

August 2017

TATUDEM TALK

A monthly news publication of CPC Logistics, Inc.

Dennis Meeker

*retires after 44 years with
CPC Logistics, Inc.*

August 1973 - August 2017



HAPPY RETIREMENT!

CONGRATULATIONS DENNIS MEEKER THE BEST IS YET TO COME



(This article contains excerpts of a farewell toast given by Bill Steimel, CPC's Vice President of Information Technology, paying tribute to Dennis Meeker at his recent Retirement Ceremony.)

When **Dennis Meeker**, Business Analyst, joined the corporate office of CPC Logistics, Inc. as its first employee in 1973, the price of a gallon of gas was 35 cents, a dozen eggs cost 45 cents, the Watergate hearings began, the US involvement in Vietnam ended, Secretariat won the Triple Crown, the barcode was invented, the first PC with a microprocessor was introduced and the movie 'The Exorcist' debuted.

Now in 2017, Donald Trump is the 45th president of the United States, the first Total Solar Eclipse in the 21st Century occurred, a gallon of gas costs \$2.28, drones are delivering eggs to your house at a cost of \$1.66 per dozen, consumers are doing 78% of

their shopping without leaving their homes, the iPhone 8 cell phone will be unveiled and will cost more than \$1000, fit in the palm of your hand and have more computing power than all of NASA back in 1969, and the passing of Country Music Hall of Fame star Glen Campbell and comedian/actor Jerry Lewis are announced.

Over the last 44 years, Dennis has been instrumental in helping navigate CPC through times of great change. Starting from the early days of working out of a garage, Dennis grew to become the "Shell Answer Man" to just about everyone in the company. He worked in and had knowledge of nearly every department, and he was always the last to leave the office at the end of each work day.



No matter the challenge, Dennis was committed to seeing his job through, including making sure his colleagues were trained efficiently so that there would be no disruptions to the flow of business. His laugh was loud and infectious and he could always bring a smile to someone's face with one of his famous jokes.



Dennis dedicated himself to CPC, working hard and using his talents to help build the legacy of what this company is today. CPC Logistics, Inc. would like to take this opportunity to thank Dennis for his 44 years of dedicated and faithful service.

CONGRATULATIONS ON YOUR WELL-DESERVED RETIREMENT, DENNIS!

We wish you all the best for many beautiful, healthy and happy days.

The BEST is yet to come!



DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Melvin Marks has been selected as Driver of the Month for July 2017 for the Eastern Division. He has been assigned to Walgreen Company in Orlando, Florida since September 1986. Mel has worked in different areas during his 31 years of services such as peddle, relay and driver trainer. He performs above expectations in all areas and has been a reliable driver since day one. Safety is always his top concern and it shows in his driving record. His skills as a professional driver are very safety minded and his commitment to safety raises the standards for the driver team at this client location. Mel is well deserving of this Driver of the Month Award.

Horace Taylor has been selected as Driver of the Month for July 2017 for the Eastern Division. He has been assigned to Moen, Inc. in Kinston, North Carolina since October 2009. Horace is a dedicated professional who has proven to be one of our most consistent performers. His outstanding safety and duty performance record resulted in his recent selection to the National Private Truck Council All Star Class of 2017. Horace is currently a team driver moving finished goods and component parts from Kinston, NC to Las Vegas, NV. Congratulations Horace!

MIDWEST DIVISION

Joseph Davis has been selected as Driver of the Month for July 2017 for the Midwest Division. He has been assigned to Walgreen Company in Lafayette, Louisiana since October 2008. Joseph has been a great example of a leader to others. He is respectful, reports to work on time and is always in uniform. He works safely and he takes care of the equipment he uses. Joseph is well liked by his driver colleagues, many of which have expressed high regards for Joseph's leadership and professionalism. He is always willing to help a fellow driver. We appreciate Joseph's dedication and representation of CPC Logistics.

WESTERN DIVISION

Stuart Olson has been selected as Driver of the Month for July 2017 for the Western Division. Stuart has been assigned to Bridgestone Americas Tire Operations in Phoenix, Arizona since June 2002. He has and continues to be a model driver for safety and compliance. Stuart goes out of his way to ensure not only his own safety, but the safety of those around him as well. He was recently asked to travel from Phoenix to San Jose, California to assist with driver training. Stuart eagerly accepted the assignment and did an incredible job, thereby helping the new driver increase his confidence level to be able to perform his job safely and effectively.

CANADA DIVISION

Conroy Drummond has been selected as Driver of the Month for July 2017. Conroy has been assigned to Bridgestone in Mississauga, Ontario since January 2017. Conroy has been extremely enthusiastic and helpful to clients and to fellow drivers. Our Dispatch are very appreciative of his energy, helpfulness and great attitude on the job. We really appreciate Conroy's efforts and feel he is a great example of a CPC Driver of the Month recipient.

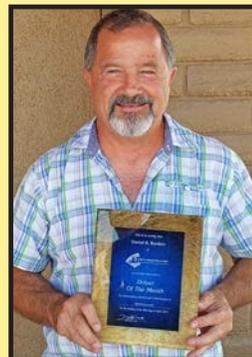
DRIVER OF THE MONTH



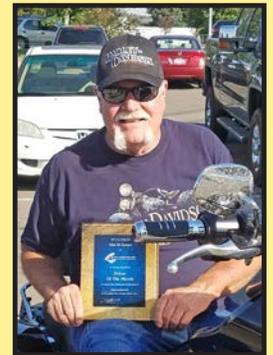
PHIL ANTONI assigned to John Deere Private Fleet in Grimsby, Ontario recently received the Driver of the Month Award for February 2017. Pictured L to R: Carrie Scarselli, Phil Antoni and Charles Shields.



HAYDEN FERREIRA assigned to John Deere Canada in Grimsby, Ontario was recently presented the Driver of the Month Award for January 2017. Pictured L to R: Carrie Scarselli, Hayden Ferreira and Charles Shields.



DAN BURDEN was recently presented the CPC Driver of the Month Award for April 2017. Dan is assigned to the North American Pipe Corporation in Yucca, Arizona.



GLEN DOTSON assigned to Walgreen Company in Nampa, Idaho is shown with his Driver of the Month Award for March 2017.

DRIVER OF THE YEAR AWARD



ANGEL RAMOS assigned to Benjamin Moore & Company in Clifton, New Jersey was recently presented the CPC Logistics, Inc. Driver of the Year Award for 2016 at a dinner in his honor. Pictured left to right are: CPC Regional Manager Mike Vivoli, Driver Angel Ramos, Angel's friend Mary Cabot and Ron Garetano, On-Site Supervisor for Benjamin Moore.

RECENT CPC SAFETY MEETINGS

Walgreen Company – Indianapolis, In – July 24, 2017



L to R: Kemper Smith, Charles Robinette, Atif Nicholas, Mike Hughes & David Archer
 Not Pictured: Mike Cowger, Matt Hannah & Andrew Horsley

Success Logistics – Tulsa, OK – July 26, 2017



L to R: Keith Cypert, David Henningsen, Success Fleet Manager Rick Searcy

Success Logistics – Ft Smith, AR – July 27, 2017



L to R: Robert Panis, Vince Elliott, Success Fleet Manager Rick Searcy & John Dustman

Walgreen Company – Sarasota, Brandon & Lakeland, FI – July 30, 2017



L to R: Roy Wells, Thomas De Gennaro, Robert Rodriguez, Fernando Rodriguez, Galen Zlotnick, Francisco Hernandez, Mario Cordero & David Oney
 Not Pictured: Kevin Skew & Adan Batista

Walgreen Company – Pensacola, FI – August 6, 2017



L to R: Jerry Freeman & Jeff Lam-brecht

Safety Manager Tip of the Month

School Safety



James Long -
Regional Manager

While the greatest loss of life in single incidents happen on interstates or freeways miles from school zones, we must always be vigilant in or around school zones and bus stops. According to National Safety Council, most of the children who lose their lives in bus related accidents are pedestrians who are hit by motorists not paying attention.

With children returning to school, sharing the road safely with school buses should be top priority for any professional driver. Children are very unpredictable. As they walk to and from their bus they are generally comfortable with their surroundings so they become more at risk of ignoring hazards or failing to look both ways when crossing the street.

School Bus Safety is a CPC FACT!

Focus-Be vigilant in paying attention to all cross-walks, school zones, and transit buses.

Anticipate-Be ready for the school zone to become active, the school bus to make a sudden stop, or a child to enter into your path of travel.

Correct-Position yourself so you can see or be seen by the children and bus drivers.

Talk-to your children and your fellow drivers and allow your safe behavior to speak volume to the motoring public.

DON'T BULLY THE BUS!

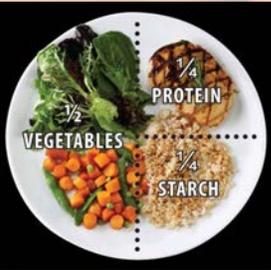


PORTION CONTROL

Portion control is understanding how much a serving size of food is and how many calories or how much food energy a serving contains. **Portion control** is important for body weight management as the weight is defined by the total calorie intake.

TIPS TO REDUCE YOUR PORTION SIZES

Did you know eating an extra 100 calories a day can lead to weight gain of 4.5kg (10lb) a year? Watching your portion sizes is a great way to prevent this. Whether you are eating in, eating out or food shopping, we have tips and advice to help you get your portion sizes right.



EATING IN

- Eat slowly
- Use a smaller plate
- Fill half of your dinner plate with vegetables or salad
- Instead of eating from a large packet, serve a single portion into a bowl
- Serve food on individual plates to avoid second helpings
- Freeze or chill left-overs right away so you are not tempted to go back for more
- Avoid eating while watching TV as it's easy to overeat when you are distracted
- If you enjoy a high calorie snack, have the on-pack serving size (e.g. one scoop of ice cream)
- Alcohol contributes to calorie intake. If you enjoy an occasional glass of wine or beer have a small one rather than a large one, and be careful with your measures at home.



EATING OUT

- If you order a high calorie food such as pizza or chips, order a small size
- Order a half portion, have a starter as your main meal or split a dessert with a friend
- Forget what your mother said. You don't have to finish your plate. Ask for a "doggy bag" and take your leftovers home



FOOD SHOPPING

- Don't buy the foods you tend to overeat
- Make a list so you only buy what's needed
- Check the number of portions in pre-pack aged foods — a pack may contain more than one portion
- If you are buying treat foods buy snack sizes and only have one
- Buy single portions "on the go" so you won't be tempted by bigger pack sizes



You don't have to

EAT LESS

You just have to

EAT RIGHT

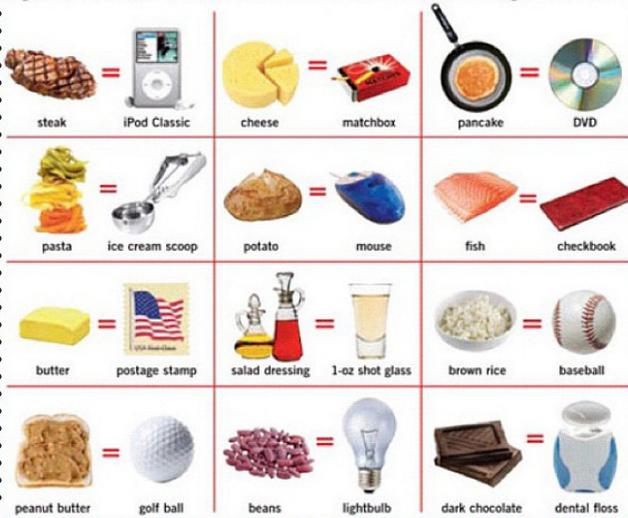
NUTRITION Get energy that doesn't come from a can

Are you running on empty calories? Calories are the fuel our bodies need to power through the day. Many people reach for a soda or energy drink when they need a boost. These drinks contain high amounts of caffeine and added sugar but few nutrients. Instead, start your day with a balanced meal of fruits and vegetables, whole grains and lean protein. You'll notice fewer swings in energy, and you won't feel hungry as often.



SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.



Recipe: Grilled Corn Confetti Slaw (or salsa)



Ingredients:

- 6 ears of corn
- 1 red pepper
- 2 jalapeno peppers
- Cooking spray
- 1 teaspoon olive oil
- 1 bunch green onions, chopped
- 1 tablespoon fresh lime juice

- 1 tablespoon fresh thyme, chopped basil or cilantro
(choose the fresh herb based on how you are going to serve the slaw/salsa)
- Kosher salt and pepper to taste

Preparation

Prepare grill. Shuck, wash and dry corn and coat with cooking spray. Wash peppers, slice into quarters and coat with cooking spray. Place corn and peppers on the grill for about 10-15 minutes, turning frequently, until corn is lightly browned. Cut kernels off the corn cobs and chop peppers to size similar to corn kernels. Combine corn, peppers and remaining ingredients; season with salt and pepper to taste, toss well. Chill for 1-2 hours. Serve chilled or at room temperature. **Serve grilled corn confetti slaw on top of grilled fish, in soft meat tacos, as a colorful side dish or a dip with baked pita chips.**

DRIVER APPRECIATION LUNCHEON

The drivers at the Benjamin Moore & Company domicile location in Carol Stream, Illinois were recently celebrated with a Driver Appreciation Luncheon held on July 19th, 2017.



Craig Ligeikis



L to R: Andreas Nanut, Paul Dlubisz and Curt Valencia, Senior Distribution Manger, Benjamin Moore & Co.



L to R: Todd Andrus, George Ponce, Kathleen Berena and Dave Carter (Benjamin Moore & Co. Leads)

Drivers at the Bridgestone Americas Tire Operations domicile in Woodridge, Illinois recently enjoyed a Driver Appreciation Luncheon held in their honor on August 16, 2017.



L to R: Jeremy & Willie from PM Plus Truck Repair & Joe Valenti



Dennis VanHorn and Kenneth Lewis



Thomas Szweda and family



L to R: Yohannes Gabremichael, Richard Wall, Thomas Sudberry, Donald Fenlon and CPC Division Manager Jim Ponder (standing)

SAFETY AWARDS

1 YEAR

Arnold, Xavier
Batey, Wesley
Carter, James
Cordero, Mario
DeGennaro, Thomas
Foreman, Derrick
Graham, Charlie
Henderson, Tony
Hilliard, Jimmie
Jones, Steven
Kelly, Philip
Lanier, Robert
Manzanares, Raymond
Miller III, James
Mundy, Larry
Niemczyk, Francis
Rodarte, Andres
Sharp, Jason
Vaughan, Darrius

Ljubijankic, Emir
Mingia, Timothy
Norman, Cliff
Paul, Joe
Perkins, Patricia
Riggins, Ronald
Scott, Kenneth
Walton, Delmore
Williams, Dominic

Pittman, Elizabeth
Rhodes, Lance
Smith, Troy
Stone, Brian

10 YEARS

Cobb, Dennis
Cordic, Said
Kitchens, Marvin
Morton, Michael
Simmons, Marc
Walker, Howard

4 YEARS

Allende Rodriguez, Edwin
Bearden Jr, Hilton
Caesar, Lonnie
Duran, Freddie
Hale, Terry
Morgan, Bennie
Reeves, Jr, Billy

11 YEARS

Byers, Rudy
Gann, Anthony
Gilbert, Calvin
Kratz, Harold
Sullivan, James
Sweet, Robert
Whitten, Ricky

5 YEARS

Baird, Chester
Holmes, Anthony
Lay II, Frederick
Maydole, Jonathon
Mayne, Donald
Morrison, Joseph
Sheffield, Jermichael

12 YEARS

Bagwell, Jerry
Brewer, Bobby
Bruner, Bret
Gurule, Karl
Johnson, Tommy
Lovelace, Steven
Runfola, Benjamin
Sears, Mark
Taylor, Terry
Turley, Virgil

2 YEARS

Avent, Eric
Bell, Rickey
Clark, Aaron
Conner, Ronnie
Dovel, Gary
Garrett, E
Gaston, Caleb
Gordon, Terry
Hedgepeth, Maurice
Hicks, Rodney
Higginbotham, Troy
Higgins, Billy
Holbrooks, Dallas
Holt, Maurice
Lee, Brent
McCain, Brandon
McNeill, Vincent
Oswalt, John
Richardson, Rodney
Robbins, Jon
Snelling, Kirk
Thompson, Michael
Vassar, Bryan
Whetstone, James
Whitmire, Christopher
Wilson, Brian

6 YEARS

Baca, Kenneth
Brewer Jr, Tim
Dudley, Larry
Kaufman, Charles
White, Terry

7 YEARS

Atkinson, Michael
Easterling, Shannon
Hickmon, Lavern
Morris, Keith
Oswalt, Phillip
Walker, Anthony

13 YEARS

Nicks, Robert
Parker, Steven
Stirn, William
Strickland, Matthew
Vincent, George

8 YEARS

Alire, Jr., Ronald
Bentosino, Lowen
Brown, James
Lisane, Virgil
Simmons Jr, Rudolph
Venette, Jerry

15 YEARS

Owens, Ricky
16 YEARS
Banister, Gregory

3 YEARS

Brown, Adam
Caffey, Hugh
Campbell, Jesse
Davis, Tommy
Deloatch, Cory
Fobbs, Willie
Frederick, Curtis
Lindsey, Steven

9 YEARS

Berry, Karen
Carroll, Donald
Chavez, Manuel
Choi, William
DeClue, Daniel
Ellis, Mark
Nikiforov, Arthur

19 YEARS

Saxon, James

20 YEARS

Garlick, Claudia
Hart, Derrick

22 YEARS

Dietz, John

27 YEARS

Merritt, Tommy