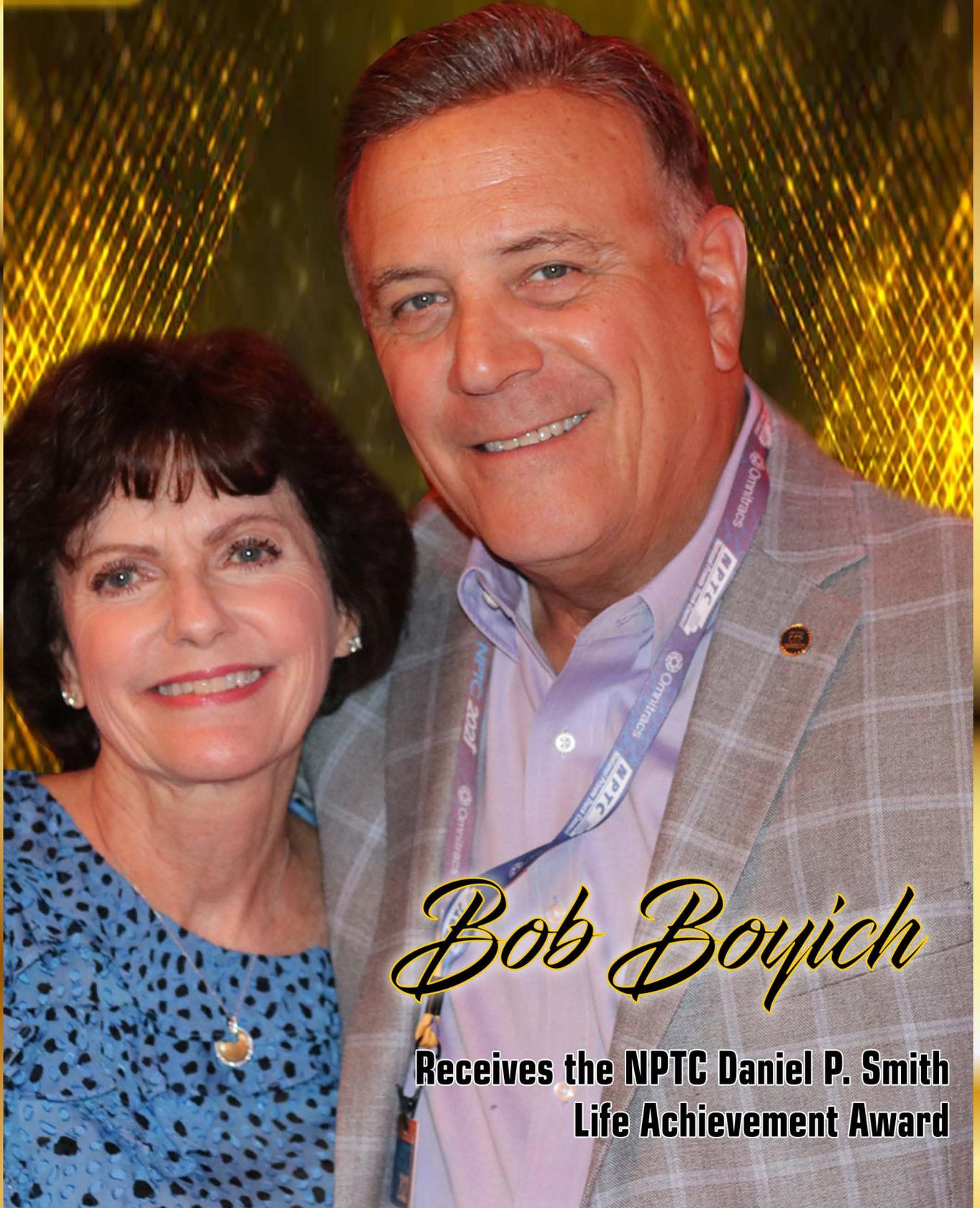




JUNE 2021

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# TANDDEM TALK



*Bob Boyich*

**Receives the NPTC Daniel P. Smith  
Life Achievement Award**



## Bob Boyich Receives the NPTC Daniel P. Smith Life Achievement Award

The National Private Truck Council (NPTC) honored recently retired CPC Executive Vice President Robert (Bob) Boyich, CTP with the Daniel P. Smith Life Achievement Award. This award is reserved for NPTC members who have made exemplary leadership contributions to help advance the goals of the Council and has been presented to a very limited number of individuals.

leave and perhaps open a skating rink in Bakersfield," says Bob. After those 3 years, though, he became committed to the vision of CPC and worked for another 25 years engaging with customers, growing CPC business, and connecting with drivers at safety and awards meetings. "The decision to stay worked out well for me. The first hockey rink that was built in Bakersfield went bankrupt, so I think I made a great choice."

### WELCOME, CPC VICE PRESIDENT



Bob Boyich

It is with great pleasure that the CPC Board of Directors announce the addition of Robert J. Boyich as Western Regional Vice President to the CPC family. Bob has most recently been the Owner and President of Energy Personnel Incorporated of Bakersfield, California.

Bob, in his new capacity as Western Vice President of CPC, will have responsibility for all sales and operation functions in California, Arizona, Nevada, Utah and the Pacific Northwest, with the Regional office for these operations remaining in Bakersfield, California. Bob has been involved in the Contract Driver Industry for the past 15 years, having served as past President and is currently Chairman of the Board of the Driver Employer Council of America.

Bob, a native of Chicago, resides with his wife Jackie and three children in Bakersfield.

Bob's career in the transportation industry spans 44 years. A graduate of the University of Southern California, Bob started in his own company, Energy Personnel, Inc. in Bakersfield, California. He and his wife, Jackie attended their first private carrier conference in the fall of 1982 which was hosted by the ATA and the Private Carrier Conference. He joined

the conference, now known as the National Private Truck Council, obtained his Certified Transportation Professional (CTP) designation and enthusiastically served on the Board of Directors and the Institute Board of Governors. "His engagement with the NPTC is almost incalculable," stated Gary Petty, NPTC President & CEO.

In 1992, Bob sold his company to CPC Logistics and became the Western Regional Vice President of CPC. What he expected to be a 3-year career experience ultimately became 28 years of dedicated service to CPC. "I had intended to work for the 3 years, then

For the past 28 years with CPC, Bob has been instrumental in promoting CPC Drivers to the places of honor within the NPTC program, including 14 drivers to the Canada Hall of Fame, 11 drivers into the NPTC Hall of Fame and a record number 92 drivers being named NPTC All Stars!

"Bob has been the face of CPC with the NPTC since joining the company. He has spent tireless hours working to make the Council better and promoting CPC within the Private Fleet community. He is well respected by all who have worked with him and almost everyone you meet at the NPTC who learns you are with CPC has a positive Bob Boyich story to tell based on their interactions with him. We are very appreciative of what he has done for the company and especially the drivers he shepherded through the Hall of Fame and All-Star program. His efforts made a difference in a lot of the driver's careers." – Harold (Butch) Wallis, Jr., CPC Logistics President.





### ONE MILLION MILE AWARD RECIPIENTS



## *Congratulations*

**to Pete Salvino and Mike Williams** on successfully and safely driving ONE MILLION MILES! Assigned to Bridgestone Americas Tire Operations in Fort Pierce, Florida, Pete has been with CPC since December 2008 and Mike has been employed since December 2010. Making the presentations was CPC Safety Manager Art Swank.

### 15 YEAR SAFE DRIVER AWARD PRESENTATION

#### Congratulations Don!

**Don McLaughlin** assigned to John Deere Shared Services in Davenport, Iowa was recently presented the CPC 15 Year Safe Driver Award.



#### Meet Mario Amato

Mario Amato has been driving for CPC since June of 2015 and has proven himself to be a model employee. Assigned to the Walgreens domicile in Linden, New Jersey, he is one of our most depend-able drivers, never calling off work.

Mario arrives at work daily with a positive attitude, dressed in uniform and ready to provide great customer service. He is well respected by store personnel for his professionalism and courtesy, and for always being willing to work with store personnel if they are short-handed during delivery. Mario handles push/pull and floor-load store deliveries and relay routes.

Taking his job and responsibilities very seriously is a wonderful attribute of Mario. He is a safety-minded employee who completes his delivery routes efficiently, and he will volunteer to help when other situations arise. We are happy to have Mario Amato as part of our CPC team.

**He is another great  
example of why we say.....**

**The Best Drivers Drive CPC!**





## DRIVER OF THE MONTH PRESENTATION



**Mahmoud Elgazzar** was presented the April 2021 Driver of the Month Award for CPC Canada. Mahmoud has been assigned to Procter & Gamble in Brantford, Ontario since October 2020.



**David Phillips** was presented the Driver of the Month Award for March 2021. David is assigned to the Walgreens domicile in Mt. Vernon, Illinois.



**Stephen Merritt** was presented the Driver of the Month Award for September 2020. Stephen is assigned to Bridgestone Americas Tire Company in Jacksonville, Florida.

## WALGREENS HOUSTON SPOTLIGHT

**Drivers Earnest Smith and Eduardo Diaz** take a moment to show off the new sign at the Walgreens domicile in Houston, Texas. Mr. Smith and Mr. Diaz have each been with CPC for over 8 years and are assigned to this domicile location. They would like to recommend that their fellow driver colleagues follow them in making this 'No Injuries' decision.



## SAFETY MANAGER TIP OF THE MONTH



**Mark Manke**  
Safety Manager



## SUMMER DRIVING SAFETY

Summer has officially begun, and temperatures around the country are already beginning to soar. A lot of attention is paid to how truck drivers should drive in the winter, but there are also plenty of dangers in summer driving that probably don't get enough attention.

- **BE PREPARED** – A thorough pre-trip is as important during the summer as it is during the winter. Not only does your vehicle need to be prepared, so do you as a driver. Make sure you carry plenty of water and drinks to stay hydrated, especially if you unfortunately break down.
- **GET ENOUGH REST** - Higher temperatures can make drowsiness happen easier. If you feel tired, pull over and get a quick power nap in. Rather arrive late than never.
- **INCREASED TRAFFIC** – In the summer months, families go on vacations, people take days off work and there are more people on the road than any other season. As a professional driver, you need to be more prepared for the less skilled drivers on the road. They will undoubtedly be in a hurry to get where they are going.
- **STAY HYDRATED** – It seems obvious to say, but when the temperatures heat up, our bodies cool down by sweating. The last thing we need to deal with is Heat Exhaustion or Heat Stroke. In extreme heat, waiting to get thirsty may be too late. We need to drink even when we are not thirsty. If your feeling overheated, sit in the shade or the AC of the cab of your vehicle.
- **CHECK THE BRAKES** – Hot temperatures can lead to brake fading or loss of friction because brake components can't absorb any more heat. Be diligent about checking the brakes and even make a check stop before getting out on the road to make sure the brakes are working properly.
- **BE EXTRA CAREFUL IN WORK ZONES** – More roadwork is done during summer months than any other time. The reason to be careful is two-fold. First, it's always important to be careful because of the danger of potentially hitting a worker. Second, fines for speeding and other violations are often doubled, tripled or more in a work zone, which is not good for a truck driver. Remember, some areas of the country only have 2 seasons, Winter and Road Construction.
- **KEEP TIRES PROPERLY INFLATED** – In the extreme heat, tire blowouts are not uncommon, and under-inflated tires increase the risk of having those blowouts. Be sure before taking off for a delivery run that tires are properly inflated to do everything possible to prevent a blowout that can so easily come with heat.

**BE SAFE.  
DRIVE SMART.**



## TOP HEALTH ISSUES FOR MEN

### GET TO KNOW THE MOST COMMON HEALTH CONCERNS FOR MEN – AND HOW TO PREVENT AND DETECT THEM.

If you have a standing appointment with your barber but can't remember the last time you had a yearly checkup, you're not alone. The average man pays much less attention to his health than the average female does. Whether due to a lack of awareness, unhealthy lifestyle choices or minimal education on prevalent issues, the disparities toward health are impacting more men each year. Compared to women, men are more likely to drink alcohol or use tobacco, make riskier choices in both work and their personal life, and forego routine checkups, according to Men's Health Network. Many of the major health risks that men face today can be prevented with a healthy lifestyle that includes regular exercise, a healthy diet, not smoking, stress reduction and moderate alcohol consumption (no more than two drinks a day). Regular checkups and screening tests can spot disease early, when it's easiest to treat.

#### DEPRESSION AND SUICIDE

Men experience depression differently than women, often reporting symptoms of fatigue and irritability. Men are also less likely to acknowledge the condition or seek help. Though women are more likely to attempt suicide, men are more successful with their suicide attempts.

#### LIVER DISEASE

Men have a greater risk of liver diseases, such as cirrhosis and alcoholic liver disease, due to higher levels of alcohol and tobacco use. Also, men who have sex with men are at increased risk for viral hepatitis B. Common symptoms include yellowing skin or eyes, abdominal pain and swelling, swelling of extremities, itchy skin and discolored urine or stool.

#### SKIN CANCERS

According to the Skin Cancer Foundation, men age 50 and older are at a higher risk for developing skin cancer – more than twice the rate of women. This higher risk is likely related to more frequent sun exposure and fewer visits to the doctor. Symptoms of skin cancer often include new discolored spots on the skin, moles that change color or size, or small lesions on the skin that have an irregular border.

#### PROSTATE CANCER

The most common form of cancer for men and the second-leading cancer death for men is prostate cancer. Typically considered a disease for older men, in reality, prostate cancer can occur in younger men.

The most common symptoms include frequent urination, weak or interrupted urine flow, blood in urine or pain with urination. Prostate cancer is very treatable if found early, supporting the case for regular checkups.

#### Erectile dysfunction

Erectile dysfunction is a common health problem for men, especially for those with diabetes or prostate issues. There are a number of reasons why men develop erectile dysfunction, many of which can be treated; most often the initial complaint by men is a reduced sexual desire. Don't give up hope: Seek medical advice.

#### Become proactive!

Now that you are more aware of the top health issues facing men today, the next step is to change your habits and become more proactive about your health. Addressing your health can be scary and intimidating, but avoiding it altogether can be deadly. If you are experiencing symptoms, suspect you might have a condition or simply want to schedule a checkup, the most important thing you can do is call your physician or other provider to set up an appointment to discuss your concerns. Taking that first step is important, and remember:

**You are not alone in the fight for better health.**

**If you feel you may be at risk of suicide, please contact 911 or go to your nearest emergency room.  
The National Suicide Prevention Hotline number is 800-273-8255.**

#### CARDIOVASCULAR DISEASE

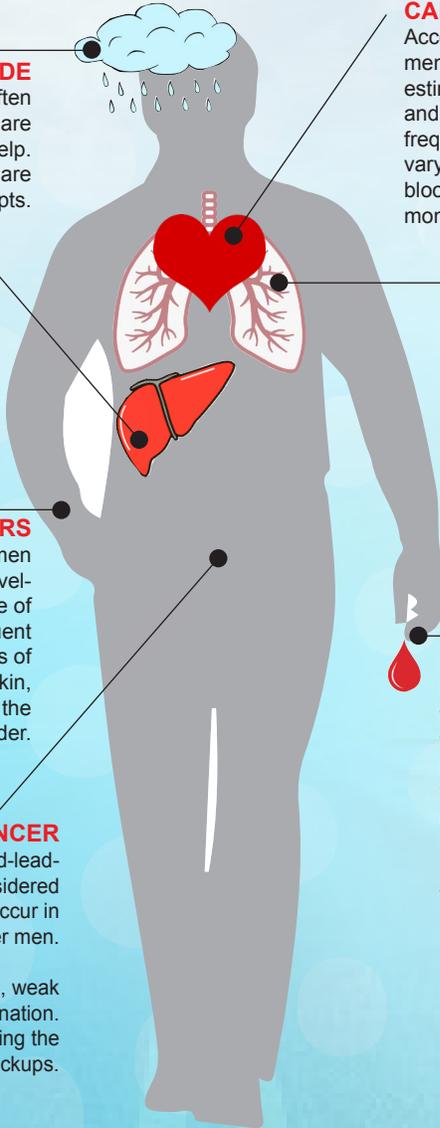
According to the American Heart Association, one in three men have some form of cardiovascular (heart) disease. An estimated 2.8 million men experience a stroke each year, and hypertension (high blood pressure) is occurring more frequently in younger men. Symptoms of heart disease vary but may include chest pains, palpitations and elevated blood pressure. Regular medical visits are important for monitoring blood pressure, cholesterol and heart health.

#### RESPIRATORY DISEASE

According to the American Lung Association, each year more men are diagnosed with lung cancer than in the year prior. Occupational hazards, such as exposure to asbestos, contribute to this risk, but smoking remains the leading cause of lung cancer, emphysema and other respiratory diseases. Symptoms can vary from person to person and they may include frequent wheezing or coughing, excess phlegm or mucus production within the chest, shortness of breath or trouble taking a deep breath.

#### DIABETES

Diabetes presents a unique set of complications for men, including lower testosterone levels, which can lead to a greater risk for sexual impotence along with depression and anxiety. Untreated diabetes also contributes to heart disease, nerve and kidney damage, and vision problems. For men, the most reported symptoms include increased thirst and/or hunger, dry mouth, nausea, frequent urination and blurred vision.





A big **'THANK YOU'** to **Tony Balistreri** for his driver referral and for being the first to cash in on our driver referral bonus program for drivers assigned to Walgreens in Pendergrass, Georgia.



Shown presenting the check to Tony is Greg Boyington, CPC Regional Manager.



## FROM TEMPORARY TO PERMANENT

During a recent celebration honoring Robert Franklin as the CPC Logistics Solutions Midwest Driver of the Month, Robert was officially presented a Hire Letter from Matt Donnelley of F.P. Supply. Robert was hired by CPCLS in March of this year to work as a temp for F.P. Supply. Since that time, he has not missed one day of work. He shows up on time and does his job very well. We are happy to see Robert make the transition from temporary to permanent employment. We wish him continued success in his career.



## HAPPY RETIREMENT TO JOSEPH ROCK

We would like to wish a very Happy Retirement to Joseph Rock. Joe is retiring after 20 years of service. He began driving for CPC in May of 2001 and was assigned to John Deere Shared Services in Davenport, Iowa. He drove over-the-road, mostly as a team driver, and was always willing to run anywhere he was asked to go. Thank you for your many years of committed service, Joe!

