

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.



TANDEM TALK

J A N U A R Y

2021



**AUSTIN
ZIEGLER:
DRIVING
INTO
HIS
FUTURE**

THE BEST DRIVER DRIVE CPC



The Best Drivers Drive CPC!



Meet Austin Ziegler

Austin Ziegler has been with CPC Logistics since July 2019 and is assigned to Walgreens in Windsor, Wisconsin. Known as one of our "Young Guns," he came to us from a driving school with no experience. Regional Manager Dean Cretsinger hired Austin and put him in a 45-day student training program. Since that time, Austin has done an extremely good job and is a huge asset to the Wisconsin fleet.

Austin is a great example of the outstanding next generation of drivers joining CPC!

DRIVER OF THE MONTH STEVE GARDECKI



Congratulations to Steve Gardecki

on being selected CPC Canada's Driver of the Month for December. Steve is assigned to Proctor & Gamble in Brantford, Ontario where he is a tremendous asset running the day-to-day operations in the yard. Steve's contributions to the team helps strengthens the CPC commitment to deliver on our promise to our customers.

GIVING BACK TO THE COMMUNITY

CPC driver Gerardo Meza was at the Walgreen Company headquarters early on the morning of Monday, December 21st where he met up with Santa and his elves. They loaded Gerardo's truck with toys for delivery to two schools in Waukegan, Illinois. Walgreens provided 650 Pre-K thru 2nd grade children with fun, educational toys, which Santa was able to hand out at a Covid-safe, drive-thru event.



DOM PRESENTATION DOUGLAS WICKUM



Douglas Wickum is shown being presented the CPC Driver of the Month Award by Yves Thomas, Regional Manager. Doug has been employed with CPC since July 2016 and is assigned to the Bridgestone domicile in Portland, Oregon.

December 2020 Drivers Of The Month

East Division

Said Cordic
Walgreen Company
Fredericksburg, VA

West Division

Steven J. Cooper
Walgreen Company
Waxahachie, TX

Canada Division

Steven Gardecki
Proctor & Gamble
Brantford, ON

Wilis Escobar Ventura

Walgreen Company
Linden, NJ

Stuart J. Shuck

John Deere Shared Services
Davenport, IA



LINDEN DC CELEBRATES DRIVERS



Guy Phillips



Armando Sanchez



Rodrick Moore

CPC celebrated our drivers assigned to the Walgreens Distribution Center in Linden, New Jersey with an end-of-the-year event. Five Bluetooth headsets were raffled as prizes by CPC Regional Manager Allan Flores.



Safety Manager Tip of the Month

JANUARY IS NATIONAL HUMAN TRAFFICKING PREVENTION MONTH

Art Swank - Safety Manager



Human trafficking is a crime in which force, fraud or coercion is used to compel a person to perform labor, services, or commercial sex. It affects all populations: adults, children, men, women, foreign nationals and U.S. citizens, and all economic classes. We must continue to raise awareness and do our part to combat these horrendous crimes against humanity. Human trafficking is happening all around us. Victims are often hidden away but is it possible you will encounter individuals or situations of concern. Knowing how to "Spot the Signs", could save lives.

General Indicators - Trafficking victims are often lured into another country by false promises and so may not easily trust others.

They may:

- Be fearful of police/authorities believing their lives or family members' lives are at risk if they escape
- Be fearful of telling others about their situation
- Seem to be in debt to someone
- Be regularly moved to avoid detection

Sexual Exploitation - Be aware: ordinary residential housing/hotels are being used more and more for brothels. **People forced into sexual exploitation may:**

- Display a limited amount of clothing, of which a large proportion is sexual
- Display substance misuse
- Be subjected to abduction, assault or rape
- Be unable to travel freely e.g. picked up and dropped off at work location by another person

Forced Labor - Where all the work is done under the menace of a penalty or the person has not offered himself voluntarily and is now unable to leave.

They may experience:

- Threat or actual physical harm
- Restriction of movement or confinement
- Withholding of pay or excessive reductions
- Threat of revealing to authorities an irregular immigration status
- Poor or non-existent health and safety standards
- Requirement to pay for tools and food
- Pay that is less than minimum wage
- Excessive work hours/few breaks

Child Abuse "An abuse of a child's vulnerability by a person's position of power or trust, exploiting that position to obtain sexual services in exchange for some form of favor such as alcohol, drugs, attention or gifts" – Engage Team, Blackburn

You may notice a child that is:

- Often going missing/truanting
- Secretive
- Experimenting with drugs/alcohol
- Seen entering or leaving vehicles with unknown adults
- Showing evidence of physical/sexual assault (including STD's)
- Showing signs of low self-image/self-harm/eating disorders

Domestic Servitude

A particularly serious form of denial of freedom; this includes the obligation to provide certain services and the obligation to live on another person property without the possibility of changing those circumstances.

They may:

- Be living and working for a family in a private home
- Not be eating with the rest of the family
- Have no private space
- Be forced to work excessive hours; "on call" 24 hours a day
- Never leave the house without the 'employer'
- Be malnourished
- Be reported as missing or accused of crime by their 'employer' if they try to escape

You can help play a role in ending human trafficking by learning key indicators of the crime, raising awareness of human trafficking within your community or industry, and reporting suspected trafficking incidents. Individuals working inside industries or with specific audiences may be more likely to observe human trafficking by nature of their day-to-day job duties or surroundings.

CPC SAFETY BLITZ

Drivers assigned to the Walgreens domiciles in Houston and Waxahachie recently participated in a CPC Safety Blitz which emphasized the importance of focusing on safety.



Larry Christie, Safety Supervisor
Gary Simon & Regional Safety Manager John Schlichter



Chris Ferrell, Gary Simons, Regional Manager
Rene Sandoval & John Schlichter



Kelvin Stephen, John Punch & Gary Simons



**CPC LOGISTICS SOLUTIONS
MIDWEST DRIVER OF THE MONTH**

The Midwest Division of CPC Logistics Solutions has awarded Alexander "Lex" Joon the Driver of the Month Award for December 2020. Lex is currently assigned to TF Logistics where he is doing a wonderful job for our customer. He originally applied with us because he is an owner-operator for his own race team, Lex Joon Racing, and his season started to slow due to Covid-19. We were able to place him in the perfect, full-time job where he is voluntarily picking up Saturday work to earn extra money.



Barb Randall, CPC Midwest Sales Representative, Alexander Joon & Danielle Marquis, TF Logistics

Congratulations, Lex!

Shout Out for a Job Well Done - Scott Thede

A special Shout Out of recognition for a job well done goes to **Scott Thede**, Dispatcher at the John Deere Shared Services location in Davenport, Iowa. Scott has gone above and beyond at the Dispatch Office these last few months. His efforts to help things run smoothly is greatly appreciated.



300,000 Face Masks

Since the beginning of the Covid-19 pandemic, CPC drivers assigned to Proctor & Gamble's fleet have been called upon to pick up and deliver donated masks, face shields, hand sanitizer and other supplies to organizations involved in fighting the spread of the virus.

While most of the donated items are manufactured at Proctor & Gamble facilities, other local companies, such as distilleries, have contacted P&G to request assistance delivering their own donated supplies. This month, drivers were called upon to deliver 300,000 face masks which were donated by Proctor & Gamble to the Freestore Foodbank in Cincinnati, Ohio.



**To report suspected human trafficking to Federal law enforcement:
1-866-347-2423**



Accolade can help you be Heart Smart!

What affects 90 percent of middle-aged people and more than 74 percent of young adults? Heart disease. It's true. Most people have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Accolade can help provide you continued support to keep your heart health in check.

Heart-healthy habits: Let Accolade connect you to programs that encourage healthy nutrition, better exercise habits and more.

Monitor and manage: We can help you find an in-network provider where you can get your cholesterol and blood pressure checked regularly.

Take advantage of resources: Talk with an Accolade nurse about your own heart health risk and understand all the benefits and resources you have available.

Connect with your Accolade Health Assistant via phone, on-line or mobile. Call 844-351-3536 Monday - Friday, 8:00AM - 8:00PM -- Visit member.accolade.com -- Download the Accolade mobile app. Nurses also available after hours.

**Accolade is provided to eligible employees and family members at no cost to you.*

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 |
|------------------------|-------------------------------|---------------------------------|
| Smoking/smoke exposure | High blood cholesterol levels | Family history of heart disease |
| Obesity | High blood pressure | Male gender |
| Inactive lifestyle | Diabetes | Older than 50 |

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.

Source: UMR

SIGNS AND SYMPTOMS OF A HEART ATTACK

Indicators can vary between men and women

Some signs of a heart attack are obvious, like a guy in a movie gasping and clutching his chest as he falls to the ground.

Many other signs and symptoms of a heart attack are not so obvious, particularly for women. While both men and women can experience chest discomfort, women are more likely to experience a heart attack without chest pressure.

Some of the signs more common in women are shortness of breath, breaking out in a cold sweat, nausea or lightheadedness and pain or discomfort in other areas of the body, such as the back, neck, jaw or stomach.

Since those symptoms can be milder than uncomfortable pressure or squeezing in the chest or pain in one or both arms, they are more likely to be ignored. That's why it's important to learn the signs. Even if you're not sure it's a heart attack, have it checked out. Minutes matter and calling 9-1-1 is almost always the fastest way to get lifesaving treatment.

HEART ATTACK WARNING SIGNS

- Chest discomfort
- Discomfort in one or both arms
- Back discomfort*
- Neck pain*
- Jaw pain*
- Breaking out in a cold sweat*
- Stomach pain*
- Nausea*
- Lightheadedness*
- Shortness of breath, with or without chest discomfort*

* = Symptoms more common in women



TIPS FOR PREVENTING HEART DISEASE

- Meet with your doctor to learn your risk for heart disease
- Quit smoking (You'll cut your risk by 50 percent a year after you quit)
- Start an exercise program
- Modify your family's diet, if needed
- Maintain a healthy weight
- Lower your blood pressure
- Reduce your stress

