



JULY 2021

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.

# TANDEM TALK



JOHN DE GRIP

**Randy Packham**  
*inducted into Driver  
Hall of Fame*

**THE BEST DRIVERS DRIVE CPC**



**CPC LOGISTICS CANADA** is pleased to announce the induction of **Randy Packham** into the **Private Motor Truck Council of Canada (PMTC) Driver Hall of Fame for Professional Drivers**.



As a teenager, Randy began his career in 1992 when his father took him on the road and trained him to become a professional truck driver. At the age of 18, he followed in the footsteps of his father and grandfather and became a third generation owner-operator.

For almost 30 years as an owner-operator and company driver, Randy has hauled goods and products all over the continental United States and Canada. On March 26, 2004 he became an employee of CPC Logistics Canada and has been assigned to John Deere Canada's private fleet in Grimsby, Ontario, hauling John Deere agricultural and industrial parts and implements to regional distribution centers in both countries.

Randy has established a reputation as one of our most dependable and steady long-haul drivers. He conducts himself with a professional attitude, takes pride in his assigned equipment and is a great example to his fellow drivers, both in the discharge of his duties and in the care and inspection of his equipment.

Over the course of his 16 years of service with CPC and the John Deere Fleet, Randy was awarded the January 2015 Driver of the Month Award, the 2015 CPC Logistics Canada Driver of the Year Award and the 2016 Hamilton Niagra Fleet Safety Council Driver of the Year.

Randy is a dedicated family man who enjoys time with his family, playing poker and watching his favorite Toronto sports teams, the Maple Leafs and the Raptors.



### *John Deere wins private fleet safety award*

The Private Fleet Safety Awards were given out during the Private Motor Truck Council of Canada's (PMTC) virtual annual conference June 17.



For the 8th consecutive year, John Deere Canada won the award in the medium-sized fleet category. John Deere operates 60 power units and 190 trailers, operated by 75 driver employees of CPC Logistics, Inc. John Deere has a CVOR violation rate of 10.14% and has been involved in 0.93 incidents per million kilometers last year.

**Charlie Shields**, CPC Safety and Compliance Manager

**Scott Hannaback**, CPC Dispatch Coordinator

**Carrie Scarselli**, CPC Team Leader



### DRIVER OF THE MONTH PRESENTATION



**John Reeves** received the May 2021 Driver of the Month Award. John is assigned to Walgreens in Mt Vernon, Illinois and has been an outstanding and professional team member since May 2019.

### 15 YEAR SAFE DRIVER AWARDS - Brenda Stewart



**Brenda Stewart** was recently recognized with the 15 Year Safe Driver Award. Brenda has been with CPC since October 2005 and is assigned to John Deere Shared Services in Davenport, Iowa.



### SAFETY MEETING

Cooper Tires – Texarkana, AR – July 20, 2021



L to R: CPC Regional Manager Rick Weiher, Autumn Edgar & Sam Barker

### WELCOME TO CPC



From CPC Chicago, meet new hires Curtis Smith and Hurdie Barnett.

Both are assigned to the John Deere Shared Services location in Joliet, Illinois.

*Welcome to CPC!*



### Thank a Truck Driver

**John Napolitano**, a CPC driver assigned to Benjamin Moore in Carol Stream, Illinois was recently spotted smiling on his delivery route. We appreciate John and his professionalism on the job.



### SAFETY MANAGER TIP OF THE MONTH



### DEFENSIVE DRIVING

Ken Gray

#### ANTICIPATION

Be aware of what is going on around you and predict what might happen so that you know how to react when another driver catches you off guard. Protect yourself so that you will not get hurt in a crash. Something as simple as putting on a seatbelt could save your life in a crash.



#### BE IN CONTROL

Be watchful of any potential obstacles in the road, such as traffic in front of you suddenly coming to a stop. Leave enough space in front of you so that you can stop in time.



#### BE WELL RESTED

Sleepiness and driving drowsy are dangers on the road, causing thousands of crashes every year. Driving while drowsy is comparable to driving with a blood alcohol level of .08. Be sure to get a good night's sleep. If you start to get sleepy while driving, stop for a break at a rest area and get out and stretch. Let dispatch know what is going on with you.



#### BE PREPARED

Get into the correct driving position so that you can hold onto the steering wheel with your hands in the 3 and 9 o'clock positions. Look in your mirrors. What can you see? Know your blind spots so that you can avoid losing a car or truck in them. Adjust your seat and get comfortable before heading out on the road.



#### BE AWARE

You could be the best driver, but you will still need to watch out for other drivers. Look down the road at least 15 seconds so you know what is going on in front of you. Always leave space between you and the car in front of you. Never assume other drivers will obey traffic rules. Planning for the unexpected means you will not find yourself reacting in a panic.



This information is not just for the truck driver, but for all drivers. Please share this with your family and friends as a safety reminder so that you all may enjoy a safe summer.



## Making the Move

**Lanard Alexander** recently made the move from his previous assignment with Bridgestone in Woodridge, Illinois to John Deere Shared Services in Channahon, Illinois. Lanard has been with CPC since February 2015.



## MORE FROM CANADA .....SHOUT OUT FOR A JOB WELL DONE!



At the end of her shift, **Carol Peardon** noticed a run-off flowing towards a storm drain in the shunt parking lot of our customer, Canadian Tire.

Without hesitation or instruction, Carol stepped up and started pulling 50 lb. bags of absorbent out of the storage trailer. As she was spreading the powder, **Randy Caron** came in for his shift a half hour early, as usual, and immediately went into action to assist Carol.



After an investigation had been done, without being asked, Randy went back and shoveled up the area. Thank you, Carol and Randy, for your quick action and for working together to prevent a potential environmental issue!



## DAYTON AIR SHOW

After a year off because of COVID-19, The 43rd annual Vandalia-Butler Chamber of Commerce Dayton Air Show Parade was back and bigger than ever with 200 trucks, floats and more through the route. Driving the Procter & Gamble truck through the parade and accompanying the Charmin Bear was CPC driver **Peggy Rogers**. Peggy has been assigned to the P&G location out of Vandalia, Ohio since July 2020.



## MAY 2021 DRIVERS OF THE MONTH

**East**  
**Robert C. Newhall**  
Moen | New Bern NC

**James D. Snedeker**  
Walgreens | Nazareth PA

**West**  
**David Deweerd**  
Walgreens | Waxahachie TX

**John E. Reeves**  
Walgreens | Mt Vernon IL

**Canada**  
**Lonney J. Davidson**  
John Deere Canada  
Regina SK

**CPCLS East**  
**Jeffrey P. Buxton**  
Boston MA

**CPCLS West**  
**Carl S. Lewis, Jr.**  
Denver CO

## Happy Retirement

After devoting 17 years of service to CPC Logistics, Regional Assistant

**BETTY BRATLIEN**  
from CPC/Chicago has officially retired.

Betty did not just come to work, she truly enjoyed her job. She treated everyone she came in contact with like family and was truly admired throughout the company. While Betty will be missed here at CPC, we wish her lots of sunny days and happiness in this next chapter of life.



## JUNE 2021 DRIVERS OF THE MONTH

**East**  
**Pedro Gonzalez Gonzalez**  
Walgreens | Ft Myers FL

**Calvin F. Smith**  
Bridgestone Americas Tire  
Operations | Buford GA

**CPCLS East**  
**Marquet K. Reese**  
Atlanta GA

**CPCLS West**  
**Juventino Cuevas, Sr.**  
Rancho Cucamonga CA

**Canada**  
**Joel L. Casilla**  
Procter & Gamble | Brantford ON

**West**  
**Adrian Madrigal**  
Walgreens | Moreno Valley CA

**Carlos Sanchez, Jr.**  
Walgreens | Denver CO





## DESIGN YOUR SUMMER

Summer can be a magical time of year. There's a special mindset and unique opportunities that only come around when the weather is warmer, school's out and everyone is in a vacation state of mind. But it's oh so easy to get caught up in day-to-day life and let summer slip away. So this year, why not "design your summer" by making intentional choices and plans that set this season apart.

### TO DO LIST:

**BE MORE ADVENTUROUS WITH FOOD** - Summer is a great time to try new dishes – and fire up the grill. And with the abundance of fresh produce that's available (and often cheaper) this time of year, it's easy to add a healthy twist. Summer is also the perfect time to lighten up your dinner plate with fresh fish.

**EMBRACE LIFE** - A wonderful way to connect with summer is by being more mindful. You'll find practical tips for incorporating mindfulness into your daily routine. You might be surprised by the health benefits that come with simply tuning out mental noise and tuning into your body. It's as easy as just slowing down and breathing.

**WALK MORE** - Whether you're starting a new fitness routine, already fit or active, or just want to do something fun with your friends, family or pets, walking is free and accessible to just about everyone.

**DON'T SETTLE FOR BORING** - If you have little ones around this summer, you know how challenging it can be to keep them entertained. Boredom busting activities will help turn off the screens and turn on the fun.

**Whatever your goals and dreams are for this summer, take time to acknowledge them and make concrete plans for achieving them.**



### PROTECT YOUR SKIN FROM THE INSIDE OUT

When summer hits and we spend longer days outside, we're reminded how detrimental a hot, sunny day can be to our skin. While we should always apply – and reapply – sunscreen, there are a number of foods that can actually improve your skin's ability to protect itself against harmful rays when consumed on a regular basis.

#### VITAMIN A

- Essential skin vitamin that curbs UV damage and slows signs of aging, protecting against sun induced redness and pigmentation
- Important for cell turnover

**Try: Asparagus:** 1 cup of cooked asparagus contains approximately 1/3 daily value of vitamin A.



#### LUTEIN

- Filters blue light and protects your skin against oxidative damage
- Antioxidant that protects against UVA and UVB damage

**Try: Dark leafy greens:** Spinach, kale, collards, turnips and mustard greens.

#### BETA CAROTENE

- Antioxidant that neutralizes free radicals and repairs damaged skin cells
- The body converts beta carotene to vitamin A
- Associated with protection against sunburn reaction

**Try: Sweet potatoes:** Food highest in beta carotene per cup.

**Try: Carrots:** While coming in with less beta carotene per cup than sweet potatoes, these actually contain more beta carotene per 100 calories, making them a lower-calorie option.

#### LYCOPENE

- Absorbs UVA and UVB radiation
- Provides photo protection by acting as an antioxidant in the body at the molecular level

**Try: Tomatoes:** The darker the color, the higher the concentration. Cooking tomatoes makes nutrients more readily available for your body.

**Try: Watermelon:** Contains more lycopene than tomatoes, and is composed almost entirely of water, which can aid in hydration.



#### OMEGA 3 AND OMEGA 6 FATTY ACIDS

- Natural building blocks for healthy skin and full of anti-inflammatory properties
- May protect against UVA and UVB radiation
- Beneficial for fighting dry skin conditions, such as dermatitis, and helping restore skin's moisture balance

**Try: Nuts:** Walnuts have the highest level of these fatty acids, followed by pecans. Other nuts, such as pine, pistachio, Brazil, cashew and macadamia, also contain these omegas in smaller concentrations.

#### VITAMIN E

- Neutralizes free radical damage, has anti-inflammatory properties and supports a healthy immune response
- Beneficial in reducing UV damage to skin and protects cells from oxidative stress

**Try: Sunflower seeds:** Contain one of the highest levels of vitamin E – a whopping 10 mg (1/3 daily recommendation) in just 1 ounce.



#### Try: Green or black tea.

Eating certain foods is a good practice to strengthen your body's natural UVA/UVB defenses but should not be used as a replacement for sunscreen. When used in combination, sunscreen and a healthy diet can dramatically improve your skin's ability to regenerate itself, minimizing fine lines, wrinkles and discoloration associated with sun exposure.

#### Flavanol EGCG, catechins and polyphenols

- Protect against decreasing collagen levels and reduce skin damage from UVA rays





## HAPPY BIRTHDAY, PEDRO!

Walgreens Store #9219 took time out to celebrate the birthday of **Pedro Gonzalez**. "We just wanted to extend a VERY special Birthday wish to our AMAZING truck driver, Pedro! He is a caring, hard-working driver and he is dedicated to our Walgreen's family!" Store personnel went on to say, "Remember, without our drivers our shelves would be empty. Let's celebrate our extended family members and thank them for their dedication through hot days and long hours." Pedro is a CPC driver assigned to Walgreens in Ft. Myers, Florida.



## BONUS PROGRAM

**Congratulations to our most recent recipients of the Driver Referral Bonus. For eligibility and requirements, contact your CPC manager.**



## DEEPEST SYMPATHY

Our hearts go out to family and friends of **Dave Reader** on his recent passing. Dave was a driver employee for CPC Logistics Canada and had been assigned to Canadian Tire in Brampton, Ontario since March 2015. He was a devoted, professional driver that could always be counted on to execute whatever was required. He will be greatly missed.

## SAFETY AWARDS

### 1 YEAR

Ballew, Aaron  
Basler, Bryan  
Boatright, James  
Danford, Patrick  
Fugate, Timothy  
Graham, Robert  
Hudson, Trennis  
Little, Philip  
Masterson III, James  
Sandford Jr, Marvin  
Schwertfeger, Joseph  
Taylor, Joseph

### 2 YEARS

Spence, Chad  
Crider, Douglas  
Gleason Jr, Patrick  
MacArthur, David  
Neal, Brian  
Oneal, Gordon  
Owen Jr, Michael  
Prince, Brian  
Reeves, John

### 3 YEARS

Biggs, Matthew  
Budds, Chadd  
Holthaus, Matthew  
Horn, Tara  
Phillips, David  
Herbert, Kareem

### 4 YEARS

Prosser, Chad  
White, Steven

### 5 YEARS

Cremer, Troy  
Isaacson, Carl  
Penter, Shawn

### 6 YEARS

Schichner, Brian  
Gaston, James

### 7 YEARS

Rowley, Kenneth  
Wilson, Douglas  
Jenkins, Gregory

### 8 YEARS

Bessire III, Philip  
Phillips, Bryan  
Thorson, David

### 9 YEARS

Mahoney, Michael  
Crites, John

### 10 YEARS

Hough, Dwayne

### 11 YEARS

Forbes, Steve  
Scott, Lonzo

### 12 YEARS

Brown, Eric  
Beckham, Billy

### 13 YEARS

Huge Jr, Charles  
Thomas, Jimmylee

### 14 YEARS

Erwin, James  
Hart, Terry  
Kendrick, Bill  
Winders, Raymond

### 15 YEARS

Keltner, Darrell

### 16 YEARS

Beal, Byford  
Phillips, Rrnest

### 17 YEARS

Davis, Christopher  
Jones, Michael  
Galtney, Benjamin

### 18 YEARS

McDonald, Todd

### 20 YEARS

Burton, Randy  
Morgan, Joseph  
Reed, Larry

### 21 YEARS

Paulsen, Arthur

**SAFETY  
FIRST**