



Tandem Talk

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

BEST DRIVERS DRIVE CPC

TOM KIDNEY started his driving career in 1982 and has been assigned to Benjamin Moore & Company in Clifton, New Jersey since June 2007.

Tom is a dedicated professional who never complains. He always has a smile on his face and is known for saying, "Just another day and a walk in the park."

MEET TOM KIDNEY



His positive and optimistic attitude is admired by both his CPC colleagues and Benjamin Moore personnel. He was selected Driver of the Month in 2015 and has also received many safety awards.

Tom served our country in the US Navy where he received an Honorable Discharge in 1979.

He truly values his family, enjoys a good round of golf and from his days in the Navy, loves to travel.

Thank you, Tom, for all you add to the crew.

You are a fine example of why we say...

The Best Drivers Drive CPC!



DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Sintilien Georges has been selected as Driver of the Month for December 2016 for the Eastern Division. Sintilien has been assigned to Bridgestone Americas Tire Operations in Jacksonville, Florida since May 2008. Sintilien is a dependable employee who has assumed just about every driver role there is in Jacksonville, from running a local peddle route, to a regional route and even running port and rail. He is well respected by his peers and is lovingly referred to as "Chili Bob." At a recent safety meeting he was awarded his 8 Year Safe Driver Award and at the same time was able to proudly announce he had just received his official US Citizenship. Congratulations Sintilien!

Robert Nicks has been selected as Driver of the Month for December 2016 for the Eastern Division. Robert has been assigned to One World Logistics in Lincoln, Alabama since April 2002. Robert has been a very dedicated driver for us, accumulating many miles on the road each year and doing so in a safe manner. His experience, knowledge and safe behavior ensures that loads for Honda are delivered in a timely manner. Robert takes ownership in doing his best on a daily basis. He is well deserving of this Driver of the Month Award.

MIDWEST DIVISION

Samuel Carpenter has been selected as Driver of the Month for December 2016 for the Midwest Division. Sam has been assigned to Hospira, Inc. in Austin, Texas since May 2012. Sam is an OTR team driver and is out on the road for a week at a time. Sam can always be counted on to communicate professionally and politely, no matter the situation. He is always very pleasant in his approach with dispatch and with management. Sam's personality makes him an ideal driver as he is capable of getting along with anyone. He works hard, communicates well and can always be counted on to meet or exceed our customer's expectations.

WESTERN DIVISION

Harry Globstad has been selected as Driver of the Month for December 2016 for the Western Division. Harry has been assigned to United Parcel Service Freight in Rapid City, South Dakota since February 1995. Harry runs a regular line haul route out of Rapid City east towards Sioux Falls to meet with another line haul driver. They then swap trucks and trailers and return to their respective terminals. They do this in all sorts of difficult weather conditions, not excluding high winds and blizzards. Harry is a very dedicated employee who goes above and beyond to ensure timely deliveries for the customers.

CANADA DIVISION

Andrei Medvedev has been selected as Driver of the Month for December 2016 for the Canada Division. Andrei has been assigned to the TMH Fleet in Pointe Claire as a part-time driver since March 2012, and became full-time in February 2016. Andrei has been very helpful in assisting to get additional drivers registered for the Montreal Rail Ports which has resulted in increased utilization of the Maitland fleet in moving Dytek ISO's and containers. His eagerness to help and take on more responsibility has made things easier for the TMH operation to move forward in the Quebec area. Andrei is now working at being certified as an Evonik Peroxide driver, which will further assist in coverage of the Quebec customers.

MILLION MILE AWARD



Johanne Paulino assigned to Walgreen Company in Orlando, Florida is shown receiving his Million Mile Award from CPC Regional Manager Mark Echevarria.



Emilio Olan assigned to Benjamin Moore & Company in Orlando, Florida is shown with his Million Mile Award.



Steve Rawlins assigned to Walgreen Company in Orlando, Florida recently received his Million Mile Award. Pictured with Steve is Butch Wallis, CPC Executive Vice President of Operations.

RECENT CPC SAFETY MEETINGS

WALGREEN COMPANY – ORLANDO, FLORIDA – JANUARY 9, 2017



1ST Row L-R: Harold Savignano, Kenneth Mitchell, James Burch Jr, Angel Diaz, James Burch Sr, Alfonso Idiaquez, Richard Trott, Damian Galarza, James Wieland, Ricardo Borrero and Miguel Rivera-Serrano

2nd Row L-R: Troy McDonald, Wilfredo Garcia, Doug Masterson, Garnet Clarke, John Lunderman, James Adams, Ulysses Smith, George Morales, Jeremy Hard, Lonnie Whatley, Oral Daley
Julio Camargo, Bruce Rollins and Dwayne Williams

COOPER TIRE – ALBURTIS, PA – JANUARY 21, 2017



Front L to R: Lance Todd, Brian Walsh, Stanley Adams, Greg Theodorou and Courtney Fowlin

Back L to R: CPC Regional Mgr Mike Vivoli, Dave Rinker, Raymond Ouellette, Dave Fermato, Rickey Colwell and Lenny Garcia

**BRIDGESTONE AMERICAS TIRE OPERATIONS
– GREEN BAY, WI – DECEMBER 30, 2106**



L-R: Timothy Crowley and John Soquet

**JOHN DEERE SHARED SERVICES –
JONESBORO GA – JANUARY 3, 2017**



L-R: Derrick Moreland and Rodney Flanagan
(not available for picture: Patricia Morney)

**QUICK-X TRANSPORTATION – MILWAUKEE, WI –
DECEMBER 14, 2016**



L-R: Albert Zeamer, Paul Gardner, Jan Pederson and Michael Thompson

The Pennsylvania Motor Truck Association selects Drivers of the Month similar to CPC's program. This program is open to all drivers based in the state of Pennsylvania, including private fleets, LTL and Truckload carriers.

In June of 2016, CPC employee **Niles Frantz** was awarded the Driver of the Month award by the PMTA. Niles has been assigned to Walgreens in Nazareth, Pennsylvania since 1991. **Congratulations Niles!**

June 2016 - Niles H. Frantz

Niles has been a driver for CPC Logistics, Inc., since 1992 and has logged over 3,000,000 miles for them. He is a three-time Driver of the Month winner — June 1994, October 2000 and June 2011, and was Driver of the Year in 2011. Niles attends semi-annual safety meetings, and strives to conduct his work in a way the best reflects his driver statement, "I do my best to get the job done safely and on time." While not on the road for CPC, Niles likes to hunt and spend time with his family.



DRIVER OF THE MONTH



Jacek Krzemien assigned to Bridgestone Canada was recently presented the Driver of the Month Award for September 2016.

Pictured with Jacek is driver colleague Dale Antosh.

Keith Tschida assigned to Cardinal Logistics in Sauk Centre, Minnesota is shown with his September 2016 Driver of the Month Award.



Tom Raisbeck assigned to Walgreen Company in Windsor, Wisconsin is shown with his July 2016 Driver of the Month Award.



JOE COSENZA



POSITIVE THINKING IS A "CPC" FACT

Focus: Focus on positive thoughts, you really have two choices, you can choose to be positive or negative, you can be a victim or victor, pessimist or optimist, polite or rude, work and drive safe or reckless, yield in traffic or not yield, Utilize Smith System driving concepts or not and follow all procedures or not. Focus on being positive, not garbage into the mind and garbage out.

Anticipate: A good attitude begins with self awareness. Self awareness allows you to be aware of your emotions and attitude is the first step to self control. Anticipate the angry motorist or upset customer and their behavior and how you can turn them toward the positive. Having a positive reaction such as kindness and or politeness when subject to these situations usually works best.

Correct: Several times a day, take a moment to analyze your thoughts. Are you positive or negative? If negative, reframe from the situation in more positive terms or thoughts.

Talk: A positive attitude is contagious. Help others (coworkers / customers) who may be having a difficult day or situation. A good deed is positive reinforcement for your subconscious mind which feeds your positive attitude.



**IT'S TIME FOR
POSITIVE ATTITUDE**



ATTITUDE IS A CHOICE
By Changing Our Attitudes,
We Can Change Our Lives.

HIGHWAY *to* HEALTH







ARE YOU AT RISK FOR HEART DISEASE?

Heart disease is the leading cause of death in the United States. By learning about it now, you can reduce your risk of developing heart disease or recurrent heart problems in the future.

Our knowledge of heart disease continues to change and expand. We do know there are certain risk factors for heart disease. A risk factor is a condition or behavior that increases the likelihood of developing a disease or medical problem.

Some risk factors can be eliminated or reduced (modifiable) and some risk factors can't be changed (non-modifiable). Here are a few examples:

RISK FACTORS FOR HEART DISEASE:

CAN CHANGE	CAN'T CHANGE
 <p>SMOKING/SMOKE EXPOSURE High blood cholesterol levels</p>  <p>OBESITY High blood pressure</p>  <p>INACTIVE LIFESTYLE Diabetes</p>	 <p>FAMILY HISTORY OF HEART DISEASE Heredity</p>  <p>Age OLDER THAN 50</p>  <p>MALE GENDER</p>

Do any of these risk factors apply to you? The chance of developing – or worsening – heart-related disease increases greatly with the number of risk factors you have.

Reduce your risk for heart disease by working on the risk factors you can change. If you have diabetes or high blood pressure, work to get it under optimal control.

Q AND A ON THE DOT PHYSICAL AND HEART DISEASE.

What if I've had a heart attack?

You will need to be off work for at least two months. You will need to get an Echo Cardiogram and Exercise Tolerance Test, and be cleared by your cardiologist before returning to work. This is a disqualifying medical condition, so needs to be resolved prior to having your DOT physical. The FMCSA will require you to get cardiology clearance each year following your heart attack and a stress test or echo cardiogram every 2 years.



What if I've had angioplasty or stents placed?

You may return to work once you've been cleared by your cardiologist, which may be as soon as one week after the procedure. You will need to get an Exercise Tolerance Test three to six months after the procedure, and again at least every other year. A medical release from your cardiologist will be required each year.

What if I take Nitro spray for angina?

Taking nitroglycerine is, of itself, not a disqualifier. The medical examiner may require an evaluation by your treating physician to make sure that your angina is stable.

What if I have been diagnosed with heart failure?

Because this now becomes a major safety issue, you will want to have a medical release form from your cardiologist explaining your condition and prognosis, along with any test results that you have. Based on all the available information at hand, then the CME will make his final decision.

What if I have a pacemaker?

If it is just a pacemaker and does not contain a defibrillator within it, then you'll be fine. Your medical certificate will be limited to one year at the time and you need a medical release form from your doctor at the time of your next medical examination, along with any other documentation from your cardiologist. A pacemaker should be checked at least once a year as a precaution. For anyone who has a replacement pacemaker, there is a one to three month wait before returning to work as long as there are no other symptoms. If all is well, and the replacement is fully healed return to work is usually one month.

What would a qualifying ejection fraction be on an echo cardiogram?

Ejection fraction needs to be at 40% or better to meet the needs of the DOT exam

Can I get a DOT card if I have a defibrillator implanted?

The defibrillator is a disqualifier for inter-state driving. The defibrillator is designed to correct problems when they occur, but it still leaves a safety risk. Based on your state regulations, you may be able to drive intra state.

During a regular physical exam I was found to have a Right Bundle Branch Block. Will this be an issue at my DOT?

A bundle branch block is often found on a routine EKG and the person who has it is usually unaware of the issue. Bundle branch block is a condition in which there's a delay or obstruction along the pathway that electrical impulses travel to make your heart beat. Bundle branch block sometimes makes it harder for your heart to pump blood efficiently through your circulatory system.

There's no specific treatment for bundle branch block itself. However, any underlying health condition that caused bundle branch block, such as heart disease, will need to be treated. Make sure you take your doctors findings and explanation along with a medical release from him to the DOT examination. The CME needs as much information as possible to make his/her final decision.

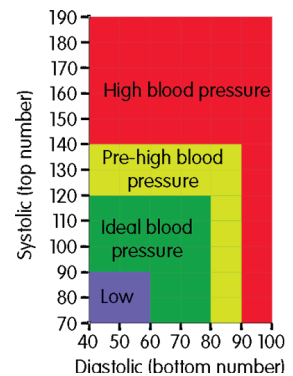
I have been diagnosed with Premature Ventricular Contractions (PVC). Does this disqualify me from having a CDL?

PVC's are extra, abnormal heartbeats that often don't cause any symptoms but can feel like a 'fluttering' in your chest or you may be unusually aware of your own heartbeat. What you will need is a release from your cardiologist. It will be based on his findings. The CME needs information regarding this condition and that information can only come from the cardiologist not from your primary care physician.

I am on medication for blood pressure. What should my blood pressure be?

For the purpose of passing the DOT exam, your blood pressure should be 140/90 or less. If you are taking medication, your doctor will be aiming for much better control than this, Adult blood pressure is considered normal at 120/80. The importance of having good blood pressure is crucial in preventing a stroke, heart attack, heart failure, kidney failure and peripheral artery disease. The medical examiner will grant you a 1 year certification if you are taking medication and your BP is controlled.

This is just a sample of cardiac conditions but there are many more. Most conditions will not prevent you from continuing your career in driving but forward planning is essential when approaching the DOT physical exam. Please call your CPC nurses if you wish to discuss your individual issue and need further advice or if you need further explanation of the conditions listed here.



DID YOU KNOW ?

- Heart disease is the No. 1 cause of death in the United States, killing over 370,000 people a year.
- About 750,000 people in the U.S. have heart attacks each year. Of those, about 116,000 die.
- From 2003 to 2013, the death rate from heart disease has fallen about 38 percent, but the burden and risk factors remain alarmingly high.

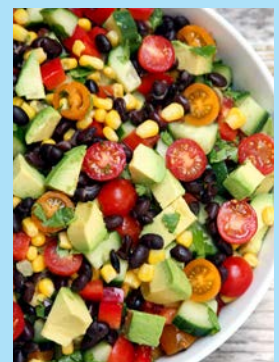
Heart healthy recipe - Black bean & corn salad

Ingredients:

- 29-ounce can black beans, rinsed and drained
- 2 cups frozen corn, thawed
- 1 red bell pepper, finely diced
- ½ cup red onion, finely diced
- ½ cup fresh cilantro, chopped
- 2 small limes, juiced
- 3 tablespoon olive oil
- ½ teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)

Instructions

- In a medium bowl, combine beans, corn, red pepper, red onion and cilantro.
- In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.
- Make it gluten-free: Verify that the canned beans and spices that you are using are gluten-free and this dish can be gluten-free.



SAFETY AWARDS
1 YEAR

Adams, Stanley
Duskin, Shawn
Ervin, Marshand
Fermato, David
Flanagan, Rodney
Garcia, Lenny
Ouellette, Raymond
Todd, Lance
Whitten, Ozzie
Withem, Thomas
Zlotnick, Galen

Suba, John
Wells, Roy

7 YEARS

Alexander, Charles
Armendo, Michael
Baker, Brian
Clark, Timothy
Detorio, Ronald
Fricke, Daniel

8 YEARS

Hall, Randy
Mazzuchelli, Paul

2 YEARS

Brigham, Ronald
Graves, Sterling
Lambrecht, Jeffrey
Sisson, Christopher
Trainque, Kevin
Wheeler, Joseph
Young, Daniel

10 YEARS

Redding, Darrell

11 YEARS

Perry, Brian

3 YEARS

Baker, Kevin
Boles, Keith
Christy, William
Dyer, Timothy
Sinegal, Willie
Wylie, Michael

19 YEARS

Paine, Thomas

20 YEARS

Derderian Jr, Robert

21 YEARS

Zamagni, Steven

4 YEARS

Eskew, Ronald
Qualls, Scotty
Rodriguez, Fernando

24 YEARS

Stone, Larry

36 YEARS

Stoddard, Tommy

5 YEARS

Banks, Nathaniel
Rodriguez, Roberto

6 YEARS

Baker, Don
Chunis Jr, Joseph
Freeman Jr, Jerry
Patterson, Trenton




After **39 1/2 years** of picking up milk at local farms, the last 14 years of which were while employed with CPC driving for Northwest Food Products in East Earl, Pennsylvania, **Arthur Erdman retired** on December 30, 2016. Art was a dedicated employee who had forged a great relationship with all the farmers he serviced over the years. He achieved over 1 Million Miles of safe driving and was recognized by the NPTC All Star. **Thank you for your years of service, Art, and enjoy your retirement!**



Congratulations to Tom Raisbeck on his recent retirement after **34 years** of dedicated service to CPC Logistics. Tom was assigned to the Walgreen Company in Windsor, Wisconsin. **Happy Retirement, Tom!**



CPC Logistics, Inc. extends its deepest sympathy to the family of Johnathan Shawn Hancock who passed away on Monday, December 26, 2016. Johnathan had been employed as a CPC spotter assigned to New South Express in Lincoln, Alabama since June 2016. His untimely passing is a great loss to all who knew and loved him. He will be greatly missed.