



OCTOBER 2014

Tandem Talk

Editor: 14528 South Outer 40 Road, Suite 210, Chesterfield, MO 63017

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



The Toyota Kaizen Challenge

They did it again



L to R: Thor Oxnard National Logistics Operations Mgr, Fletcher Davidson, Group VP Product Support Division, Neil Swartz VP & GM NAPO, Dave Mueller CPC, Casey Dyk Logistics Leader Cincinnati Parts Distribution Ctr, Mamie Warrick Corporate Mgr Supply Chain Strategy, Ed Huante Corporate Manager Parts Ctr and Mike Schober Corporate Mgr NAPO Operations.

For the second year in a row CPC associates assigned to Toyota Quality Parts express (TQPE) in the Cincinnati Parts Distribution Center (PDC) walked away with top honors at the annual Kaizen Challenge. Certainly this honor is unprecedented at CPC and the Cincinnati PDC, but is rare in all of Toyota's Logistics Supply Chain.

Again tackling the problem of damages occurring during shipment, the team focused on finish and trim parts damaged during shipment from the PDC to dealerships. The team consisted of three managers, dock worker and two drivers and for the first time one of the drivers was assigned at a remote location.

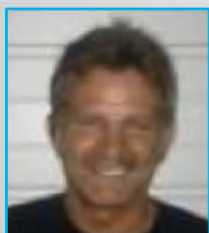
Dave Mueller, on site manager, said "we would conference that driver into the meeting and have instant feedback since he would see the parts sent out the previous day. Being at a remote site he usually saw the parts after the trailer had already made a delivery and drop and hook by another driver."



Shown with the prestigious awards Casey Dyk and Dave Mueller

Targeting a 25% drop in damage claims, the changes implemented by the team exceeded this by having a 32% drop in damages in the first month.

Meet The Winning Team



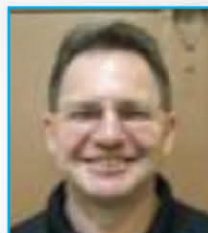
Mark Saunders
CPC



Mark Lyons
Toyota



Casey Dyk
Toyota



Dave Mueller
CPC



Dennis Slabach
CPC



Rick Wilson
CPC

Divisional Drivers Of The Month

EASTERN DIVISION

John Dietz has been selected as Driver of the Month for September 2014 for the Eastern Division. He has been assigned to Walgreen Company in Anderson, South Carolina since November 2007. John performs all types of runs but remains mostly on delivery runs, both cart and floor loads. He has assisted dispatch by volunteering to review bids to help suggest more efficient routing. Most recently John arrived on the scene of an accident where another of our vehicles was involved, he not only assisted the officer on the scene, but helped the driver and communicated information back to dispatch. John's safety record and his actions reflect the reason he was selected for Driver of the Month.

Frankie Dillard has been selected as Driver of the Month for September 2014 for the Eastern Division. He has been assigned to Walgreen Company in Huntsville, Alabama since October 2012. Frankie is willing to do anything necessary to make sure the client is covered and that the stores receive their deliveries on time. He accomplishes his work in all types of weather and helps train new employees. Frankie has a great attitude and work ethic. He covers the relay or delivery runs without question and completes his job with safety first. Frankie is an example of professional and dedicated employee and is deserving of the Driver of the Month award.

WESTERN DIVISION

Scotty Theriot has been selected as Driver of the Month for September 2014 for the Western Division. He has been assigned to Success Logistics in Broussard, Louisiana since October 2011. Scotty is a self-motivator and is able to work successfully without direct supervision from the client. He is totally committed to doing the best job he can every day to meet all the client and customer's expectations. He is very focused on safety and while employed with CPC has been accident and injury free. Scotty has shown that he is well deserving of this award.

Milton Nolan Jr has been selected as Driver of the Month for September 2014 for the Western Division. He has been assigned to Walgreen Company in Clarksville, Tennessee since August 2000. During the past 14 years Milton has shown that he has a good working relationship with the employees at the Walgreen stores, dispatchers, and fellow drivers. He is very meticulous with his job functions, always going the extra mile when needed and makes sure that his deliveries are made in an accurate and timely manner. Milton is a role model for other drivers with his high standards of job performance and easily meets the qualifications for Driver of the Month.

CANADA DIVISION

Dale Antosh has been selected as Driver of the Month for September 2014 for the Canada Division. He has been assigned to Bridgestone Tire in Abbotsford, BC since February 2014. Dale runs peddle and has established himself as a very dependable driver, providing excellent customer service to the Bridgestone clients. He has been extremely helpful with the recruitment of new drivers in the Abbotsford area. Strong communication skills are definitely one of Dale's assets and we are pleased to have him representing the Huron and Bridgestone team in the Greater Vancouver area with this Driver of the Month award.



CPC Safety Manager Tip of the Month..... John Schlichter

PREVENTING VEHICLE FIRES

Fire Prevention revolves around keeping three basic elements from coming together:

FUEL - A substance that will burn. • **AIR** - Oxygen is needed for combustion to occur. • **HEAT** - A certain temperature must be reached for a fire to spark.

4 BASIC STEPS TO HELP AVOID FIRES

KEEP YOUR CAB & ENGINE CLEAN

- Throw out trash, dispose of greasy gloves & oily rags.
- Don't leave lighters or matchbooks lying around
- Check batteries, electrical & exhaust systems during inspections
- Have needed repairs done immediately

TIRES/BRAKES

- Check tires & brakes before, during and after each trip
- Underinflated tires can overheat
- Be sure parking brakes are released before moving, brake evenly, don't ride the brakes.

CARGO

- Watch for smoke in or coming out of the trailer
- Know your load so you can describe it to First Responders
- Don't smoke when handling freight, especially if handling hazmat

FIRE EXTINGUISHERS

- Make sure its charged regularly inspected by a professional
- Know how to use it, Pull pin, stand back, aim at base, squeeze & use sweeping motion.

Employee Safety Tip of the Month winner for September

The winning Safety Tip for September comes from **Deby Melillo**. Deby is a Regional Assistant for the Huron Services Group and has been with the Mississauga, Ontario Canada office since Sept 1999.



Scuba Diver Crossing.....Some people brake for moose, others for scuba divers. Whatever may be crossing in your neck of the woods, make sure you slow down when you see a crossing sign to check for pedestrians.

DRIVER OF THE MONTH PRESENTATIONS



Steve Henritz assigned to Bridgestone Americas Tire Operation in Allentown, Pennsylvania is shown with his Driver of the Month Award for July 2014.



Gaetan Morneau assigned to TMH Logistics Fleet, Pointe Claire, Quebec Canada is shown with his Driver of the Month Award for July 2014.

SPECIAL RECOGNITION PRESENTATION



Barry Tripp assigned to Hospira Inc in Goldsboro, North Carolina since March 2010 is shown receiving a special certificate of thanks and a gift card. Barry's commitment and dedication as a professional driver was exemplary when he helped train a new

group of drivers for Hospira. Pictured L to R: Ken Pruitt CPC Division Manager and Barry Tripp.

CPC News Flash



Ronnie Malpass winner of the July Employee Safety Tip.

Canadian jurisdictions implementing "on-the-spot" violation systems.

Several Canadian jurisdictions have or plan to implement "on-the-spot" ticketing for certain workplace safety violations. The latest, Saskatchewan, implemented the policy starting in July 2014. The Saskatchewan policy allows officers to issue "summary offence tickets" for 12 offences. While most tickets will be issued to employers, contractors, or owners, the policy does allow for tickets to be issued to employees when they fail to wear provide PPE (as long as they have been trained and directed to wear it). This is in stark contrast to U.S. occupational safety law, which only allows for employers to be fined.



REMINDER..... DON'T TEXT AND DRIVE.



Sunday, November 2, 2014 REMEMBER TO SET YOUR CLOCKS BACK ONE HOUR

Look for the NEW Turkey contest in the November Tandem Talk



HEALTH WATCH

7 Foods to Enhance Blood Circulation

The Major role of human circulatory system is to ensure sufficient supply of oxygen and nutrients to all parts of your body. But when there is hindered flow to some parts of the body, in those instances circulatory system problems could arise.

The cause of poor blood circulation is the blockage of blood vessels due to formation of fatty substances called plaque, which constricts the arterial and venous walls. The consequences of poor blood circulation include high blood pressure hypertension, stroke, arteriosclerosis, various veins, kidney damage and aneurysms.

These are 7 food items which has nutritional qualities that may aid in restoring smooth blood circulation in your body and hence promote your good health.

Garlic, Avocados, Sunflower Seeds, Dark Chocolate, Cayenne Pepper, Fibrous Foods (includes lentils, kidney beans, chickpeas, etc.) and Herbal Aids (Korean Red Ginseng, Ginko Biloba, Rosemary, etc.).





BRIDGESTONE AMERICAS TIRE OPERATIONS Green Bay, Wisconsin – September 18, 2014



L to R: Arlin Karnopp and John Soquet.

CROWN CORK & SEAL USA, INC Preston, Maryland – September 10, 2014



L to R: Ben Hudson Preston Plant Manager, Pete McLaughlin Crown Cork Director of Packaging and John Blymyer CPC Regional Manager.



First Row L to R: Dionila Verduo, Ana Perez, Dimary Torres, Lydmar Roldman, Obed Jacobo, Angel Perez-Roblero, Vilma Fuentes, Idalia Vasquez and Americo Garcia.
Second Row L to R: Peter McLaughlin Crown Cork Director of Packaging, Shannon Rickwood, Susan Frazier, Andrez Ramirez, Lorenzo Jacobo Ortega, Antonio Gomez, and Emmanuel Mireles.
Third Row L to R: Aset Jacobo, Juan Munoz, Maricela Munoz, Jose Arevalo, Daniel Patton and Lori Davis.
Fourth Row L to R: Richard Coulbourn, Elin Pabon, JC Dulin, Jerry Wright, Jose Santos, Edwin Velasquez and Alfredo Ruperto.
Not pictured: Ariana Casarrubias and Juan Mendez.

Recent CPC Safety Meetings

Ontario, California – September 12, 2014 Ontario Yard



Front Row L to R: Patrick Williams
Back Row L to R: Gerardo Navarro, Juan Morales, Eddie Frausto, Shane Mosqueda and Ricardo Rodriguez.

Des Moines, Iowa – September 3, 2014



L to R:
Chad Rusher
and
Ronald Miller.

Highway to Health News

Reminder it's that time of year again!

Wellness and Benefits annual enrollment opportunities are here.

Now is the time to review your address and report any changes to your CPC office to make sure you receive all the information.

Eligible employees will have the opportunity to participate in the Wellness program and receive a credit towards their annual health insurance premium. The credit will reduce employee payroll deductions by the following amounts:

- Single coverage - \$520
- Employee + spouse coverage - \$780
- Employee + child(ren) coverage - \$780
- Family coverage - \$1,040

There are three easy steps to the Wellness program.

- Step 1: Get screened to learn your health numbers
- Step 2: Complete a Personal Health Profile
- Step 3: Take action to improve or maintain your health

The Wellness enrollment period ends October 31, 2014 or the applicable date for newly hired employees.

In addition to participating in the Wellness program, Open Enrollment provides an opportunity to make changes to your benefit plan coverage. For example, if you need to enroll, add or remove dependents, cancel coverage, Open Enrollment is the time. This is also a good time to review your entire benefits package and make any adjustments based on your current needs.

The Benefits enrollment period begins October 1, 2014 and ends on October 31, 2014

Details around Wellness participation and Benefits arrived in separate packets. Notify a Benefits Counselor at 800-941-7089 if you haven't received information.

Recent CPC Safety Meetings

TOYOTA QUALITY EXPRESS PARTS Aurora, Illinois – September 6, 2014



Front Row L to R: Perry Croft, Kevin Buckley, Lance Kuntz, Joseph Benham, Randy Richardson and Rick Hinkle CPC Senior Safety Manager. **Back Row L to R:** Glenn fortune, Walter Frueh, Lemon Calvin, Robert Thomas and Jeremy Becker.

WALGREEN COMPANY - Flagstaff, Arizona – August 25, 2014



Front Row L to R: Chris Dennis, Larry Lloyd, Stephen Barela, Richard Pona, Johnnie Konkell and Richard Holcombe. **Back Row L to R:** Jim Treat, Ralph Neal, Sky Commanda, Robert Contreras, Carlton Applebee, Anthony Walters, Donald Molina Jr, Brent Austin, Stacey Shaw Walgreen Dispatch and Bill Marsh Walgreen Fleet Manager.

NAPCO - Leola, Pennsylvania – August 24, 2014



L to R: Bob Perrault, Scott Klaske, Mark George, Jim Hockenberry and Nile DeVoe.

TMH LOGISTICS - Oxford, Alabama – September 13, 2014



Front Row L to R: Thomas Seese and Tommy Smith. **Back Row L to R:** Alex Mason, Robert Shears and Jason Hosford TMH Transport Fleet Manager

Front Row L to R: Barry Knepper, Jack Catlett and Marty Meadows. **Back Row L to R:** Kenneth Price, James Blevins, Jerry Heitt and Brent Dempsey.

“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”



- 1) Who invented the first semi-truck or tractor trailer in 1898?
- 2) What company was responsible for the first truck route?

answers on page 6



Did You Know . . . The Federal Motor Carrier Safety Administration (FMCSA) has added six new violations to its Compliance, Safety, Accountability (CSA) Safety Measurement System.

- Center Bearing (carrier bearing) cracked, loose, broken missing; severity weight of 3
- Drive shaft tube cracked or twisted; severity weight of 3
- Universal joint loose, broken, missing component; severity weight of 3
- Drive shaft yoke ends cracked, loose, broken, missing; severity weight of 3
- Failing to slow down at a railroad crossing; severity weight of 5
- Operating a commercial motor vehicle while possessing a fraudulent medical certificate; severity weight of 10

“There are no great limits to growth because there are no limits of human intelligence, imagination, and wonder.”.....Ronald Reagan

CPC SPOTLIGHTS: The Benjamin Moore drivers in Clifton New Jersey



“A wonderful day yesterday! The Benjamin Moore truck Drivers held a BBQ for some of the Veterans from the VA Home in Paramus, at the VFW 7165. When the residents came off the buses they were met by the VFW POST 7165 Honor Guard and the canon was set off for them. The residents enjoyed all the food and music. I even met a wonderful man named John who was an Air Force veteran. He will be 100 on November 27th. Although in a wheel chair I found my dancing partner he knew all the dance steps and was just the cutest, he constantly smiled. I asked him why he smiled all the time, he said kiddo when you smile at people at my age they either think I’m an old man or a crazy old man in a wheel chair so they smile back. A smile goes a long way kiddo, we all should smile more at people.” This article was submitted on August 24, 2014 by Dona Crum, a nurse who came out with the Veterans.

Kudos to the Benjamin Moore drivers for this BBQ and Post 7165 for their constant commitment to our veterans.

Safety Awards

1 YEAR

Glassner, Bob
 Jackson, Charles
 Leitner, Jeremiah
 McGee, David
 Williams, Christopher

5 YEARS
 Conley, Matthew
 Johnson, Robert
 LaCroix, Kevin
 MacGregor, Timothy
 McNeil Jr, Howard

9 YEARS
 Nelson, Allen

10 YEARS
 Nelson, Martin

2 YEARS

Eckel, Thomas
 Falor, Kyle
 Hunsberger, Josphe
 Miller, Emsije
 Rogalski, Keith

6 YEARS
 Crouch Jr, Cleo
 Hartwell, Matthew
 Smith, Roger

12 YEARS
 Ramirez, Frank

16 YEARS
 Martin, Jack

3 YEARS

Henderson, Justin
 Miller, Jordan

7 YEARS
 Robertson, James

18 YEARS
 Johnston, Don

4 YEARS

Berg, Mathew
 Grover, Rick
 Jones, Marvin
 Townsend, Richard

8 YEARS
 Hargis, Ivan
 Shuler, William
 Simmons, Nathaniel
 Williams, Rodney
 Woodbury, James
 Wright, Darnell

22 YEARS
 Gordon, Ted

Dates To Note: OCTOBER

13 Columbus Day Observed



22 National Nut Day



24 United Nations Day



27 Navy Day



31 Halloween



Nov 2 Daylight Savings Time Ends



ONLY A FEW MONTHS LEFT.....SO DON'T FORGET TO SUBMIT YOUR EMPLOYEE SAFETY TIP OF THE MONTH FOR NOVEMBER. IF YOUR SAFETY TIP IS SELECTED, YOU WILL RECEIVE \$50.00 AND BE ELIGIBLE TO BE ENTERED INTO THE POOL FOR THE END OF THE YEAR BEST 2014 SAFETY TIP. THE 2014 SAFETY TIP WINNER WILL RECEIVE \$500.00. Email your safety tip to k.smith@callepc.com, OR mail to Kerrie Smith, CPC Logistics Inc, PO Box 22827, Bakersfield, CA 93390.

Correction for the September Tandem Talk

The front page
 CPC Drive of the Year - Should be Driver of the Year.
 Should be Canada Division - Allan Huffman.
 Should be Western Division - Anthony Wilkerson .
 Should be Eastern Division – Robert Chestnut

October

TRIVIA of the Month

- Who played defensive back for the New York Giants before he coached the Cowboys??
- Where was the first nuclear reactor built, by Enrico Fermi?
- What three terms are represented in Newton's second law of motion $F=ma$?

Answers in next month Tandem Talk

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

Answers to the September Trivia of the Month:
 Columbia, Pioneer 10, 95 minutes

October 2014 is observed as:

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- National Apple Month
- National Physical Therapy Month
- Eye Safety & Injury Prevention Month