



SEPTEMBER 2020

A monthly news publication of CPC Logistics, Inc.

TATUM TALK



**NATIONAL TRUCK DRIVER APPRECIATION WEEK
SEPTEMBER 13TH - 19TH**





NATIONAL TRUCK DRIVER APPRECIATION WEEK

Saying 2020 has been a unique year so far would be a gross understatement of what everyone has experienced since early March. The impact of the pandemic created challenges that no one could have anticipated including the shutting down of the economy for an extended period of time. This has been followed by social unrest throughout the country, a couple of major hurricanes in the Southeast and massive wildfires along the entire West Coast. One might be tempted to say, "I've had enough" and go hide in a safe place and wait for 2021.



But a constant has been witnessed that is not surprising to many of us - Truck Drivers keep doing what they do and delivering essential product to stores, factories and customers. Truck Drivers always rise to the challenge, no matter what it is, and keep America running. After the unprecedented rush on a lot of products, the store shelves were not going to fill themselves and as soon as the product was ready, Truck Drivers moved the goods everyone needed. The factory needed parts to stay open and manufacture or assemble their end product, and Truck Drivers delivered it so the Assembly line stayed full, and a lot of workers stayed employed. Fuel Stations needed gas and diesel for those that were on the road, and the Truck Drivers got it there so the cars and trucks could keep moving.

Truck Drivers seldom do what they do with the expectation of being recognized for their efforts. It is the nature of most drivers to be humble even when they have stepped up and put themselves at risk to meet the needs of others. And that is what the entire CPC Logistics, Inc. (CPC) family of drivers did this year, just as in years past. This year you did it under extraordinary circumstances and you should be proud of your efforts. You met a need, did your job and made a difference!



From the entire CPC Management and Support Team, we thank you for what you do each day. The only services CPC has to offer to our customers is provided through your efforts. We are fortunate to have such a tremendous group of drivers making a positive impression on our customers and even greater impact in the lives of many you will never know.

CPC is in its 48th year of business and provides over 3500 drivers to some of the top Private Fleets and other Trucking Companies in North America. We do it better than the rest because the BEST DRIVERS DRIVE CPC! Thanks again for being one of those valued Drivers!



DRIVER SHOUT OUT - Stephen Barela

Driver Stephen Barela sets the bar high when it comes to professional drivers. He started with CPC in 2010 in the Flagstaff, Arizona area, but for the last 6 years he has been assigned to Walgreens in Sweetwater, Texas. He is well liked on the delivery side of Walgreens stores because of his on-time delivery record and his commitment to communicating with store personnel on unexpected delivery delays. Recently his manager, Rick Weiher received a call from the Lubbock, Texas store manager giving credit to Stephen for being so helpful and understanding during the delivery process and complimenting him on his ability to handle any situation or issue that may arise. We are proud to have Stephen as part of the CPC Logistics team.



He is another reason why we say, "The Best Drivers Drive CPC!"

Congratulations to the CPC Logistics

DRIVERS OF THE MONTH

AUGUST 2020

East Division

James B. Carter
Walgreens/Florence SC

Ozzie R. Whitten
Walgreens/Tallahassee FL

Canada
Keith G. King
TMH/Tona Traspost
Oshawa ON

West Division

Kevin L. Adams
John Deere/
Davenport IA

Audie L. Brodie
Walgreens/
Wagoner, OK





SAFETY MANAGER TIP OF THE MONTH
MARK MANKE, SAFETY MANAGER

September is National Preparedness Month



September is National Preparedness Month National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved this September.

The 2020 NPM theme is: **"Disasters Don't Wait. Make Your Plan Today."**



Week 1 September 1-5: Make A Plan Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.



Week 2 September 6-12: Build A Kit Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.



Week 3 September 13-19: Prepare for Disasters Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.



Week 4 September 20-26: Teach Youth About Preparedness Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

CARL ISSACSON - JULY DRIVER OF THE MONTH



Carl Issacson, CPC driver assigned to Walgreen Company in Mt. Vernon, Illinois, accepts the July 2020 Driver of the Month Award for the West Division. Congratulations, Carl!

TWO MILLION MILE AWARD BILL ANDERSON



We would like to congratulate Bill Anderson on receiving his Two Million Mile Award. The award was presented on September 8th by Regional Manager Mike Kazy. Bill is a CPC driver assigned to Firestone in Indianapolis, Indiana.

November 2019 Driver of the Month Award



Lance Rhodes stands with Regional Manager Dan Buckley after accepting the November 2019 Driver of the Month Award for the East Division. Lance is assigned to Walgreens in Anderson, South Carolina.

HOUSTON DRIVER APPRECIATION



In honor of National Driver Appreciation Week, CPC Logistics hosted a drive-thru Driver Appreciation event at the Walgreens Houston RFC location. Drivers received boxed lunches and other Thank You items in appreciation of their work. Close to 80 drivers showed up for the awesome, Covid-safe event. Pictured is Cassie Jefferson, a 17-year employee of CPC Logistics assigned to Walgreens.



The National Private Truck Council (NPTC) initiated the National Driver All-Stars program in 2010 to recognize those drivers of NPTC fleet member companies based on how they perform against their own internal customer service metrics.

This year CPC Logistics proudly had 9 drivers recognized with this prestigious award. Congratulations to all!



Christopher Beckwith
Moen Inc/Kinston NC



Cornell Richardson
Cooper Tire/Albany GA



David Nunn - Avery
Dennison/Sharonville OH



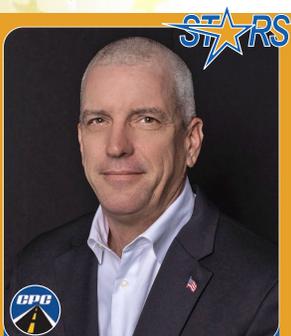
Donald Hill
Proctor & Gamble/Edwardsville IL



Gary Haynes
Fabri-Kal/Piedmont SC



James Bloodworth
Walgreens/Sweetwater TX



Les Lasenby
Bridgestone/Jacksonville FL



Richard Fenner
TMH Transport/Pryor OK



Glen Manning
John Deere/Davenport IA

2020 Hall of Frame For Professional Drivers



The Private Motor Truck Council of Canada (PMTCC) recently inducted four truckers to its Hall of Fame for Professional Drivers. Drivers from PMTCC member companies are recognized for superior performance over an extended period of time.

CPC Canada is proud to announce that one of the inductees is employee Mike Tetlock. Mike has been assigned to John Deere in Regina, Saskatchewan, since October 1997. His career spans over 30 years and 4.8 million km of accident-free driving. Additionally, he was named CPC Logistics Canada Driver of the Year in 2016. He has built a reputation as one of the most dependable and steady long-haul drivers.



Mike Tetlock
CPC Logistics Canada
assigned to the John Deere Fleet



Bugs are not fun Wash your hands often!

Infections can spread fast! Viral and bacterial infections can make you very sick. You can get a viral or bacterial infection through contact with people who are infected or from contact with contaminated surfaces, food, water, or animals.



Washing your hands often is one of the best ways to avoid getting sick and spreading germs. [Here are instructions for effective hand washing from the Centers for Disease Control and Prevention \(CDC\):](#)

1. Wet hands with warm water.
 2. Apply bar or liquid soap.
 3. Rub hands together to lather and scrub all surfaces.
 4. Continue for 20 seconds (Tip: Sing the Happy Birthday song - twice).
 5. Rinse well under running water.
 6. Dry your hands with a paper towel or air dryer.
 7. If possible, use your paper towel to turn off the faucet.
- If soap and water are not available, use an alcohol-based wipe or gel.

Staying a step ahead of pneumonia

Discover if the vaccines are right for you

Like clockwork each year, the fall season arrives with a message to arm ourselves and our families with protection against the flu. We make flu shot appointments, obsessively wash our hands and avoid those around us with cold symptoms or coughs, hoping to ward off the dreaded virus. But how many of us have other important vaccines top of mind as we move into the germiest season?

Getting to know pneumonia

Let's consider the pneumonia vaccine. Sometimes overlooked and often underestimated, this virus lands many people in the hospital each year.

It's easy to jump right to pneumonia when thinking about why one would vaccinate, but the pneumococcal vaccines actually prevent a whole host of unwelcome visitors – ranging from ear and sinus infections to actual pneumonia, meningitis and bloodstream infections.

Navigating pneumonia

Children under two and adults over 65 are the two groups most at risk for contracting pneumococcal infections, however anyone with a compromised immune system may also be a candidate for the vaccines.

Two types of pneumonia vaccines are used to target these groups. The first, the pneumococcal conjugate vaccine, is part of the routine childhood immunization schedule. This vaccine – along with the pneumococcal polysaccharide vaccine – is recommended for adults 65 years and older.

Preventing pneumonia

The pneumococcal vaccines are effective to help prevent pneumonia, hospital visits and other infections, but what can you do if you aren't a candidate for the vaccines?

Here are four easy tips to practice immediately in the hopes of steering clear of illnesses.

- **Prioritize the flu shot.**

The flu can ultimately lead to pneumonia, so make sure you get your shot when the vaccine becomes available each year. It's a first line of defense against pneumonia and other infections.

- **Embrace hand washing.**

If you have control over one thing, it's washing your hands. Washing well before and after meals, and being mindful in public spaces, will go a long way toward warding off unwanted bugs.

- **Remember the basics.**

Adequate sleep, nutrition and movement can make all the difference when fighting off potential illnesses.

- **Avoid smoking.**

Inhaling smoke – even secondhand – weakens your immune system and makes you more susceptible to infections.



Flu shots

Got yours?

What exactly is the flu?

Influenza, more commonly known as the flu, is a contagious respiratory illness caused by influenza viruses. Up to 20 percent of the population typically gets the flu. More than 200,000 people are hospitalized due to flu complications and about 36,000 people die from the flu each year.

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- This is not a stomach or intestinal flu; it's a respiratory illness.
- The flu is spread mainly through coughing or sneezing by people with the flu.
- The single best way to prevent the flu is to get a flu vaccination each year.
- The best time to get vaccinated is October or November.
- If you have questions about whether you should get a flu vaccine, consult your doctor.





HAPPY RETIREMENT CLEO CROUCH



CPC would like to wish a very **Happy Retirement to Cleo Crouch!** Cleo began his employment with CPC in 2006 driving for Success Logistics in North Kansas City, Missouri, then later transferring to the Bridgestone Americas Tire Operations Off-Road account. He and his wife made a trip to St. Louis where he was presented the Retirement Award by CPC Executive Vice President Bob Boyich, and then later celebrated with a dinner in his honor. We wish him all the happiness and rest he deserves in this next chapter of life.

Congratulations to the following recipients of the QDS Drivers of the Month Award for August 2020:



Darin Wootem
East Division



Jackie Henderson
Midwest Division



Damon Hopkins
West Division

Driver of the Month Presentation: Double the Honor



Jackie Henderson has been employed with QDS since December 11, 2019 and assigned to drive for F.P. Supply since December 13, 2019. Jackie's daily assignment is flatbed work delivering lumber, which requires strapping/unstrapping and throwing tarps, if necessary. He shows up on time, does his job with integrity, and is always



willing to do additional tasks that need to be done, most of the time without being asked. Jackie has even been known to assist other drivers on the safest way to complete the load securement process, showing them his seasoned tricks of the trade.

Recently, after being presented the August 2020 QDS Midwest Driver of the Month Award by Regional Sales Manager Barb Randall, Matt Donnelley of F.P. Supply called his entire staff to the room and made a second presentation to Jackie. Matt stated, "Jackie represents both QDS and F.P. Supply in a professional and courteous manner; we truly consider him part of our team." He then presented Jackie with a Visa Gift Card from F.P. Supply, at which time Jackie was celebrated with a standing ovation.

We are extremely proud of Jackie Henderson and the way he represents Quality Driver Solutions, and we are thrilled to be partnered with such a wonderful customer as F.P. Supply.

BENI, PENI AND BANKSY PRESENTED BY **PSCA** BY CHARLIE MARTIN

DID YOU KNOW?
HAS THERE BEEN A MARRIAGE, DIVORCE, BIRTH OF A CHILD, OR A DEATH IN THE FAMILY SINCE YOU OPENED YOUR ACCOUNT? IF SO, YOU MAY NEED TO UPDATE YOUR BENEFICIARY DESIGNATIONS.