



Tandem Talk

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

BEST DRIVERS DRIVE CPC

CPC LOGISTICS HAS SOME OF THE BEST DRIVERS IN THE TRANSPORTATION INDUSTRY.

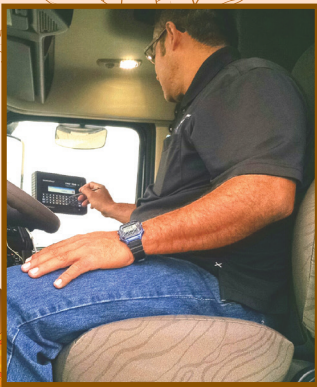


Meet Rodrigo Nieto

Rodrigo (Rock) Nieto has been with CPC Logistics for nearly 5 years and is assigned to Bridgestone Americas Tire Operations out of Woodridge, Illinois. Rodrigo is a proven professional who can be always be counted on.

Rock is a regional "Sleeper" driver who loves the challenge of delivering to varied locations, both near and far. Knowing it would mean being away from his family for two weeks, Rock once offered to travel to another state to assist our CPC Logistics office in Allentown, Pennsylvania who was experiencing a shortage of manpower. He never wavered or thought twice about his offer. He just asked his manager, "When should I be there?"

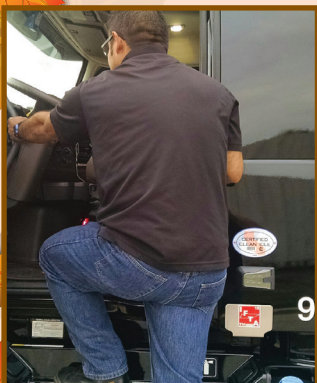
This is a testament of his character and what makes him stand out as a true professional driver. Rock always presents himself on the job daily with the same high energy and motivation to get the job done.



From the Customer:

Rodrigo "Rock" Nieto is one of our most reliable and dependable drivers. The nickname is appropriate because he is solid-as-a-rock as a driver. Rock is always upbeat and always willing to take on any challenge. He is one of our go-to guys and we are so glad to have him as part of the BATO team.

*~Rich Doubek, Operations Manager,
Bridgestone Americas Tire Operations, LLC*



CPC Logistics, Inc. is proud to showcase Rodrigo Nieto and his credible work record as we prove once again.....
The Best Drivers Drive CPC!

Divisional Drivers Of The Month

EASTERN DIVISION

JERRY BAGWELL has been selected as Driver of the Month for October 2015 for the Eastern Division. He has been assigned to One World Logistics in Lincoln, Alabama since July 2004. Jerry is a very dedicated employee. He is a true professional and takes pride in his job performance. Jerry does an outstanding job for CPC Logistics, Inc.

WILLIAM CHAFFEE has been selected as Driver of the Month for October 2015 for the Eastern Division. He has been assigned to Avery Dennison in Painesville, Ohio since June 2004. Bill has been the go-to driver for special requests and for driver on-boarding. He coordinates for all other plants ensuring timely and efficient service to the Avery Dennison campus. Bill has a great attitude and is committed to his job, his peers and to management.

WESTERN DIVISION

CHARLES HOWARD has been selected as Driver of the Month for October 2015 for the Western Division. He has been assigned to Walgreen Company in Lafayette, Louisiana since January 2007. Charles is always willing to do anything, even at a last minute's notice, and does so without complaining. Charles presents himself as a true professional to our client and is a wonderful role model for his peers.

PAUL UPHUS has been selected as Driver of the Month for October 2015 for the Western Division. He has been assigned to Northwest Food Products in Sauk Centre, Minnesota since July 2011. Paul is a 30-year, seasoned driver who is professional with the customer while taking time to instill driving confidence into his peers. His employee attendance record is above reproach and he takes on-the-job safety very seriously.

CANADA DIVISION

DAVE DENNISON has been selected as Driver of the Month for October 2015 for the Canada Division. He has been assigned to Tona Transport in Maitland, Ontario since May 2015. Since that time Dave has quickly distinguished himself by his dedication and willingness to take on any assignment to help the company. He has excellent customer service skills and a strong commitment to safety; traits which endear him to both Dispatch and Management. We are pleased to recognize Dave as our October 2015 Driver of the Month.



KEN KIRTLEY

CPC SAFETY MANAGER TIP OF THE MONTH

As we prepare for winter driving there are a few things we can do to have a safe, winter driving season. Driving large trucks is challenging in fair weather, let alone in poor, wintry conditions. There are many proactive precautions, as well as reactive techniques that can ensure driver safety, as well as those sharing the road during these icy conditions. Below are a few proactive solutions and driving techniques which you may find helpful:

1. Assess the conditions ahead before arriving. Always drive defensively yet deliberately. Maintain complete and confident control of the steering wheel and avoid any driving distractions, such as a cell phone or unsettling music.
2. Increase following distance by as much as 10 seconds above the normal, which can ensure adequate reaction time in the case of an imminent collision. Drive slowly and brake gently using the ball of the foot rather than the entire foot.
3. Avoid accelerating on uphill slopes, rather maintaining a constant speed while ascending the hill. One way to do this is to gather enough forward momentum from the previous downhill to climb the current hill without using much engine power. The more torque available to the wheels, the more likely they are to slip. On the same note, higher gears are more favorable while climbing because they limit that available torque. Lower gears make slipping while accelerating much harder to avoid.
4. Look for ice on trees and side-view mirrors as stark clues of conditions, as well as sudden loss of water spray from the vehicle being followed. Driving in these conditions requires confidence and skill.



Safety Award Presentations



Charles Wolfe assigned to Benjamin Moore in Pell City AL is shown receiving his 5 Year Safe Driving Award. **Pictured L to R: Charles Wolfe** and **John Rygiel**, Administration Logistics Assistant, Benjamin Moore.



David Bobkowski assigned to Bridgestone Americas Tire Operations in Ontario, CA is shown with his 15 Year Safe Driving Award.



John Lindsey assigned to Benjamin Moore in Pell City, AL is shown receiving his 5 Year Safe Driving Award. **Pictured L to R: John Lindsey** and **John Rygiel**, Administration Logistics Assistant, Benjamin Moore.

DRIVER OF THE MONTH



Hector Guzman assigned to Walgreen Company in Pendergrass, GA is shown with is Driver of the Month Award for April 2015 for the Eastern Division. Pictured are **Wayne Harrison**, CPC Regional Manager and **Hector Guzman**.



Jim Hockenberry assigned to NAPCO in Leola, PA is shown with his Driver of the Month Award for September 2015 for the Eastern Division. Pictured with Jim is **Dave Huffer**, Transportation Manager for NAPCO.

Million Mile Award



Mark Rich assigned to Bridgestone Americas Tire Operations in Tulare, CA is shown with his Million Mile Award.



Alan Riel assigned to Walgreen Company in Windsor, CT is shown with his Million Mile Award.

RECENT CPC SAFETY MEETINGS

BRIDGESTONE AMERICAS TIRE OPERATIONS – LAS VEGAS, NV – OCTOBER 4, 2015



L to R: Richard Stockus, Darren LaScala, Francisco Rivero, Stuart Olson and Luis Martinez

BRIDGESTONE AMERICAS TIRE OPERATIONS – PERRYSBURG, OH – OCTOBER 13, 2015



Front Row L to R: Gary Abbe, Bob Wilt and Trent Daniels
– Back Row L to R: Jim Lyons, Scott Tracy, Jeffrey Rhymer and Brad Koenig

AVERY DENNISON – OCTOBER 24, 2015



Front Row L to R: Steve Walls, Art Stephens, Stephen Null and Dale Townsend – **Back Row L to R:** Ted Seefong, Bradd Stamm, Mark Jones, Dan Daniel, Ed Zwilling, Fred List, Jerry Chesher, Randy Holliday and CPC Fleet Operations Manager Ryan McManus

CROWN CORK & SEAL – ALSIP, IL – OCTOBER 22, 2015



Front Row L to R: Antonio Rosa and Pierre Thomas – **Back Row L to R:** Tyrone Christian, Roman Mitchell and Terrence Bryant

TMH TRANSPORT – PRYOR, OK – OCTOBER 13, 2015



Front Row L to R: Ethan Staller, Ron Shurtz, Zach Green, Justin Henderson and Charles Pepmiller – **Back Row L to R:** Kevin Briscoe, Keith Vance, Mike Wagy, Rodney Williams, Lane Hicks, Nathan Simmons, Justin Melton, Paul Oliver, Charles Plemmons, Justin Cole and Chris London



RECENT CPC SAFETY MEETINGS

BENJAMIN MOORE – PELL CITY, AL – OCTOBER 10, 2015



Front Row L to R: Mike Donahoo, Ricky Whitten and Charles Wolfe – Back Row L to R: Rebecca Waltz, Paul Thomas, Gary Alexander and Roger Rowell.



Front Row L to R: Keith Bond (Hattiesburg, MS), Robert Scott, Jeff Treadwell and Scott Smith – 2nd Row L to R: Johnny Trammell, Burt Franklin, Mike Tew, Gerald Bellew and Roger Griffith
3rd Row L to R: Donald Troester and Samuel Kay

The Private Motor Truck Council of Canada inducted 3 exceptional drivers into the HALL OF FAME FOR PROFESSIONAL DRIVERS during its annual conference in King City, Ontario on June 17th & 18th, 2015.

The Hall of Fame is sponsored by Huron Services Group, a CPC Logistics Company. Drivers from PMTC member companies are recognized for superior over the road performance over an extended period of time. The Hall of Fame provides a permanent recognition of their abilities and can be found on the PMTC website at www.pmtc.ca.

“The skills of professional truck drivers are evident to all road users, and are especially valued by their employers,” said PMTC President Mike Millian. “These professionals compile safe driving records that are beyond amazing, considering all the adverse conditions they face every day, but only a select few can equal the caliber of the drivers in the Hall of Fame. The industry salutes these individuals and we are pleased to honor them today.”

THE 2015 INDUCTEES ARE:

MR. MAYNARD WIDEMAN - Home Hardware Stores Ltd
MR. BERNIE CASALE - Cardinal Health Canada
MR. WILLIAM PURVIS - Huron Services Group

The Private Motor Truck Council of Canada and Huron Services Group Ltd. are pleased to induct each of these professionals into the Hall of Fame for Professional Drivers.

CONGRATULATIONS TO WILLIAM PURVIS!

Bill has been employed with Huron Services group since 1987 and was assigned to the DuPont Private Fleet, which has since evolved into TMH Logistics Ltd. Bill has been a professional driver for a total of 36 years, and has amassed over 5 million kms of accident free driving during this time. Bill believes in a culture of safety, refusing to take shortcuts, and setting an excellent example for his coworkers, in part by sharing his knowledge and displaying an excellent attitude. Bill believes in excellent customer service, and will do whatever he can to ensure the customer is happy and satisfied. Bill is also a dedicated family man, and he and his wife Denise love spending time with their 5 children and their families.



Highway to Health News

TEN TIPS FOR MANAGING DIABETES

- 1. Check your blood sugar.** Trying to control diabetes without checking your blood sugar is like trying to drive blindfolded! Keep your numbers between 80 and 120, below 130, 2 hours after a meal
- 2. Exercise** All levels of exercises are beneficial, even if you don't lose weight it will improve your blood sugar control and your body's response to insulin. Next to weight control exercise is the most important thing you can do to take control of your diabetes. Aim for 30 minutes 5 times a week (this can be broken down into 3 10 minute chunks) 32 laps around an 18 wheeler is a mile, what are you waiting for? Get moving!
- 3. Keep a food diary** It helps to write down what you have eaten. Each time you eat, jot down what time it is and what you are eating and doing. Over time, you'll start to identify how what you eat affects your blood sugar. You won't need to do this forever as you will simply come to know how your body reacts to certain foods. Remember YMMV (your mileage may vary) You are always one high carb meal away from high numbers!
- 4. If you smoke STOP!** Smoking makes every problem and complication associated with diabetes worse. Smoking raises blood sugar levels, constricts blood vessels and causes inflammation. Smokers have an increased risk of kidney disease, nerve damage, blood vessel damage and foot and leg infections. Do you really need any more reasons?
- 5. Alcohol** Just remember that most alcoholic beverages have sugar in the form of empty calories. If you drink, try and moderate it as much as you can and steer clear of sugary cocktails and sugary mixers, your kidneys have enough work to do right now. Better still, if you haven't started to drink yet, don't!
- 6. Brush and floss** Just as unregulated diabetes leads to high levels of sugar in your blood, it also leads to high levels of sugar in your saliva which raises the risk for dental decay. Brush twice a day, floss regularly and have your dental check ups
- 7. Get your HBA1c checked** This test tells you what your blood sugar has been doing over the past 90 days. Try and keep it below 7%, the lower the better. The higher the level, the greater the risk of developing complications
- 8. Good foot care** Diabetes can cause nerve damage usually starting in the feet, good care is critical. Keep them CLEAN and DRY. Do not soak your feet or use very hot water. Don't walk barefoot, if you get a foot injury, however minor, ALWAYS get it checked by your doctor
- 9. Have your eyes checked** This is different than a normal vision check. The doctor will put drops in your eyes so he can look at the small vessels at the back of your eyes. These tiny vessels can get damaged in diabetics and can quickly affect the vision. A yearly check can keep your sight safe
- 10. Take your medications** You may not notice an immediate problem if you miss your medication. Diabetes symptoms are often 'silent' and can spiral out of control quickly. Your doctor prescribed them for a reason, don't stop unless he tells you to!



HEALTHY SNACK IDEAS

Contrary to popular belief, snacking can be beneficial to good nutrition. Healthy snacks may add additional vitamins and nutrients to your day, help you maintain energy levels, and reduce overeating at meals. But choosing the right snacks is important. Try these healthy ideas:

- **Mixed berries** (blueberries, raspberries, etc.)
- **Low-fat Greek yogurt**
- **Nuts:** Almonds, walnuts or salt-free cashews
- **Whole grain crackers**
- **2 slices of deli meat** like turkey or chicken
- **Sliced vegetables:** Cucumbers, carrots, celery, and bell peppers. Try dipping them in hummus!
- **Hard-boiled egg**
- **Granola**

For more healthy snack ideas, contact your Wellness Coach! 888.493.5522



BE PREPARED for your next DOT Physical! We will focus on health topics that will help you get and stay healthy as you prepare for your next DOT exam. We want you to know your numbers. In the coming months look for tips on Sleep Apnea, Diabetes, Blood Pressure, Know your Numbers, Healthy Weight, Physical Activity, Preventive Screening and much more.

If you have any questions about your DOT exam or any other health issues, please contact your Highway to Health Nurse, Mandy Francis RN. Mandy can be reached at 402-970-6143 or mandy.francis@lockton.com.



Safety Awards

1 YEAR

Abbe Jr, Gary
Anderson, James
Ash, Rodney
Brown, Taz
Castellanos, Rolando
Diaz, Manuel
Felty, Eric
Freeman, Jason
Garcia, William
Gilbert, George
Hale, William
Harrison, James
Hinojoza, Juan
Jacobs, Kevin
Jones, Gregory
LaScala, Darren
Lawty, Gregory
Lizola, Faustino
Lopez, Azareel
Lowe, Tiffany
Mann, Steven
Medrano, Javier
Merwarth, Todd
Moreno, Moises
Oat, Frederick
Pena, Cruz
Perez, Angel
Rivas, Daniel
Ussher, Thomas
Velas, Christopher
Vernon, Robert
Ware, Amanda
White, Donald
Wildowsky, William

2 YEARS

Balsbaugh, James
Bautista, Saul
Cahill, Christopher
Copeland, Wolfgang
Donahoo, Michael
Lewis, Roger
London, John
Morales, Juan
Peters, James
Putt, John
Scott, Robert
Sizer, Jonathan
Tampubolon, Wilven
Wesner, Alan
Young, Kenneth

3 YEARS

Alred, Edward
Bennett, James
Edeza, Francisco
Ganoe, Ronald
Georges, William
Gillane, William
Jones, Leonard
Kline, Terry
McCafferty, Shaun
Silva, Luis
Thierer, Anthony
Tracy, Scott

4 YEARS

Cortes-Gil, Antonio
Duncan, David
Garris, Clyde
Gomez, James
Hawley, Jason
Heilman, Joseph
Jerscheid Jr, Paxton
Lemons, Jeffery
Littlefield, Thomas
Lyons, James
Nunn, David
Ponder, Phillip
Powell, Michael
Sanchez, Javier
Taylor, Thurman
Thaggard, Ray
Waltz, Rebecca

5 YEARS

Brown, Robert
Gutierrez, Douglas
Halligan, Eric
Koenig, Brad
Krause, Dean
Lindsey, John
Marshall, Joseph
Ramos, Ramon
Rivero, Francisco
Wilt, Bob

6 YEARS

Canones Jr, Ronito
Castellon Jr, Andres
Contreras, Jose
Cuba, Jesus
Groller, George
Gutierrez Jr, Joe

Hurtado, Armando
Michel, Manuel
Plymale, Harold
Rambo, Richard
Sherbeck, Michael
Smith, Lynn
Stockus, Richard
Taylor, Horace

7 YEARS

Cotant, Jacob
Flores, Rodolfo
Harrington, Delvin
Henry, James
Lemond, Frederick
Madrigal, Adrian
Osio, Ramiro
Picos, Chesua
Rawls, Christopher
Rowell, William
Ruiz, Raymond
Valentine, Richard

8 YEARS

Abarca, Antonio
Beckwith, Jeff
Flores, Jose
George, Michael
Graf, Gregory
Hartman, Brian
Joya, Dany
Madtes, Sidney
Meuchner, Eric
Radermacher, John
Raines, Jeffrey
Thornton, William
9 YEARS
Ammons, Eugene
Garcia, Jose
Lapenna, Wayne
Maldonado, Isaac
Martinez, Jose
Reichenbach, Robert
Sandoval, Nasario
Slayton, Larry
Thomas, Paul
Treadwell, Jeffrey
Zaragoza, Saul

10 YEARS

Bellew, Gerald
Haro, Juan
Plaza, James

11 YEARS

Greene, Patrick
Johnson, Herman
Mentz, David
Olson, Stuart
Palos, Luis
Rhymer, Jeffrey
Stevens Jr, James
Taliaferro, James
Teyo, Raul
Tsagris, Edward

12 YEARS

Grafton, Lenard
Huyett, Rodney
McGowan, Rudy
Rich, Mark
Smith, Franklin
Troester, Donald

13 YEARS

Gibson, William
Pugh, Gary

14 YEARS

Chapman, Cortez
Diaz, Alexis
Emrich, Keith
Franklin, Ronald
Kline, Richard
McCants, James
Nemecek Jr, Gerold
Tew, Michael
Whitten, Ricky

15 YEARS

Bobkowski, David
Brandenberger, Charles
DuBois, Timothy
Henritz, Stephen
Kemmerer, Mark
Malpass, Ronald
Ogle, Benny
Rice, Robert
Sams, James

16 YEARS

Mendez, Manuel
Purnell, Richard
Tandal, Nathan

18 YEARS

Moreau, Jean-Guy

19 YEARS

Curtiss, Richard

20 YEARS

Purdy, Robert
Wolfe, Charles

21 YEARS

Griffith, Roger
Sanna, Anthony

22 YEARS

Ogle, Ronald

23 YEARS

Alexander, Gary
Chestnut, Robert

24 YEARS

Sullivan, George

27 YEARS

Kay, Samuel

34 YEARS

Trammell, Johnny

