



CPC LOGISTICS

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

Cell Phone Policies Are Still Important



In the last two years since the Cell Phone Ban was initiated this violation has made it into the top 20 most violations cited. "Using a hand-held mobile telephone while operating a CMV" is a violation of (FMCSA 392.82(a)(1)), this violation

was cited over 14,000 times on roadside inspection reports in fiscal year

2013, making it the 19th most common violation cited. So far in fiscal year 2014 it is the 17th most common violation cited. While trailing well behind using a hand-held cell phone, texting while driving is also now on the list of violation cited as well. As far as texting goes, a commercial

driver is not allowed to enter alphanumeric characters into a communication device while driving. As far as these two rules are concerned, "driving" means operating the vehicle on the roadway, and driving also includes stops due to traffic and traffic control devices. The only exception to these rules is using the device contact emergency services.

CPC News Flash

CPC Welcomes Aboard.....Scott Genz.

Jim Ponder, Division Manager for the Western Operations welcomes a new Texas Operations Manager Scott Genz to the CPC family. Scott started in December 2013 and is based in the Hurst, Texas office working with the Walgreens accounts in Texas and Louisiana.

CPC is pleased to announce the promotion of four Operation Managers to the position of Regional Manager. Each of these managers, have shown a high level of performance, dedication, and a responsibility towards our drivers and customers. They are very deserving of this promotion.

Pete Wieboldt	Western Operations	Hurst, TX
Phillip Ceballos	Western Operations	Ontario, CA
Max Clary	Eastern Operations	Cincinnati, OH
Michael Mann	Eastern Operations	Lincoln, AL



Huron Services Group, CPC's Canada Operation has a new excellent Huron Group Video available to view online at www.hurongroup.ca. Huron driver trainers Charles Shields and Claude Rivard along with Paul Richardson Fleet Operation Supervisor, shows the team effort that goes into training drivers and why they have the best drivers on the road.

The US Department of Transportation has announced that there are **NO changes to drug and alcohol testing rates for 2014**. The Federal Motor Carrier Safety Administration's annual random testing rates will remain the same as last year with annual drug testing rates at 50% and the annual alcohol testing rates at 10%.

A new study has found that the government's pre-employment screening program (PSP) is having positive effects on highway safety. The study concluded that truck and bus companies using PSP have decreased both their crash rates and driver out-of-service rates when compared to companies not using the program.

Divisional Drivers Of The Month

EASTERN DIVISION

Martin Meadows has been selected as Driver of the Month for February 2014 for the Eastern Division. He has been assigned to TMH Transport LLC in Oxford, Alabama since December 2000. Martin stepped up as a leader for the start up of TMH Transport at the NGC Industries plant in Oxford, AL. He has been an excellent source of information and new ideas with setting up a new office site inside the plant and for installation of the new trapping equipment and how to set up the loading system. Not only has he learned how to use the equipment properly but has become the lead person for training and making sure the process is done correctly. Martin has worked many hours and done an excellent job with a positive attitude to make sure the operation was working properly and that the startup was a success. His effort makes him well deserving of the Driver of the Month award.

Orlando Torres has been selected as Driver of the Month for February 2014 for the Eastern Division. He has been assigned to Walgreens Company in Carolina, Puerto Rico since March 2003. Orlando returns empty containers to the port and picks up Orlando, FL trailers for delivery to the stores. He has good communication skills and a great attitude. Orlando realizes his responsibility as a professional driver and has become an expert at every phase of the delivery process. He always puts safety first and participates in discussions to improve the safety of the drivers. Orlando has 9 years accident free driving record and deserving of the Driver of the Month award.

WESTERN DIVISION

Kiley Payne has been selected as Driver of the Month for February 2014 for the Western Division. He has been assigned to Walgreen Company in Tabor, Iowa since January 2001. During nearly 13 years Kiley has done a good job in his role as a delivery driver. He follows procedures and policies established by both CPC and Walgreens. Kiley has a good working relationship with both dispatch-

ers and management in Walgreens Transportation and always ensures that he makes his deliveries in an accurate and timely manner. He is an asset to Walgreens and CPC by serving as a role model and an example of the type of services provided by CPC. Kiley's work ethic easily meets the qualification for receiving the Driver of the Month award.

Steven Navarro has been selected as Driver of the Month for February 2014 for the Western Division. He has been assigned to Hospira Inc in Santa Fe Springs, California since December 2000. Steve is one of those drivers whose professionalism, high personal standards, and strong customer service skills sets him apart from other drivers. Steve's customer service skills are evident by the numerous unsolicited positive comments from the Hospira dispatch. He demonstrates a willingness and desire to support the customer, train new drivers and provides direction to the client paperwork and

routes. Steve's tireless efforts and devotion to CPC and Hospira make him the right choice for the Driver of the Month award.

CANADA DIVISION

Julien Davis has been selected as Driver of the Month for February 2014 for the Canada Division. He has been assigned to THM Logistics Ltd in Maitland, Ontario Canada since August 2013. Julien specializes in the delivery of bulk tankers carrying Hydrogen Peroxide to customers in Canada and the US. Julien has shown himself to be a valued member of the TMH team. He is always willing to help out and has stepped up on many occasions helping to deliver extra loads in critical situations due to bad weather conditions. Even though Julien's career has been relatively short with TMH, his dedication and professional work ethic make's him well deserving of being recognized as Driver of the Month.



CPC Safety Manager Tip of the Month
John Schlichter

Distracted Driving

Categories

VISUAL - Distractions that lure our eyes off the road.

PHYSICAL - Distractions that trigger us to take our hand(s) off the wheel.

MENTAL - Distractions that cause your mind to wander to something other than driving.

Strategies

STAY FOCUSED ON DRIVING - Don't get sucked in by a distraction.

RECOGNIZE THE SIGNS OF A DISTRACTED DRIVER - Stay 360 degrees aware of what's going on around your vehicle.

DON'T IGNORE A DISTRACTED DRIVING - Manage them instead.

Remember

COMMIT to not driving while distracted.

WATCH OUT for other distracted drivers.

RESPOND appropriately once a distracted driver has been identified.

Driver of the Month Presentations



Brian Troutman assigned to John Deere Shared Services in Davenport, Iowa is shown receiving his Driver of the Month Award for November 2013. Pictured L to R: Brian Troutman and John Fitzgerald CPC Regional Manager.



Tim Steiniger assigned to John Deere Shared Services in Davenport, Iowa is shown with his Driver of the Month Award for December 2013. Pictured: Tim Steiniger.



James Wieland assigned to Walgreens Company in Orlando, Florida is shown with his Driver of the Month Award for December 2013. Pictured: James Wieland.



Jesus Saldivar assigned to Benjamin Moore Company in Denver, Colorado is shown receiving his Driver of the Month Award for January 2014. Pictured L to R: Kevin Crofton CPC Regional Manager and Jesus Saldivar.



Donald Fullard assigned to SouthEast Express in Timmonsville, South Carolina is shown receiving his Driver of the Month Award for July 2013. Pictured L to R: Ron Covert CPC Regional Manager and Donald Fullard.

Retirement Presentation



Bruce Penningroth was assigned to John Deere Shared Services in Davenport, Iowa. After 23 years with CPC Bruce retired in November 2103 and was presented his Retirement plaque. Pictured Bruce Penningroth.

CPC Spotlights:

**JOHN DEERE SHARED SERVICES
in Davenport, Iowa
2 Million Mile Award Achievers**



George Rockwell



Kevin Mickley

Congratulations to both George Rockwell and Kevin Mickley for achieving 2 Million Miles accident free driving. This is a remarkable accomplishment for both drivers and example of the excellent professional drivers that CPC has at John Deere Shared Services. George has been with CPC since 1995 and is currently on a team run to Laredo, TX and back to Davenport, IA making 2 trips a week. Kevin has been with CPC since 1994 and had a relay run from Davenport, IA to Pryor, OK.



HEALTH WATCH



Water Health Tips

How much water should you drink every day? Your water needs depend on many factors including your health, how active you are, and where you live. Water makes up about 60 percent of your body weight. For the body to function properly we must replenish water supply daily by consuming beverages and foods that contain water.

You can use the following guidelines to determine your daily water needs. All fluids from food and beverages count toward this daily goal:

- Men should have approximately 3 liters (about 13 cups) of total beverages a day and women 2-2 liters (about 9 cups) of total beverages a day.
- Fruit and vegetables have high water content, so include more in your diet. Try some cucumber, watermelon, cantaloupe, peaches, or apples.
- The eight 8-ounce glasses of water a day rule is easy to remember to stay hydrated. Aim to drink at least 8 glasses a day along with fluid intake from food.
- Adding sliced lemon, lime, or mint leaves are all great ways to flavor your water without adding additional calories from sugar.

Staying hydrated can boost your energy, reduce fatigue, and keep you functioning at your best!



Recent CPC Safety Meetings



TOYOTA QUALITY PARTS EXPRESS Corbin, Kentucky – February 22, 2014



L to R: Tony Hibbard and Scott Gilbert.

Nashville, Tennessee – February 6, 2014

L to R: Jeff Sulzer, Harry Hoover and Chris Mooneyhan.



Hopkinsville, Kentucky – February 7, 2014

L to R: Mark Saunders



Bridgestone Americas Tire Operations Kansas City, Missouri and Lenexa, Kansas – Feb. 5, 2014



L to R: Robert Gladson, Daniel Young, Larry Caffey and John Suba.

Fenton, Missouri – February 10, 2014



L to R: Jon Hammond and Gene Smith



Robert John.



Never put
off tomorrow
what you can
do today.
*Irish
Proverb*

Highway to Health News

Stretching and Flexibility

Why Should I Stretch?

Flexibility is an essential component of overall health and fitness that is often overlooked or misused. Unfortunately, many of us do not make time for stretching. Incorporating stretching into your daily routine is beneficial for numerous reasons. Flexibility allows joints to function at their maximum range of motion and therefore puts less wear and tear on them. It also helps prevent muscle soreness and tightness after exercising.

A good stretching routine will stretch each of the body's major muscle groups including the neck, arms, shoulders, torso and legs.

How to Stretch

Stretching should be performed as a slow sustained movement. This is commonly referred to as "static" as the body is still once in the stretch, as opposed to a more "ballistic" bouncing movement. When stretching, aim to reach the point of tightness and then hold at that point for 30-60 seconds. The longer you hold the stretch the easier it should feel. If you are able to easily push further into the stretch, go for it!

When to Stretch

Before you stretch it is important that you warm up your muscles. You will not only be able to stretch warm muscles further but you will also avoid over-stretching or strain. Warm up by doing a low impact activity for at least five minutes. Ideally, you should stretch before and after a workout. But if your time is limited it is best to at least stretch after a workout.

Legs

With one arm hold onto a sturdy object or wall for support. Keeping both knees together, and bending at the knee, raise one foot behind you and use your free arm to hold the foot. Hold the position which stretches the quadriceps (front thigh muscles). Repeat with the opposite leg when ready.

The Back

For the hips, glutes (buttock muscles), hamstrings, lower back, shoulders and chest.

Stand with your legs shoulders width apart. Bring your arms behind your back, hands clasped, and lift them away from your back until you feel gentle tension.

Exhaling, and keeping your knees soft, lean forward to that your chest faces your thighs. Continue lifting your arms.

Inhale, rise to a standing position and repeat.

Neck

Let your head drop forward and slowly roll it from shoulder to shoulder (avoid rolling head directly backward).

Sitting up tall, slowly turn head to the right without hunching shoulders. Hold for a few seconds, the return your head back to center. Repeat to the left.

Sitting up tall, slowly turn head to the right without hunching shoulders. Hold for a few seconds, the return your head back to center. Repeat to the left.



Before you start

- Warm up your muscles
- Take three deep breaths
- Continue to breathe fully and deeply
- Let your mind go blank
- Hold each stretch at least 30-60 seconds

Recent CPC Safety Meetings



HOSPIRA, INC

Pleasant Prairie, Wisconsin – February 13, 2014



L to R: Edward Holm, Jeff Fietz CPC OTR Acc Supv, Kelly McCarthy CPC Local Acc Supv, Todd Tobin, Joseph Kolnik and Jeff Thompson Hospira Manager.



TMH Logistics LLC

Oxford, Alabama – February 22, 2014



Front Row L to R: Wayne Harrison CPC Regional Mgr, Joe Consenza CPC Safety Mgr, Martin Meadows and Robert Shears. Back Row L to R: Jason Hosford TMH Fleet Operations Mgr, Gerald Hicks, Lynn Mize, Tommy Smith and Jesse Thompson CPC Fleet Supv.



BENJAMIN MOORE COMPANY

Carol Stream, Illinois – February 21, 2014



Front Row L to R: Marc Manners, Craig Ligeikis, Matrick Miehle, Jason Collete and Joseph Manley. Back Row L to R: DeAndrew Hill, Michael Fleck and Jeffery Mpistolarides.



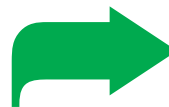
Front Row L to R: James Blevins, Jack Catlett, Wayne Knepper and Jarold Fluharty. Back Row L to R: Donald Sikes, Wilburn Hayes, Brent Dempsey and Thomas Seese.

Did You Know ...



According to results from a Gallup-Healthways Well-Being Index survey, which was released in May 2013, people who worked in transportation, manufacturing and repair industries were more likely to be obese. Of the 14 professions, Transportation ranked highest at 36.4 percent with the greatest level of obesity.

Bob Perry, a fitness guru to long-haul truckers, developed the "Rolling Strong" program, which are fitness routines designed around the big rigs, from walking laps around the truck, to doing "stairs" on the truck steps, to doing exercises inside the rig.



"TEST YOUR TRUCK TRANSPORT KNOWLEDGE"

What truck maker recently purchased Mack Trucks?

- a. Freightliner
- b. Volvo
- c. Peterbilt
- d. Western Star

What company first began to electronically control fuel injection in 1985?

- a. Detroit Diese
- b. Cummins
- c. Caterpillar
- d. Mack

answers on page 6



FIRST DAY OF SPRING — MARCH 20, 2014

Safety Awards

1 Year

Gilberto Figueroa
Jack Ganas
Robert Garcia Jr.
Mark Hodge
Robert McAfee Jr.
Lorenzo Pinedo
Lukas Potgieter
Anthony Scurto
Donald Sikes
Daniel Stenbeck
Neil Wykes

2 Years

Larry Caffey
Fortunato Carrillo
Robert Chapman
Edgar Cisneros
Dale Current
Felton Dempsey
Dean Esposito
Leonard Evans
Donald Frieler
Raynard Guillory
Bret Hall
Donald Helm
Jose Jimenez
Justin Joarnt

Kevin Jonas
Larry Kannegieter
Wayne Knepper
Herbert Kuhn
Howard Lindberg
Miguel Martinez
Dennis Miller
Servando Mora
Dominick Morabito

Darren Myers
Robert Opletal
John Palmer
Timothy Petty
Dean Rix
Norris Satterly
John Suba
Scotty Theriot
Mark Thompson
Paul Uphus
William Wnorwski
Bryan Yarke

3 Years

William Antis
Jose Arias Diego
Don Baker
Jeffrey Bottlemey
Brian Busath

Chad Maronge
Jonathan Pritchett
Abel Rios
Bulmaro Rojas
Fernando Tapia
Murillo
Carlos Vicenty
Samuel Watson

4 Years

Darryl Breeschoten
Michael Davis Jr.
Terry Farr
Daniel Fricke
Mykhaylo Karkhut
Joe Lopez
Mark Ogden
David Pearson
Rene Reyes
Nathan Schultz
Thomas Sherman

5 Years

David Barr
Nicholas Bell
Adam Borst
Ronald Chaides
Joseph Dellinger
Jon Hammond
Jamie Miller
Vernon Newland
Arthur Nikiforov
Danny Serrano
Alejandro Valtierra

6 Years

Larry Dill
Rodolfo Madueno
Rolando Morales
Alvin Patin
Armando Perez
Keith Tschida
Aaron Wright

7 Years

Keith Craft
Allen Frystak
Ronald Morris
Herbert Morton
David Tam

8 Years

James Blevins
John Chambers
Jose Contreras Berber
Jonathan Cox
James Walker
Brian Webb

9 Years

Erick Brants
Dale Burrow
Thomas Harland
Michael Leutik
Keith Maynard
Albert Moore
Eric Pohlmann
Larry Russell
Dean Taylor

10 Years

William Foat
Frederick Jones

11 Years

William Fuenty
Terry Medill
Harvey Prusky
Douglas Rehard
Leonard Stepaniak
Joel Tchamy
Robert Trousil

12 Years

William Catlett
Wilburn Haynes
Kenneth Kruger
Mark Monahan
Kenneth Sazama

James Van Hoom
Ronald Winter
Shawn Wolbeck

13 Years

Donald Edwards
Joe Hickox
David Klein
Juan Mora
Gregory Rodriguez

14 Years

Robert Johnson
Tom Medill

15 Years

Henry Lundy
Gregory Robbins

16 Years

Robert Wilkerson Jr.

17 Years

David Rux

18 Years

John Cain
Carl Hoffmann

21 Years

Richard Kopfmann
Martin Meadows
Paul Ness

22 Years

Lee Fuqua

23 Years

Robert Visintainer Jr.

24 Years

Robert Long
Lane Seifert

33 Years

Tommy Stoddard
Steve Zetah

34 Years

Donald Pike

Answers to the February Trivia of the Month:
The Buffalo Bills;

Jackson MS, Jefferson City, MO, Lincoln NE, Madison WI;

One

Answers to Test Your Truck Knowledge: b, a

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

Dates To Note:

March 4 Mardi Gras
March 5 Ash Wednesday
March 9 Daylight Savings Begins
March 10 Commonwealth Day
March 17 St. Patrick's Day 🍀
March 20 First Day of Spring

March 2014 is observed as:
Cataract Awareness Month
Deaf History Month
Irish American Heritage Month
National Nutrition Month
Red Cross Month
Woman's History Month



Irish American Heritage Month

CPC Employee Feature Of The Month



March Feature of the Month was supplied by Mark Majszak. Mark is assigned to Walgreens Company in Puyallup, Washington. This is his special 1996 LT4 Red Chevrolet Corvette.

Don't forget, do you have a favorite picture of your personal vehicle? Submit your picture in jpeg format and each month Tandem Talk will feature your pride and joy. Requirements must be a personal vehicle (not company related), such as motorcycle, pickup, antique car, boat, ATV, etc.... Email to k.smith@callcpc.com.

March Trivia of the Month

Who was the American League base-stealing champ for nine years in the 1980s?
Where was the Bay of Pigs whose invasion sparked a world crisis in the 60s?
What work describes a number system with a base of two?

Answers in next month's Tandem Talk