



TANDEM TALK

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.

SHANNON MARTINEZ

Walgreens

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**THE BEST
DRIVERS
DRIVE CPC**

MARCH 2021



INTRODUCING

SHANNON MARTINEZ

When it comes to being successful on the job, it is often said that attitude is everything. No one has taken that idea to heart more than CPC driver Shannon Martinez. For those that know and work with Shannon, her positive approach to every situation is an example for us all to follow.



After an early career in the security/asset protection field, Shannon made the leap into transportation and obtained her CDL; and so far, she has not looked back. Shannon credits CPC Manager Mark Echevarria and Recruiter Lynnette Torres for giving her a chance to break into the field and prove herself. Shannon started with the Walgreens fleet in Orlando, Florida and has since transferred to the Walgreens domicile in Colorado Springs, where she runs a daily peddle route. She made an immediate, positive impact on the Colorado operation and continues to prove her reliability and professionalism daily.



Shannon tries to always focus on the present moment, never dwelling on the past or future. She never rushes her work and feels that is how she gets the job done safely. She feels very fortunate to meet every day's challenges while enjoying the beautiful Colorado mountain views as she travels from one delivery to the next.

In her free time, Shannon and her wife enjoy taking weekend camping and hiking trips throughout the Colorado mountains. When not outdoors, she's known to play a little Call of Duty and is hooked on alien documentaries.

SHANNON IS ANOTHER GREAT EXAMPLE OF ONE OF OUR MANY PROFESSIONAL DRIVERS, AND WHY WE SAY.... THE BEST DRIVERS DRIVE CPC!

CPC Drivers of the Month

CPC East

Walter T. VanDoran
Walgreen Company
Hazlet NJ

Dennis V. Newsome
Moen Inc.
Kinston NC

CPC West

Guillermo M. Luevano
UPSF/Essendant
Perris CA

Jon S. Punch
Walgreen Company
Waxahachie TX

CPC LS West

Andy Hernandez
Ryder/True Value
Denver CO

CPC LS East

Joseph P. Battisti
US1 - Wilton NY

**CPC Canada**

G. Tim Fosolan
Kenan Advantage - Vancouver BC



F E B U A R Y 2 0 2 1

15 YEAR SAFETY AWARD PRESENTATION

JOHN TRICE



Regional Manager Mike Kazy recently presented the CPC 15 Year Safety Award to John Trice. John has been with us since August 2004 and is assigned to Bridgestone Americas Tire Operation in Lebanon, Tennessee. We congratulate John on this wonderful career achievement.



DRIVER OF THE MONTH PRESENTATION



TERENCE MURPHY was recently presented the Driver of the Month Award for June 2020. Terence has been with CPC since April 2014 and is assigned to the Walgreen Company in Raleigh, North Carolina.

CONGRATULATIONS, TERENCE!

3 MILLION MILE AWARD



Tim Steiniger was recently presented the CPC Logistics 3 Million Mile Safety Award. Tim began his over-the-road driving career with CPC in 1993 and since that time has been assigned to John Deere Shared Services in Davenport, Iowa. Tim has worked his way up the driver board at John Deere, progressing from team to solo driver. He is an excellent driver with a 28 year outstanding safety record; a record that reflects decades of commitment to being a true, professional driver.

CONGRATULATIONS ON THIS REMARKABLE ACHIEVEMENT, TIM!

SPRING DRIVING TIPS

SAFETY MANAGER TIP OF THE MONTH John Schlichter - Safety Manager



With winter on its way out and the nice weather rolling in, it's safe to say that spring is in the air. As the season starts to change, we become reinvigorated as the first warm sunlight begins to take over the gloom and cold of winter. Although it's a relief to know the new season is upon us, keep in mind that the safety hazards of winter aren't completely gone – in reality, new ones take their place. To help safely navigate the roads in the spring season, here are a few safety tips you'll need:



PREPARE FOR THE SPRING RAINS

The hazards of rain are obvious and should never be brushed aside. Almost always, rain presents issues of visibility for drivers. Rainy days and foggy mornings can restrict your vision, making it easier to

find yourself in an accident. To ensure good visibility, make sure your windshield wipers and headlights are in good working condition so that other drivers can see you and you can see them.

EXPECT TEMPERATURE DROPS

Just when we thought the ice was gone for the new season, unexpected freezing can also occur during the spring. In the early spring, the temperatures can still drop to freezing conditions at nighttime. Just because it's warm during the day doesn't mean that black ice can't form at night.



WATCH FOR ANIMALS

Animals are active at all times of the year. Be ready for them to cross the road at any time. Always be prepared to brake and not swerve out of the way. Maintain your lane. It's best to be ready to react, rather than reacting from last second impulses, so that additional hazards are not created.



AVOID HYDROPLANING

Along with the rain comes the risk of hydroplaning. Some roads do not drain as well as others, which can leave standing water in your lane of travel. With the heavier weights of your truck, hydroplaning can

be even more dangerous. Hydroplaning takes place when your tires lose grip with the pavement, causing skidding across the water and making it hard to brake. Braking too hard can even cause the truck to jackknife and lose complete control. To avoid this, remember to be patient, maintain a safe speed, and use your brakes gradually under these conditions.

WATCH FOR POTHOLES

Spring is when potholes become a serious problem. Between plows, salting, chemicals and the harsh weather, potholes can grow to impressive sizes. Do your best to avoid them until they are repaired. Driving over large potholes can cause serious damage to the underside of your vehicle.



GIVE PEDESTRIANS THEIR SPACE

As spring moves forward, more and more people will be outside. When driving thru shopping and residential areas, be mindful of people out walking, biking and playing. Drive slowly and give pedestrians their space to avoid any accidents.

STAY SAFE AND ENJOY
THE UPCOMING SPRING
& SUMMER SEASONS!

Thank you for what you do!





Canada Celebrations



Welcome Aboard

We would like to extend a warm welcome to new driver, **Ginette Cross!** Joining CPC Canada in January 2021, Ginette is assigned to John Deere Canada.

Also joining the John Deere Canada fleet recently is **Joemel Hoyte.** Joemel began his employment with CPC in March Of 2019 and was previously assigned to Bridgestone Canada before making the move to the John Deere account in February of this year.

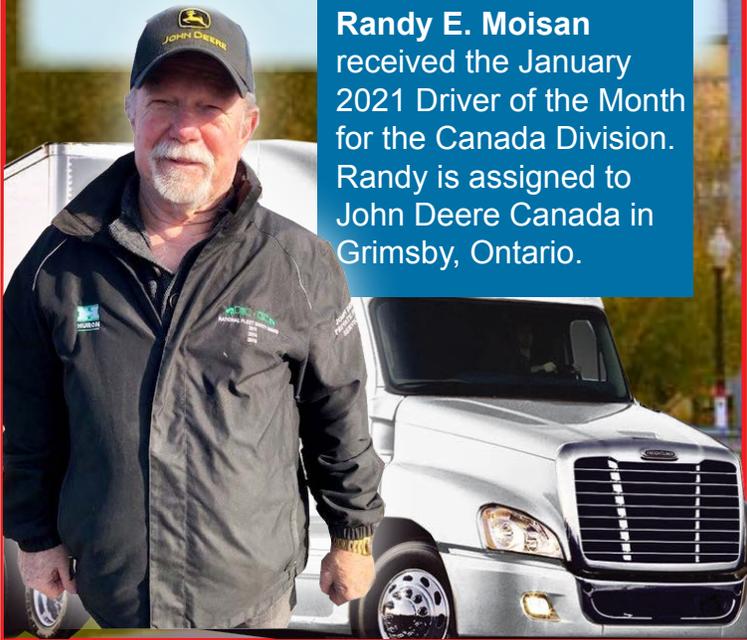
Welcome Home

Congratulations to **lehab Al-Timimi** and his family on buying their first home! lehab joined the CPC Canada Team in May of 2020 and is assigned to the John Deere Canada fleet. Welcome home, Al-Timimi family!

A Grandson for the Gilbert Family

Dennis Gilbert recently welcomed his second grandchild, but his first Grandson. Dennis has been with CPC Canada since October 2016 and is assigned to John Deere Canada in Grimsby, Ontario. Congratulations to the Gilbert family!

Randy E. Moisan received the January 2021 Driver of the Month for the Canada Division. Randy is assigned to John Deere Canada in Grimsby, Ontario.



NEWS FROM PUERTO RICO

Two drivers assigned to the Walgreen Company in Carolina, Puerto Rico are recent recipients of the *15 Year Safe Driver Award.*

Jose Feliciano has been employed with CPC since June of 2002.

Oswaldo Torres has been with us since October 2003.



From all of us at CPC, thank you for your safe, professional driving and for your commitment to quality customer service!



JOSE FELICIANO



OSVALDO TORRES



Moderna

Pfizer-BioNTech

I GOT
MY
COVID-19
VACCINE

The COVID-19 vaccine: Why you shouldn't wait

How the vaccines work - When no one or just a few people are vaccinated, the coronavirus spreads easily and makes a lot of people sick. When enough people are vaccinated, it's difficult for the virus to spread and fewer people get sick. "Herd immunity" is achieved when 70-90% of the population is immune to the virus, either through vaccination or through natural infection. Reaching this threshold helps protect those who can't get vaccinated yet, such as children and people with severe vaccine allergies.

Two of the vaccines currently authorized in the U.S. – Moderna and Pfizer-BioNTech – contain genetic material called messenger RNA (mRNA). This small piece of the coronavirus's mRNA orders the cells in your body to make copies of the distinctive but harmless spike protein that appears on the surface of the coronavirus. These spike proteins trigger an immune reaction. Your body creates antibodies, which then protect you from getting sick if you're exposed to the real virus later. The Moderna vaccine requires two shots given one month apart, and the Pfizer-BioNTech vaccine requires two shots given three weeks apart. The third and most recently authorized vaccine, Janssen Biotech, Inc. (a Johnson & Johnson company), uses viral vector technology to create immunity. That means it uses another, harmless virus as the vehicle to introduce the coronavirus's genetic material to your immune system.

The J&J/Janssen vaccine uses a weakened adenovirus (the cause of the common cold). It has genetic material from the coronavirus inserted within it. The adenovirus is too weak to make you sick. But it can still insert the genetic material it carries into cells as a normal virus would. Once inside your cells, that genetic material instructs them to make the coronavirus's spike protein. The cells then display the spike protein on their surface. As with the mRNA vaccines, these proteins trigger an immune reaction and your body creates antibodies. These protect you from getting sick if you get infected with the real virus later. The J&J/Janssen vaccine requires only one shot.



SIDE EFFECTS

You may have some side effects from the vaccine, which are normal signs that your body is building protection, and they should go away within a few days.

The most common side effects include:

- Fever
- Fatigue
- Headache
- Muscle pain
- Chills
- Nausea
- Pain, redness or swelling at the injection site

None of the vaccines contain the real coronavirus, so getting vaccinated cannot give you covid-19.

The Pfizer and J&J Janssen vaccines are recommended for people 18 years and older, while the Moderna Vaccine is recommended for people 16 and older.

It is not yet clear how long the vaccine will provide protection or whether it prevents someone from spreading the virus. Therefore, it will be important for those who get the vaccine to follow the most current CDC guidelines, such as wearing a mask and social distancing in certain situations. Multiple variants of the virus that causes COVID-19 are circulating globally. These variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. So far, studies suggest that antibodies generated through all three vaccines recognize these variants. This is being closely investigated.

Unless you have allergies to ingredients in a specific vaccine, the best COVID-19 vaccine is probably the one you can get soonest.

EFFECTIVENESS

Moderna **94.1% effective**

Pfizer-BioNTech **95% effective**

J&J/Janssen vaccine **66.3% effective**

IN CLINICAL TRIALS, the Moderna vaccine was 94.1% effective in preventing COVID-19; the Pfizer-BioNTech vaccine was 95% effective; and the J&J/Janssen vaccine was 66.3% effective. **Getting a COVID 19 vaccine may also protect you from getting seriously ill even if you do get COVID 19.**

While the J&J/Janssen vaccine has a lower efficacy rate, infectious disease experts point out that its results cannot be directly compared to the other two vaccines because it's a single dose and the company's trial was conducted when there were more infections and new, more contagious variants.



HAPPY RETIREMENT

CPC would like to wish a very Happy Retirement to Phil & Sandra Orwig.

The Orwigs were employed with CPC as team drivers since April 2008 and assigned to John Deere Shared Services in Davenport, Iowa.

May you have many days of sunshine and laughter in this next chapter of life!



PHIL & SANDRA ORWIG

DON'T LET POLLEN SLOW YOU DOWN

Those of us with "hay fever" experience allergic reactions to pollen from certain trees, grasses and weeds.

If you suffer from seasonal allergies, here are some steps you can take to lessen the pain:

- ✿ Keep your windows and doors closed and use your air conditioner at home and in your car
- ✿ Keep an eye on pollen counts in your area and limit your time outdoors when counts are high
- ✿ Ask your doctor if an over-the-counter or prescription medicine might help
- ✿ Immediately wash all clothes worn outside and dry them in a dryer, not an outdoor clothesline



SHOUT OUT FROM ALBUQUERQUE

Store management from Walgreens in Albuquerque, New Mexico would like to say 'Thank You' to the CPC drivers assigned to make their store deliveries.

*"We are lucky to have such amazing and hardworking drivers!
Thank you from all of us here at store #07438."*



Mary Albin, Martin Rascon, Rene Aldana and Brittany Sanchez



Brittany Sanchez, Kyle Kuehfus and Mary Albin