately be placed on the graves of our military veterans in a National Cemetery. Loads were relayed from the Distribution Centers in Mt. Vernon, Illinois, Waxahachie, Texas and Dayville, Connecticut making their way across the country. CPC would like to thank Shane Deming, Brian Prince, Dequences Field, Rene Conde, Dan Moriarty, Steve Espinosa, Alex Amoah, John Lampron, Ollie Beaulieu and Jonathon Santana for participating in this memorable event to honor the many who made the ultimate sacrifice for our freedom.

CPC November 2019 Drivers of the Month

EAST DIVISION:
WAYNE E. OORLOG
Walgreen Company/Magnolia NJ
LANCE M. RHODES
Walgreen Company/Anderson SC

WEST DIVISION:
WADE A. MCCOLLOM
Walgreen Company/Yreka CA
DOUGLAS D. WICKUM
Bridgestone/Portland OR

CANADA:
ISAAC P. OLMSTEAD
Bridgestone Canada/Montreal QC

Tandem Talk

RECENT SAFETY MEETING

BENJAMIN MOORE – MILFORD, MA – NOVEMBER 22, 2019

Dennis Arcudi, Robert Derderian Jr, David Kenney, Bryce Keeler, Michael Armendo, Randy Hall, Tom Paine, Paul Mazzuchelli, Joseph Wheeler, Joseph Chunis, Thomas Smith, Brian Perry, Miguel Ortiz, Ronald Brigham & CPC Safety Manager Joe Cosenza

WALGREEN COMPANY – JUPITER, FL –DECEMBER 9, 2019

Attending: Courtney Beckford, John Bryan, Rashawd Causey, Daniel Chamberlin, Wilner Dhaiti, Eddy Etienne, Christopher Farley, Brent Ferguson, Louis Gallina, Daniel Gumer, Luis Hernandez Torres, Jerome Hitchcock, David Jean Simon, Ivan Kujundzic, Anthony McLean, Anthony Milledge, Carlos Montoya Gonzalez, Ismael Rivera Alduey, Johnny Rojas, Jonathan Rolling, Dwayne Santiago, Darnell Singleton, Steven Tribo, Fred Washington and Kenneth Wilson

FABRI-KAL – PIEDMONT, SC – OCTOBER 14, 2019

CPC Safety Manager James Long is shown presenting valuable safety information on Winter Driving to the drivers assigned to the Bridgestone Americas Tire Operations location in Minneapolis, Minnesota. We appreciate all of our CPC Safety Managers and their work towards helping keep our drivers safe.

CPC LOGISTICS CANADA

BRIDGESTONE CANADA – MONCTON, NB – NOVEMBER 30, 2019

Roger Pugh, Bill Paddock, Jr., Troy Gladstone, Bill Paddock, Sr. & Todd Gladstone

FABRI-KAL – PIEDMONT, SC – OCTOBER 14, 2019

Congratulations to Daryl Johnston for being selected as the September 2019 CPC Logistics Canada Driver of the Month. Daryl is assigned to Bridgestone Canada in Mississauga, Ontario. Presenting the award was Fleet Coordinator, Roger Pugh.

BRIDGESTONE CANADA – MONTREAL, QC – DECEMBER 6, 2019

Roger Pugh, Jose Santos, Claude Rivard, Isaac Olmstead, Marc-Andre Proulx, Bruce Wright & Benoit Charbonneau

Conroy Drummond was selected as the October 2019 CPC Logistics Canada Driver of the Month. Conroy is a 3 time recipient of this award having also won in July 2017 and April 2018. He is assigned to Bridgestone Canada in Mississauga, Ontario. Presenting the award was Fleet Coordinator, Roger Pugh. Congratulations, Conroy!

BRIDGESTONE CANADA – MISSISSAUGA, ON – DECEMBER 13, 2019

Joemel Hoyte, Roger Pugh, Deby Melillo, Conroy Drummond, Cosmos Sarkodie & Daryl Johnston

ATLANTIC PACKAGING – MISSISSAUGA, ON – DECEMBER 4, 2019

ITP IN TRANSIT PERSONNEL

SAFETY MANAGER TIP OF THE MONTH

JAMES LONG
SAFETY MANAGER

FOCUS

Strong indicators that the road is likely to be slicker than it appears:

- **Watch for Spray** from your and other vehicles' tires, while it's NOT a guarantee, it is reassuring to see!!
- **Watch Other Vehicles,** are they slip-sliding and fish-tailing, are you starting to see cars in the ditch?
- **Ice build-up** on the edges of the windshield, or the CB antennas are an indicator the roads will be slick.
- **Black Ice** is a weather phenomenon. Its shine can fool drivers into thinking its water.

ANTICIPATE

- **Plan your trip accordingly** - Check weather forecasts, plan for traffic delays.
- **Compensate for poor** traction by slowing down and making all your movements gently - **never drive faster than conditions allow.**
- **Build plenty of space** between you and others.

Avoid driving in packs!

- **Pay close attention** to bridges &overpasses, and any elevated surfaces.

CORRECT

- **Start with a good Pre-Trip inspection to ensure equipment is in safe operating condition.**
- **Turn OFF the cruise control** - Don't use cruise control on icy roads.
- **If you begin to skid:**

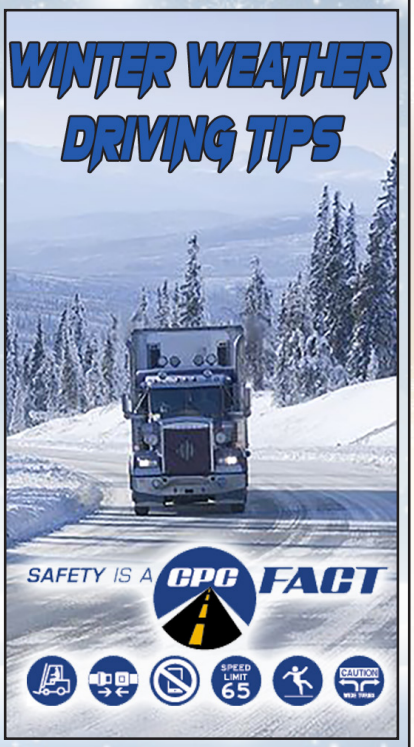
- Gently steer in the direction you want your truck to go. **DON'T** over correct!
- If the brakes happen to lock,release them to avoid sliding. This will help to regain steering

- Be ready for the trailer to push you on curves and turns
- **ALWAYS, ALWAYS, ALWAYS wear your seat belt!**

TALK

- Make others aware of the Hazards in the yard or on the road.
- **Never ask your truck or yourself to do more than it safely can do.**

It's sometimes hard to tell if the road is freezing up, until we get that gut-wrenching reminder!



SAFETY AWARD

Patrick Anfang assigned to John Deere in Faribault, Minnesota was recently recognized for 3 years of Outstanding Performance in Driving with the CPC Safety Award certificate.

MILLION MILE AWARD

Tim Raulerson was presented the One Million Mile Award at a recent safety meeting for Bridgestone Americas Tire Operations in Jacksonville, Florida. On hand to present the award were Bridgestone Manager Jake Jacobs, CPC Division Manager Ken Pruitt and CPC On-Site Supervisor Sylvain Montpetit. Congratulations, Tim!

SAFETY AWARD PRESENTATION

LES LASENBY was presented the CPC 15 Year Safety Award at a recent Safety Meeting. Les is assigned to Bridgestone Americas Tire Operations in Jacksonville, Florida. Presenting the award were Bridgestone Manager Jake Jacobs, CPC Division Manager Ken Pruitt and CPC On-Site Supervisor Sylvain Montpetit.

Winter Fitness - New year, new fitter you

Creative ways to reflect on your fitness goals and revitalize your routine.

Most of us know the story: Movement changes more than your waistline.
The positive effects of exercise are at play from your head to your toes. From improving anxiety and depression to helping keep cancers and heart disease at bay, we aren't short of reasons to believe that investing in a fitness routine is invaluable to life.

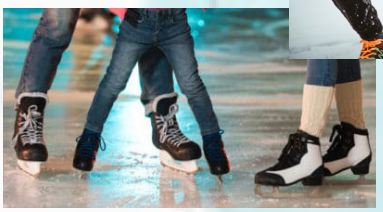
It's time to step up! - Do an honest assessment of your current activity level. This benchmark will help you set reasonable goals now and as you progress.

HOW ACTIVE ARE YOU?

"Movement is my middle name." **ACTIVE** Swimming laps, aerobics, tennis, jumping rope and hiking

STEP IT UP: Find a friend with similar goals to help hold you accountable
"I work at it every day." MODERATE Brisk walking, water aerobics, gardening and bicycling

STEP IT UP: Multitask while watching television – you can march in place, stretch or do a core workout
"I try to move, but life often gets in the way." LOW Leisurely walking and housework



STEP IT UP: Take a 20-minute walk every other day
"My movement is toward the sofa." SEDENTARY Little to no activity each day

STEP IT UP: Stand up and move once every hour

HOW BALANCED IS YOUR FITNESS PLAN?

Now that you have an idea of how much exercise you currently do, and how much you need, it's time to start thinking about WHAT you do. Variety helps keep things interesting and makes for a better, more balanced fitness plan.

MIXING IT UP PREVENTS

• Boredom • Overworking the same muscle group • Performance plateaus

WHERE TO BEGIN - Aim for at least 2.5 hours of moderate-intensity aerobic exercise a week.*
Add strength exercises two or more days a week. Mix in balance and stretching, too. **REMEMBER: RESULTS DON'T HAPPEN OVERNIGHT**

Time, consistency and patience will help you achieve your goals. So when you don't see physical change right away, stay positive.
*For safety's sake, talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

Cold, cold, go away

My joints can't take another day

Do your joints ache more when the weather turns cold and wet?
You're not alone. Some people feel their arthritis act up whenever a change in the weather is on the way.
Instead of packing your bags for warmer climes, try some of these remedies:
Stay active.* If cold weather keeps you cooped up, your joints might not be getting the exercise they need. If an outdoor workout is a no-go, ask a friend to join you for a walk inside the mall. Or try a gentle workout in a soothing, warm-water pool.
Go hot and cold. Some people find pain relief with hot or cold therapy – or a combination. Try taking a warm shower or bath first thing in the morning to ease away nighttime stiffness. Later, you might wrap a cold pack in a towel – and apply it to the painful area for 20 minute at a time.**
Try a little R&R. Deep breathing, yoga or a gentle massage may help your muscles relax – and ease aches and pains.
Talk with your doc. Ask if over-the-counter pain relievers, a capsaicin cream or other medicines might help you manage seasonal pain.

Tips for getting back on track after the holidays

1. Make sure you are reaching for right-sized portions.
2. Get 45 minutes of exercise every day.
3. Eat slowly.
4. Cut the sugar. Limit your sugar intake to 1 small treat per day.
5. Cut the caffeine. Limit your caffeine intake to 1 cup per day.
6. Limit alcohol intake to 1 drink per day for women and 2 for men.
7. Substitute whole grains for processed grains.
8. Make sure your plate is composed of 2/3 fruits and vegetables and 1/3 animal proteins.
9. Avoid fried foods.

*For safety's safe, talk with your doctor before significantly increasing your activity level.
**Treatment with cold or heat may not be advised for people with diabetes, circulation problems or loss of feeling.

Protect your retirement account by creating your own online access first. Nearly three quarters of Americans have fallen victim to some type of cyber crime. In the past year, 4 in 10 people received a notice that their personal information had been compromised, had an account hacked and/or had a password stolen. Perhaps that's why 8 in 10 people say they are worried about their online security.

You might think that the best way to not get hacked would be to not create an online account in the first place. But hackers can be clever, especially if the payoff could be access to your money or personal information. Using information they can gather elsewhere, they attempt to create online accounts. Your best defense is to go on offense.

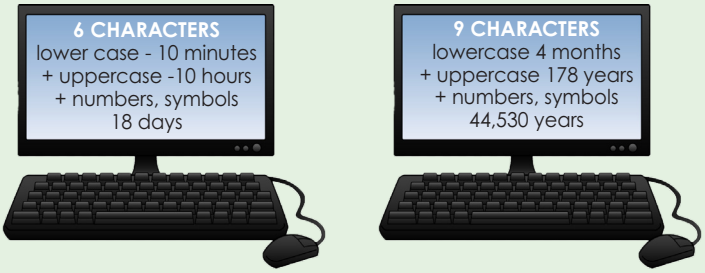
In just minutes, you can establish a User Profile that will help keep hackers out.

When creating a password remember to: Mix it up and string it out. Use lowercase and uppercase letters, symbols and numbers preferably 9 or more characters in length.

Change passwords regularly. Consider doing so every 90 days.

Safely store usernames and passwords. Consider software or an app that creates and encrypts longer, stronger passwords, and stores them away from your device.

It doesn't take long for a hackers' computer to guess a password



We are so fortunate to have such hardworking, valuable drivers as part of the CPC Logistics, Inc. team across the United States, Canada and Puerto Rico. We cannot express our gratitude enough for your hard work, commitment and for always serving CPC customers with great care and professionalism. All the best to you and yours this holiday season!

Follow Us on

SAFETY AWARDS

ONE YEAR
Kim,Chris
Williams,Jonathan

TWO YEARS
Akin Jr,Eddie
Guerra,Cristobal
Henderson Jr,Terry

FIVE YEARS
Dovel,Gary

TEN YEARS
Alire Jr,Ronald
Bentosino,Lowen

TWELVE YEARS
Morton,Michael
Chavez,Manuel

FOURTEEN YEARS
Sullivan,James
Gurule,Karl

The CPC Logistics office in Madison, Wisconsin is a proud sponsor of the Sonic Sport Club soccer league. Driver Gerardo Meza from the Walgreens domicile in Windsor, Wisconsin heads up the program which provides a safe, positive experience for young players while promoting physical, mental and emotional growth. How about those awesome team shirts!