NOVEMBER 2016

CPC LOGISTICS INC

Tandem Talk

TANDEM TALK IS A MONTHLY PUBLICATION FOR OUR VALUED CLIENTS AND EMPLOYEES.

BEST DRIVERS DRIVE CPC

MEET STEVE "FROG" DANIELS

Mr. Steve "Frog" Daniels is a one of the many great drivers on the Bridgestone America's Tire Operations account in Lebanon, Tennessee. He began driving over 40 years ago and came to the BATO fleet in 2003. His safety record is outstanding in that he has never had a preventable accident or injury. Frog has logged over 4 million accident-free miles, of which approximately 1.5 million have been while employed with CPC Logistics. Almost as impressive is the fact that he has never had a citation since coming to work for CPC in 2009. And even though his safety and service record speak for themselves, most people would tell you it is Frog's sense of humility and easy going attitude that sets him apart. When he received his Million Mile Award from CPC he attributed his success to the fleet providing him with well-maintained equipment.

WE ARE PROUD TO HAVE MR. DANIELS AS PART OF THE CPC TEAM!

Frog States, "I Just Tries To Keep My Head In Traffic, ... And Obey The Traffic Laws."

We have received many compliments over the years from our customers on Mr. Daniels regarding his positive attitude and relationships with our customers thru Customer Service Surveys that are part of Bridgestone's Key Performance Indicators.

~Debra Cefalo, Fleet Manager
BRIDGESTONE AMERICA'S TIRE OPERATIONS

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Keith Emrich has been selected as Driver of the Month for October 2016 for the Eastern Division. Keith has been assigned to Bridgestone Americas Tire Operations in Allentown, Pennsylvania since May 2000. Although his deliveries take him through New York City and Long Island, New York, Keith has managed to maintain a superior safety record. He works with a committed performance level so we never have to worry if the job will get done. Keith is well liked by our customer delivery sites, so much so that one location has requested that only Keith deliver to them. We are proud to have Keith as part of the CPC driving team.

Kenneth Wilke has been selected as Driver of the Month for October 2016 for the Eastern Division. Ken has been assigned to Walgreen Company in Laporte, Indiana since August 2009. Ken is currently pulling double 48' trailers across the Indiana and Ohio toll roads. Many times he has been delayed due to peddle drivers returning late but Ken always keeps a smile on his face and a positive attitude. He has been known to change his schedule to help finish a route or to pick up a driver short on hours. Ken is well deserving of this Driver of the Month Award.

MIDWEST DIVISION

Alonzo Scott has been selected as Driver of the Month for October 2016 for the Midwest Division. Alonzo has been assigned to Walgreen Company in Pearl, Mississippi since January 2010. Alonzo is a true asset to both CPC and Walgreens. He maintains an outstanding work performance record. He is well respected by his peers and by dispatch, and he is recognized by our client as going above and beyond his normal work duties, including helping to complete deliveries of other drivers when the need arises. Congratulations, Alonzo!

WESTERN DIVISION

Patrick Ryan has been selected as Driver of the Month for October 2016 for the Western Division. Patrick has been assigned to Kellogg's Snacks in Sumner, Washington since January 1988. Patrick is a role model of a first rate driver. He can always be counted on to show up on time and to perform his duties with the utmost care for safety. He is an excellent representative of both Kellogg's and CPC Logistics when making deliveries and interacting with our client's customers.

CANADA DIVISION

Jacek Krzemien has been selected as Driver of the Month for October 2016 for the Canada Division. Jack has been assigned to Bridgestone Canada, Inc. in Abbottsford, British Columbia since June 2015. Normally, Jack does night switches; however, when his co-worker recently suffered an injury, Jack stepped up and took over the peddle runs around the Greater Vancouver area and has done a great job. We can always count on Jack for his skill and dedication to get the job done and his efforts are greatly appreciated. Jack is another fine example of why the Best Drivers Drive Huron/CPC.

KEN KIRTLEY

The Dangers of Fall Driving

Weather conditions can be unpredictable in the fall. A bright, beautiful afternoon can turn rainy and cold in minutes. And with days getting shorter, you could find yourself commuting to or from work in darkness.

BACK-TO-SCHOOL TRAFFIC

Fall means back to school for kids, which means more cars and buses on the roads. Drivers also need to watch out for increased pedestrian traffic in the morning and afternoon as children walk to and from school and their neighborhood bus stops.

RAIN

The first rain in a few weeks can be particularly dangerous, as water pools on top of dust and oil that haven't had a chance to wash away and makes the pavement extremely slippery.

FOG

Cold fall mornings often lead to fog, which can greatly limit your driving visibility and perception of distance. Fog tends to occur in low places or areas surrounded by hills, water, mountains, and trees. One common mistake drivers make during foggy conditions is putting on their high beams instead of staying with their low beams. This only makes visibility worse because your high beams will bounce off the fog and create glare. When driving through fog, slow down and stay well behind the car in front of you so you'll have adequate time to stop if you need to.

DEER

The fall season brings an increase in deer activity because it's their time for mating and migrating. If you live in a deer-heavy area, watch for darting deer, especially when driving at night.

Along with the driving there is the walking, entering and exiting of your equipment. When out walking be aware of the ground you are walking on. Be sure to wear shoes that will get the traction. Always use 3 POC when entering or exiting your equipment; two hands and one foot or two feet and one hand. Always be aware of debris that might have formed on your steps. Remember to follow the Safety Work rules at all times so that you are doing your part to arrive home safe and injury free.

FOCUS- On your surroundings

ANTICIPATE- That things can and will change at any time

CORRECT- Make the corrections before it becomes an issue

TALK- To one another about what you see happening as you might prevent someone from being seriously injured

RECENT CPC SAFETY MEETINGS

BRIDGESTONE AMERICAS TIRE OPERATIONS – JACKSON, MI – OCTOBER 21, 2016

L to R: Clay Henry and Linnie Ross

JOHN DEERE SHARED SERVICES – CONNEAUT, OH – OCTOBER 25, 2016

Robert Warren

Craig Sholtis & Keith Kurelowech

BRIDGESTONE AMERICAS TIRE OPERATIONS – PERRYSBURG, OH – OCTOBER 29, 2016

L to R: Brad Koenig, Trent Daniels, Scott Tracy, Gary Abbe and Jeff Rhymer (not pictured – Tiffany Lowe)

MOEN, INC – KINSTON, NC – NOVEMBER 5, 2016

1st Row L to R: Carl Taylor, Robert Heath, Ray Thaggard, Robert Brown, John Herring, Jim Anderson, Gary Pugh, James Henry, David Perry, Clyde Garris
2nd Row L to R: Leonard Jones, Horace Taylor, Cortez Chapman, Rodney Huyett, Bob Purdy, George Sullivan
3rd Row L to R: Adam Sisseck, James Sams, David Stevens, Wayne Smith, Shane Liebi, Duane Bright

AVERY DENNISON – MENTOR, OH – NOVEMBER 12, 2016

1st Row L to R: Dana Connolly, Larry Large, Ernie Slaydek, Ken Wood and Charles Ferrell
2nd Row L to R: Tim Caplinger, Bill Chaffee, Brian Leseman, Mike Fishleigh, Jeff Snyder, Gene Sabin, Dale Thomas, Ed Zwilling and Ted Seefong

TMH TRANSPORT – PRYOR, OK – SEPTEMBER 21, 2016

L to R: Mike Wagy, Paul Oliver, Keith Vance, Bo Wiley, Rodney Williams, Ethan Staller, Brian Vance, Lana Boyce, Justin Melton, Justin Henderson, Chris London, Justin Cole, Zach Green, Richard Fenner, Nathan Simmons, George Miller

RECENT CPC SAFETY MEETINGS

CROWN CORK & SEAL – ALSIP, ILLINOIS – OCTOBER 27, 2016

L to R: Terrence Bryant, Cortez Randle, Antonio Rosa, Tyrone Christian and Luis Corral

METRO PARK WAREHOUSE - KANSAS CITY, KS - NOVEMBER 8, 2016

L to R: Ron Ziska (Metro Park), Hythen White, Tim Hogan, Sam Pickering, James Marshall

PFIZER/HOSPIRA - PLEASANT PRAIRIE, WI – NOVEMBER 10, 2016

L to R: Jeff Thompson – Pfizer/Hospira Fleet Manager, Kelly McCarthy - CPC Dispatcher, Jeff Fietze - CPC Dispatch Supervisor, Kurt Phillips, Todd Tobin, Robert Wolff and Matthew Loriss

WALGREEN COMPANY - SUFFOLK, VA - NOVEMBER 14, 2016

L to R: Darrius Vaughan and Bret Bruner

MILLION MILE

Jack Catlett assigned to TMH Transport in Oxford, Alabama is shown receiving his 1 Million and 2 Million Mile Awards. Pictured L to R: Jack Catlett and Jason Hosford, Fleet & Operations Manager, TMH Transport.

Receive $1,500 the first time you refer a driver to CPC. $2,000 for your second and $2.500 for every additional referral from your third to your fiftieth.

See your local CPC manager for a referral card or call to provide information on your referral.

800-274-3746 callcpc.com

HIGHWAY to HEALTH

November is American Diabetes Month. Let's talk diabetes and ways to manage diabetes.
Diabetes breakdown. Types of diabetes

Type 1 Occurs when the body does not make enough insulin

- Can develop at any age; most often diagnosed in children, adolescents and young adults.
- No known way to prevent or reverse.

Type 2 Occurs when the body does not use insulin properly

- Can develop at any age; diagnosis typically happens after the age of 40.
- Can sometimes be delayed or even prevented through life style medication.

Who's at risk?

- Non-Hispanic blacks, Hispanic and American Indian/ Alaska Native adults are about twice as likely to have diagnosed diabetes as non-His panic white adults.
- 15 percent to 30 percent of people with prediabetes will develop Type 2 diabetes within five years.

Risk factors for Type 2

- Age 45 or older
- Family history of disease
- Abnormal cholesterol levels
- Overweight
- High blood pressure
- Low activity levels
- Ethnicity (African American, Hispanic, American Indian, Asian American or Pacific Islander)

10 TIPS FOR MANAGING YOUR DIABETES

Diabetes is a lifelong, total body affecting condition. It cannot be cured, but it can be successfully managed. Here are some realistic things that you can do to help manage your diabetes. You CAN take control!

1. CHECK YOUR BLOOD SUGAR DAILY People resist taking their blood sugar readings, but this is the only way to know if they are under control. Trying to control diabetes without testing is like trying to drive blindfolded! Foods, activity level, medications, illness, and even stress, can affect blood glucose.

2. EXERCISE No one wants to hear this one, but aim for 30 minutes of exercise 5 times a week (this can be broken into 3, 10 minute chunks). All Levels of excercise are beneficial, even if you don't lose weight, it will improve 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, so get moving!

3. KEEP A FOOD DIARY Especially if you are newly diagnosed, it helps to write down what you are eating. Every time you eat, try and jot down where you are, what time it is, and what you are eating and doing. Over time, you'll start to see patterns and begin to identify the situations in which you're most likely to make poor food choices — something we often do as a response to anxiety or stress. You won't need to do this forever as eventually you will simply come to know how your body reacts to certain foods. Remember YMMV (Your Mileage May Vary). You are always one high carbohydrate meal away from high numbers! This will also help your doctor and nurse immensely when you go for your checkups.

4. IF YOU SMOKE...STOP This tip is almost as unpopular as number 2, but the fact is, smoking makes every problem and complication associated with diabetes even worse. Smoking raises blood-glucose levels, constricts blood vessels, and causes inflammation and 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? Yes it's tough, but it's not impossible and so worth it to quit.

5. ALCOHOL Right up there in popularity with exercise and smoking. Just remember that most alcoholic beverages have sugar in the form of empty calories. If you drink, try to 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 REGULARLY As we said, diabetes is a total body affecting condition, including your teeth. Just as unregulated diabetes leads to high levels of glucose in your blood, it also leads to higher-than-usual levels of glucose in your saliva, which raises the risk for dental decay. For healthy teeth and gums, dentists and nutritionists alike recommend that you see your dentist regularlym brush with a fluride toothpaste at least twice a day, and remember to floss.

7. BE AWARE OF THE RISK FOR SLEEP APNEA Excessive daytime sleepiness is often a sign of sleep apnea, a disorder that causes interruptions in breathing during sleep — up to several times per night. It may be caused by faulty signals from the brain, or because the soft tissue at the back of the throat relaxes and blocks the airway (called obstructive sleep apnea, or OSA). Most people with sleep apnea don't know what is happening or why they feel so tired after what seems like a full night's rest. People with diabetes are more likely to have sleep apnea than people without diabetes — and OSA itself increases the risk of insulin resistance and may be a roadblock to diabetes control. If you have sleep apnea, or if you experience unusual sleepiness during the daytime, talk with your doctor. A full night's sleep is not just a luxury, it's a health necessity.

8. BE METICULOUS WITH YOUR FOOT CARE From teeth to toes. Diabetes can cause neuropathy, or nerve damage, in the extremities — usually starting in the feet — which means good foot care is critical. The key words are CLEAN and DRY. Wash or shower your feet daily in warm water, and dry with a clean, soft towel. Do not soak your feet or use hot water. If you have nerve damage, due to the lack of sensation in your feet, you may not notice sores, blisters, calluses, swelling, bruising, or breaks in the skin. You'll need to be meticulous about inspecting your feet every day. Don't walk barefoot; always wear shoes or slippers. If you do get a wound on your foot, however minor ALWAYS get it checked by your doctor.

9. GET YOUR EYE CHECK DONE Your eyes are so important, imagine not being able to see! Someone once said, 'There is nothing I can eat that I like more than my eyes.' A diabetic retinopathy check is different than a normal vision test. The doctor will put drops in your eyes so that he can open up the pupil and look at the vessels at the back of your eyes. These tiny blood vessels often become damaged in diabetics and can quickly affect the vision. A yearly test can keep a check on this and keep those peepers safe. If you are having problems or feel that your vision has changed, tell your doctor and get them checked.

10. TAKE YOUR MEDICATION REGULARLY Diabetes symptoms are often silent, so you may not notice an immediate repercussion when you neglect to take your medicine — and that means far too many people decide against taking prescribed medications (or "forget" to take them). Don't be one of them! Untreated diabetes carries the grave risks of heart disease, nerve damage, and other complications. Medications are helpful, but always work better when accompanied by good diet and lifestyle measures.

NOW GO AHEAD AND TAKE CONTROL, BUT REMEMBER THERE IS ALWAYS HELP AVAILABLE!

SAFETY AWARDS

1 YEAR
Avent,Eric
Baker,Sheldon
Blakut,Jason
Bradford,Richard
Brunson,Ellison
Cabezon,Baldomero
Carter,Tyron
Chesher,Jerry
Clinton,Michael
Cremer,Troy
Crumley,Randy
Crummie,Reid
Davis,Joel
Davis,Lee
Davis,Michael
Devivo,John
Dorsey,James
Ferrell,Charles
Gallina,Louis
Garcia,Jose Alberto
Gonzalez Cazanga,Christian
Gonzalez,Sergio
Gramillo, Jr.,Eliseo
Groover,Leslie
Hall,Robert
Hedgepeth,Maurice
Holliday,Randy
Hopper,James
Huntanar,Mitchell
Inchaurregui,Ivan
Kelly,Philip
Kujundzic,Ivan
Long,James
Lopez,Azareel
Lopez,Hector
Lopez,Juan Carlos
Martin,Joseph
Martin,Matthew
Martinez,Joe
McNeill,Vincent
McNulty,Solomon
Milledge,Anthony
Miller,Bradley
Morales,Francisco
Nevels,Claude
Nunez,Ruben
Nunn,Perry
Perez,Jesus
Pritchett,Steve
Reyes,Jose
Richardson,Rodney
Rieger,Mark
Rios,Juan
Robie,Mark
Rosario,Francisco
Sabillon-Rodriguez,Oleg
Sanchez,Hipolito
Schoonmaker,James
Segarra,Julio
Segovia,Rafael
Steward,Kirklan
Tellez,Agustin
Teplick,Michael
Thomas,Dale
Thompson,Wendell
Uribe,Juan
Welch,Joseph
Wood,Kenneth
Wright,Yohanna
Young,Mark

2 YEARS
Austin,Kory
Bagley,James
Banks Jr,John
Bennett,Jeffrey
Bittick,Ronald
Buckner,Terry
Campbell,Carlos
Cardinal,Jason
Chanthasoez,Wathanasevath
Childress,James
Christman,William
Deloatch,Cory
Evans,James
Fobbs,Willie
Fracz,Grzegorz
Gumer,Daniel
Hargrove, Lance
Hatcher,Jerry
Haynes,Gary
Herrera,Galindo
Hinojoza,Juan
Johnson,Gerrod
Kisabeth,Jeffrey
Latta,Todd
Ljubijankic,Emir
Lockhart,Joe
McNaughton,William
Miller,James
Mooneyhan,Christopher
Moreno,Moises
Morris,Robert
Moser,James
Newby,Michael
Odell,Michael
Patton,Anthony
Pena,Cruz
Schade,Michael
Snyder,Martin
Solorzano,Erick
Stamm,Bradd
Steely,Ricky
Stepherson,Michael
Talabert,Wikenson
Wille,Peter
Wright,Timothy

3 YEARS
Aanrud,Richard
Caplinger,Timothy
Castro,Gustavo
Chaides,Robert
Colston,Marlon
Copeland,Wolfgang
Crawford Jr,William
Cruz-Adorno,Jose
Derby,Michael
Dice,Michael
Finch, Jr. Leroy
Garcia Padilla,Juan
Garrabrant,Ralph
Hawkins,Robert
Jones,Bruce
Karam,Elias
Lee,Jerome
Lizola,Faustino
Lujan,Cosme
Mann,Steven
Merritt,Jeffrey
Molina,Juan
Morales,Juan
Orriols,Alfred
Perez,Teddy
Rosell,Alfredo
Sanders,Richard
Seefong,Theodore
Shelton,William
Simmons,Matthew
Slater,Gordon
Strong,Tracy
Taylor,Maxwell
Townsend,Gary
Valentine,Angela
Velez,Roberto
Weil,Ralph
Wells,Jay
White,Douglas
Wilkes,Justin
Williams,Alan

4 YEARS
Alred,Edward
Arango,Julian
Blair,Joseph
Bracken,Dennis
Brooks,Bart
Buckner,Perry
Dennis,William
Edeza, Jr.,Francisco
Frausto, Jr.,Edward
Giron,Jesus
Harton,Lester
Holmes,Anthony
Holmes,Terrance
Lloyd,David
Mahan,Mark
McWhite,Jewel
Nichols,William
Perez,Obed
Rolling,Jonathan
Romero,Alejandro
Rosillo,Christopher
Silva,Luis
Skokanek,Miroslav
Sulzer,Jeffery
Vajen,James
Zwilling,William

5 YEARS
Berthiaume,John
Booth,Danny
Burden, Daniel
Casarez, JavierJr.
Contreras,Robert
Cortes-Gil,Antonio
Dykes,William
Goodnough,Miriam
Halverson,Kenneth
Jones,Mark
Kidney,Thomas
Leseman,Brian
Lewis,Stefan
Milano,Brian
Null,Stephen
Padgett,Darryl
Poulter, Richard
Sanchez,Javier
Torres,Pablo
Vazquez,Rickey
Vera,James
Vesselinov,Vesselin
Walls,Steven
Williams,Michael
Wills,Matthew

6 YEARS
Angelov,Angel
Bailey,Paul
Beaver,Charles
Cabral,Jesus
Castellon, Jr.,Andres
Farron,Sherwood
Henry,Douglas
Howze,Guy
Kyratzis,George
Latner,Bruce
Martin, Michael
Mira,Raul
Ramirez,Hugo
Ramirez,Kenneth
Salvino,Peter
Sims,Anthony
Stanley,Stephenie
Valdez,Raynaldo
Valentine,Nathan
Weeks,Matthew

7 YEARS
Acevedo,Angel
Berry,Robert
Brown,James
Canones, Jr.,Ronito
Contreras,Jose
Devries,David
Dobrinin,Gregory
Gutierrez Jr,Joe
Lane, Earl
Lisane,Virgil
Mahoney,Michael
Martin Jr,Wayne
Michel,Manuel
Neely,Rodney
Parks,Dennis
Price,Joseph
Quarles,John
Raible,Cornelius
Raulerson,Timothy
Stege,Glenn
Streker,Mark
Taylor,Robin
Torres,John

8 YEARS
Avery,Richard
Burbano,Juan
Cotant,Jacob
Ellis,Mark
Fishleigh,Michael
Georges,Sintilien
Harrington,Delvin
Lemond,Frederick
Loucks,Cory
Lydon,Terance
Madrigal,Adrian
Montpetit,Sylvain
Picos,Chesuaf
Quinn,Edward
Selin,Milo
Sloan,Anthony
Tarin,Gilberto
Valentine,Richard
Williams,Thomas
Wooten,Brian

9 YEARS
Abarca,Antonio
Cobb,Dennis
Cool,Robert
Cordic,Said
Delapenha,Robert
Gomez,Jose
Graf,Gregory
Joya,Dany
LeMay,Terry
Pehlic,Mirsad
Simmons,Marc
Wilson,Kenneth

10 YEARS
Basnight,Gregory
Bechstein,Scott
Garcia,Jose
Garcia,Martin
Ingram,Donald
Jaramillo,Jose
Lee,Shawn
Martinez,Jose
McKay,Jerome
Ochrym,Lance
Rascon,Robert
Sandoval,Nasario
Solis,Robert

11 YEARS
Amor,Fernando
Bruner,Bret
Chaffee,William
Gonier,Travis
Gooch,Johnny
Gutierrez,Mario
Islas,Raudel
Moniz,Jeffrey
Nametz,Gregory
Nyberg,Michael
Raines,Reginald
Salinas,Alfredo
Sears,Mark
Whitten,Timothy

12 YEARS
Gonier,Travis
Graham,Donald
Johnson,Herman
Lasenby,Leslie
Merida,Gary
Neal,Lonnie
Nyberg,Michael
Pintinics,Mark
Roderick,Richard
Sladek,Ernest
Stirn,William
Taliaferro,James

13 YEARS
Biddix,Dannie
Chamberlin,Daniel
Johnson,Wendy
Joyce,Kevin
Large,Larry
Olan,Emilio
Rahman,Mansur
Ramos,Angel
Town,James
Vidal,Joao

14 YEARS
Chroscicki,Peter
Garcia,Rafael
Hernandez,Anthony
Navarro,Steven
Shoopman,Jeffery
Toon,Ryan

15 YEARS
Connolly,Dana
Dean,Ralph

16 YEARS
Cryder,Todd
Diaz,Alexis
Grabowski,Michael
Murphy,Mark
Quinn,William
Reno,Willard
Rice,Robert
Rivas,Jaime
Sabin,Eugene
Tumis,Brian

17 YEARS
Buckner,Stevie
Cuminale,Peter
Farley,Christopher
Tandal,Nathan

18 YEARS
Harmon,Barry
Susnosky Jr,Robert

19 YEARS
List,Frederick
Stephens,Arthur
Stephens,James

21 YEARS
Gilman,Billy
Sentz,Timothy
Wasiewicz,Kenneth

22 YEARS
Carbajal,Luis

24 YEARS
Davenport Jr,Wilton
Otte,Bruce

31 YEARS
Bednarz,Lloyd
Capps,John

33 YEARS
Keller,Earl

35 YEARS
Whaley,Jerry

In the spirit of Thanksgiving, CPC Logistics, Inc. extends grateful thoughts and warm appreciation to our employees for all of the hard work throughout the year that makes our company stand out. Thank you very much and have a blessed and Happy Thanksgiving!

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