



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 Johann Paulino

According to Webster's Dictionary, the word "Spotlight" is defined as public attention or notice. This month we are proud to shine the CPC spotlight on Johann Paulino.

For the last 10 years Johann has been assigned to drive for Walgreen Company in Orlando, Florida. He is an excellent example of the competent driver who, in spite of his seniority, chooses to stay on peddle runs in and around the Tampa area. Johann takes great pride in representing both CPC and Walgreens in a professional manner, especially when he is behind the wheel of a Walgreens truck.

Johann enjoys his job and the way that it allows him to interact with the store employees on a daily basis. He states that through his years of employment he has been able to develop many friendships. In his spare time Johann enjoys spending time with his family and working in his garden.



FROM CPC MANAGEMENT: Johann is a pleasure to work with. He always has a smile on his face and a positive attitude about his job.
-Mark Echevarria, Regional Manager CPC Logistics, Inc.

FROM THE CUSTOMER: Over the years we have received many compliments on Johann's performance and his kind demeanor. Johann is always willing to help Walgreens Dispatch, 24/7, and does so with a positive attitude.
-Joe Catalfamo, Fleet Manager Walgreen Company



Divisional Drivers Of The Month

EASTERN DIVISION

JAMES HOCKENBERRY has been selected as Driver of the Month for September 2015 for the Eastern Division. He has been assigned to NAPCO in Leola, Pennsylvania since November 2010. Jim has become one of the best drivers at the NAPCO account and maintains a safety record of zero preventable accidents. NAPCO Manager Dave Huffer has stated he wished he had 4 more drivers like Jim. He is well liked and respected by our customer and his peers.

BRIAN SALINSKI has been selected as Driver of the Month for September 2015 for the Eastern Division. He has been assigned to Walgreen Company in Nazareth, Pennsylvania, which is domiciled out of Middletown, Delaware, since December 2006 but has worked for this location since May 1996. He is a dependable driver who maintains an accident-free safety record. Brian works well with Walgreen's dispatch and store employees and is admired for his excellent work ethic.

WESTERN DIVISION

ROBERT GILLHAM has been selected as Driver of the Month for September 2015 for the Western Division. He has been assigned to Walgreen Company in Salina, Kansas since December 2003. Rob is very meticulous in his job functions. He carefully follows the policies and procedures of both Walgreens and CPC Logistics. He makes sure his deliveries are made in an accurate and timely manner and is always courteous to dispatch and store personnel.

RONALD MAHAR has been selected as Driver of the Month for September 2015 for the Western Division. He has a CPC hire date of August 1989 and has been assigned to Walgreen Company in Houston, Texas since August 2003. Ron has logged over 2 million safe driving miles with CPC Logistics and continues to peddle vs. taking a relay position. He is faithful in reporting to work, never complains and has an enjoyable personality that is appreciated by our customer.

CANADA DIVISION

CLAUDE RIVARD has been selected as Driver of the Month for September 2015 for the Canada Division. September marked Claude's 30th year with the CPC family. He was first assigned to the TMH Logistics account, and then later assigned to BSCA in Montreal QC. Claude is well respected by his fellow drivers for his tremendous work ethic and leadership. He is always mindful of our culture of safety and assists with orientation and training of new drivers in Montreal when required. Happy Anniversary, Claude! Safety, dependability, great work ethic – you are the perfect example of why the best drivers on the road drive Huron/CPC.

NEW SAFETY INCENTIVE PROGRAM

IMPORTANT NOTICE

CPC Logistics, Inc. has decided to move away from the use of our current safety incentive rewards system known as the Perks Program. We have submitted our notice of cancellation to Perks and our agreement with them will end effective December 27th.

At that time, you will no longer have access to your points. Please go onto the Perks website and **redeem your points before the cancellation date.** If you have not created an account yet, instructions to do so are below.

The Perks Program will be replaced with a gift card program through Visa. More details on the new program will be distributed in the coming weeks. If you have any questions or concerns regarding the cancellation of Perks or how to set up your account, please reach out to your Manager.

Website: <http://callcpc.perksplus.com>

Instructions: To register, go to the webpage above and click on the **“Need your login info?”** button. You will need to enter your **Driver's License** number and then select **“Continue Registration.”** If you have not registered in the past, it will take you to a screen and ask you to enter an email address and create and confirm a password. Once you do so, click **“Complete Registration.”** If you have any issues, please contact your manager.

MILLION MILE AWARD PRESENTATIONS



Brenda Stewart assigned to John Deere Shared Services in Davenport, IA is shown with her Million Mile Award.



Gerald Tainter assigned to Toyota Quality Parts Express in Tolleson, AZ is shown with his Million Mile Award. Also pictured is Ruben Velasco assigned to Toyota Quality Parts Express in Tolleson, AZ who received a 15 Year Safety Award.



Rafael Garcia assigned to Bose in Yuma, AZ is shown with his Million Mile Award.



Safety Manager
Rory Manning

Safe Driving: Distractions and Alertness

Drivers can allow themselves to be distracted by many things:

- Use Of Electronics
- Pets
- The Radio
- Music/Cds/Tapes
- Gps Units
- A Personal Computer Mounted On A Laptop Workstation
- Eating And Drinking
- Cell Phones
- Reading Maps And Directions
- Smoking, Etc.

Professional drivers of trucks and buses are not allowed to text while driving. A proposed rule would also ban their cell phone use while driving. It is best to remember that when you're driving, you need to concentrate fully on driving.

When it comes to concentrating on driving, it is easier to stay alert if a driver takes proper care of his health. This includes eating a well-balanced diet, engaging in adequate exercise and getting enough sleep. Many things can impede a driver's ability to do these things, but they are all important.

Be aware of the effect of medication on driving. Never drink alcoholic beverages or take controlled substances in connection with driving a big rig. And remember, professional drivers should always wear their seatbelts.

RECENT CPC SAFETY MEETINGS

**BOSE CORPORATION –
YUMA, AZ – AUGUST 21, 2015**



Pictured L to R: Jesus Perez, Gustavo Castro, Jose Jaramillo, Rafael Garcia, Cosme Lujan, Luis Carbajal

**TOYOTA QUALITY PARTS EXPRESS –
PHOENIX, AZ – AUGUST 22, 2015**



Pictured L to R Front Row: Rene Trachsel, Gerald Tainter, Ruben Velasco
Pictured L to R Back Row: Jesus Fierros, Jerry Fletcher, Mark Yahraus

**TOYOTA QUALITY PARTS EXPRESS –
AURORA, IL – SEPTEMBER 12, 2015**



Pictured L to R Front Row: Perry Croft, Lance Kuntz, Randy Richardson
Pictured L to R Back Row: Marcel Vallot, Eric Flint, Lemon Calvin, Walter Frueh, Jeremy Becker

**WALGREEN COMPANY –
FARMINGTON HILLS, MI – SEPTEMBER 14, 2015**



Pictured L to R: Herbert Lawson, Mike Stefanovski, Darnielle Moore
Back Row: Robert Wolfe

**TOYOTA QUALITY PARTS EXPRESS –
CINCINNATI, OH – SEPTEMBER 19, 2015**



Pictured L to R Front Row: Gary Merida, Dave Mueller, Shawn Lee
Pictured L to R Back Row: Benny Shilts, James Lasley, John McGrew, Rick Wilson

**WALGREEN COMPANY –
BUTLER, PA – SEPTEMBER 28, 2015**



Pictured L to R: Doug Fennell and Gerald McFadden

Congratulations TO HURON SERVICES GROUP



At the Infrastructure Health & Safety Association Annual Meeting held on September 24, 2015, Huron Services Group was recognized for having a lost time injury frequency rate of 30% under the industry group average for three consecutive years.

John Harrison is pictured receiving the award from **Enzo Garritano**, IHSA Acting President & CEO.

CPC HAS RECENTLY ESTABLISHED A PRESENCE ON FACEBOOK AND TWITTER.

We invite you to connect with us on either or both of these social media channels. The goal in starting these pages is to enhance communications to our customers and drivers. However, we are also hopeful to catch the interest of prospective drivers and the industry in general, so they can keep up with why “The Best Drivers Drive CPC”.

Please like our Facebook page at <http://facebook.com/callepc>

Follow us on Twitter at <http://twitter.com/callepc>



DRIVER OF THE MONTH



JEFF BORUCKI assigned to Walgreen Company in Perrysburg, OH is shown receiving the Walgreens/Perrysburg Driver of the Month award for August 2015 from Milan Lewis, CPC Operations Manager.



LARRY DANIELS assigned to One World Logistics in Corbin, KY is shown with his Driver of the Month Award for July 2015 for the Eastern Division.

Highway to Health News

Announcing...

Your Enhanced Wellness Website!

We are happy to announce that we have recently enhanced our interactive wellness website that makes it fun and easy to track your health online. The updated website is part of your existing Wellness Coaching program that can help you lose weight, get fit, eat better, quit tobacco, reduce stress, manage certain health conditions, and reach other health goals.

Enhanced Features Include:



View your prioritized To-Do list



Take your confidential Personal Health Profile



Access self-guided, online workshops



Use online progress trackers to help you meet your goals



Participate in interactive competitions and campaigns



Sync your FITBIT[®] data to your wellness website



Get discounted gym and fitness center memberships



Enjoy unlimited support from your Wellness Coach*

*Availability varies

Learn more about Wellness Coaching, take your Personal Health Profile, ...and much more!

Visit [Health Advocate .com/cpc](http://HealthAdvocate.com/cpc)

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ABOUT OBSTRUCTIVE SLEEP APNEA (referred to as OSA)

Did you know?

We can live 3 weeks without food

We can live 5 days without water

We can only live 7 minutes without oxygen



- If you have sleep apnea, pauses in taking a breath while sleeping can last seconds to minutes and can occur up to 500 times a night.
 - Individuals are usually unaware that they have sleep apnea and do not perceive a problem
 - Symptoms usually include snoring and excessive sleepiness
 - You may find yourself wanting to sleep in the middle of the day even though you have slept during the night
 - Sleep apnea is as common as diabetes
 - Too little good sleep appears to be as much a factor in obesity as too much food and too little exercise
1. Do you snore loudly enough to be heard through a closed door?
 2. Do you often feel tired, fatigued or sleepy during the day?
 3. Has anyone seen you stop breathing during your sleep?
 4. Do you have or are you being treated for high blood pressure?
 5. Are you excessively overweight?
 6. Are you older than 50?
 7. Is your neck size over 16 inches or 40 cms?
 8. Are you male?

Calculate your risk and be honest with yourself!

High risk of OSA answering yes to 3 or more questions

Low risk of OSA answering yes to 3 or less questions

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

Cole, Justin
Coon, Scott
Estepp, James
Johnson, Jeffery
Keleekai, Tonian
Le, Nguyen
Melton, Justin
Mullens, Brandon
Oliver, Paul
Plemmons, Charles
Wagy, Michael

2 YEARS

Black, Tara
Fristoe, James
Marsh, Gerard
Schwalbe, Mark

3 YEARS

Armstrong, Jason
Carpenter, Samuel
Crawford, Jimmy
Gutierrez, Abel
Peterson, Robert
Richards, Robert
Tykwinski, David

4 YEARS

Henderson, Justin
Lawson, Herbert
Lowery, George
McFadden, Gerald
Pearsall, William
Rios, Abel
Valdez, Augustin

5 YEARS

Fennell, Douglas

7 YEARS

Bronson, Robert
Brooks, James
Choi, William

DeClue, Daniel
Dietz, John
Rhodes, Lance
Smith, Troy
Stone, Brian

8 YEARS

Stefanovski, Mirche

9 YEARS

Bowman, Donald
Chambers, John
Simmons, Nathaniel
Williams, Rodney

10 YEARS

Curless, Jeffrey

11 YEARS

Spring, Troy

12 YEARS

Couch, Billy

13 YEARS

Pruski, Harvey

14 YEARS

Briscoe, John
Hickox, Joe
Rodriguez, Gregory

15 YEARS

Kaiser, Brett

16 YEARS

Knutson, Douglas

23 YEARS

Fuqua, Lee

25 YEARS

Long, Robert

FALL INTO SAFETY

As the air turns cooler and leaves drop from the trees, it is important to keep a few fall safety tips in mind. With proper precautions and safety awareness, your family can enjoy the crisp autumn weather while avoiding some of the dangers that come with the season.

GET YOUR FURNACE SERVICED

Before winter arrives, it is a good idea to call a professional to do your annual furnace servicing now. Your furnace is by far the most important appliance in your home. Have the filters cleaned and replaced.

FIRE SAFETY

When we "fall back" it is time to replace the batteries in smoke alarms and carbon monoxide detectors. It is also a good idea to have a working fire extinguisher in the house. Make sure everyone who lives in the home is familiar with how it works. Hold a Fire Safety Meeting with family members and go over the steps.

FIREPLACES

Get your chimney inspected every fall. Hire a chimney sweep to clean out your chimney of debris, nests, etc. before you light your first fire. Use the fireplace screens to protect from flying sparks and embers.

**TURN
YOUR
CLOCKS
BACK**



NOVEMBER 1ST