



Tandem Talk

Tandem Talk is a monthly publication for our valued clients and employees.

Editor: 14528 South Outer 40 Road, Suite 210

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Chesterfield, MO 63017

CPC Driver Referral Bonus



“EXCITING NEW CHANGES TO THE CPC DRIVER REFERRAL BONUS”

Effective immediately the CPC Driver referral bonus program has been changed and these changes have been extended to the end of the current year 2014.

AS in the past the referred driver must be employed for at least 90 days.

“Contact your Manager for Details.”

- **\$1500.00 for the first referral in the calendar year**, paid out at 90 days (\$750.00) and 180 days (\$750.00)
- **\$2000.00 for the second referral in the calendar year**, paid out at 90 days (\$1000.00) and 180 days (\$1000.00)
- **\$2500.00 for the third referral and subsequent referrals in the calendar year**, paid out at 90 days (\$1250.00) and 180 days (\$1250.00)

THE BEST DRIVERS ON THE ROAD DRIVE CPC

CPC News Flash



Dennis Hagerty, Bridgestone/Omaha NE, winner of the Employee Safety Tip of the Month for June.

CPC Welcomes Aboard.....David Lay.

Scott Moormann, Division Manager for the Eastern Operations welcomes a new Alabama Operations Manager David Lay to the CPC family. David started in July 2014 and is based in the Lincoln, Alabama office taking over the accounts from Regional Manager Mike Mann.

Mike has transferred to the CPC Henderson NV office in the Western Operations and will be handling the accounts in Arizona, Colorado and New Mexico.

Medical Cards from Georgia doctor invalidated.

In a rare move, the Federal Motor Carrier Safety administration (FMCSA) has invalidated all medical certificates issued by now-deceased Dr. Paul Besdansky, formerly of Garden City, GA. All medical certificates signed by Dr. Besdansky are considered invalid as of May 2, 2014. The FMCSA believes that a majority of drivers with medical certificates signed by Dr. Besdansky reside in Florida, Georgia, North and South Carolina.

DON'T FORGET TO SUBMIT YOUR EMPLOYEE SAFETY TIP OF THE MONTH FOR AUGUST . IF YOUR SAFETY TIP IS SELECTED, YOU WILL RECEIVE \$50.00 AND BE ELIGIBLE TO BE ENTERED INTO THE POOL FOR THE END OF THE YEAR BEST 2014 SAFETY TIP. THE 2014 SAFETY TIP WINNER WILL RECEIVE \$500.00.Note - If you don't participate in the monthly Safety Tip you won't have a chance to be in the pool for the end of the year Best Safety Tip. Also this contest applies to any CPC employee doesn't matter the occupation

Divisional Drivers Of The Month

EASTERN DIVISION

William Stirn has been selected as Driver of the Month for July 2014 for the Eastern Division. He has been assigned to Walgreen Company in Glen Allen, Virginia since April 2004 as a relay driver. Will and his peddle driver do a great job keeping the Glen Allen domicile running in an efficient manner and he helps others by volunteering as a driver trainer. He recently helped improve delivery operations with the addition of a new domicile. His knowledge of the area resulted in delivery route adjustments that saved the customer time and miles. Will's professionalism and desire to provide customer Walgreens excellent service makes him one of the best drivers on the road and an excellent choice for Driver of the Month.

Stephen Henritz has been selected as Driver of the Month for July 2014 for the Eastern Division. He has been assigned to Bridgestone Americas Tire Operations in Breinigsville, Pennsylvania, since May 1999. Steve has completed the Smith System Driver Trainer course and has stepped up to become a lead driver trainer. He takes his position very seriously and is doing a great job in training new drivers. Steve also takes time out of his week to help other drivers as well as Bridgestone by doing safety lane inspections and training drivers on the new Rand McNally systems. Steve is well deserving of the Driver of the Month award.

WESTERN DIVISION

Richard Kopfmann has been selected as Driver of the Month for July 2014 for the Western Division. He has been assigned to Northwest Food Products in Volga, South Dakota since September 1988 and CPC since August 2006. Rich has been very instrumental in helping the management setup routes and filling in and going the extra mile when needed. He has a great attitude at all times even when things are not going well. Rich is one of the best trainers, he knows all the routes and is the go to driver when something needs to be completed. He is a great asset and has earned the highest respect not only from his fellow drivers but also the management team at NWFP. Rich is well deserving of this award.

Jason Uutela has been selected as Driver of the Month for July 2014 for the Western Division. He has been assigned to Walgreen Company in Tacoma, Washington since September 2005 as a peddle driver. Jason is a positive hard working professional driver who goes above and beyond. The stores that he delivers too

are pleased to have him as their deliver driver. In the past they have mentioned how he is always willing to help, is a team member and never hesitates make the flow of receiving the truck process go smoothly. Jason is always putting safety first and is the right choice for the Driver of the Month award.

CANADA DIVISION

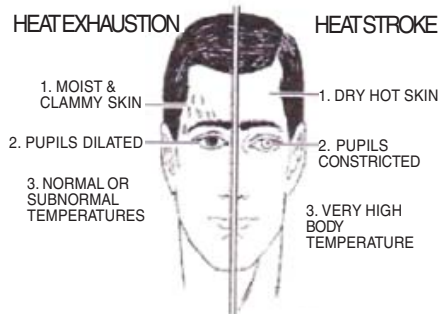
Gaetan Morneau has been selected as Driver of the Month for July 2014 for the Canada Division. He has been assigned to TMH Logistics Fleet, Pointe Claire, Quebec Canada. Gaetan is a long time Huron employee. He has been operating

all types of equipment over this time and delivered all types of freight from dry goods to liquid dangerous goods. His efficient and professional work ethic and his quiet leadership have always been an anchor for other drivers in the fleet. He recently volunteered for a hot load to Manassa, Virginia and truly went above and beyond, managing his time and resources like a true professional to get the load to the customer on time and under difficult conditions. This is very typical of the day-to-day performance and why Gaetan is so deserving of the Driver of the Month award.

CPC Safety Manager Tip of the Month - Rory Manning

HEAT EXHAUSTION & HEAT STROKE

As the summer months hit triple digits, heat plays a key factor in heat exhaustion and heat stroke. Heat exhaustion and heat stroke are created when our body is unable to regulate our heat production at a safe level. These are some of the signs and symptoms.



1. Fatigue, weakness, fainting
2. Nausea and vomiting
3. Headache
4. Dizziness
5. Muscle Cramps
6. Irritability
7. Sweating (absence or presence)
8. Paleness

What can you do to prevent Heat Exhaustion & Heat Stroke?

- Use common sense!
- Limit your exposure to direct sunlight as much as possible.
- Drink more fluids (nonalcoholic); do not drink fluids that contain caffeine or large amounts of sugar. Sport drinks are good as they replace electrolytes and salt in your body. Avoid extremely cold fluids as these can cause stomach cramps. Drink often throughout the day 4-5 ounces at a time.

WATER IS GOOD!

- Wear lightweight, light-colored and loose-fitting clothing that does not create a safety hazard for your work environment. If outdoors, wear a hat to reduce direct exposure to the sun.
- Avoid hot foods and heavy meals. They add heat to your body.
- Drivers who are on routes should pack a cooler with water for the day. Also, keep an umbrella in the truck if you are operating in extreme conditions, (desolate, desert etc.) this will allow you to move to an area with breeze and still be protected from the sun.
- If exposure to the sun is inevitable, apply generous amounts of sunscreen with a high SPF rating to exposed skin.
- Make sure your truck is in excellent condition. A good pre-trip inspection is crucial in extreme heat operating conditions to prevent breakdowns, otherwise you may find yourself and your unit on the side of the road exposed to the extreme heat.

Employee Safety Tip of the Month winner for July



Congratulations to Ronnie Malpass..... Driver of the Month with a 14 year safe driving record. Assigned to CPC/Moen Inc, Kinston North Carolina...

Ronnie's safety tip is to advise drivers who feel tired to pull to the side of the road. It is illegal in most states to do this and also against CPC safety regulations. Drivers should find the nearest rest area or truck stop as a safe place to stop.

Driver of the Month Presentations



Brian Wooten assigned to Wix Filtration in Gastonia, North Carolina is shown receiving his Driver of the Month Award for December 2013. Pictured L to R: Brian Wooten and Peggy Tschudin Wix.

David Flaws assigned to Bridgestone in Woodridge, Illinois shown with his Driver of the Month Award for June 2014.



Michael Jack assigned to Associated Couriers in Mississauga, Ontario Canada is shown with his Driver of the Month Award for June 2014.

CPC Spotlights: Juan Sanchez

Bike Ride for MS - 190 miles in about 9 hours



On Saturday, June 28 the ride started in Westminister CO at Front Range Community College. The ride had three options: express route 68 miles, the classic route 80 miles, and "the century" which was 100 miles. I chose "the century" for the first day. At the finish on Saturday in Ft Collins, they had a huge party waiting for the participants with beer provided by Left Hand Brewing and

food from Mad Greens as well as plenty of hydrating drinks for all. Sunday morning, there was a seven am start back to Westminister CO. This time I cautiously opted for the Express Route (68 miles) to another packed finish line. What a rush!

I was able to raise \$500.00 for MS and the reason for doing it is because my Big Sis Liz was diagnosed with this horrible disease about four years ago and is getting progressively worse. I ride so that someday nobody else will ever have to go through this debilitating disease.



HEALTH WATCH



7 Tips to Build and Maintain Good Bone Health

In our youth we tend to take them for granted, but as we get older the aches and creaks manifest themselves and we realize the value of good, strong, healthy bones. If you haven't given bone health its due attention, start now with these tips to build and maintain good bone health:

1. Calcium intake
2. Adequate protein
3. Take a bone mineral density test
4. Kick bad habits
5. Resistance exercises
6. Check family history
7. Reduce salt intake



Summer

- ..skin gets darker
- ...water gets warmer
-drinks get colder
-music gets louder
-nights get longer
-life gets better



Recent CPC Safety Meetings

BRIDGESTONE AMERICASTIRE OPERATIONS

Jacksonville, Florida – June 14, 2014



Front Row L to R: Joe Cosenza CPC Safety Mgr, Mario Berry, Reuben Collines, Mark Murphy, Stefan Lewis, Marlon Colston, Guy Howze, Terry Holmes, Sintilien Georges, Phil Beaver, Mike Martin, Mike Weltzbarker, Carlos Campbell, Rick Hinkel CPC Sr Safety Mgr and Jeff Merritt. Middle Row L to R: Mitch Nichols, Stephen Merritt, Matt Weeks, Tim Raulerson, Steve Mann, John Slaughter, Mike Grindle, Daryl Padgett, Mike Teplick, Mike Stepherson, James Bagley, Michael Ellsworth BATO Mgr, Robin Taylor, Art Swank CPC Onsite Mgr and Dan Buckley CPC Regional Mgr.. Back Row L to R: Mike Dice, Les Lasenby, Thomas Williams, Jewel McWhite, Matt Simmons, Jake Jacobs BATO Mgr, Donnie Ingram, Kevin Williams, Ralph Murray, Bob Berry, John Quarles, David Mizell, Les Groover and Richard Cason.



**Madison,
Wisconsin – July
20, 2014**

L to R: Robert Simonson,
Steve Niemuth and James
Draves.

UNITED PARCEL SERVICE OASIS SUPPLY CORP WDS/Bimbo Bakery Vernon, CA – July 8, 2014



Front Row L to R: Gabriel Corte, Robert Rodriguez, Carolina Ramirez, Sandra Madrid, Karina Vasquez, Eduardo Ribota and Jose Sanchez. Back Row l to R: Art Kellum, Luis Fernandez, Antonio Toscano, Angel Jimenez, Luis Calderon, Ramiro Flores, Luis Villalobos, Felipe Ramirez and Miguel Garcia.

Eat healthier this summer **Make a seasonal salad**

Many delicious fruits and veggies are in season during the summer. While fruits and veggies are nutritious year-round, they often taste even better and are less expensive when you can get them fresh in season. Try using seasonal produce to make a salad for lunch or dinner.

Creating your own salad is simple and fun! Here's why:

- Quick preparation. You just need a big bowl, chopping board, good knife, and your favorite vegetable and healthy topping.
- Versatility. You can make a savory salad with lettuce, tomatoes, and cucumbers, or you can make a sweeter type by mixing in fresh berries or dried fruit.
- Keeps you full. For a filling, satisfying salad, try adding a protein like grilled chicken or fish, or a hard-boiled egg.
- Cost effective. You can make a fabulous salad that serves four people for less than 10 dollars!

Next time you visit the grocery store, be adventurous - choose a new fruit or veggie to include in your salad.

Highway to Health News

Beginner Level Strength Training

Contrary to popular belief, effective strength building exercise (also know as resistance training) doesn't require expensive equipment. If you want to add resistance training into your work-out, but don't own weight equipment or belong to a gym, all you need to get started are some comfortable clothes and a clear space in your home to stretch out.

Start in Four Exercises

Bicep Curl

1. Hold a 16 ounce filled water bottle in each hand.
2. Stand with feet shoulder width apart, arms at your sides, palms facing forward.
3. Slowly bend arms and lift water bottles toward your shoulders.
4. Keep wrists straight.
5. Stop when forearms are vertical.
6. Slowly lower and repeat.

Wall Push-Up

1. Stand straight, facing the wall, about 2 feet away. Palms pressed on the wall a shoulder length apart.
2. Slowly bend arms, pressing body towards the wall, keeping a straight back, until your nose is a few inches from the wall
3. Hold for 2 seconds before returning to the starting position.
4. Keep both feet planted on the ground or alternate lifting one leg back as you press forward to increase difficulty.

✓ Abdominal and Core Exercises

Bridge

1. Lie on your back in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart.
2. Exhale while contracting your abdominal muscles and press your hips upwards off the floor by contracting your "glutes" (buttock muscles). Press your heels into the floor for more stability.
3. Avoid pushing your hips too high.
4. Hold for about 15-20 seconds.
5. Inhale and slowly lower yourself back towards your starting position, Repeat 2-3 times.

Standing Crunch

1. Stand up straight with feet shoulder width apart and hands behind your head.
2. Lift your left knee toward your right elbow and twist slightly at the waist (avoid hunching over).
3. Return to the standing position and repeat for the right leg.
4. Try to start with 2 sets of 10 repetitions.

Abdominal Curl Up

1. Lie on the floor with knees bent and feet shoulder width apart.
2. Place the palms of your hands on your thighs.
3. Lie shoulders of the floor, curling your chest toward your thighs, sliding fingertips toward your knees.
4. Exhale as you lift.
5. Slowly lower, or uncurl your spine back to the starting position
6. The curl up can be done in a seated position if lying down is difficult.

✓ Lower Body Exercises

InnerThigh Abduction

1. Stand up straight with feet shoulder width apart with one hand resting on a stable chair next to you.
2. Keeping a straight leg, lift the foot furthest from the chair out to the side until it reaches a 45 degree angle from your leg.
3. Lower your foot until just before it touches the floor.
4. Repeat 10-15 times with the same leg, then turn to switch sides to repeat with the other leg.

Squat

1. Stand with feet shoulder width apart, Arms by your side.
2. Bend you legs at the hip and at the knee as if you are going to sit down in a chair. Extend your arms in front of you to shoulder height.
3. Return to start position.
4. Do 8-10 repetitions.



Driver Appreciation Luncheons

TRUSERV LOGISTICS Harvard, Illinois – July 9, 2014



Pictured L to R: William Foat, Nathan Schultz and Larry Moyer.



L to R: Adam Borst, Kim Nash TruServ Logistics and Edward Murray.



Pictured L to R: Herbert Kuhn, Bob Visintainer and Neil Wykes

BRIDGESTONE AMERICAN TIRE OPERATIONS Ft Wayne In, Madison WI, Perrysburg OH & Woodridge IL – July 16, 2014



Pictured L to R: Mike Lavery, Christina Langevin, Monte Diffendarfer, Scott Tracy and Brad Konig.



Pictured L to R: Bob Simonson, Rich Doubek BATO Trans Mgr, Fowler Taylor and Gamina Oliver



Pictured L to R: Joe Valenti, Mrs Szweda, Daughter, Son of Tom Szweda and Tom Szweda



Pictured L to R: Mike Smith, Rich Wall, Jim Volante, Dave Chavez, Victor Donelson and Donald Fenlon.



Pictured L to R: Darius Tamosaitis, Julius Lewis and John Holland.

Pictured L to R: David Flaws CPC Acct Supy, Debbie Morelock CPC Administrator and Rich Doubek BATO Trans Mgr.



Did You Know ...



Truck and bus drivers are buckling up more than ever, the Federal Motor Carrier Safety Administration (FMCSA) reports. An annual FMCSA survey has found that the overall safety belt usage rate for drivers of all medium- and heavy-duty trucks and buses rose from 78 percent in 2010 to a new high of 84 percent in 2013.



“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”

What should you do if your brakes aren't applying evenly, but the air pressure appears OK?

- Slow down.
- Pump the brakes.
- Stop, check them and adjust or arrange for adjustment if necessary
- Report the problem at the end of the trip.

In what Canadian community does PACCAR build medium-duty trucks?

- Ste. Therese, Que
- Kelowna, B.C.C.
- Saskatoon, Sask
- Winnipeg, Man

answers on page 6

Safety Awards

1 Year

- Anthony, Timothy
- Boles, Keith
- Ferrel, David
- Johnson, James
- Meadows, Donald
- Neumann, Mark
- Pippin, Gregory
- Pregman, Daniel
- Schwalbe, Mark
- Shaw, Eric
- Wylie, Michael

2 Years

- Christman, Butch
- Clay, Kevin
- Fuchs, Ralph
- Green, Ricky
- Gunderson, Timothy
- Peterson, Robert
- Smigielski, Michael
- Topley, Kendall
- Tykwinski, David
- West, Terry

3 Years

- Bennett, Raymond
- Hausler, Douglas
- Morrison, Ronald
- Parkhurst, Douglas
- Spridgen, Roger
- Stewart, Gregory
- York Jr, Jewell

4 Years

- Dixon, Theodore
- Johnson, Thomas
- Knox, Trevor
- Patterson, Trenton
- Soden, Robert
- Smith, Randall

5 Years

- Brooks, James
- Fisher II, Robert
- Foster, Mark
- McNeil, Frank
- Runnells, David

6 Years

- Grimes, Donald
- Macy, Neil
- Rojas, Bulmaro

7 Years

- Hillis, Kelly
- Keltner, Darrell
- McCouston, Richard
- Schelp, David

8 Years

- Herman, Paul
- Trice, John

9 Years

- Bull, Carl
- Martin, Richard

10 Years

- Ashburn, Danny
- Wiser, Claude
- Wyatt Jr., Eugene

11 Years

- Daniels, Stephen
- Haven, Steven
- Johnson, Gary
- Matherne, Perron

13 Years

- Vance, Marlon

15 Years

- Knutson, Douglas

16 Years

- Ramsdill, Loren

18 Years

- Hooker, Jay

19 Years

- Sorrell Jr., Raynor

20 Years

- Thomas, Jimmy

29 Years

- Reed Sr., Jerry



Labor Day was created as a way to acknowledge and pay tribute to the workforce for all that they have done to make our country prosperous and strong. The first Labor Day was celebrated in new Your City. It was in 1894 that Congress passed a law making the first Monday of September a legal Holiday.

Answers to the July Trivia of the Month:

Don Sutton

The Viet Cong

An Octagon

Answers to Test Your Truck Knowledge: c, a

Dates To Note:

- Aug. 1 Air Force Day
- Aug. 2 National Mustard Day
- Aug. 4 Coast Guard Day
- Aug. 5 Civic/Provincial Day
- Aug. 26 Women's Equality Day
- Sept. 1 Labor Day
- Sept. 1 Labour Day/Canada

August 2014 is observed as:

National Immunization Awareness Month

Children's Eye Health & Safety Month

Check out the Company Store on the CPC website for good quality CPC logo apparel.
www.callcpc.com

Additional Safety and Awards Meetings attended recently by our drivers are listed below by client, location and date

NAPCO	Janesville, Wisconsin,	June 6, 2014
Walgreen Company	Windsor, Wisconsin	June 23, 2014

August Trivia of the Month

What coach for ST. Louis, Montreal, Buffalo, Pittsburgh and Detroit has the NHL's highest career winning percentage?

What founding father was knocked unconscious while attempting to electrocute a turkey?

The walls of what structure - made entirely of natural materials - stand up better to modern artillery than a concrete barricade, according to tests conducted by the Swedish army?

Answers in next month Tandem Talk