

April 2017



TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

Dany Joya
Driver of the Year



Congratulations

CPC Logistics 2016 Drivers of the Year

Erick Brants

Dany Joya

Howard McNeil

Angel Ramos

Mike Tetlock

The Best Drivers Drive CPC

2016 CPC DRIVERS OF THE YEAR!

CPC is pleased to announce the 2016 Driver of the Year award recipients. Through their outstanding commitment to service and safety, these individuals represent some of the finest driver professionals in the transportation industry. Congratulations to each of you and thank you for your commitment to excellence!

HOWARD Z. MCNEIL JR. – EASTERN DIVISION

Knowledge. Professionalism. Dedication. Howard McNeil emulates these descriptive words on a daily basis. He presents himself well-organized and meticulous to detail. Howard joined the CPC Logistics team assigned to the Walgreen Company in Perrysburg, Ohio in June of 2008. He is currently the dedicated trainer for all of the Perrysburg DC locations. He was recently certified as a Smith System Trainer and now has an additional safety resource to pass on to his trainees. Howard is highly admired by his fellow drivers, the Walgreens office staff, and the Walgreens store personnel. Howard has served our country in the United States Marine Corp, and is the proud father of six children: Amin 39, Hannah 36, Anthony 31, Chloe 27, Mariah 25, and Sheldon 23, who is a USMC MP and has recently received his degree in criminal justice.



**HOWARD
MCNEIL
JR**

ANGEL RAMOS – EASTERN DIVISION

Angel Ramos started his career with CPC Logistics in September 2001, and for the last 16 years has been providing outstanding service to the Transportation team at Benjamin Moore in Clifton NJ, as well as the stores he delivers to. Angel has accumulated 13 years of safe driving, delivering in one of the most difficult markets in the country - the 5 Boroughs of New York. Despite all of the difficulties a big city and all of its millions of people bring, Angel always has a positive attitude that his customers find contagious. He consistently goes above and beyond what is asked of him and is always willing to volunteer to help when needed. Angel's main focus each day is safety and professionalism, which is evidenced by his Transportation Manager who says Angel is the most detailed and customer focused driver he has seen. Angel has epitomized the CPC slogan – "The Best Drivers Drive CPC". We are proud to recognize Angel for everything he has done for CPC and Benjamin Moore over the years!



**ANGEL
RAMOS**

ERICK BRANTS – MIDWEST DIVISION

Erick Brants started his career with CPC Logistics in September 2002 and has been assigned to the Walgreen Company in Round Rock, Texas since that time. Erick has been the peddle driver his entire career with CPC and sees himself finishing his career in the same position. Erick very much enjoys his job along with servicing his customers on a daily basis. Erick has a great relationship with store personnel and they enjoy when he comes to deliver. Erick first became interested in trucking as a boy. He had a neighbor who was a professional driver and was able to ride along in his truck after school and during the summer. However, driving was not his first choice of a career. Erick dreamed of being a professional baseball player and tried to walk on with the AAA affiliate of the Kansas City Royals and the Omaha Royals, but family responsibilities cut his baseball career short. Originally from Iowa, Erick states he moved to Texas because he never wanted to shovel snow again. He is happily married to his wife Cheryl, who coincidentally was an assistant manager at one of his Walgreens domicile stores. He has 2 children, 3 stepchildren and 6 grandchildren. Erick is very involved in his church, Fellowship Church in Liberty Hill, Texas where he is involved in prison ministries and serves as the drummer in the Praise Band.



**ERICK
BRANTS**

DANNY JOYA – WESTERN DIVISION

Danny Joya (pictured Page 1) has been with CPC Logistics since May 2005 and is assigned to Walgreen Company in Moreno Valley, California. During his 12 years with CPC, Danny has maintained a DOT accident and injury free record. He was awarded Driver of the Month award in both July 2007 and April 2016. Danny is a driver trainer. He is held in high regards by his colleagues and serves as a knowledgeable resource for the new drivers. He has been called on many times to fill in for driver's calling off, running extra routes and backhauls. No matter when called upon, Danny will do whatever he can to help out another driver. In addition to driving, Danny took classes in Word and Excel to become a more valuable asset to the Walgreens dispatch team and has been able to step up and help out in the office. In his spare time Danny loves riding his Harley and spending time with his family. We are very proud of Danny and the contributions he makes to our team every day.



**DANNY
JOYA**

MICHAEL TETLOCK – CANADA DIVISION

Mike Tetlock has been with CPC Logistics/Huron since October 1997 and is assigned to John Deere Private Fleet in Regina Saskatchewan. He has established himself as a very dedicated driver who takes pride in his work and can always be depended on to get the job done. Last year Mike was driving in Minnesota in the middle of the night when he came upon a pedestrian who was dressed in black and walking down the middle of the road. While he did clip the pedestrian, Mike was able to swerve and avoid full contact while keeping control of his truck and avoiding further injury to himself and others. Mike called 911 and waited for police and ambulance to arrive to ensure that the pedestrian was properly attended to and not struck by other vehicles. During their investigation, Police determined that the individual was intoxicated and praised Mike for his professionalism in assisting authorities. Mike is an outdoorsman; he enjoys hunting, fishing and camping with his wife Janet. He also likes working on classic cars. A very dedicated driver with a great safety record makes Mike a shining example of why the Best Drivers drive CPC, and we are pleased to recognize him as Canada's Driver of the Year for 2016.



**MICHAEL
TETLOCK**

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Richard Townsend has been selected as Driver of the Month for March 2017 for the Eastern Division. Rich has been assigned to Walgreen Company in Perrysburg, Ohio since June 2008. Rich is highly regarded by the Walgreens Transportation Department on how he approaches his daily deliveries and for his commitment to the stores. He is very professional, efficient and accommodating towards the needs of Walgreens stockroom set up. He is extremely organized when facilitating the unloading of the truck which is a huge benefit to the stores and helps to make the unloading process much easier for them. Rich always takes the time to offer advice to other drivers regarding their deliveries or just to pat them on the back and encourage their good work habits.

Terry King has been selected as Driver of the Month for March 2017 for the Eastern Division. Terry has been assigned to New South Express LLC in Lincoln, Alabama since May 2007. He is a very dependable and safe driver and is extremely well liked by all of the NSE associates at the Talladega warehouse. Terry has not had any accidents which is an amazing accomplishment considering the amount of yard moves he does each day. He has a great attitude and gives his best each day and he is well deserving of this Driver of the Month award.

MIDWEST DIVISION

Christopher Davis has been selected as Driver of the Month for March 2017 for the Midwest Division. Chris has been assigned to Walgreen Company in Mt. Vernon, Illinois since December 2000. Chris is an extremely dedicated and focused individual who has proven to adapt to the ever changing demands of his position. In addition to being an outstanding delivery driver and relay driver, Chris is also a key member of our voluntary Driver Advisory Committee to provide input that will enhance Safety and Operations areas. He is a driver trainer for new hires, has participated in the Student Driver Program at the local community college and he has trained many on the Smith System, traveling to many domicile locations to do so. Chris sets a high standard in the area of job performance and we are happy to award him this Driver of the Month award.

WESTERN DIVISION

Glen Dotson has been selected as Driver of the Month for March 2017 for the Western Division. Glen has been assigned to Walgreen Company in Nampa, Idaho since May 2009 and has not had any preventable accidents or injuries during this time. Glen shows up for work on time and does his relay without fail every day. He gets along with his fellow driver from which there has never been a bad word spoken about Glen or his work ethic. Glen is quiet, does his job without any issues and works with a safety first mindset.

CANADA DIVISION

Gaetan Beaulne has been selected as Driver of the Month for March 2017 for the Canada Division. Gaetan has been assigned to the Bridgestone in Anjou, Quebec since July 2015. As a Divisional Driver, Gaetan has a varied schedule and is never sure where he might be going through the course of a week. We appreciate the fact that he is very accommodating, has a very pleasant manner, is always punctual and takes a great deal of pride in doing his job well. Gaetan's work habits and dependability are a great example of a true professional driver.

MANAGER SAFETY TIP OF THE MONTH



Isaac Harmon

According to the Bureau of the Labor statistics, Heavy tractor-trailer drivers remains one of the occupations with the highest injury rates in the private sector. In 2015, for every 10,000 workers there were 298.7 injuries. That number is very high, however, it is a huge improvement from 2014 which had a rate of 355.4 injuries per 10,000 workers. The most common injury was Musculoskeletal Disorders (MSDs), such as sprains or strains resulting from overexertion in lifting, which accounted for 31 percent (356,910 cases) of the total cases for all workers. Sprains/strains/tears remains the most common cause of injuries which is most commonly caused

by improper lifting technique. Improper lifting can cause negative effects on different parts of the body. Joints and muscles can be stretched or pulled in ways that can make them susceptible to tears, strain muscles by putting more pressure on them than they can handle, and develop a cumulative affect over time on certain parts of the body such as the lower back. While, not every case can be perfectly lifted with the proper form, we must always focus and try to improve our body position to reduce the exposure and stress that our lifting does place on our bodies.



LIFTING SAFELY IS A CPC FACT!

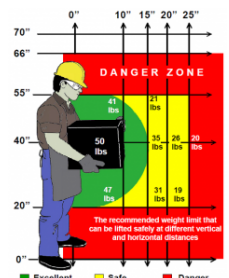
- FOCUS** - on the task and product you have to lift.
- ANTICIPATE** - how to position your body to safely lift the product.
- CORRECT** - your position or move any product that could be preventing you from improving your body position.
- TALK** - to your manager/safety manager on load issues to work with the customer to improve load quality.

WE CAN DO THIS BY FOLLOWING 3 SIMPLE LIFTING TRICKS:

Lifting Keys

3 KEYS OF LIFTING

- 1) **Stay as close to Power Zone as you can**
 - a) Don't Settle - Can you improve your lift?
- 2) **Heads Up-Forces back to stay straight**
 - a) Straight Back - Strong Back
 - b) Build a bridge if Necessary
- 3) **Pivot Front Fott - Don't Twist**



RECENT CPC SAFETY MEETINGS

WALGREEN COMPANY - JENKS, WAGONER & MUSKOGEE, OK - APRIL 10, 2017



Front Row L – R: James Weaver, Marshall Wilson, Audie Brodie, David Osborne, Donald North
Back Row L – R: Ronnie Bennett, Andrew Maher, Curtis Hughey, Josh Parks, Jason Parker

WALGREEN COMPANY - ALBUQUERQUE, NM - APRIL 3, 2015



Front Row L – R: David Campos, Ron Lucero, Anthony Gross
Back row L – R: Rex Reagan, Jerry Romero, Scott Gross

BRIDGESTONE AMERICAS TIRE OPERATIONS - ROANOKE, TX - MARCH 25, 2017



WALGREEN COMPANY - PENDERGRASS, GA - MARCH 20, 2017



First Row L-R: Darrell Moon, Kenneth Charles, Walt Edwards, Darryl Owens, Curtis Boles, Quinnton Evans, Tony Collins
Back Row L-R: Scott McRae, Larry Crawford, John Davis, Stephen Brown, Fred Adams, Jermain Allen, Chuck Patrick, Corey Autry, Matt Edwards, Scott Laurich, JJ Jackson, Jeremy Summers, Jason Savage

WALGREEN COMPANY - NAZARETH PA - APRIL 10, 2017



Front Row L-R: Greg Williams, Amauris Navarro, Joseph Robles, Luis Sanchez, Pedro Esquea, Emmanuel Diaz, Jeff Cartwright, Waleed McFadden, Kevin Storey, Chris Ford, Luis Lebron, Thomas Grube, Niles Frantz, Brian Mack
Back Row L-R: Carlos Acevedo Ortiz, James Davis, Jesus Gomez, Chris Moore, Greg Hockman, Dariusz Chowanec, Danny Rivera, Andrzej Kulesza, Kevin Zeiner, Felipe Garcia, Joseph Kelco, David Fallat, Mike Gangaware, Jeremiah Hege, John Bittenbender, Steve Bowen, Zoltan Kopeczky, Doug Keller

BRIDGESTONE AMERICA'S TIRE OPERATIONS PORTLAND, OR - MARCH 25, 2017



Front Row L-R: Taz Brown, Brad Miller, Dean Williams, Alfredo Rosell and Oscar Betancourt
Second Row L-R: Tom DeGarmo, Wolfgang Copeland, Jeff Beckwith, Doug Wickum, Steve Mann, Robert Sungaila, Mike Frasier and Aaron Welsh
Third Row L-R: Kevin Jacobs, Tom Williams, Ed Holmquist, Don Luttrell, Bob Rice, Bill Marbut and Rick Thompson

JOHN DEERE SHARED SERVICES - DAVENPORT, IA & MILAN, IL - APRIL 1, 2017



Front Row L – R: Damian Dorland, Gerald Barth, Matt Dosland, Bob Dowdal, Pat Dunn
Back Row L – R: Mark Arndt, Kevin Dobreiner, Roger Cline, Bill Ganzer, Ed Grief



Front Row L – R: William Lynch, Jerry Lafrenz, Calvin Mangler, Lori McCrary, Sandra Orwig
Back Row L – R: Joe Janusz, Curtis Lemley, Don McLaughlin, Phil Orwig, Steve McManus



Front Row L – R: Richard Randolph, George Rockwell, Rudy Roth, Tim Steiniger, Brenda Stewart
Back Row L – R: Mike Shea, Stuart Shuck, Johnny Small, Tony Spittler, Don Stewart



Front Row L – R: Terence Wheeler, Tony Zaiss, Jim Smith, Mike Timmerman, Roy Gaines
Back Row L – R: Brian Troutman, Tim Townsend, Pete Tyler, Marcelino Mier, Carl Wildermuth

2 MILLION AWARD



Jerry Lafrenz assigned to John Deere Shared Services in Davenport, Iowa is shown receiving his 2 Million Mile Award. Pictured L-R: John Van Geest, Manager – John Deere North American Fleet, Jerry Lafrenz and Larry Foltz, Executive Vice President of Operations, CPC Logistics.



Calvin Mangler assigned to John Deere Shared Services in Davenport, Iowa is shown with his 2 Million Mile Award.

3 MILLION AWARD



Jerry Barth assigned to John Deere Shared Services in Davenport, Iowa recently received his 3 Million Mile Award.

Pictured L – R: John Van Geest, Manager, John Deere North American Fleet, Jerry Barth and Larry Foltz, Executive Vice President of Operations, CPC Logistics.

Driver Appreciation Luncheon

The drivers at the Walgreen Company domicile in Orlando, Florida recently enjoyed a Drivers Appreciation Luncheon honoring their hard work and dedication.



L – R: Richie Rivera, Ken Mitchell, Miguel Rivera-Serrano, Rickey Vazquez, Bruce Althouse, Walgreens Transportation Manager



L – R: Chris Knox, Richie Rivera, Mitch Landreville, James Burch Jr., Ricardo Borrero, Alberto Chavarria

DRIVER OF THE MONTH PRESENTATIONS



Robert Nicks assigned to One World Logistics in Lincoln, Alabama was recently presented the Driver of the Month Award for December 2016. Pictured L to R: Randy Curlee, CPC Operations Manager, Robert Nicks and Chris Loyd, One World Logistics Operations Manager.



George Groller assigned to Bridgestone Americas Tire Operations in Allentown, Pennsylvania was recently presented the Driver of the Month Award for November 2016. Pictured left to right are BATO On-Site Supervisor Rory Kopp and George Groller.



Ricardo Borrero assigned to Walgreen Company in Orlando-Jupiter, Florida is shown with his Driver of The Month Award for January 2017.



Mike Shea assigned to John Deere Shared Services in Davenport, Iowa was recently presented the Driver of the Month Award for November 2016. Pictured left to right are: John Van Geest, Manager, John Deere North American Fleet, Mike Shea and Larry Foltz, Executive Vice President of Operations, CPC Logistics, Inc.

HIGHWAY to HEALTH

It's the season ... for allergies - Do you dread the outdoors or live in fear of an asthma attack? You're likely one of the 35 million Americans with seasonal allergies.

YOU CAN FIND RELIEF

The changing weather can make many of us miserable. Allergies can't be cured, but you can limit your symptoms.

- Keep an eye on pollen and mold counts in your area.
- Limit the time you spend outside in the morning and on warm or breezy days.
- Keep your home as dust-free as possible, vacuum often and use air conditioner.
- Ask your doctor if an over-the-counter or prescription medicine might help.

Take command of your asthma

Do you sometimes wonder if your asthma is getting worse or generally becoming out of control? Regardless of your age or how long you have had asthma, it is important to keep your symptoms in check.

TREATMENT - Asthma is treated with medications and by avoiding the things (triggers) that cause your symptoms to start or worsen. By avoiding or reducing your exposure to triggers, you can reduce the amount of medicine you need, and you will be able to work and play without difficulty.

Watch for these signs that your asthma is becoming out of control:

- Asthma symptoms are occurring more often
- Asthma symptoms are worse (even a little) than they used to be
- Your asthma wakes you up at night
- You missed a day (or more) of work or school because of asthma symptoms
- Your sympathetic peak flow readings are lower than your "personal best"
- You are using your quick-relief inhaler every day or more often than usual
- You had to go to the emergency room or the doctor's office because of an attack

DO NOT IGNORE THESE SIGNS.

Make an appointment with your health care professional today to talk about the signs you are experiencing. You may need a change in your medication or changes in your environment to help you avoid exposure to triggers.

DID YOU KNOW?

- Allergic disease, including asthma, is the fifth leading chronic disease in the U.S. in people all ages. It is the third most common chronic disease in children under 18 years old.
- In 2010, Americans with nasal swelling spent about \$17.5 billion on health costs. They have also lost more than 6 million work and school days and made 16 million visits to their doctor.
- Jackson MS, Memphis TN, Syracuse NY, Louisville KY and McAllen TX were named the top 5 most challenging places to live with spring allergies in 2016.

RECIPE: STRAWBERRY SPRING SALAD

Ingredients:

- 3 tablespoon white wine vinegar
- 3 tablespoon water
- 1 tablespoon honey
- 1 tablespoon extra-virgin olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups quartered strawberries
- 1 bag (10 oz.) Italian blend salad greens (about 6 cups)
- 4 teaspoon toasted pine nuts



Directions

Combine first six ingredients and stir well with a whisk. Combine strawberries and greens. Add vinegar mixture. Sprinkle with nuts. Yield: 4 servings

SAFETY AWARDS

1 YEAR

Alpizar, Saul
Beaulne, Gaetan
Decker, Ron
Gordon, Stephen
Hall, Joshua
Hearn, Lewis
Hurley, Ken
Jimenez, Antonio
Krzemien, Jacek
Locke, Martin
Mattina, Louis
Nadeau, Linda
Penny, Mark
Piotrowski, Peter
Proulx, Marc-Andre
Radford, Harry
Shields, SAM
Stopanski, Lyndon
Vadner, Jason
Young, Bernard
Young, Robin

2 YEARS

Antosh, Dale
Armstrong, David
Book, Bill
Calderon, Luis
Claridge, Ron
Coelho, Justin
Collins, Rodney
Desenclos, Alland
Diaz-Mendoza, Leopoldo
Garden, Alan
Glencross, Pete
Godden, Robert
Hernandez, Raymundo Varo
Jacklin, Neeven
Jimenez, Angel
Joseph, Calvin
Kendrick, James
Lee, Patrick
Longoria, Jr., Benito
Madrid, Sandra
McDermott, John
McDonald, Ken
McLaughlin, James
Meilleur, Russell
Morel, Charles
Nicholson, Todd
Packham, Randy
Perkins, Ken
Rodriguez, Isidro
Ryckman, Curtis
Selders, Anthony
Thomson, Don
Tynes, James
Zamudio Cervantes, Carlos

3 YEARS

Anderson, Orville
Bachynski, Dale
Beckler, Loren
Berg, Dewayne
Christian, Antonius
Fernandez, Luis
Filbert, David
Garcia Vivar, Miguel
Globstad, Harry
Goldberg, Eric
Jewell, Brad
Johnson, Gary
Kniep, Randy
Light, Roger
May, Steve
McClintock, James
McGaffee, Michael
Medeiros, Paul
Noplos, James
Patterson, Andrew
Ramirez, Felipe
Ribota, Eduardo
Sanchez, Jose
Sarantakos, Nick
Shatter, Ronald
Siemonsma, Donald
Swenson, Jeffrey
Thorstenson, Gordon
Varo, Juan
Villalobos, Luis
Wallace, Michael
Zacharewicz, Artur

4 YEARS

Brownell, Lee
Bryant, Henry
Donohue, William
Ferreira, Hayden
Hache, Michel
Hanaback, Scott
Jacklin, Murray
Pitman, Guy
Pragman, Daniel
Townsend, Gary
Voortman, Rick
Washington, Larry

5 YEARS

Andino, David
Christman, Butch
McCarthy, Richard
Meehan, Jason
Moisan, Randy
Provonsil, Kenneth
Souza, Michael
Taitt, Martin

6 YEARS

Barela, Stephen
Barron, Lee
Dorsey, Anthony
Doucette, Chris
Landry, Anthony
Martineau, Richard
Morrison, Ronald
Pitre, Larry
Rysinski, Daniel

7 YEARS

Fencil, Scott
Muse, Arthur
Nicholson, Steven
Piyasena, Kapila

8 YEARS

Burton, Bruce
Davis, Joseph
Derksen, Earl
Huffman, Al
Nicholls, Bryan
Paddock, Michael
Parisio Jr, Joseph
Schliegmeyer, David
Simpson, Brian

9 YEARS

Brew, Mark
Bunting, Garry
Currie, Jack
Davis, Kevin
Levesque, Brian
Linke, Albert
Morneau, Gaetan
Neal, Jr., Russell
Thornton, William

10 YEARS

Boivin, Daniel
Cuiper, Rick
Harsell, Gregory
Howard, Charles
Schelp, David
Slayton, Larry
Wright, Bruce

11 YEARS

Amick, Jerry
Amoah, Alex
Bloodworth, James
Brown, Don
Thomas, Ken

12 YEARS

Anderson, William
Kennedy, Robert
Martin, Richard

13 YEARS

Gladstone, Troy

14 YEARS

Burton, Edward
Byers, Lonnie
Curry, Brian

15 YEARS

Gibson, William
Grafton, Lenard

17 YEARS

Bremner, William
King, Keith

18 YEARS

Antoni, Phil

19 YEARS

Ramsdill, Loren
Tetlock, Mike

22 YEARS

Ferland, Jean Claude

24 YEARS

Packham, Rick

25 YEARS

Adkins, Wendell

29 YEARS

Purvis, William
Sisler, Stewart

31 YEARS

Rivard, Claude

35 YEARS

Shields, Charlie



Happy Easter!

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