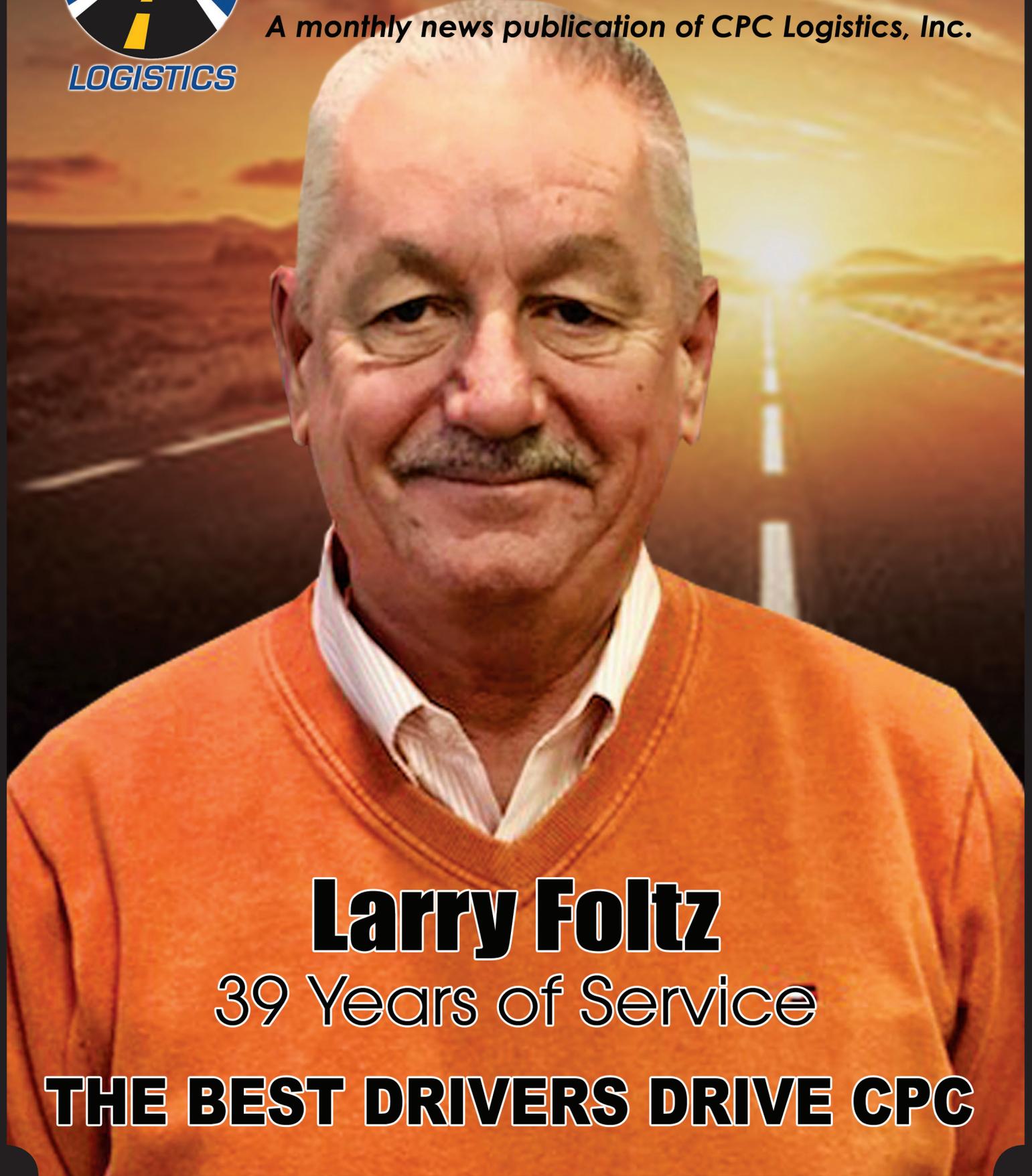


DECEMBER 2018



# TANDEM TALK

A monthly news publication of CPC Logistics, Inc.



**Larry Foltz**

39 Years of Service

**THE BEST DRIVERS DRIVE CPC**



## After Climbing the Mountain, You Can Finally Enjoy the View!

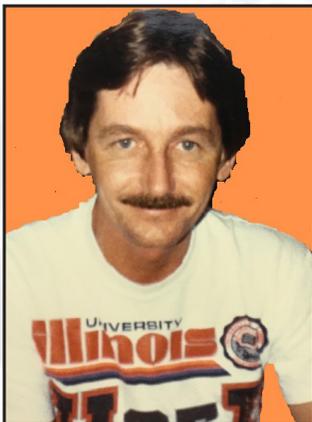
After 39 years of distinguished service, CPC Logistics, Inc. formally announces the retirement of Executive Vice President of Operations, Mr. Larry Foltz.

There are few people in this world that operate like Larry, also known as "Hank" by those who have worked closely with him over the years. He is one of a kind! He operates daily with a low-profile while quietly getting the job done. He is unique. He is Larry Foltz.

Following his service in the US Army in Germany and working for C&J Auto Transport, Larry joined CPC in 1979 as the Auto

Ramp Supervisor when CPC's largest customer was the Illinois Central Gulf Railroad. After demonstrating his ability to supervise and motivate people, Larry was promoted to the Corporate Office in 1983 as an Operations Supervisor overseeing the John Deere Shared Services account and numerous other large Corporate customers. Having continued success hiring, supervising and motivating our workforce while maintaining excellent customer relations, in 1985 Larry was promoted to Regional Manager and subsequently to Division Manager in 1995.

Through Larry's hard work and dedication, the company continued to grow to 42 states, plus Canada and Puerto Rico. He was then promoted to Vice President; a position he has very capably held for the last 15 years. In 2013, Larry was elected to the Board of Directors to provide his valuable input, knowledge and experience to help guide, direct and set policy to move the company forward as CPC continues to expand and grow in the 21st century. "Larry has been an important leadership force for CPC Logistics," states Douglas Crowell, President and CEO. "His track record for success has been unmatched. He has been a valued business partner and colleague to me for over 3 decades, and on a more personal level, a great friend. His presence in the office on a daily basis will be greatly missed by all of us."



When he is not traveling to handle operational issues or growth opportunities, Larry can be found at his desk every morning at 5:30 a.m. behind his laptop or on the phone, after having made coffee in the kitchen for the corporate office personnel.



"Larry has always put the best interest of CPC as a whole as his first priority. It has never been about what is best for him personally, but what is best for CPC," says Butch Wallis, Executive Vice President of Operations. "This was evidenced in the way he made sure the CPC drivers and other employees were treated fairly and respectfully, and that the customers'

needs were met at a high level. He has also provided truthful, strong, wise and level-headed guidance in working with the CPC management team. All of this, along with his unique wit and ability to add levity when needed, will be deeply missed."

Through his hard work and dedication Larry Foltz will always be remembered at CPC Logistics, Inc. as one of the greats. You can relax now, Larry. You've earned it.

*Enjoy your retirement!*





### RECENT SAFETY MEETING

BRIDGESTONE AMERICAS TIRE OPERATIONS – JACKSONVILLE, FL – NOVEMBER 17, 2018



WALGREEN COMPANY – LA PORTE, SOUTH BEND & WESTVILLE, IN – DECEMBER 10, 2018



1st Row L-R: Michael Casias, Stephen McDonald & Keith Williams  
2nd Row L-R: Kenneth Vellucci, William DeYoung, Kent Carver, David Buckingham & CPC Operations Manager Marty Nelson

WALGREEN COMPANY – JUPITER, FL – DECEMBER 10, 2018



1st Row L-R: Luis Hernandez, Ennis Aberdeen, Fred Washington, Mike Schade, Steve Tribo, Chris Farley, Elias Karam, Andersen Bertrand, Wilner Dhaiti & David Simon  
2nd Row L-R: Jonathan Norfolk, Eddie Etienne, Johnny Rojas, Darnell Singleton, Mike Piantadosi, John Rolling, Anthony McLean, John Bryan & Ivan Kujundzic



Canadian Tire – Brampton, Ontario – December 8, 2018



In Transit Personnel – Mississauga, Ontario – December 12, 2018

BENJAMIN MOORE & COMPANY – MILFORD, MA – DECEMBER 7, 2018



1ST Row L-R: Brian Perry, Randy Hall, Joseph Wheeler & Thomas Paine  
2nd Row L-R: Steve Zamagni, Joshua Hall, Bryce Keeler, CPC Safety Manager Joe Cosenza & Thomas Smith  
3rd Row L-R: Benjamin Moore Manager Scott Kaplan, Paul Mazzuchelli, Michael Armendo & Robert Derderian

WALGREEN COMPANY – YREKA, CA – DECEMBER 8, 2018



1st Row L-R: Bill Reilley, Steve Hall & Chic Erickson  
2nd Row L-R: Roy Gibson, Wade McCollom, Charles Humphrey, Robin Poe, Scott Maddy, Jerry Ten Berge, Bryan Gregson & CPC Regional Manager Yves Thomas



**CPC LOGISTICS, INC.**  
**DRIVERS OF THE MONTH**  
**NOVEMBER 2018**

EAST DIVISION  
David McGee - Walgreens/Perrysburg OH  
Jewel McWhite - Bridgestone/Jacksonville FL

MIDWEST DIVISION  
Edward Dixon - Bridgestone/Roanoke TX

WEST DIVISION  
Joe Lopez - Walgreens/Woodland CA

CANADA DIVISION  
Ken McDonald - John Deere Private Fleet/Regina SK

**CONGRATULATIONS!**



## DRIVER OF THE MONTH PRESENTATION



**Brian Busath** assigned to Walgreen Company in Woodland, California was recently presented the CPC Logistics Driver of the Month Award for September 2018. Shown pictured are Yves Thomas, CPC Regional Manager and Brian Busath.



CPC Logistics Regional Manager **Yves Thomas** recently presented the Driver of the Month Award for May 2018 to Steven Hall. Steven is assigned to the Walgreen Company account in Yreka, California.



**Ricky Owens** assigned to Walgreen Company in Anderson, South Carolina, was presented the Driver of the Month Award for July 2018. On hand to celebrate with Ricky were fellow drivers Anthony Walker (left) and Scott Saxon (center).



**Tom Chontofalsky** is shown with the Driver of the Month Awards for August 2018. Tom is assigned to drive for Bridgestone Americas Tire Operations in Doraville, Georgia.

## The CPC Logistics Board of Directors gathered to say farewell to CPC Division Manager Jim Ponder and wish him a Happy Retirement.

Jim has been an integral part of the CPC team for more than 23 years and will be missed by all of us.



Pictured with Jim and his wife, Shelby, are Larry Foltz, Executive Vice President of Western Operations, Butch Wallis, Executive Vice President of Eastern Operations and Douglas Crowell, President & CEO.

## 15 YEARS OF SERVICE

### Congratulations to Lewis Wilson

who recently celebrated 15 Years of Service. Lewis is assigned to New South Express in Lincoln, Alabama.



## Congratulations to Robert Perreault & Alex Diaz



for being voted the Pennsylvania Motor Truck Association Driver of the Month. Robert was selected for the month of June. He has been a CPC Logistics driver since 2009 and is assigned to drive for the North American Pipe Company in Leola, Pennsylvania. Alex Diaz was selected for the month of December. He has been employed with CPC since 1999 and is assigned to the Avery Dennison account in Quakertown, Pennsylvania. They are now eligible to reach the Driver of the Year status for the PMTA when votes are cast in March 2019. We are all pulling for a win for both of these deserving drivers!

**Congratulations and Good Luck!**





## Safety Manager's Tip of the Month

### Right Turns/Left Turns

Mark Manke

The cornering technique is a maneuver you perform many times a day as a professional driver. But it is always good to review and sharpen your skills. Good judgment, proper speed control and accurate steering are very important in executing safe turns.

When approaching an intersection, always adjust the vehicle's speed. The sharper the turn, the slower the vehicle should be moving. This allows the use of all available space.

Shift into the correct gear before the turn and complete the turn in the same gear. This allows you to keep both hands on the steering wheel during the turn.

A tractor-trailer must pull further into the intersection to avoid hitting the curb when making a right turn.

#### CAUTION



#### WIDE RIGHT TURNS

When approaching a corner for a right turn, position the trailer so vehicles cannot come between the trailer and the curb. One basic rule is to get about one-half of the rig past the corner before beginning the turn. Once the vehicle has reached that point, turn the steering wheel to the right and complete the turn.

Before, during and after the turn, check both the right and left mirrors for the position of the trailer wheels. Immediately after the turn

is completed, turn the steering wheel back to straighten out the wheels.

Left turns are executed almost the same way as right turns with the exception that you turn from as far right as possible to allow for plenty of room for the tractor. If your vehicle turns too soon or too tightly, off-tracking may cause the left side of the vehicle to hit another vehicle.

A turning accident can be avoided if you plan in advance, allow for off-tracking and watch your vehicle's mirrors.

## ONE MILLION MILE AWARD



**Congratulations to Thomas Paine** on recently achieving the One Million Mile driving status. Thomas was presented the One Million Mile Award by CPC Safety Manager Joe Cosenza and Benjamin Moore & Company Manager Scott Kaplan. He is assigned drive for the Benjamin Moore account in Milford, Massachusetts. **Congratulations, Thomas!**

## Wreaths Across America

CPC Logistics and Walgreens were proud to have 3 drivers participating in the Wreaths Across America program by transporting Christmas wreaths that would ultimately be placed on the graves of our military veterans in a National Cemetery. Loads were relayed from the Distribution Center in Windsor, Connecticut and made their way to Leavenworth, Kansas, Denver, Colorado and multiple stops in Texas. Pictured are Bruce Burton, Tim McLeod (a/k/a Santa) and John Mastrorio. Thank you for participating in this memorable event to honor the many who made the ultimate sacrifice for our freedom.





## Position yourself for success in the workplace

Proper ergonomics will help you stay healthier and more productive

**Working in an office setting can be a real pain in the neck for many people – as well as the shoulders, back, arms, hands and even the eyes. But it doesn't have to be that way.**

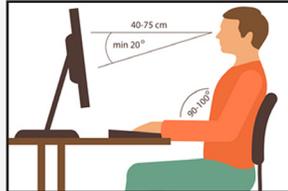
**By following a few basic ergonomic guidelines and exercises, you can potentially prevent or at least reduce the severity of some of the physical issues that often accompany a typical "desk job."**

### 1. Take a break

One of the best things you can do is get up from your desk at least once an hour. Perform some stretching exercises or, at the very least, take a short walk around the office to stretch your legs.

### 2. Sit properly - Make sure you have a sturdy chair with your seat positioned for:

- Stability with your feet solidly on the floor (no dangling)
  - Clearance with your seat depth adjusted to accommodate leg length
  - Support by using the lumbar support and arm rests
- Poor posture puts stress on the back, so sit straight with your shoulders relaxed, elbows at your sides, wrists straight and hands in front. Posture often becomes worse as the day goes on, so try not to slouch or let your head fall forward.



### 3. Stretch to prevent carpal tunnel syndrome

**If you spend a lot of time at the keyboard typing, it's a good idea to exercise your hands and wrists to help prevent carpal tunnel syndrome.**

#### Here are a few tips:

- Extend your arm and hand and lightly pull back on the tips of your fingers with your other hand.
- Turn the fingers down and apply light pressure to the top
- Repeat both of those steps with the other arm and hand
- Gently stretch both of your thumbs
- Do wrist circles both clockwise and counter clockwise
- Stretch your neck and shoulders by placing a hand on one shoulder and tilting your head away from that shoulder
- Do the same on the other side
- Do shoulder shrugs, inhaling as they move up and exhaling as they move down



**Perform each of those stretches for 5 to 10 seconds and as often as four or five times a day to alleviate tension.**

### 4. Don't forget about the eyes

**Computer eye strain is becoming more and more common. The most important thing you can do is have regular eye exams. Beyond that, you can take several other measures:**

- Check your screen height. Making sure it is within your eye level will also keep your neck from falling down while you work
- Blink often
- Watch your closeness to the computer screen
- Reduce glare



- Computer glasses offer varying degrees of power and have an antireflective coating to cut down on glare (Don't rely on over-the-counter reading glasses)

**Another useful tip is to observe the 20/20 rule.**

**Every 20 minutes, look at something for at least 20 seconds that is 20 feet away.**

### Top 8 tips to keep your back in shape

Back pain is no laughing matter. In fact, nearly everyone in their lifetime will suffer from some type of back pain. As painful as it can be, the exact source of back pain is often difficult to identify or pinpoint, as there are numerous possible pain producers. Follow these guidelines to help protect against recurring back pain.

#### 1. Strengthen your core

Do core strengthening exercises for your back and abdomen to support your lower back. Talk to your health care provider before beginning a new exercise program and ask for specific instructions regarding back exercises.



#### 2. Aerobic exercise

A regular program of walking or swimming builds endurance and core muscle strength. It may also help with weight management.

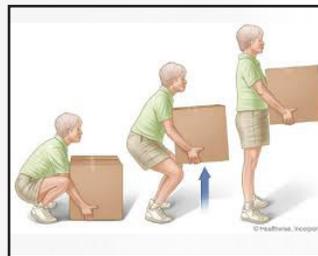
#### 3. Stand properly

Draw your shoulders back. Stand with your head level and aligned with your trunk. Keep your feet about a foot apart and your knees slightly relaxed. **HELPFUL TIP:** When standing for a prolonged time, try shifting your weight from foot to foot and from heels to toes.

#### 4. Sitting posture

Ears and shoulders should be aligned over your hips, producing an inward curve in your lower back. **HELPFUL TIP:** Sit close enough to your desk or work space so you don't have to lean forward. Stand up, stretch and even take a short walk at least once per hour.

#### 5. Proper lifting & carrying



- Lift with your legs, not your back, keeping the object close to your body at all times. Do not bend from your waist.
- Pushing is easier on your back than pulling. Use your body weight to start the push. Avoid twisting motions when pushing or pulling items.
- If you must lift a heavy item, get someone to help you.

#### 6. Don't smoke

Smokers are more prone to back pain than non-smokers because nicotine and tobacco restrict the flow of blood to the discs that cushion your vertebrae.

#### 7. Watch your weight

Weight control is important to maintaining a healthy back. Additional weight, especially in the stomach, puts additional strain on your spine and back muscles.

#### 8. Sleep tight

If you sleep on your back, put a couple pillows under your knees. If you prefer side sleeping, place a pillow between your knees to maintain the natural curve of your back.

#### Did you know...?

- Arthritis is the leading cause of disability among adults in the U.S.
- By conservative estimates, about 54 million adults have doctor-diagnosed arthritis.
- The most common type of arthritis is osteoarthritis, which affects an estimated 31 million Americans.
- Doctor-diagnosed arthritis is more common in women (26 percent) than in men (18 percent).

## SAFETY AWARDS

**1 YEAR**

Figueroa, Eduardo  
Huntanar, Mitchell  
Knox, Christopher  
Logan, Johnathon  
Newhall, Robert  
Rowlands, Robert  
Skorupa, Ryan  
Watkins, Anthony  
Witham, Bryon  
Wood, Christopher

**2 YEARS**

Camargo, Julio  
Carter, James  
Castillo Roman, Ken-  
neth  
Cordero, Mario  
Foreman, Derrick  
Fritz, Paul  
Garcia, Wilfredo  
Graham Jr, Charlie  
Hard, Jeremy  
Hilliard, Jimmie  
Humphrey Jr, Charles  
Kelly, Nicky  
Leipertz, Douglas  
Morton, Jesse  
Stowe, James  
Turner, Cortez

**3 YEARS**

Burch, Jr., James  
Galarza, Damian  
Harris, Joseph  
Hedgepeth, Maurice  
Kelly, Philip  
Long, Michael  
Mcdonald, Troy  
Miller III, James  
Newby, Michael  
Richardson, Rodney  
Snelling, Kirk  
Whitley, Tyrone  
Young, William

**4 YEARS**

Christman, William  
Deloatch, Cory  
Fobbs, Willie  
Gonzalez, Miguel  
Idiaquez, Alfonso  
Ljubjankic, Emir  
Mingia, Timothy  
Morales, George

**5 YEARS**

Gibson, Roy  
Savignano, Harold  
Smith, Ulysses  
Wilkes, Justin

**6 YEARS**

Diaz, Angel  
Morrison, Joseph  
Rodriguez, Fernando

**7 YEARS**

Browning Jr, David  
Reilly, Jr., William  
Toney, Michael

**8 YEARS**

Grimes, James  
Serrano Mills, Herib-  
erto  
Stanley, Stephenie

**9 YEARS**

Lisane, Virgil  
Neely, Rodney  
O'Reilly, Ronald  
Ten Berge, Gerardus

**10 YEARS**

Ellis, Mark  
Landreville, Mitchell  
Maddy, Scott  
McRae, Clyde  
Mitchell, Kenneth  
Whatley, Lonnie  
Wooten, Brian

**11 YEARS**

Burch Sr, James  
Cobb, Dennis  
Cordic, Said  
Gann, Anthony  
Gregson, Bryan  
Loucks, Cory  
Perez, Edwin  
Simmons, Marc

**12 YEARS**

Basnight, Gregory  
Borrero, Ricardo  
McElhenie, Larry  
Neff, Phillip  
Paulino, Johanne  
Poe, Robin

**13 YEARS**

Bruner, Bret  
Masterson, Douglas

**15 YEARS**

Castillo, James  
McCullom, Wade  
Ryle, Samuel  
Strickland, Matthew

**16 YEARS**

Lunderman II, John  
Wieland, James

**17 YEARS**

Quinn, William  
Rawlins, Steve

**18 YEARS**

Murphy, Mark

**21 YEARS**

Hall, Steven

**25 YEARS**

Marks, Melvin

**36 YEARS**

Rivera, Richard


**MERRY CHRISTMAS FROM JAKE JACOBS**

This is a very busy time of the year for the trucking industry, but **Jake Jacobs**, CDS Transportation Manager for Bridgestone Americas Tire Operations in Jacksonville, Florida is pausing for a moment to spread some Christmas cheer and to thank the Jacksonville driving team for all of their hard work throughout the year. Stay safe and enjoy celebrating the holidays with your families!

**CPC DRIVER BRINGS CHRISTMAS JOY**

CPC Logistics & NPTC Hall of Fame driver **Ken Wasiewicz** brought joy to the children of those who have served or are currently serving in our armed forces when he arrived at a VFW Hall in New Jersey portraying Santa. Ken is assigned to the Benjamin Moore & Company account in Clifton, New Jersey. He is just another reason why we say, **"The Best Drivers Drive CPC!"**

**HOLIDAY LUNCHEON - LINDEN NJ**

Drivers for the Walgreens domicile in Linden, New Jersey enjoyed a wonderful holiday luncheon sponsored by CPC Logistics and Walgreens.



Pictured are Andy Santos, Wilfredo Morales, Frederico Raus and CPC Operations Manager Allan Flores.

Merry  
**Christmas**

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