



Tandem Talk

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

Editor: 14528 South Outer 40 Road, Suite 210

JUNE 2014

Chesterfield, MO 63017

SUMMER IS HERE!



CVSA ROADCHECK 2014 Was conducted June 3-5, 2014.

Roadcheck is the largest targeted enforcement program in the world where checks are done on tractor-trailer equipment, driver logs and other safety aspects of truck drivers' operation. Approximately 14 trucks or buses are inspected, on average, every minute from Canada to Mexico during a 72-hour period.

Last year 73,023 truck and 1,471 motorcoaches inspections were performed by members of local, state and federal inspectors. Of the Level 1 inspections conducted in Canada and the U.S. 24.1% were found with out-of-service violations. Cargo securement-related violations represented 11.7% of all out-of-service (OOS) violations. Of the vehicle OOS violations 49.6% were related to brake adjustment and other brake system violations. The driver OOS rate was 4.3% and 899 seatbelt violations were issued.

CPC News Flash



CPC Orlando, Florida office is proud to announce that Miguel Taveras passed his US Citizenship test with a perfect score!
Congratulations Miguel!

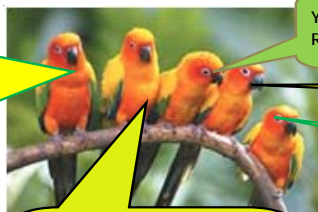


In April 2014, Joe Cozenza, CPC Safety Manager received his CDS (Certified Director of Safety) 4 step certification. This is a very comprehensive program that demonstrates capability of handling a position which involves establishing programs and policies, setting standards, developing materials and providing leadership to achieve the goals set. Way to go Joe!!

Congratulations to Paul Jacobs, whose father is Jake Jacobs, Bridgestone America Tires Company, CDS Transportation Manager in Jacksonville, Florida on his graduation from USMC basic training at Parris Island, South Carolina.

The Federal Motor Carrier Safety Administration (FMCSA) has announced a plan to set up a drug and alcohol "clearinghouse" that would contain the names of all commercial driver's license (CDL) holders who have failed or refused a DOT drug or alcohol test or been cited for DUI. If the clearinghouse becomes a reality, motor carriers would need to check the database before hiring new CDL drivers (including owner-operators), as well as annually for all existing CDL drivers. Any driver whose record indicates a drug or alcohol violation would not be allowed to drive a commercial vehicle or perform other safety-sensitive functions until the record is clean.

HAVE YOU HEARD...you can win \$50.00 and be in the pool to win \$500.00 at the end of the year if your Safety Tip is selected for the Employee Safety



You mean like Tim Ryan's safety tip.

But I'm not a driver

Stop pushing me it's not safe...wait I just thought of a safety tip. I'll just email it to k.smith@callcpc.com.

Doesn't matter...as long as you are an employee of CPC and safety tip can be about any subject

Divisional Drivers Of The Month

EASTERN DIVISION

Michael Cotumaccio has been selected as Driver of the Month for May 2014 for the Eastern Division. He has been assigned to True Value Company in Allentown, Pennsylvania since March 1993 and with CPC since June 2001. Not only is he up for his 13th Safe Driving Award, Mike has also been a prior Driver of the Month and a 2006 Driver of the Year. Mike's relationship with his customer is truly amazing and is an incredible champion of True Value and demonstrates what an asset the drivers are to True Value. This is just a couple of examples of why Mike is the right choice for Driver of the Month.

Terry White has been selected as Driver of the Month for May 2014 for the Eastern Division. He has been assigned to Walgreen Company in Anderson, South Carolina, since August 2007. Throughout his tenure, Terry has always represented CPC and Walgreens professionally. He understands the value of the private fleet and that customer service is its first responsibility. His positive attitude is infectious and comes to work every day with a smile on his face and departs the same way. Terry is well respected by both his peers as well as the local Walgreens transportation team. He is as fine a representative as CPC has and that his body of work over seven years is admirable and deserving of the Driver of the Month award.

WESTERN DIVISION

James Smith has been selected as Driver of the Month for May 2014 for the Western Division. He has been assigned to John Deere Shared Services Inc in Davenport, Iowa since January 2000. Jim has driven numerous routes and assignments during his 14 years with John Deere. For a number of years Jim was the 2nd driver on a team operation and as he obtained seniority became the 1st seat driver on team operations and now runs time sensitive runs. Because of Jim's excellent safety record through a variety of adverse weather conditions and driving thru heavy traffic in large metropolitan cities is proof of Jim's dedication and safety awareness as a CPC driver.

Frederick Lemond has been selected as Driver of the Month for May 2014 for the Western Division. He has been assigned to Walgreen Company in Moreno Valley, California since September 2009. Fred first started with CPC in September 2007 as a casual extra board driver a waiting to earn a route bid. Because of his professionalism, high personal standards and strong customer service skills he earned a route bid. Fred takes his job seriously to achieve the customer's goals and is always willing to help other drivers. Recently Fred was acknowledged by Walgreen in Moreno Valley for his outstanding Driving Performance Leadership for the months of January, February and March 2014. He is well deserving of the Driver of the Month award.

CANADA DIVISION

Ken Thomas has been selected as Driver of the Month for May 2014 for the Canada Division. He has been assigned to TMH Logistics LTD, Scarborough Ontario since January 2006. Ken handles local deliveries for various TMH clients in southern Ontario. He has proven himself to be a valued member of the TMH team on numerous occasions offering his help to deliver emergency loads on short notice when called

upon. Ken is also able to run in the US and has done so on few occasions moving to a sleeper unit backing up the highway operations. He is always willing to help out and has recently been trained to unload bulk tankers to add to his list of accomplishments. Ken's dedication, professional work ethic and safe driving record make him well deserving of being recognized as Driver of the Month.



CPC Safety Manager Tip of the Month - John Schlichter



SUMMER DRIVING DANGERS

- 1) **More Teens On The Road**
It's reported that teens spend 44% more time behind the wheel during summer months
An obvious lack of experience can lead to questionable judgment and decisions.
- 2) **Drivers On Vacation Cause Road Congestion**
Congested roads make for harder driving conditions.
Watch for potential road rage.
Vacation drivers may be unfamiliar with routes, leading to unpredictable or erratic maneuvers.
- 3) **Construction**
Summer time is the prime construction season.
Stay extra cautious in construction zones.
- 4) **More Bicycles & Motorcycles On The Road**
Because of the warm summer weather, more cyclists are out on the roads.
Stay aware and share the road.
- 5) **Tires**
Hot weather causes the air in tires to expand.
This leads to blowouts.
Check tires on a regular basis and replace as necessary.
- 6) **Sun & Heat**
Dehydration can affect you on long drives.
Keep plenty of water available.

ENJOY THE SUMMER & STAY SAFE!!!



Employee Safety Tip of the Month winner for May..... Timothy Ryan CPC/True Value, Allentown, PA, NPTC 2013 Driver All-Star

It's that time of year again when we all get the bikes out for relaxing weekend rides and for some a better ride to and from work.

The picture shows the importance of keeping our mirrors CLEAN and PROPERLY ADJUSTED and our windows CLEAN, INSIDE AND OUT!

Along with clean properly adjusted mirrors and clean windows, (Inside and Out), and using the "Lean to See" method, we as drivers can help to lessen our blind spots before changing lanes or making that turn.



Driver of the Month Presentation

Steve Navarro assigned to Hospira Inc in Santa Fe Springs, California is shown with his Driver of the Month Award for February 2014.



Million Mile Presentation



Pictured L to R: **Robert Visintainer** shown with his "2" Million Mile Award and **Douglas Rehard** with his "1" Million Mile Award. Both are assigned to TruServ Logistics in Harvard, Illinois and issued the awards on May 17, 2014.



Driver of the Year Presentation

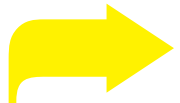


Chris Farley assigned to Walgreen Company in Jupiter, Florida is shown being presented his Driver of the Year for 2012 at a dinner presentation, which was announced in 2013. Pictured L to R: Mark Echevarria CPC Regional Mgr, Chris Farley and Ken Pruitt CPC Divisional Mgr.



We can accomplish almost anything within our ability if we but think we can

George Matthew Adams.



"TEST YOUR TRUCK TRANSPORT KNOWLEDGE"

In which of the following cases will a spring brake not release during normal operating conditions?

- a. There is insufficient air pressure.
- b. A spring is broken.
- c. A and B.
- d. None of the above.

What is the normal maximum air pressure in your air brake system?

- a. 100 psi b. 110 psi c. 120 psi d. 150 psi

answers on page 6

CPC Spotlights: Team Wellness Mud Run Event



Pictured L to R: Jeff Hart VP of Sales, Duane Trower VP of Finance, Bret Kliethermes CPC Fitness/Wellness Consultant and John Bickel Jr VP of Risk



In the spirit of promoting health and wellness three of CPC's Vice Presidents participated in the 4th bi-annual Mud Run. This was a challenge to even the fittest of athletes. The five mile run included 30+ military-themed obstacles, which consisted of running, climbing, swimming, crawling and balance in mud, water and ice.

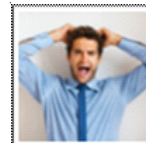
To be eligible for an award you had to complete the full 5 mile race. John Bickel Jr placed second in the Top Males + 40 group.



HEALTH WATCH



Stress Management Strategies Serenity starts now



Chronic stress is linked to heart disease. Thus, finding ways to effectively manage stress will help you reduce your risk. If you feel stressed often, mention it to your doctor so that

you can find effective coping strategies. Try these simple techniques "in the moment," when something is stressing you out:

- **Breathe slowly:** Inhale for 4 seconds, hold for 5 seconds, and then exhale for 6 seconds. Slowing your breathing helps send a signal to the brain to shift into a calmer state.
- by distracting yourself with something you enjoy, like doing a Sudoku puzzle, listening to your favorite song, or chatting with a friend.
- **Meditation:** Studies show that daily meditation (even if only for a few moments a day) can rewire the brain and decrease stress and anxiety over time.

For more help managing stress, contact your Health Advocate Wellness Coach.



Recent CPC Safety Meetings



BRIDGESTONE AMERICA TIRE OPERATIONS
Ontario, California – March 8, 2014



Front Row L to R: David Mentz, Mark Rich, Donald Ruff, Armando Hurtado, Luis Palos and Saul Zaragoza. Middle Row L to R: Ramiro Osio, Isaac Maldonado, John London, Ramon Ramos, Raymond Ruiz, Jesus Flores, Manuel Mendez, Shane Mosqueda, Richard Curtiss, Wilven Tampubolon, Raul Teyo and Juan Haro. Back Row L to R: Rudy Flores, Richard Purnell, Edward Tsargis, Patrick Greene, David Bobkowski, Gerald Nemecek Jr, James McCants, Daniel Rivas and Eugene Ammons.

Omaha, Nebraska –
April 30, 2014

L to R: Jeffrey Taylor and Dennis Hagerty.



Des Moines, Iowa
April 29, 2014

L to R: Ronald Miller and Chad Rusher.



Woodridge, Illinois – May 2, 2014



Front Row L to R: Julius Lewis, Frank Gilliam, John Bienemann, Victor Donelson, James Volante, Joe Valenti, Larry Reaves, Thomas Szweda, Gamina Oliver, Leodis Thomas and Thomas Sudberry. Middle Row L to R: David Chavez, Michael Lavery, Richard Wall, David Flaws, John Gordon, David Grant, David Cooper, Donald Fenlon and Michael Stanfa. Back Row L to R: Richard Helton, John Holland, Jason Boyle, Jeffrey Donelson, Thomas Bonner, Rodrigo Nieto, Thomas Ayres and Darius Tamosaitis.



FLORESTONE PRODUCTS INC
Madera, California – April 5, 2014



L to R: Phillip Ceballos CPC Regional Mgr, Ilario Florestone Dispatcher, Luis Rios, Alonzo Del Toro, Matthew Wright, Robert Florestone Mgr and Daniel Aguirre CHP Officer.

Highway to Health News



Grab 'n Go Foods



Do you often skip meals and feel fatigued and foggy-headed? Or are you trying to lose weight by forgoing meals, only to find yourself binging later in the day because you're so hungry?

Your body needs nutritious food every 3-5 hours to sustain energy and to maintain mental alertness! However, it's easy to miss meals or grab whatever food you can on the run when you're pressed for time, but this can be an unhealthy habit.

Today, Americans eat out more than nine times per week, and 3 out of 4 people eat regularly at "fast food" restaurants. Surveys reveal that dining out can result in consuming about 20% more calories and 30% more fat than eating at home. In addition, restaurant meals are also 20-30% lower in fiber, calcium and iron than "homemade" meals.

But with a little bit of planning, you can prepare quick, portable food that fit into a balanced, varied diet.

Eating Right When Eating on the run

No matter where you're hurrying off to, with some planning and preparation ahead of time, you can grab a nutritious snack. **Try to keep some of these "take along" foods handy in your office or kitchen: Eating Healthy Away from Home**

- Order salad with the dressing on the side
- When going out for pizza, ask for a side salad and eat it before the pizza arrives at the table.
- Ask for sandwiches without the "special sauce", dressing, or mayo
- Carry fresh fruit to enjoy with your meal instead of French fries or chips
- Order orange juice or milk instead of soda to boost the vitamin and mineral content of your meal. Or stick with plain water for zero calories.
- Compensate for eating a high fat/sodium meal by choosing healthier meals the rest of the day.



Whole Wheat Bagel	Granola Bar (the fewer ingredients the better)	Hard Boiled Eggs*
High Fiber Cereal	Rice Cakes	Cottage Cheese and Fruit
Nuts and Seeds	Raw Veggies	Hummus Spread*
Graham Crackers	Peanut Butter	Lean Deli Meats*
Fig Bars	Trail Mix	Low-Fat Yogurt*
Fresh Fruit	Whole Wheat Pretzels	Vegetable Juice*
Raisin Bread	Low-Fat Milk*	Cheese Sticks

*Refrigerated Snacks, use an insulated lunch bag with an ice pack



MID-YEAR OR PERIODIC CHANGES TO MEDICAL/DENTAL BENEFIT ELECTIONS

As a general rule under federal law, changes are not allowed to be made to your elected health benefits coverage after the start of your coverage period on January 1 or when you first become enrolled. However, there are exceptions to the rule and one such exception is for a Change in Status described below. If this exception does apply to you, notice of the change in your coverage **must** be received by the CPC Benefits department **within 30 days after the date of the event in order to be effective.**

Change in Status. You may cancel or change your medical/dental benefit elections when you experience any of the following:

- A change in your legal marital status, including your marriage, the death of your Spouse, the annulment of your marriage, or your divorce or legal separation;
- A change in the number of your Dependents, including the birth, adoption, placement for adoption, or death of a Dependent;
- A change in employment status of you, your Spouse or other Dependent;
- An event that causes your Dependent to satisfy or cease to satisfy the eligibility requirements for coverage whether due to the attainment of a specified age or other eligibility requirement; or
- A change in the place of residence or employment of you, your Spouse, or your other Dependent.

Please refer to you plan SPD or contact the CPC Benefits Department for more information about a full list of qualifying changes and the timing for notification.



June 21, 2014
First Day of Summer



Recent CPC Safety Meetings



NORTHWEST FOOD PRODUCTS

Sauk Centre , Minnesota – February 12, 2014



L to R: Bryan Yarke, Ben Mayers, Al Inderrieden, Shawn Wolbeck and Bill Kemper.

L to R: Ken Kruger, Lonny LaForge, Mike Quistorff and Al Lien..



L to R: Steven Zetah, Jamie Miller, Eric Pohlmann, Jamie Fonteyn and Brad Thompson.



L to R: Keith Tschida, Kevin Jones, Harold Weniger, Paul Uphus, Ken Klassen and Cory Boechers.

L to R: Tony Clemtson, Lenoard Stepaniak, Ron Winter, Mike Roering and Jim Schmiesing.



L to R: Ron Weniger, Scott Current, Duane Hinnenkamp, Ben Imdieke and Neil Notch.

L to R: Andy Fish, Lane Seifert, Dale Current and Don Fielier..



L to R: Chad Rux, Donald Krack, Carl Hoffman and Nate Eischen.

L to R: Ken Sazama and Dean Rix.



L to R: Rick Anderson, Dave Rux, Justin Joarnt and Jake Krack.

WALGREEN COMPANY

Denver and Security, Colorado – May 4, 2014



Front Row L to R: Manuel Chavez, Abdalla Hussein, Juan Sanchez, Delmore Walton, Melody Mayo and James Sullivan. Middle Row L to R: Lowen Bentosino, William Sale, Jose Pereyra Carlos Sanchez Jr, Ronald Alire and Kenneth Baca. Back Row L to R: Luis Hernandez, Karl Gurule, Steve Taylor, Luis Dixon, Hudson Pelton and Michael Morton.

Flagstaff, Arizona - March 30, 2014



Front Row L to R: Chris Dennis, Carlton Applebee, Larry Lloyd and Anthony Walters. Middle Row L to R: Vesselin Vesselinov and Don Molina. Back Row L to R: Raymond Miles CPC Division Mgr, Martin Moreno, Michael Kasper, Robert Campi, Fred Lloyd, Mark Yahraus and David Kristinat.

Sarasota, Florida - April 21, 2014



Front Row L to R: Roger McCauliff, Kevin Eskew, Robert Rodriguez, Roy Wells and Pablo Crespo.

Moreno Valley, California - April 28, 2014



Front Row L to R: Phillip Ceballos CPC Regional Mgr, Mark Fountain, Luis Carranza, Cruz Pena, Antonio Abarca, Adrian Abaraca, Ricahrd Valentine, Frank Edeza, Joe Gutierrez and Juan Hinojoza.. Middle Row L to R: Andy Casstellon, Jacob Cotant, Vernon Jones, Antonio Cortez, Jeremiah Kelley, Angel Perez, Bernardino Muniz, Douglas Gutierrez, Gaustino Lizola, Greg Graf, Jose Contreras and Nassario Sandoval. Back Row L to R: Glenn Brueckner, Dany Joya, Alfonso Toledo, Jose Martinez, James Plaza, Carlos Lopez, Fred Lemon, James Taliaferro, Roniot Canones and Julio Gonzales.



Did you know..... A driver holding a commercial driver's license (CDL) can be disqualified from driving a commercial motor vehicle (CMV) if convicted of certain violations while driving any type of vehicle. This includes violations committed in a personal vehicle on personal time. It is important for CDL drivers to understand that certain actions and choices, whether on or off the job, can have an impact on your driving career.



Safety Awards

1 Year

Austin, Kory
 Bell, Keith
 Bessire LLL, Philip
 Camacho, Eloy
 Carver, Eli
 Crites, John
 Davis Leonard
 Fosnock, Donnie
 Giordano, William
 Goldberg, Morton
 Graul, Drew
 Ledford, Orvel
 Markham, Jeff
 Morrison, Joseph
 Phillips, Bryan
 Rowley, Kenneth
 Ruckman, Craig
 Williams, Alan
 Wright, James

2 Years

Giron, Jesus
 Grantham, William
 Halfacre, Louis
 Hoogenboom, Vincent
 Krause, Dean
 Levitsky, Michael
 Nesterowich, Paul
 Patterson, Keith
 Snyder, Richard
 Tejada, Ezequiel
 Williams, Jonathan

3 Years

Beckham, Billy
 Casarez JR. Javier
 Christofferson, Robert

Dunn, Dan
 Gaton, Manuel
 Goodwin, Ronald
 Ramos, Cristobal
 Rooney, Lawrence
 Sagen, Jeremy
 Wolter, Trevor

4 Years

Aiello, Joseph
 Bachman, Brian
 Epping-Fate, Gordon
 Garcia, Jorge
 Latner, Bruce
 Minaya, Rafael
 Steward, Terry

5 Years

Cypress Jr. Leonard
 Edelman, Kenneth
 France, Kathy
 George, Mark
 Perreault, Robert
 Wilson, Ulic

6 Years

Ellis, Mark
 Hendershot, James
 Janaca, Steve
 Modglin, Roger
 Thomas, Jimmylee

7 Years

Bizzell, Tony
 Claxton, Brian
 Gallegos, Carlos
 George, Michael
 Hart, Terry
 Kendrick, Bill

Vega, Carlos

8 Years

Allen, Jeffrey
 Brooks, Charles
 Gellis, Stephen
 Gutierrez, Mario
 Hill, Mark
 Winders, Raymond
 Zgonina, Steven

9 Years

Ballard, Steve
 Beal, Byford
 Danner, John
 Kalb, James

10 Years

Davis, Christopher
 Roderick, Richard

11 Years

Jones, Michael
 McDonald, Todd
 Mendenall, Craig
 Phillips, Ernest
 Pribuiks, Maryanne

12 Years

Buckles, James
 Burton, Randy
 Cotumaccio, Michael
 Navarro, Steven
 Williams, Donnell

13 Years

Diaz, Alexis
 DuBois, Timothy
 Hockman, Gregory
 Kubat, William
 Morgan, Joseph
 Reed, Larry
 Schuler, Alan

14 Years

Kemmerer, Mark
 Reno, Willard
 Ryan, Timothy
 Tumis, Brian
 Wall, Richard

15 Years

Henry, James
 Wilder, Ervin

19 Years

Staley Jr., Carl

20 Years

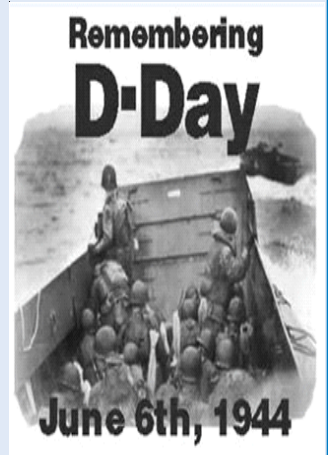
Thomas, Jimmy

27 Years

Sikes, Jon

31 Years

Bramlett, Jerry



In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress.

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

Answers to the May Trivia of the Month:

Rusty Slaub,

George S. Patton,

Smelting

Answers to Test Your Truck Knowledge: c, c

Dates To Note:

June 6	D-Day
June 14	Flag Day
June 15	Father's Day
June 21	First Day of Summer
June 21	National Aboriginal Day
July 1	Canada Day
July 4	Independence Day

June 2014 is observed as:

National Fresh Fruit & Vegetables Month
 Great Outdoors Month
 National Adopt A Cat Month
 Healthy Vision Month
 June 1-8 National Fishing Week
 June 3-5 CVSA Roadcheck 2014
 June 9-15 Men's Health Week

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

Walgreen Company	Easton, PA	April 28,2014
Walgreen Company	Bellmawr, NJ	April 28,2014
Walgreen Company	Hazlet, NJ	April 28,2014
Walgreen Company	Jenkintown, PA	April 28,2014
Walgreen Company	Levittown, PA	April 28,2014
Walgreen Company	Little Falls, NJ	April 28,2014
Walgreen Company	Short Hills, NJ	April 28,2014
Walgreen Company	Woodbury, NJ	April 28,2014

June Trivia of the Month

What song do baseball fans break into when Mitch Williams stops out of the bullpen?

During World War II, what wearing apparel were American women encouraged to turn in for use in making parachutes?

What measure of energy comes from the Latin word meaning "heat"?

Answers in next month Tandem Talk