

June 2017



TATUM TALK

A monthly news publication of CPC Logistics, Inc.

Larry Lloyd
NPTC Driver Hall of Fame

SEAT BELTS
What the Commercial
Driver Should Know

Summer Safety Tips

Happy Retirement
John Schafer and
Clyde Spainhower

The Best Drivers Drive CPC

Larry Lloyd Inducted Into the National Private Truck Council Driver Hall of Fame



CPC Logistics, Inc. is proud to announce the recent induction of Mr. Larry Lloyd into the National Private Truck Council Driver Hall of Fame. The ceremony was held during NPTC's Annual Education Management Conference & Exhibition in Cincinnati, Ohio and was attended by over 1,000 industry representatives of major corporations in the U.S. Each year only 4 drivers are selected for induction. To qualify, a driver must have 3 million miles, 20 years or 50,000 hours of consecutive driving without a preventable accident. Since its inception, NPTC has honored approximately 120 drivers from the nation's top private truck fleets. Larry is the 9th CPC driver to receive this prestigious award.

During his 46 years behind the wheel, Larry had logged over 3.25 million miles without an accident and has received no moving violations in more than 15 years. Larry began his career at CPC in 1984 and was assigned to the Walgreen Company in Flagstaff, Arizona. After 30 years of service in Flagstaff, Larry recently became part of a remote team operation based in Woodland, California.



This award is truly a fitting recognition of Larry's years of dedication to safe driving and service to CPC Logistics, Inc. **Congratulations Larry!**



I would like to say a special thanks to Christopher Dennis. Chris and I run a team operation. Our truck averages 5,800 miles a week. Our assignment for the last 15 months has been 1,000 miles from our home base. Without Chris' support, this award would not be possible. – Larry Lloyd

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Douglas Fennell has been assigned to Walgreen Company in Butler, Pennsylvania since April 2009. Doug is a great asset to the stores that he services and is always there to help out in any way possible to get the job done in a safe and efficient manner. He continually rates in the top 10% of peddle drivers for unload rates and on time deliveries. With an excellent safety record, Doug is well deserving of the CPC Driver of the Month Award for May 2017.

Michael Souza has been selected as Driver of the Month for May 2017. He has been assigned to Walgreen Company in West Warwick, Rhode Island since July 2010. Michael always places importance on great customer service by communicating with both the store personnel and dispatch. He is well liked and respected by the stores he delivers to and he exhibits a high level of professionalism to our customer.

MIDWEST DIVISION

Phillip Williams has been assigned to Walgreen Company in Houston, Texas since July 2012 and has been selected as Driver of the Month for May 2017 for the Midwest Division. Phillip has a great attitude and maintains a strong, professional work relationship with dispatch, store personnel and other drivers. He is always on time with his deliveries, steps up to take care of unexpected issues that arise and does so with great efficiency and courtesy.

WESTERN DIVISION

Edward Alred has been assigned Bridgestone Americas Tire Operations in Portland, Oregon since September 2010. Ed is ready to lend a helping hand, whether it is helping another driver with an equipment problem or just giving directions. He is always ready to assist a fellow driver anytime of the day or night when called upon to ensure that their deliveries can be made on time. We appreciate Ed's loyalty and commitment to both CPC and our customer and we are happy to award him Driver of the Month for May 2017.

CANADA DIVISION

Stephan May has been selected as Driver of the Month for May 2017. He has assigned to the TMH Logistics in Scarborough, Ontario since January 2015 and regularly drives cross border hauling various goods for our TMH clients. He is an almost 'invisible' driver as he never has any issues with dispatch, operates safe and compliant at all times and can always be counted on to get the load delivered on time. Steve's excellent performance is consistent and his dedication and efforts are greatly appreciated.



JOHN SCHLICHTER

SEAT BELTS

What the Commercial Driver Should Know

It's the Law-FMCSA Reg. 392.16

No driver shall operate a commercial motor vehicle...unless the driver is properly restrained by the seat belt assembly. No driver shall operate a property-carrying commercial motor vehicle...that has seat belt assemblies...for other occupants... unless all other occupants are properly restrained by such seat belt assemblies.

It Makes Sense

Safety belt use remains one of the cheapest, easiest, and most important means to protect commercial motor vehicle (CMV) drivers. Safety belts also help prevent serious damage and injury to others, because buckled drivers are better able to control their vehicles in emergencies. The majority of CMV drivers have gotten the word. A record 84% of drivers now use safety belts!

CSA & Your Seat Belt

A conviction (or Warning) for 'Failure to Use a Seat Belt While Operating a CMV' will result in a Severity Weight Rating of 7 Points on your CSA Score Card, under the Unsafe Driving BASIC. These 7 Points will be multiplied by a Time Weight of 3 for the first year, 2 for the second year, and 1 for the final year before falling off your Score Card.

Wear It Correctly

Do not slip the Shoulder Belt behind your body or under your arm. It will not protect you as it was designed. The Shoulder Belt should come over the shoulder and down across the chest. If the Slack Adjuster is used, make a fist, place it on your chest and adjust the slack to no more than the width of your clenched hand.

Focus on your safety and the safety of others by using all safety related equipment, especially your seat belt.



ANTICIPATE that the actions of other motorists may cause you to be part of an accident or incident. Be prepared by having your seat belt on at all times.

CORRECT your bad habits by wearing your seat belt, if you haven't already started. Make sure to adjust and wear it properly.

TALK to other drivers if you see them not wearing their seat belt. Remind them that the life they save may be their own.

RECENT CPC SAFETY MEETINGS

JOHN DEERE CANADA ULC – REGINA SK – MAY 13, 2017



BRIDGESTONE AMERICAS TIRE OPERATIONS – WOODRIDGE, IL – JUNE 16, 2017



1ST Row L to R: James Volante and Thomas Szweda **2nd Row L to R:** Donald Fenlon, John Gordon, Joseph Valenti, David Grant, Dennis Van Horn, Caleb Centeno and Ezard Stallworth. **3rd Row L to R:** Kenneth Zyk, Stephen Hamilton, John Bienemann, Ronnie Cushman, Frank Gilliam, Jodi Coogler, Leodis Thomas, Julius Lewis, Kenneth Lewis and James Mooney

L to R: Thomas Sudberry, Thomas Bonner, Victor Donelson, Richard Wall and Rodrigo Nieto.

NORTH AMERICAN PIPE CORPORATION – JANESVILLE, WI – JUNE 19, 2017



L to R: NAPCO Supervisor Jason Gornowicz, Trevor Wolter, Karl Wendtland, Thomas Swanson and Shanon Hammond

TMH TRANSPORT – OXFORD AL – JUNE 10, 2017



1st Row L to R: Aaron Wright, Gene Billingsley, Jack Catlett and Marty Meadows **2nd Row L to R:** Nathan Simmons, Ernie Shears, Dusty Sims, Huey Toler, Donald Poore, Brent Dempsey **3rd Row L to R:** Wayne Browning, Jamie Holt, Dan Reid, James Walker, Jay Blevins, Cisco Fagan and Jason Hosford, TMH Transport Fleet & Operations Manager

SUCCESS LOGISTICS – GRAND PRAIRIE, TX – JUNE 13, 2017



L to R: Mark Damm, Thomas King, Eddie Veal and Andres Ortiz

WALGREEN COMPANY – LINDEN, NJ – JUNE 14, 2017



RECENT CPC SAFETY MEETINGS

**WALGREEN COMPANY - TALLAHASSEE, FL
- JUNE 17, 2017**



L to R: Darrell Redding & Ozzie Ray Whitten

**BOISE TRUCKING - WALLULA, WA -
MAY 20, 2017**



L to R: Benito Longoria & Saul Alpizar

**LEDVANCE - ONTARIO, CA -
JUNE 15, 2017**



L to R: Greg Nametz & Reynaldo Valdez

Driver of the Month



Scott McCullough assigned to Bridge-stone Americas Tire Operations in Roanoke, Texas was recently presented the February 2017 Driver of the Month Award.

Pictured with Scott is Dean Cretsinger, On-Site Supervisor.



Terry King was recently presented the Driver of the Month Award for March 2017 by CPC Operations Manager Randy Curlee. Terry is assigned to New South Express in Lincoln, Alabama.

Gerald Barth Honorable Mention NPTC Driver Hall of Fame



We are proud to recognize Gerald Barth for his Honorable Mention Award for the NPTC Driver Hall of Fame 2017. Jerry has been employed with CPC since August 1986 and is assigned to John Deere Shared Services in Davenport, Iowa.
Congratulations on such a wonderful career accomplishment!



SUMMER SAFETY TIPS

FUN AT THE BEACH

1. **Pick a sunscreen** that has a sun protection factor (SPF) of 30 or higher, which blocks 97 percent of the sun's rays.
2. **Use sunscreen** generously and remember to reapply sun screen every two hours or after swimming. No sunscreen is completely water-proof or sweat-proof.
3. **To protect your lips**, use a lip balm or lipstick with a SPF of 30 or higher.
4. **Protect your eyes** from the sun. Make sure everyone is wearing proper eye protection.
5. **Always keep plenty of water** and cool drinks on hand.



TAKE A HIKE



1. **Start your hike early** to avoid the heat of the midday sun.
2. **Wear and reapply sunscreen** as indicated on the package.
3. **Wear proper shoes** and protective gear for the terrain. Don't forget your hat and sunglasses!
4. **Drink more water** than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
5. **Keep your cell phone charged** and with you. Stay on defined trails and paths. Know where ranger stations are located.

AT THE LAKE

1. **Make sure an adult is present** to supervise children playing in or around the water, and make sure a life preserver or other rescue equipment is easily accessible.
2. **Check the depth of the water** and make sure there are no under water dangers before anyone dives or jumps in.
3. **Water and alcohol are a poor mix**, so adults who drink to excess need to refrain from swimming, boating or use of other personal watercrafts.
4. **When heading out on the water**, make sure everyone aboard has a U.S. Coast Guard-approved life jacket that fits. Remember, even experienced swimmers can quickly find themselves in trouble in cold water or swiftly moving water.



Other things to remember:

- Don't forget the insect repellent
- Be bear aware! Store food 100 yards from sleeping areas in wilderness settings.
- Follow all park regulations for campfires.



DID YOU KNOW?

- **From 2004-2014**, there were an average of 3,536 fatal unintentional drownings (non-boating related) annually in the United States – about ten deaths per day. An additional 332 people died each year from drowning in boating-related incidents.
- **About one in five people who die** from drowning are children 14 and under. For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.
- **Almost 213,000** people were treated each year in emergency departments for outdoor recreational injuries from 2004 to 2005. Of those injured, about 109,000 (51.5 percent) were young people between the ages of 10 and 24.

Recipe: Power granola - Serves 22

Ingredients:

- 1 cup unsalted chopped cashews
- 1 cup unsalted raw pumpkin seeds (pepitas)
- 1 cup unsalted chopped pecans
- 1 cup unsalted sunflower seeds
- 1 cup old fashioned oats
- ¼ cup natural peanut butter
- ¼ cup canola oil
- ¼ cup Splenda Brown Sugar Blend

Instructions:

- Preheat oven to 300 degrees.
- Line a baking sheet with parchment paper or foil. Coat with non-stick cooking spray and set aside.
- In a bowl, combine cashews, pumpkin seeds, pecans, sunflower seeds and oats. Set aside.
- In the microwave, melt peanut butter, oil, and Splenda Brown Sugar together. Stir to combine.
- Pour peanut butter mixture over oat mixture and stir to coat.
- Spread granola in a packed, single layer onto prepared baking sheet. Bake for 40-45 minutes, stirring every 10 minutes to ensure even browning.
- Remove from oven and let cool completely.
- Break up granola and store in an air-tight container.
- **MAKE IT GLUTEN-FREE:** Verify that the ingredients that you are using are gluten-free and this granola can be gluten-free. Be sure you are buying gluten-free oats.



Get quick care for dozens of illnesses.

Feeling unwell and need to see a doctor but can't leave the house? On vacation away from home? Live in a rural area where access to healthcare is limited?

If you are enrolled in CPC's U.S. medical plan, you have access to Teladoc. Teladoc's U.S. board-certified doctors are available 24/7/365 to resolve many of your medical issues through phone or video consults.

Feeling better quickly has never been easier. Have you downloaded the Teladoc mobile app yet?

SAFETY AWARDS

1 YEAR

Archer, David
Cypert, Ronald
Dustman, John
Hamilton, Norman
Mitchell, Jarrett
Slavenburg, Jorgen

2 YEARS

Elliott, Vincent
Hannah, James
Horsley, Andrew
Reddington, Sandra
Woods, Kenneth

3 YEARS

Castro, Jose
Eoff, Douglas
Hatchell, Tyrance
Williams, Earnest

5 YEARS

Dixon, Stephen
Smith, David

7 YEARS

Cowger, Michael
McCuiston, Richard

8 YEARS

Macy, Neil

16 YEARS

Reddington, Joseph

17 YEARS

Henningsen, David



Every day is a weekend when you're retired!



Happy Retirement

John Schafer recently retired after 26 years of service with CPC Logistics, Inc. John was assigned to Walgreen Company in Windsor, Wisconsin, where his original hire date was September 1983. We appreciate your many years of hard work and dedication, John, and wish you a relaxing and joy-filled retirement. **Congratulations!**



L to R: Kevin Harness, Fleet Mgr. – Walgreen Company, John Schafer, Jonathan Schaitel, Operations Mgr. - CPC Logistics, and Raymond Miles, Division Mgr. - CPC Logistics



Congratulations to Clyde Spainhower

on his recent retirement from CPC Logistics, Inc. Clyde has been a CPC employee since May 2004 and has been assigned to Bridgestone Americas Tire Operations in Stockton, California. We wish to thank Clyde for his years of excellent service and wish him lots of happiness as he begins this next chapter in his life.

A Driver Appreciation Luncheon was recently held at the Walgreens domicile in Jupiter, Florida to celebrate the outstanding on-time deliveries and unload rates percentages of the employees at this location. **GREAT JOB!**



L-R: Steven Tompkins, Reynaldo Lopez, Carlos Montoya, Chris Farley and Joseph Catalfamo – Manager, Supply Chain-Fleet Operations



L-R: Joseph Catalfamo – Manager, Supply Chain-Fleet Operations, Nestor Gomez, Michael Hightower and Steven Scholl – Specialist, Senior, Supply Chain