



Tandem Talk

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

Editor: 14528 South Outer 40 Road, Suite 210

JULY 2014

Chesterfield, MO 63017



National Fleet Safety Award

Congratulations to John Deere Fleet –Grimbsy, Ontario Canada



Pictured L to R: Rick Austin, Rick Voortman(Dispatch Coordinators), John Van Geest (Mgr of Canadian Logistics and Fleet Services), and Charles Shields (Driver Trainer).

At the Annual Conference of the Private Motor Truck Council of Canada, John Deere Fleet was awarded a National Fleet Safety Award.

“Along with Zurich, we at the PMTC congratulate the management and drivers of these fleets,” said PMTC president Bruce Richard. “The efforts of everyone involved with these fleets, and many others in the PMTC membership points to their desire to keep road safety foremost in their operations.

John Deere has operated its private fleet for more than 38 years in Canada with its fleet personnel consisting of more than 75 people. The company is C-TPAT, CSA and FAST approved and is a two-time winner of the Private Fleet Safety Award in the past four years.

New hires for the company are required to have clean abstracts and must pass a series of pre-employment tests and also have two full days of in-housing training.

John Deere conducts full investigations after every incident, and offers an award program for its drivers. The company’s CVOR violation rate is only 6.5%.

CPC News Flash



Darin James, Walgreens/Pendergrass GA, winner of the April Golden Egg contest.

Your group health plan requires that you notify UMR if you and/or your dependent(s) have medical coverage under another group health plan. UMR will annually check to see if you have any other insurance coverage. The purpose of coordinating benefits is to help you pay for covered expenses. It also makes sure total benefits are not greater than your covered expenses. Updating other insurance information is easy. You can update it with a phone call by using our automated phone number (1-866-586-0613). You can also visit www.umar.com and log into your member account. Or you may also speak to a customer service representative during regular business hours by calling the customer service number on the back of your ID card.



American Trucking Trends, the annual almanac of trucking and freight transportation, confirms the transportation industry’s role as the primary mover of freight in the United States. Trucking continues to move the most, and most valuable, freight in the United States despite the challenges of congestion, regulations and crumbling infrastructure



The Federal Motor Carrier Safety Administration (FMCSA) has released new research suggesting that the use of electronic logging devices results in much lower crash and violation rates. The study evaluated whether trucks equipped with electronic hours-of-service recorders have a lower or higher crash and hours-of-service (HOS) violation rate than those without such devices. The FMCSA says the trucks in the study that were equipped with electronic logs experienced a:

- 53% lower driving-related HOS violation rate,
- 49% lower non-driving-related HOS violation rate,
- 11.7% reduction in their total crash rate, and
- 5.1% reduction in their preventable crash rate.

“The results show a clear safety benefit, in terms of crash and HOS violation reductions, for trucks equipped with [e-logs],” the FMCSA reported

Divisional Drivers Of The Month

EASTERN DIVISION

Timothy Murphy has been selected as Driver of the Month for June 2014 for the Eastern Division. He has been assigned to Walgreen Company in Easton, Pennsylvania since October 2007. Tim does an excellent job, so much so that not only Walgreens dispatch but the stores he delivers to have sent Walgreens letters of appreciation on two separate occasions, Jan 2008 and May 2012. He has a very good safety record and is a true professional. Timothy is very deserving of the Driver of the Month award.

William Laird has been selected as Driver of the Month for June 2014 for the Eastern Division. He has been assigned to Benjamin Moore and Company in Johnstown, New York, since December 1999. Bill is the shop steward and works well with Benjamin Moore management and the drivers. Bill and his crew run 48ft double trailers to Benjamin Moore centers in New Jersey and Massachusetts. He has also been the trainer for his location and a source for recruiting of new drivers. Bill has no accident and an impeccable driving record. Bill is going to be retiring at the end of July and his professional work ethic and safe driving record make him well deserving of the Driver of the Month award.

WESTERN DIVISION

Joel Zanella has been selected as Driver of the Month for June 2014 for the Western Division. He has been assigned to Walgreen Company in Waxahachie, Texas since January 2003. Joel is a dedicated hard working professional driver who shows up to work every day and gives 110%. He is also one of the trainers that help's with new drivers. Even after training is completed, Joel still works with the new drivers and tells them to not hesitate to call if they have a question. Joel works well with Walgreen's customers and they appreciate his customer service when he does his weekly delivery. Joel is the right choice for the Driver of the Month recognition.

David Flaws has been selected as Driver of the Month for June 2014 for the Western Division. He has been assigned to Bridgestone Americas Tire Operations in Woodridge, Illinois since March 2009. Dave continues to be one of the more valued employees at the BATO account and has been the "Spotter" at this location for more than 27 years. In 2011 Dave was awarded the Lead Spotter position because of his dedicated responsibility and the way he helps facilitate moves and ensures the yard runs smoothly. Dave trains the spotters on yard procedures and also trains drivers in the technical aspect with the BOLT system. He continuously shows professionalism at all times directing

all outside carriers and giving directions in the yard. Dave has been a true asset to CPC and to BATO.

CANADA DIVISION

Mike Jack has been selected as Driver of the Month for June 2014 for the Canada Division. He has been assigned to Associated Couriers, Mississauga, Ontario Canada since July 2013. Mike is currently the driver/supervisor of a 3 man team that delivers radioactive isotopes to hospitals in Ontario, Canada. He is responsible for scheduling the drivers,

managing the office and doing deliveries. Mike is a proactive and extremely organized person and is always looking for a better way to do his job and make his team work more efficiently. He is a safe, reliable, and hardworking driver/supervisor who goes about his business conducting himself as a professional at all times. Mike has compiled an accident free driving record since joining the Canadian team and a valued member of the Huron/ACI team. Mike is well deserving of this award.



CPC Safety Manager Tip of the Month - Rick Hinkle MAKING TURNING EASY AND ACCIDENT FREE

KNOW BEFORE YOU GO!

Route your trip before you go. Know where your turns are before you get there. Have the route notes within reach to review while in route.

SET UP FOR ALL TURNS IN ADVANCE

Before you approach your turn, get into the correct lane.



RIGHT TURNS

Always use your turn signals.

Watch for other vehicles running through red lights or stop signs.

Do not "button hook" or turn left then right in the intersection.

Pull ahead enough to clear your right side before starting your right turn.

Check for clearance to the front of your tractor while turning.

Watch your right side for traffic that may try to squeeze between your trailer and the right curb.

If this happens, STOP, give them the right-of-way and then continue only after it is safe and legal to do so.

Watch your trailer throughout the entire turn.

Cancel your turn signal only after you have completed your turn.

LEFT TURNS

Always use your turn signals.

Watch for other vehicles running through red lights or stop signs

Use lane to lane turning.

Keep your eyes moving, watch both sides, and front of your vehicle for clearance of other vehicles or objects.

Watch your trailer throughout the entire turn.

Cancel your turn signal only after you have completed your turn.

Every turn will have its own hazards.

With these simple tips it should help guide you through them.



Employee Safety Tip of the Month winner for June.....Dennis Hagerty CPC/Bridgestone America Tires Operation Omaha, Nebraska

With all the rain in Spring and Summer and the snow and ice in winter, make sure your tires are properly inflated and have enough tread. I always call ahead to my operation center and let them know when I'll be needing new tires so they are prepared when they need changing. .

Driver of the Month Presentation



Greg Jenkins assigned to Walgreen Company in Pearl, Missouri is shown with his Driver of the Month Award for November 2013.



Kapila Peyasena assigned to Bridgestone in Mississauga, Ontario is shown with his Driver of the Month Award for April 2014.

Million Mile Presentation



Joe Morgan assigned to Walgreen Company in Mt Vernon, Illinois is shown receiving his Million Mile Award. Pictured L to R: Joe Morgan and Butch Wallis VP Eastern Operations.

Retirement Presentation

Bill Laird assigned to Benjamin Moore and Company in Johnstown, NY is happy to be retiring at the end of July 2014. He has been with Benjamin Moore for 22+ yrs and with CPC 14 of the 22 yrs. Bill was the shop steward and dedicated to his job, Benjamin Moore and his fellow drivers. In November of 2013 Bill earned his 2 Million Mile award. Bill will be truly missed but we wish him the best in his retirement.

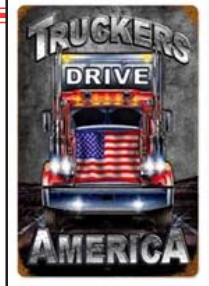


President Award Presentation

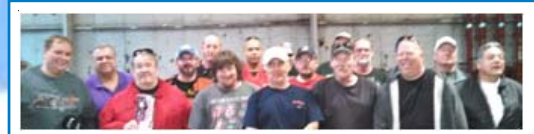
Rick Austin Dispatch Coordinator assigned to the John Deere Private Fleet in Grimsby Ontario has been with the fleet since November 1991. For many years, Rick was the sole Dispatch Coordinator out of Grimsby and established a reputation by working long hours and coming in on weekends to shunt trailers when required to assist warehouse operations. He has an excellent rapport with the drivers and is respected by them all for his fairness and ability to work with others. As noted by CPC President, Doug Crowell: "Rick is a shining example of service and dedication to our Fleet Operations and he is well deserving of this award". Pictured L to R: John Harrison Manager, Business Development-Canadian Operations and Rick Austin.



CPC Spotlights: Truserv, Harvard, Illinois Truck Rodeo



Winners of the 2014 TruServ Logistics-Harvard, IL Rodeo
L TO R: Robert Visingtainer -3rd Place, Fred Jones - 1st Place, Larry Dill - 2nd Place



Pictured L to R: Front Row: Larry Moye, Ronald Morris, Mike Leutik, Fred Jones, Robert Visintainer Jr, Robert Opletal and Bulmaro Rojas. Middle Row: Jay Funk CPC Acct Supv, Lyle Brubaker, Nick Bell, Nathan Schultz, Larry Zoellick and Edward Murray. Back Row: Larry Dill, Dean Taylor and Jeffrey Bottlemey.

Congratulations to all the participants in the TruServ Truck Rodeo. The TruServ Rodeo course consisted of Written Test, Pre-Trip Inspection, Stop Line, Alley Dock, Straight Line, Serpentine and Off-Set Alley. Drivers competed on this skill course to accumulate points and the highest point total was the winner. This was also an opportunity for families to get together at one time and meet and greet. There were raffle prizes for guests and drivers and prizes for the 1st, 2nd and 3rd place winners, with the winner achieving the opportunity to compete in the National finals.

HEALTH WATCH

Let Laughter Relieve Your Stress

Did you hear the one about the missing crocodile? He was found with the help of an investi-gator 😊

Whether or not that particular joke tickles your funny bone, there's no doubt that making an effort to bring laughter into your day pays off. Not only is it a great stress reliever for adults, but it also might help fight infection and help you sleep better. For children, a sense of humor can be an important part of emotional health and may help a child be more resilient. Scientists have found that the parts of the brain that respond to humor are the same for both kids and adults. While a child's age makes an impact on what brings a chuckle, sharing a laugh is always a fun way to connect.



All we have of freedom, all we use or know-
This our fathers bought, for us long and long ago....
Rudyard Kipling, The old Issue 1899



Recent CPC Safety Meetings

BRIDGESTONE AMERICASTIRE OPERATIONS
San Jose, California – May 17, 2014



Front Row L to R: Robert Monfort, Jay Vasquez, Juan Gamez, Michael Crump, Clyde Spainhower and Martin Mojarro. Back Row L to R: Jose Ramos, Tony Morris, Gerald Morgan II, Gary LaCrue and Tom Rogers.



Princeton, Indiana
– May 29, 2014

L to R: Jonathan Pritchett and Mark Hodge.

BENJAMIN MOORE and COMPANY
Orlando, Florida – May 17, 2014



L to R: Tom Shortlidge BM Transportation Mgr, Tim Sentz, Jose Zambrana, Jorge Cruz, Emilio Olan, Juan Garcia, Pedro Laracuente, Ralph Garrabrant, Obed Perez and Ronnie Chitty Benjamin Moore. Not pictured Fernando Amor and Jose Cruz.

TRUEVALUE ROADEO
Allentown, Pennsylvania – June 8, 2014



True Value had its Annual Rodeo on Sunday, June 8, the weather was beautiful a nice day filled with fun and laughter with the barbeque grill going all day. The turnout was great and there were 28 drivers who participated in the rodeo with family and friends cheering them on.

Winners were: Ricky Snyder – 1st Place
Tim Ryan – 2nd Place
Mark Kemmerer – 3rd Place

Pictured L to R: John Sampson True Value RDC Operations Mgr, Ricky Snyder 1st Place winner and Barry Frantz True value Transportation Mgr.

Highway to Health News

Stay hydrated this summer It's good for your health

To stay healthy, being well hydrated is essential. This is especially important to remember during the summer month when we need to increase our fluid intake to counteract warmer temperatures and higher humidity. In this edition of Healthy Habits, we will discuss the strategies for staying hydrated, how to recognize the signs of dehydration, and recommendations for staying well hydrated during exercise.

Remember, you can always contact your Wellness Coach, who can work with you by telephone or email, for more help staying properly hydrated.

Get Started Today!



888.493.5522



Email: MyWellness@HealthAdvocate.com



Web: HealthAdvocate.com/wellness

Drink Up!

Ways to enjoy water

Drinking enough water is vital to our overall health and well being. In addition to helping the body function properly, water helps regulate body temperature and flush out waste. The following tips can help you stay hydrated.

- **Drink six to eight 8 oz. glasses of water each day.** This is a general recommendation that will change based on age, chronic condition, and activity level, so check with your doctor for the specific amount that's right for you.
- **Bring a reusable water bottle to work** and drink from it throughout the day, refilling as needed.
- **Drink water during your meals.** Not only can it help you stay hydrated, but it can help you feel more full, which can help prevent you from overindulging at mealtime.

Not a huge fan of drinking plain water? Consider flavoring it with slices of citrus fruit or a splash of 100% fruit juice. Or, experiment with the water's temperature - see whether you like it better cold from the fridge, chilled over ice, or at room temperature.

Know the signs

Avoid dehydration!

- ✓ Feeling thirsty
- ✓ Headache or lightheadedness
- ✓ Fatigue or sleepiness (for children, being less active than usual)
- ✓ Less frequent urination or decreased urine output
- ✓ Dark yellow or amber color urine (urine that is clear or pale yellow indicates you are well-hydrated)
- ✓ Constipation
- ✓ Few or no tears when crying
- ✓ For infants, no wet diapers for three hours

A Fun Beverage:

Cucumber Lime Refresher



Serve this thirst-quenching drink at your next gathering!

Ingredients:

- 1 pitcher of water
- 1 cucumber, sliced thinly
- The juice of 4-5 limes

Directions:

Add lime juice and cucumber slices to the pitcher of water. Stir to mix well. Refrigerate to chill or serve over ice.



For more tips on how to stay hydrated, contact your Wellness Coach!

Wellness Quiz

1. How many 8 oz. glasses of water is it recommended that you drink each day?
a. 1 to 1 b. 4 to 5
c. 6 to 8 d. 10 to 12

2. Which is a potential sign of dehydration?
a. Thirst b. Fatigue
c. Lightheadedness
d. All of the above

3. True or false: A healthy way to flavor plain water is by pouring in a splash of soda.
a. True b. False

Answers: 1 c, 2 d, 3 b



Recent CPC Safety Meetings

WALGREEN COMPANY

Bellbrook, Dayton and Huber Heights, Ohio
June 16, 2014



Pictured L to R: Jon Dewitt Lynn Arthur, Chris Johnson, Scott Young, Andrew Daum and Steve Paul. Not pictured James Walters.

Mt Vernon, Illinois – May 19, 2014



Front Row L to R: James Erwin, Twrry Hart, Craig Mendenall, Dale Boczek, Ken Hearst Retiring Walgreens Area Fleet Mgr, Joe Aiello, Phillip Bessire, David Martin, Dennis Beshears and Shawn Penter. Back Row: Kenneth Rowley, Joseph Morgan, Richard Young, Jimmy Thomas, James Kalb, Mark Ellis, Eric Bursott, Ed Rinsma, Bryan Jausel and Jacob Linday.

Las Vegas, Nevada – May 18, 2014



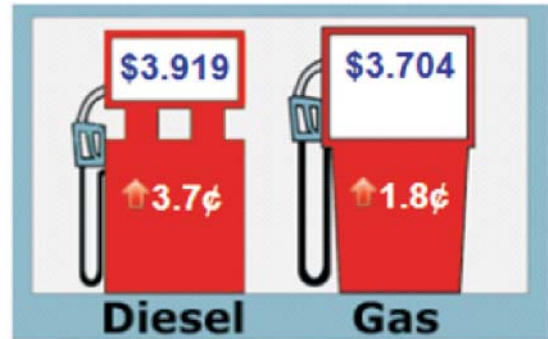
Front Row L to R: Eloy Camacho, Larry Rooney, Robert Rascon, Jose Gomez, Bruce Latner and Kory Austin. Back Row: Keith bell, Chris Friedrich, Brian Tumis, Richard Roderick, Raymond Wilson, Jeff Markham and Alan Williams.



Pictured Stuart Johnson assigned to John Deere Shared Services in Chanute, Kansas on April 28, 2014 received special recognition with a 1 year safety award.



FUEL PRICES - WEEK OF JUNE 23



Diesel rose for the first time in eight weeks, gaining 3.7 cents to \$3.919 a gallon, and gasoline rose for the fourth time in five weeks, the Department of Energy reported June 23.

Gasoline gained 1.8 cents to \$3.701 a gallon, DOE said after its weekly survey of filling stations.

Diesel took its biggest single-week increase since early February. It had declined 9.3 cents in seven previous downturns.

Trucking's main fuel is 8.1 cents higher than the same week last year, and gas is 12.7 cents more than a year ago.



“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”

Which of the following should you do when rounding a right curve on a highway?

- Keep the nose of the tractor in the center of the lane.
- Keep the front of the vehicle in the center of the road.
- Keep the front of the vehicle close to the right side of the highway.
- Gear down.

Which of the following is not one of the parts of a kingpin?

- Base
- Shank
- Pipe
- Head

answers on page 6

Safety Awards

1 Year

Aanrud, Richard
 Barcomb, Donald
 Broderick, Dave
 Bush Jr, Stanley
 Diaz, Williams
 Dischler, Michael
 Hermann, Joshua
 Holmquist, Edward
 Lathrop, Winston
 Lutts, Kenneth
 Mackiewicz, Peter,
 Note, Rex
 Preuss, Kenneth
 Rambo, Hermann III
 Roy Travis
 Scaizo, Aaron
 Shepard, James
 Sherry, Myron

2 Years

Boyle, Eugene
 Brown, Jimmy
 Halverson, Terry
 Horkey, Christopher
 Jenkins, James
 Legault, Steven
 Lundervold, Dany
 Marbut, William
 Martini, Oswaldo
 Ryan, Cut
 Sylvia, Dale

3 Years

Arndt, Jeffery

Hockrein, Oliver
 McCarthy, Richard
 Palmer, Kevin
 Parris, Steve
 Pitman, Guy
 Richardson, John
 Sorensen, Matthew
 Totten, Michael

4 Years

Bates, Robert
 Beaver, Charles
 Dobrinin, Gregory
 Martin, Glen
 Scowden, Mark
 Smith, Randall

5 Years

Baldwin, Susan
 Brock, Michael
 Ferrante, Tony
 Mwaaura, Anthony
 Small, Darrell

6 Years

Beckwith, Jeffrey
 Boateng, Djan
 Burton, Bruce
 Frankhauser, Ronald
 Fonua, Amini
 Higgins, Robert
 Jones, Randy
 Koch, Timothy
 Nagulyak, Rostislav

Nicholls, Bryan
 Rawls, Christopher
 Thornton, William
 Turcotte, Louis II
 Uutela, Jason

7 Years

Brown, Errol
 Mateus, Terry
 Mitchell Vince
 Reeths, Lori
 Slayton, Larry

8 Years

Anliker, Gaylord
 Cusack, Gerald
 Kortus, John
 Moniz, Jeffrey

9 Years

Riel, Alan
 Zubke, Dean

10 Years

Hansen, Glen

11 Years

George, Michael
 Hangebrauck, Guy
 Pope, Michael
 Strand, Richard

12 Years

Beaulieu, Oliver
 Gibson, William

Grafton, Lenard
 Payne, Kiley
 Spellman, Larry

13 Years

Holmes, Daniel
 Money, Rodney
 Walmer, Steven

14 Years

Clifford, Shawn
 Corning, David

16 Years

Schwenn, Randy

18 Years

Walker, David

20 Years

Karmil, Robert

22 Years

Schafer, John

24 Years

Alexander, Arthur

27 Years

Rogers, Wayne
 Woodhouse, Gerald

30 Years

Raisbeck, Thomas

31 Years

Tuschen, Kenneth

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

Answers to the June Trivia of the Month:
 Wild Thing

Their nylon stockings - which were melted down and turned into parachute fabric

The calorie

Answers to Test Your Truck Knowledge: b, c

Dates To Note:

July 1 Canada Day 
 July 4 Independence Day 
 August 1 Air Force Day
 August 4 Coast Guard Day

July 2014 is observed as:

National Picnic Month
 National Parks Month
 Juvenile Arthritis Awareness Month
 Cord Blood Awareness Month



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

Walgreen Company Springsville, Utah May 5, 2014

July Trivia of the Month

Who has the most wins in Dodgers history - Don Drysdale, Sandy Koufax or Don Sutton?

What were the Viet Minh called when they crossed into South Vietnam?

What do mathematicians call a regular polygon with eight sides?

Answers in next month Tandem Talk