

MAY 2019



LOGISTICS

TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

Dana Alitz

★★★★ INDUCTED INTO ★★★★★
NPTC/LYTX DRIVER HALL OF FAME



THE BEST DRIVERS DRIVE CPC



DANA ALITZ INDUCTED INTO NPTC/LYTX DRIVER HALL OF FAME

CPC LOGISTICS, INC. employee Dana Alitz was one of four drivers who were inducted into the NPTC/ Lytx® Driver Hall of Fame during the NPTC Annual Education Management Conference and Exhibition held April 14-16, 2019 in Cincinnati, OH.

The drivers are from NPTC member companies and have met the minimum qualifications of 20 years, 3 million miles or 50,000 hours of driving without a preventable accident. Many of the drivers have far exceeded these qualifications and are known for having made significant contributions to their industry and their communities. Since its inception, 112 drivers have been installed in the Driver Hall of Fame.

Dana is assigned to **John Deere Shared Services in Davenport, Iowa** and has been driving for more than 42 years and has racked up more than 4 million miles without an accident. He joined CPC in 1990 after working for a number of carriers in Wisconsin and Iowa. In his 29 years with CPC, he has driven 3.2 million accident- and violation-free miles. Dana learned to drive hauling produce, fruit and vegetables along with restaurant supplies in LaCrosse, WI.

He was twice elected to the drivers' committee as a driver representative to work with management and the drivers on policies and discipline. He has also served as a driver trainer and is active in his community helping to raise money for public parks and recreational facilities.

Congratulations, Dana! You are another shining example of why we say, "The Best Drivers Drive CPC!"



HAPPY RETIREMENT TO KEN WASIEWICZ

When we say, "The Best Drivers Drive CPC," we mean it!

After 25 years of dedicated service with CPC Logistics, Ken Wasiewicz has retired. He was assigned to Benjamin Moore & Company in Clifton, New Jersey, where his career was greatly celebrated with many awards and recognitions. Ken is an extraordinary individual; intelligent, level-headed and caring. He was relied upon as a mentor and trainer of new drivers. He was an authority on interpretation of rules and regulations, and he was a skillful mediator in misunderstandings between customers, other drivers and Benjamin Moore Paints.

The largest part of Ken's success as a professional driver was not so much ability, but his attitude when behind the wheel and when presenting himself to the public. When mentoring younger drivers he stressed, "Be patient, share the road and remember you are representing the company you work for as well as the entire trucking industry." Clearly, Ken took great pride in his profession. Ken is a NPTC ALL STAR and a member of the NPTC HALL OF FAME, honors which are greatly deserved and incredibly difficult to achieve. Outside of work Ken is very involved with the VFW, Veterans Affairs and many other charitable organizations.



**Congratulations on your well-deserved retirement, Ken!
You will truly be missed and always remembered!**



RECENT SAFETY MEETING

BRIDGESTONE AMERICAS TIRE OPERATIONS – LEBANON, TN – MAY 11, 2019



1ST Row: Dustin Williams, Trent Patterson, Mike Smigielski, Doug Hausler, Claude Wisner, Chris Pippin, Pete Scirrotto, Tim Mosley, Herman Brady, CPC Regional Manager Mike Kazy and CPC Safety Manager James Long
2nd Row: Brian Barcroft, Jeff Wunningham, Rick Brown, Jeremy Hughes, Chris Trice, Steve Rose, Ted Dixon, Ed Willoughby, Gary Johnson, Carl Bull, Scotty Qualls, Tim Neal, Keith Sircy

BRIDGESTONE AMERICAS TIRE OPERATIONS – ALLENTOWN, PA – MAY 19, 2019



BRIDGESTONE AMERICAS TIRE OPERATIONS – WOODRIDGE, IL – MAY 17, 2019



1ST Row: John Bienemann, Dawn Cameron, Thomas Sudberry, Thomas Szweda, David Grant, Dennis VanHorn & Donald Fenlon
2nd Row: Marshall Hicks, James Volante, Richard Wall, Rodrigo Nieto, Caleb Centeno, Leodis Thomas, Richard Helton & Kenneth Lewis
3rd Row: Dave Flaws, Ray Taylor, James Mooney, Thomas Bonner, John Holland, Thomas Bowe, Darius Tamosaitis & Lashawn Smith

WALGREEN COMPANY – NAZARETH, PA – MAY 5, 2019



1st Row: Brian Mack, Daniel McEachron, Emmanuel Diaz, Pastor Candelario, Temistocles Pimentel, Carlos Ortiz-Acevedo, Greg Hockman & Luis Sanchez
2nd Row: Thomas Bitler, Greg Williams, Jose Mendoza, Jorge Rodriguez, Emmanuel Santana-Vargas, Luis Rios, Jeff Jean, James Snedeker, Peter Martin & Kevin Zeiner
3rd Row: Niles Frantz, Ricardo Tatis, Roderick Watt, Glenn Fajjo, Thomas Grube, Antonio Sanchez & Carlos Zayas

Congratulations to the following CPC Logistics employees on being selected Drivers of the Month for April 2019:

East Division

Anthony C. Gann – Bridgestone Americas Tire Operations/Winston-Salem NC

Dennis VanHorn – Bridgestone Americas Tire Operations/Woodridge IL

West Division

Vilash Chand – Walgreen Company/Woodland CA

Arthur L. Muse – Walgreen Company/Baton Rouge LA

Canada Division

Randy Packham – John Deere Private Fleet/Grimbsy ON

Drivers of the Month Presentation

Derrick Hart was recently presented the Driver of the Month Award for January 2019. Derrick has been assigned to Walgreen Company in Anderson, South Carolina since September 2007. Pictured are James Eunice, Walgreens Area Traffic Manager and Mr. Hart.



William "Dusty" Sims was recently presented the Driver of the Month Award for February 2019. Dusty is assigned to TMH Transport in Oxford, Alabama. Pictured are Mr. Sims and Jason Hosford, Fleet & Operations Manager.

Congratulations to Charles Huger on his March 2019 Driver of the Month Award selection. Mr. Huger is assigned to Walgreen Company in Mt. Vernon, Illinois where he has worked since December 2000.



Fred Hudson assigned to TMH/Tona Transport in Oshawa, Ontario was recently presented the Driver of the Month Award. Pictured left to right are Pat Lee, TMH Safety Supervisor, Fred Hudson and Frank Nodwell, TMH Fleet Manager.



MARK MANKE



**Safety Managers
Tip of the Month**

GET IT FIXED!

**DOT Safety Blitz and Road Check
June 4th, 5th, & 6th, 2019**



Inspectors to focus on Steering and Suspension

This month's safety tip has to do with the condition of the equipment. Many times a driver will notice something is wrong with the vehicle, but rather than investigate further or report it, the driver chooses to continue operating it. This decision is many times due to the driver believing the company:

- Does not want to know
- Doesn't want to pay for an on-the-road repair, or
- Doesn't want to provide the time for repairs (Repairs can cause havoc with schedules.)

At other times the driver will not investigate or report the problem for personal reasons. These can include:

- Not wanting to delay arriving at home
- Not wanting to lose several hours at a repair facility (an hours of service issue), or
- Believing that the problem is minor

The problem with all of the above is that the driver and company may very well be operating an unsafe piece of equipment. This can lead to violations, citations, or worse, a crash.

SAFETY TIP

**Rather than drive unsafe equipment,
report it! Remember, the life you save
may be your own!**

PRESIDENT'S AWARD CHRIS COUCH

HONORED WITH CPC PRESIDENT'S AWARD

Chris Couch assigned to Bridgestone Americas Tire Operations in St Louis, Missouri was recently recognized with the prestigious CPC Logistics President's Award. Mr. Couch has been with CPC Logistics a little over three months but has already made an impact by saving the life of fellow co-worker Drew Bernklau. Mr. Couch performed CPR on Mr. Bernklau until Paramedics arrived and transported him to a nearby hospital. Mr. Couch has been a Paramedic for 30 years, during which time he served in New York and assisted in saving lives during the 9/11 tragedy.

**Great job, Chris! We are so glad to have you
as part of the CPC Logistics Team!**



Pictured L-R: Mark Urban, BATO DC Manager/Woodridge IL, Chris Couch and CPC Account Supervisor Dave Flaws

11 YEAR AWARD PRESENTATION

Rich Hardge was recently recognized for 11 years of Safe Driving.

He is assigned to Bridgestone Americas Tire Operations in Augusta, GA.



Congratulations, Rich!

NUTRITION

MEAL PLANNING WORKS

Feel like you're constantly eating fast food?

Always one ingredient short of making a meal? Find yourself scrambling to decide what's for dinner at 6 p.m. every single night?

If so, you may want to give meal planning a try. We've dished up everything you need to know to make it work for you.



4 BENEFITS OF MEAL PLANNING

- 1. Improved health.** The easiest way to make sure you're eating healthfully, managing your weight or adhering to a special diet is to plan ahead.
- 2. Less stress.** The chore of deciding what you're going to eat day after day is overwhelming. And failing to stick to your nutritional goals is discouraging. Setting aside time to make all your decisions at once can ease those burdens.
- 3. Better time management.** Meal planning does require an up-front investment of time and energy, but it will save you both the rest of the week (or month!).
- 4. Financial savings.** Like most things in life, having a strategy in place can save you money. You'll be more likely to buy what you need and less likely to waste food.

*6 MEAL-PLANNING TIPS

Look at the week ahead Note any errands or appointments that may interfere with meal prep. Also, take stock of special occasions that may involve dinner plans: birthdays, holidays, cookouts, etc. Plan simple meals, leftovers or even take-out for busy evenings.

Use favorites as a foundation Slot in a few easy go-to meals or weekly traditions (Taco Tuesday, Friday Night Pizza). Then look for an open evening to try a new or more complex recipe if your schedule allows for it.

See what you have on hand Check your pantry, freezer and refrigerator and make note of what you already have. This can help spark meal ideas, save money and help you avoid buying duplicates.

Plan for leftovers Build leftovers into your schedule, especially when you have a hectic week or plan to make a favorite meal. It's easy to double a recipe or stretch leftovers by adding a different side the second night.



Do double-duty If two recipes share a common ingredient, try to cook it once then use it twice. For example, if you plan to have grilled chicken and vegetables Monday and chicken enchiladas Tuesday, grill the chicken for both on Monday.

Use a worksheet or calendar

You're less likely to remember and stick to your plan (and get everything you need from the grocery store) if it's all in your head.

*MEAL PLANNING FOR ONE

Whether you live alone or just do a lot of solo dining, it may seem easier to microwave a frozen meal or pour a bowl of cereal for dinner. But with some specific strategies you can tailor meal-planning to meet your individual needs.

Make once, eat twice Plan for leftovers. Mix them up by adding a different side the second night or repurposing the ingredients. For example, you can pour leftover chili over a baked potato or nachos and add cheese and sour cream for a new twist.

Freeze extras Freeze individual-sized portions immediately and note the contents and the date. And be sure to check the freezer the next time you meal plan so you can incorporate those frozen meals into your rotation.

Visit the deli Order small quantities of meat and prepared sides at the deli counter so you'll have appropriate portion sizes.

Invest in a toaster oven You may be more likely to cook if you don't have to heat up a big oven, especially during the summer. A toaster oven is the perfect size for baking chicken breasts, broiling fish fillets or roasting small portions of vegetables.





*MAKE-AHEAD MEALS

Some people, especially those who tend to have busy weeknights, like to make meals ahead of time to ease the burden throughout the week. While this involves a significant all-at-once time investment, it pays off if you want to avoid hitting the drive-through or resorting to convenience foods later on.

2 popular strategies:

- **Weekly.** This approach involves planning, shopping, prepping and cooking the bulk of ingredients for the week over the weekend. Weekly preppers also tend to make large batches of a base ingredient and use it several times – and wash and cut up fruits and vegetables as soon as they buy them.
- **Monthly.** This approach requires significant freezer space and yields a lot of crockpot and one-pan meals. It also allows you to buy in bulk, saving time and money. To get an idea of what types of recipes work best for this method, check out some of the sample monthly menus available online.



*THE SCOOP ON MEAL-PREP KITS

Meal-kits delivery services have become so popular that there are dozens to choose from, each with its own niche, whether it's organic ingredients, 30-minute meals, or basic or gourmet recipes. They can be a great way to spice up or supplement your meal planning.

Once you sign up for a service you can customize your options then have the ingredients and recipes delivered right to you in a box. You can choose:

- Meal size (how many people you're feeding)
- Number of meals you want per week
- Delivery dates (you can easily skip weeks)
- Recipe (choose from vegetarian, paleo, gluten-free and more)

Although you still have to cook the meals, you don't have the chore of buying and gathering the ingredients, and many of the ingredients are already prepped and portioned, which means less chopping, measuring and mixing. Plus, you can get to try new recipes without having to buy large quantities of unusual or unfamiliar ingredients.

Grocery stores are also cashing in on this trend by grab-and-go meal kits.

Recipe: Roasted Sugar Snap Peas



Ingredients:

- 1 pound sugar snap peas
- 1 teaspoon olive or vegetable oil
- 1 teaspoon soy sauce
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Place the sugar snap peas on a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.
2. Place the peas on a metal baking sheet.
3. Bake in a 400 degree oven for 8 to 10 minutes. Turn a couple times while roasting.
4. Refrigerate leftovers within 2 hours.

TMH Transport is proud to share pictures of their beautiful, new trucks. *Looking good!*



SAFETY AWARDS

ONE YEAR

Agic, Enis
Aldias, Khalil
Atanane, Lahcen
Calderon Quezada, Jose
Chambers Jr, Otto
Clark Jr, Daniel
Czajkowski, Greogry
Dalconzo, Dean
Estiler, Anderson
Garcia, Jose
Gavin, Sean
Gibbons, Robert
Hidalgo, Joel
Hooper, Jeffrey
Kyles Jr, Clyde
Landaverde, Rogelio
Lawrence, Raphael
Moriarty, Daniel
Nunez, Tirso
Ortiz, Troy
Petrovits, Raymond
Pichardo-Mercado, Victor
Roque, Yanko
Rudeen, Ronald
Stevens, Tormaine
Torres, Jose
Urena, Dorian
Vargas Jr., Lawrence
Villagran, Jorge
Villanueva Vasquez, Joel

TWO YEARS

Castillo Nunez, Walter
Coelho, Justin
Cruz, Alexander
Escobar Ventura, Wilis
Fernandez, Edwin
Gaynor, Junior
Hardrick, Anthony
Lampron, John
Loubier, Thomas
Maharaj, Adesh
Malcolm, Bruce
Martinez, Manuel
McKoy, Dwayne
Milczak, Sebastian
Morales, Wilfredo
Nelson, Janell
Parent, John
Parisio, Carmen
Phillips, Steven
Ramos, Angel

THREE YEARS

Ricketts, Rohan
Rivera, Manuel
Ross, Aries
Ross, Robert
Santos-Nunez, Andy
Sikes, Christopher
Stover, John
Thompson, Everton
Tillman, Marlayna
Van Blarcom, Kevin
Wallace, Ronald
Wesley, Steven
Wilson, Marshall
Blazys, Leonard
Carr III, Lloyd
Castillo Roman, Kenneth
Cosme, Pedro
Ferguson, Marlon
Lanham, Jeffrey
Lee, Andrew
McLeod, Timothy
McNeill, Jonnie
Routhier, Kevin

FOUR YEARS

Armstrong, Kelvin
Hillman, John
Jutras, Gary
Lavoie, Andrew
Levy, Angel
Negron, Julio
Parks, Joshua

FIVE YEARS

Barcomb, Donald
McCurdy, Donald
Parker, Steven
Vandiver, Jeffrey
Wood, Robert

SIX YEARS

Andino, David
Bryant, Henry
Hache, Michel
North, Donald
Parker, Jason
Sylvia, Dale

SEVEN YEARS

Bennett, Ronnie
Green, Ricky

Grenier, Robert
McCarthy, Richard
Palmer, Kevin
Parris, Steve
Provonsil, Kenneth
Souza, Michael
Urwin, Derek

EIGHT YEARS

Bates, Robert
Beaver, Charles
Hochrein, Oliver
Hughey, Curtis
Parten, Donald

NINE YEARS

Anthony, Timothy
Bennett, Raymond
Brown, Eric
Burton, Bruce
Schimmoeller, David

TEN YEARS

Nicholls, Bryan

ELEVEN YEARS

Grimes, Donald

TWELVE YEARS

Amoah, Alex
Brodie, Audie
Keltner, Darrell

THIRTEEN YEARS

Herman, Paul

FOURTEEN YEARS

Riel, Alan

FIFTEEN YEARS

Beaulieu, Oliver

SIXTEEN YEARS

Asher, Gary

SEVENTEEN YEARS

Vance, Marlon

NINETEEN YEARS

Paulsen, Arthur

TWENTY YEARS

Stankiewicz, Philip

CONGRATULATIONS ON 25 YEARS OF SERVICE

Congratulations to Karen Wilson who recently celebrated 25 years with TMH Logistics. Karen started with Huron Services Group as a temp assigned to DuPont labeling agricultural products. She became a full time employee and was assigned to the paint department, while also filling in for DSR jobs during vacation time. Karen eventually moved into the Freight Payment Department for Tona and made the transition with TMH Logistics when CPC acquired the DuPont Fleet. She has proven herself to be a very dependable, efficient and loyal employee. Her co-workers enjoy her company and her sense of humor.



Thank you for your loyalty and dedication to CPC Logistics Canada Ltd.



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