

Tandem Talk

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

BEST DRIVERS DRIVE



MEET PAT RYAN



Pat Ryan has been assigned to Kelloggs Snacks in Sumner, Washington since Kelloggs came on-board with CPC in April of 1991.

Pat has performed well in his driving duties with Kelloggs over the years. He is always in the top quartile on the performance and reporting metrics, and he has built a great working relationship with the Kellogg Sales partners and store receivers.

Pat does a great job in utilizing the electronic onboard computer and other technology which is used daily to perform his driving and delivery duties, ensuring that he remains in compliance with all DOT laws & regulations.

During his career with CPC, Pat has assisted as a Driver Trainer with the onboarding of new drivers at the Kelloggs account.

PAT RYAN IS JUST ANOTHER EXAMPLE OF WHY WE SAY...

THE BEST DRIVERS DRIVE CPC!



DIVISIONAL DRIVERS OF THE MONTH
EASTERN DIVISION

Donald Carroll has been selected as Driver of the Month for November 2016 for the Eastern Division. Don has been assigned to Walgreen Company in Anderson, South Carolina since August 2007. He has performed all functions of the job from cart deliveries, floor loads, relay runs and backhaul runs. He does a great job and is dedicated to the success of the private fleet. Recently Don witnessed a two-car accident in front of his truck and sprang into action by using his fire extinguisher to push back flames and help an accident victim to safety before the vehicle became engulfed in flames. Don is definitely someone that CPC is proud to have as an employee.

George Groller has been selected as Driver of the Month for November 2016 for the Eastern Division. George has been assigned to Bridgestone Americas Tire Operations in Allentown, Pennsylvania since May 2009. He has rarely, if ever, missed a day of work. When he is given an assignment, it is always completed and completed on time. George is always respectful to our customers and dispatch and is well liked by both. George is very deserving of this Driver of the Month Award.

MIDWEST DIVISION

Michael Shea has been selected as Driver of the Month for November 2016 for the Midwest Division. Mike has been assigned to John Deere Shared Services in Davenport, Iowa since August 1995. During his time with CPC, Mike has driven a variety of routes as a team driver and solo driver. He always chooses a route that allows him to make the most of the hours of service regulations. Mike received a 2 Million Mile Award in February 2015 which is a significant milestone. He was recently named to the NPTC All Star driver program which is a testament to Mike's work ethic and professionalism.

WESTERN DIVISION

Thomas Rogers has been selected as Driver of the Month for November 2016 for the Western Division. Thomas has been assigned to Bridgestone Americas Tire Operations in Hayward, California since September 2005. Thomas is a team player who helps wherever he is needed. He professionally executes the duties of his job and has strengthened customer service for Bridgestone in the Bay Area. Thomas has also had an exemplary safety record and has recently earned his 10 Year Safe Driver Award. Thomas has all of the qualities we look for in a CPC driver and is well deserving of this Driver of the Month Award.

CANADA DIVISION

Donald Thomson has been selected as Driver of the Month for November 2016 for the Canada Division. Don has been assigned to John Deere Private Fleet in Grimsby, Ontario since February 1999. Historically, Don has been one of the higher mileage drivers in the fleet and he can always be counted on to be a very safety conscious driver who takes great pride in the equipment he drives and the freight he hauls. He is very dependable and gets the job done in a safe and timely manner. We are pleased to recognize Don as our November Driver of the Month.


HERB MORTON
WINTER DRIVING TIPS


- **Be prepared.** Plan your trip accordingly by checking weather forecasts and possible construction areas along your route, chart fuel and meal stop locations, and allow extra time for traffic delays. Get plenty of rest. Dress properly, in layers, to keep yourself warm and dry. Cover your head to avoid heat loss from the body. Expect elevated vehicle numbers during weeks leading up to the holiday weekends.
- **Do a thorough pre-trip inspection.** Do a visual, hands-on inspection and check all important items, including tires, wiper blades and fluid and lights. Ensure you have tire chains in good working order. Make sure you have enough fuel. Check your vehicle often. Also, shifting product and icy roads are not a good combination. If possible, drivers should monitor the shipper's loading procedures to ensure weight has been evenly distributed within their trailer and do your best to secure it. This includes dunnage.
- **Slow down and give yourself extra space.** Compensate for poor traction by slowing down and making all movements gently - never drive faster than conditions allow. Double or triple your following distance and never tailgate. Keep at least a ten second following distance when driving on snow and ice covered roads. Turn OFF the cruise control - Don't use cruise control or overdrive on icy roads.
- **Beware of black ice.** Black ice is formed when snow or ice melts and freezes again. Black ice can fool drivers into thinking it's water. This shiny form of ice is one of the most slippery road conditions. Black ice is likely to form first on bridges & overpasses, in shady spots & at intersections. Bridges & overpasses freeze before roadways.
- **Braking and accelerating.** Drivers need to be aware of becoming overconfident if they have antilock brakes. If the brakes happen to lock, release them to avoid sliding. This will help to regain steering. Always brake gently to avoid skidding.

If you begin to skid:

- * Take your foot off the gas
- * Then steer in the direction you want your truck to go
- * Do not slam on the brakes
- * **Don't ask your truck to do more than it can.** If you don't feel comfortable driving, safely park it until weather improves! **YOUR SAFETY IS IMPORTANT!**
- * **ALWAYS wear your seat belt!!**

Focus. On your goal to get home safely

Anticipate. More traffic during Christmas and New Year holiday weeks

Correct. Any vehicle issues to avoid stranded in the cold

Talk. Ask veteran drivers for information about unknown locations to avoid problems



RECENT CPC SAFETY MEETINGS

WALGREEN COMPANY – HILLSBOROUGH, GRAHAM & HIGH POINT, NC – DECEMBER 5, 2016



First Row L-R: Virgil Lisane & Dennis Cobb

Back Row L-R: Mark Rieger, Charlie Graham & Sheku Dumbuya

WALGREEN COMPANY – FLORENCE, SC – NOVEMBER 28, 2016



L-R: Michael Toney, Brooks Carter, Ellison Brunson

BENJAMIN MOORE & CO – ORLANDO, FL – NOVEMBER 19, 2016



L-R: James Gonzalez, Obed Perez, Tim Sentz, Fernando Amor, Jose Cruz-Adorno, Emilio Olan, Ralph Garrabrant, Tom Shortlidge – Benjamin Moore & Co. DC Manager

TOYOTA QUALITY PARTS EXPRESS – AURORA, IL – DECEMBER 3, 2016



L-R: Eric Flint, Randy Richardson, Lance Kuntz, Lemon Calvin, Walter Frueh, Jeremy Becker, Perry Croft and Thomas Bowe

BRIDGESTONE AMERICAS TIRE OPERATIONS – WOODRIDGE, IL – DECEMBER 9, 2016



First Row L-R: Ezard Stallworth, Kenneth Lewis, Joseph Valenti, Jim Volante, Tom Szweda, Caleb Centeno and John Bienemann

Second Row L-R: Darius Tamosaitis, John Holland, Thomas Sudberry, Leodis Thomas, Dave Grant and James Mooney

Third Row L-R: Thomas Bonner, Frank Gilliam, Rodrigo Nieto, Larry Johnson and Kevin Miller

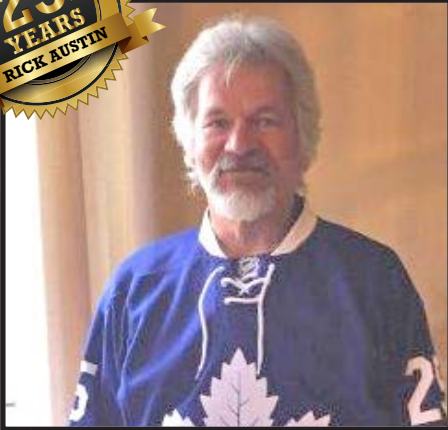
AVERY DENNISON - SHARONVILLE, OH - NOVEMBER 19, 2016



First Row L-R: Todd Cryder, Bill Dykes, Mark Mahan & James Matheson

Second Row L-R: Tim Wright, Todd Wheeler, Ralph Dean, Rick Avery, Jeff Shoopman, Barry Harmon, Anthony Sims & Ryan McManus

SPECIAL RECOGNITION



Rick Austin was honored for having reached **25 years** of service with Huron Services Group. Assigned to the John Deere Fleet in Grimsby, Rick started as a driver and then moved into the Dispatch role - a position that he has held for many years. Rick has always distinguished himself by his work ethic and his ability to get along with everyone. He is well respected by the drivers and is a past recipient of the President's Award in recognition of his dedication and excellent work habits. Rick is a loyal and long suffering Toronto Maple Leafs fan, so in recognition of his years of service he was presented with an official Maple Leafs jersey embroidered with his name and the number 25 on both sleeves. Hopefully he can wear it to their Stanley Cup parade sometime before it wears out.

Congratulations Rick and thanks for everything you do!



At a recent gathering in Montreal, **Claude Rivard** was recognized for over **30 years** of service with Huron Services Group. Claude initially started with Tona Transport when it was the DuPont Private Fleet and then transferred over to the Bridgestone account a couple of years ago. A long time Team Leader, Claude is very respected by everyone who has worked with him. He is very much safety oriented and always takes the time to help out his fellow drivers when required. In 2011 Claude was inducted into the PMTC Driver Hall of Fame in recognition of his many years of accident free driving and the culture of professionalism and safety that he takes to work every day.

Claude and his wife, Josee, are pictured with his award.

MILLION MILE AWARD



Michael Nyberg and **Travis Gonier** assigned to Bridgestone Americas Tire Operations in Minneapolis, Minnesota are shown with their Million Mile Awards.



Luis Palos assigned to Bridgestone Americas Tire Operations in Ontario, California is shown with his Million Mile Award.

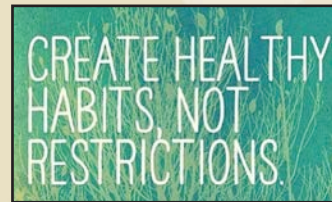


Edward Tsagris assigned to Bridgestone Americas Tire Operations in Ontario, California is shown with his Million Mile Award.

New Year, New and Healthy You

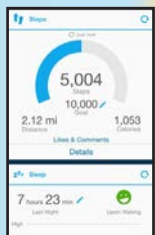
It's easy to get burned out after the Holidays. You're probably too tired to even read this! Something happens when we're in a constant rush, stuffing our schedules and our bellies like stockings above the fireplace. We can only handle so much excitement before the stress and the weight catches up to us. As a result, many of us enter the New Year feeling burnt out, groggy, and pudgy. The idea of "new year, new you" is far, far out of reach. Now that the holidays have passed and we've started the New Year, how can we recover as we get back in our usual routine? Here are some practical steps to reclaiming mind and body and reenergizing for the coming year.

We need energy and this not surprisingly comes from the food we eat. Don't worry about eliminating things from your diet; focus instead on adding nutrient-dense foods to meals. Sure, there's no real nutritional value in a holiday cookie, but don't feel obligated to start by taking it away. Focus instead on adding in some good stuff each day, like an apple with breakfast or a side salad at lunch, oatmeal for breakfast instead of sugar laden cereals. Start simply, Make weekly resolutions just one change at a time. Don't try to overhaul your diet overnight. If you make too many changes at once, chances are you'll get frustrated and throw in the towel. Remember, you're recovering from burnout, not trying to win a swimsuit competition or become the next American Ninja Warrior.



HERE ARE 3 QUICK TIPS TO START YOU OFF.

- 1. Take one-third off.** When you eat dinner out, reduce the temptation to clean your plate by setting aside one-third of your meal. Ask the server for a doggie bag, scoop a third off your plate before you start and take it home for lunch the next day. Try serving yourself one-third less at home too, use a smaller plate. This simple tactic could subtract more than 500 calories a day.
- 2. Go easy on the alcohol.** Remember that alcohol is a major source of calories. A 12-ounce beer has 150 calories; a 3.5-ounce glass of wine, 85. A margarita packs a bigger caloric punch. Even worse offenders are creamy cocktails like mudslides they are just the equivalent to drinking a rich dessert. The bottom line: If you're trying to lose weight, cut out the alcohol.
- 3. Move!** Wear that fitness tracker you got in your Christmas stocking or buy one in the sales. If you can't manage 10,000 steps a day then just do 5,000 – 7,000 at a faster pace research tells us the health benefits are very similar. If walking isn't your thing, push the lawn mower, jump rope, shovel snow, do the neighbor's yard too! Whatever you do, just get off the couch and move.



In the New Year, so much of our focus is often placed on how we eat and how much we exercise. Obviously, these habits are important. But long-lasting energy is about more than how we fuel our body. It's also about how we fuel our mind. Imagine that every thought you think is a message to every one of the trillions of cells in your body. In fact, the way we think might influence our body's vitality, right down to our cells.

There are a lot of strategies out there for keeping spirits high. But here are just three simple tips for maintaining mental energy:

- 1. Be grateful.** Every day, write down just one thing for which you're grateful. This will help you focus more on the positive things in your life and shift away from focusing on the negative.
- 2. Grab some tunes.** Music is a powerful energy creator. Take the time to make a playlist of your favorite, heart-thumping tunes. Play this "Mind-Energizing Playlist" every morning for at least ten minutes or as needed throughout the day.
- 3. Take time to relax.** Quiet your mind. Listen to the space between your thoughts. Just take time to gather your thoughts and relax.

Most New Year's plans rely on willpower, which almost always fails eventually (we can only force ourselves to do things for so long before we run out of steam). Do things because you are ready and willing and not just because the calendar tells us to.

By treating ourselves with some tender loving care and bringing renewed energy to our bodies, minds, and sense of purpose, we can enter the New Year ready to make it the best one yet. **Happy New Year everyone!**

New Year, New and Healthy You

9 WAYS TO MAINTAIN HEALTHY CHANGE

For most people, an old habit — especially an addictive one like tobacco use — can be tempting for a long time after the habit is broken. The maintenance stage of change is a time to be on your guard. Though you've successfully made a change, it's important during this time to avoid the temptation to relapse back to your old ways. The following tips can help you stick with your healthy change:

- 1. Review your helpful duo** - Go over your list of all the negative things that convinced you to change your problem behavior. If you don't have a list, create one now. Then make a second list of the difficulties you had during the first few weeks after making your change. Keep your lists in a safe place and look them over periodically to keep you focused. Pull them out whenever you feel you might be in danger of relapsing.
- 2. Control your environment** - Avoid the places, things or people that might tempt you to resume the unhealthy habit. This is especially important and helpful during the first few months of change.
- 3. Find a healthy replacement** - It's important to have a replacement behavior for the unhealthy habit. This could be something as simple as replacing a high-fat food, like French fries, with a low-fat option, like a baked potato. Another example of a healthy replacement is to stop watching television and take regular walks with a friend instead. Many former drinkers are amazed to find activities they enjoy that don't revolve around alcohol.
- 4. Celebrate** - Take credit for your tremendous accomplishment. Declare a special day to reflect on your success and renew your commitment. In your first year of change, you may even want to celebrate every month on your change date. Ask your support person(s) to celebrate with you.
- 5. Time is your ally** - Time is your ally in your journey toward improved health. A new habit must be practiced over and over before it becomes permanent. Stick with your new, healthier habits. Frequently renew your commitment to improve your health, so tomorrow can be everything you want it to be.
- 6. Say a final goodbye** - It's not uncommon to have a sense of loss or deprivation several months after giving up a habit. Go ahead and mourn a bit. Say goodbye to your old ways and tell yourself that the new you doesn't need or want that old behavior any longer.
- 7. Check your thoughts** - What you think and say directly affects your behavior. Over time, you may start downplaying the risks of your old habit. For example, you could start thinking your old eating habits weren't that bad or weight gain is worse than smoking. Denial, distortion and rationalization are forces that could challenge you. Be honest with yourself and ask others to remind you how negative your old behavior really was.
- 8. Help someone else** - Alcoholics Anonymous includes a 12 step recovery program. The 12th and final step is to help another person with a similar problem. This action has been adopted by many alcohol and drug recovery programs because it is so powerful. You know you've made it when you help not only yourself, but others too.
- 9. Acknowledge "I had a slip"** - You may experience a slip backwards at this point. It could be a week without exercise, overindulgence in very unhealthy foods or smoking a cigarette. What's important is for you to recognize that slips generally result from overwhelming stress. You can recover and learn from them. Make a list of high-stress situations and create a plan for handling each of them without reverting to old behavior. Tell yourself over and over that a single slip is not a relapse ... and believe it!



SAFETY AWARDS

1 YEAR

Bond, Keith
Burch, Jr., James
Galarza, Damian
Gardner, Paul
Harris, Joseph
Ingalls, John
Kaiser, Peter
McDonald, Troy
Walters, James

2 YEARS

Anderson, James
Cody, Dustin
Ehrhart II, LeRoy
Garcia, Wilfredo
Gonzalez, Miguel
Idiaquez, Alfonso
Melton, Mitchell
Morales, George
Rivera-Serrano JR., Miguel
Trott, Richard
Wingrave, Murray

3 YEARS

Cabrera, Robert
Donahoo, Michael
Jenkins, Gregory
Rollins, Bruce
Savignano, Harold
Scott, Robert
Smith, Ulysses
Williams, Dwayne

4 YEARS

Armstrong, Jason
Dewitt, Jonathan
Diaz, Angel

5 YEARS

Adams, James
Daum, Andrew
Livings, Patrick
Ponder, Phillip
Waltz, Rebecca
Zeamer, Albert

6 YEARS

Conde, Rene
Scott, Alonzo
Serrano Mills, Heriberto
Thompson, Michael

7 YEARS

O'Reilly, Ronald
Rowell, William
Young, Scott

8 YEARS

Landreville, Mitchell
Mitchell, Kenneth
Moore, Rhett
Smith, Larry
Whatley, Lonnie

9 YEARS

Arthur, Johnny
Burch SR, James
Carr, Christopher
Pederson, Jan
Perez, Edwin
Thomas, Paul
Treadwell, Jeffrey

10 YEARS

Borrero, Ricardo
Moran, Kenneth
Neff, Phillip
Paulino, Johanne

11 YEARS

Bellew, Gerald
Lemons, Jeffery
Masterson, Douglas
Paul, Steven

12 YEARS

Galtney, Benjamin
Lindsey, John

13 YEARS

Castillo, James
Ryle, Samuel
Troester, Donald

14 YEARS

Clarke, Garnet
Franklin, Ronald
Lunderman II, John
Tew, Michael
Whitten, Ricky
Wieland, James

15 YEARS

Rawlins, Steve

21 YEARS

Griffith, Roger

22 YEARS

Wolfe, Charles

25 YEARS

Alexander, Gary

28 YEARS

Kay, Samuel

34 YEARS

Trammell, Johnny

35 YEARS

Rivera, Richard



SAFETY AWARD

Gerald Nemecek

assigned to Bridgestone Americas Tire Operations in Ontario, California is shown with his 15 Year Safe Driver Award.



Driver of the Month

Fred List



assigned to Avery Dennison in Fort Wayne, Indiana is shown receiving the CPC Driver of the Month Award for August 2016. Pictured L-R: Fred List and CPC Division Manager Scott Moormann.

CPC Driver Referral Bonus

Earn up to \$2,500 per referral



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

Happy Holidays