



December 2021

TANDEN TALK

A monthly news publication of CPC Logistics, Inc.

***John
Fitzgerald***

***Retires After
33 years
of service***

The Best Drivers Drive CPC



CPC Regional Manager John Fitzgerald to Retire

After 33 years of service, John Fitzgerald, CPC Regional Manager from the Davenport, Iowa area has made the decision to retire at the end of this year. John has been an integral part of our company and his contributions will always be valued and fondly remembered.

In life you get to meet just a handful of people that are real, honest, good people; John Fitzgerald is one of those people. "I had the pleasure of meeting John at a Division Meeting in St. Louis right after I started with CPC in 2008," states Richard Jones, Division Manager. "I looked up at him (John is 6'5"), shook his hand and I knew instantly we would be friends."

John's career started as a driver for John Deere Shared Services in November 1988. He drove for John Deere for 13 years before being asked to come off the road and move to the administrative side of the John Deere account as a Fleet Supervisor in 2001. John was promoted to CPC Operations Manager in 2006, and then to CPC Regional Manager in 2009.

"John is a great teammate, but an even better friend," says Jones. "I will miss the early morning phone calls from John that I always referred to as my morning inspiration." The best thing to happen to John was when he met his wife Marie in February 2011. They have been married since September 2019. "I joke with him when he acts like a tough guy. I tell him that I will let Marie know because I know she is the boss. That usually settles him down," Jones said.

John's retirement is our loss, but a well-deserved achievement for him. It has been an honor to have John as part of the CPC Logistics team. We wish him all the best!

HAPPY RETIREMENT!

15 YEARS OF SERVICE



JON PUNCH was recently recognized for **15 Years of Service with CPC Logistics**. Jon is assigned to the Walgreens domicile in Waxahachie, Texas.



DRIVERS OF THE MONTH

November 2021

EAST DIVISION

Franklin W. Smith
Moen Inc
Kinston NC

George L. Vincent
One World Logistics
Lincoln AL

Landy L. Tellez
CPCLS East
Atlanta GA

WEST DIVISION

Errol L. Brown
Walgreen Company
Sumner WA

Kenneth J. Holubar
Walgreen Company
Waxahachie TX

Michael G. McKay
CPCLS West
Rancho Cucamonga CA

CANADA DIVISION

Charles D. Shields
John Deere Canada
Grimsby ON





Ken Gray, Safety Mgr

SAFETY MANAGER TIP OF THE MONTH

HOLIDAY DRIVING & SAFETY TIPS



The holiday season marks the time of year when more people are behind the wheel and have more distractions than usual. Winter holiday traffic and winter weather driving, in general, is fraught with its own dangers. Although the rate of crashes typically declines slightly on the actual day of the holiday, the days around that holiday see an uptick in crashes as more cars crowd the roads. Whether people are traveling to see family, on their way to the shopping mall or out for a holiday party, watch out for more driving hazards.

Let's look at some of the main holiday driving dangers and tips to avoid them.

- 1) Impaired drivers:** New Year's, two to three times more people die in alcohol-related crashes than during the rest of the year, and an estimated 25,000 people will be injured in crashes attributed to drinking and driving.
- 2) Distracted driving:** While distracted driving has become a bigger problem as a whole in recent years, during the holiday season it's even more likely to present challenges for everyone on the road.
- 3) Drowsy drivers:** When drivers haven't had enough sleep, they're at a greater risk for a crash. 824 people died as a result of drowsy driving and industry experts say that collisions resulting from fatigued and sleepy drivers are on the rise.
- 4) New/unfamiliar drivers:** We all had to learn to drive at some point, but sometimes sharing traffic lanes with new drivers can be downright frightening. With more people traveling across roads they're not familiar with during this time of year, the likelihood for crashes goes up and the need for greater alertness from other drivers increases.
- 5) Weather Hazards:** In addition to the need to be aware of what other drivers are doing around you, the timing of the holidays brings its own set of challenges. The potential for ice and snow makes winter weather driving more treacherous. More than 1,300 people die each year as a result of crashes on roads that are snowy, icy or slushy, and when these conditions are combined with other holiday hazards, it can make for dangerous driving situations. For drivers who must spend a large part of their time behind the wheel, such as fleet drivers, learning how to prepare for and manage such situations can truly mean the difference between life and death.

SAFETY MEETING

T-Force Essendant - Perris CA – December 20, 2021



CPC Driver Selwyn Lane Earns Degree



Congratulations to Selwyn Lane on his recent graduation from Ivy Tech Community College in Indianapolis, Indiana. Selwyn has been a CPC driver since April of 2021. While working a full-time schedule, Selwyn also attended college on a full-time basis and achieved his Associate of Science in Business. We are very proud of this huge accomplishment and appreciate his dedication to everything that he pursues!



INTRODUCING KEVIN ADAMS



We would like to introduce you to Kevin Adams, the new CPC Operations Manager in Davenport, Iowa. Kevin will be replacing longtime Regional Manager, John Fitzgerald, who retires at the end of the year.

WELCOME KEVIN!



DRIVER OF THE MONTH PRESENTATIONS



Brandon Barker
Walgreen Company
Murfreesboro TN
October 2021



Ginette Cross
John Deere Canada
Grimsby ON
October 2021



Johanne Paulino
Walgreen Company
Orlando-Jupiter FL
August 2021

WREATHS ACROSS AMERICA

CPC Logistics and Walgreen Company are once again proud to have had drivers participating in the Wreaths Across America program by transporting Christmas wreaths that are placed on the graves of our military veterans in a National Cemetery.

Making the deliveries this year were **Rene Conde** and **David Davis**. Both are CPC drivers assigned to the Walgreens domicile in Waxahachie, Texas. They said they had a blast participating and will enjoy the many memories of this event and what it meant to them to be able to participate. *Thank you, Rene and David!*



SWEARING FOR A CAUSE



CPC DRIVERS JON PUNCH, RENE CONDE AND JOEL ZANELLA had a swear jar that they paid money into when caught swearing. Those funds were then given to Angelina in the Dispatch office at Walgreens in Waxahachie, Texas and gifts were purchased for children in need this holiday season.

I swear, that's a lot of gifts!
GREAT JOB, GUYS!

Nashville Recruiting Conference

Several of CPC's recruiters attended a recruiting and retention conference in Nashville, Tennessee in November. They attended sessions on today's driver market challenges, how to make a positive impact when speaking with applicants and up-to-date techniques on using social media for recruitment.



Gabriel Ricart-Torres, Linnette Torres & Sheri Hornsby



NEW YEAR, NEW & HEALTHY YOU

It's easy to get burned out after the Holidays. You're probably too tired to even read this!



Something happens when we're in a constant rush, stuffing our schedules and our bellies like stockings above the fireplace. We can only handle so much excitement before the stress and the weight catches up to us. As a result, many of us enter the New Year feeling burnt out, groggy, and pudgy. The idea of "new year, new you" is far, far out of reach. Now that the holidays have passed and we're starting a New Year, how can we recover as we get back in our usual routine?

Here are some practical steps to reclaiming mind and body and reenergizing for the coming year.

We need energy and this not surprisingly comes from the food we eat. Don't worry about eliminating things from your diet; focus instead on adding nutrient-dense foods to meals. Sure, there's no real nutritional value in a holiday cookie, but don't feel obligated to start by taking it away. Focus instead on adding in some good stuff each day, like an apple with breakfast or a side salad at lunch, oatmeal for breakfast instead of sugar laden cereals. Start simply, make weekly resolutions just one change at a time.

Don't try to overhaul your diet overnight. If you make too many changes at once, chances are you'll get frustrated and throw in the towel. Remember, you're recovering from burnout, not trying to win a swimsuit competition or become the next American Ninja Warrior.

HERE ARE 3 QUICK TIPS TO START YOU OFF



1. Take one-third off. When you eat dinner out, reduce the temptation to clean your plate by setting aside one third of your meal. Ask the server for a doggie bag, scoop a third off your plate before you start and take it home for lunch the next day. Try serving yourself one-third less at home too, use a smaller plate. This simple tactic could subtract more than 500 calories a day.



2. Go easy on the alcohol. Remember that alcohol is a major source of calories. A 12-ounce beer has 150 calories; a 3.5-ounce glass of wine, 85. A margarita packs a bigger caloric punch. Even worse offenders are creamy cocktails like mudslides; they are just the equivalent to drinking a rich dessert. The bottom line: If you're trying to lose weight, cut out the alcohol.



3. Move! Wear that fitness tracker you got in your Christmas stocking or buy one in the sales. If you can't manage 10,000 steps a day then just do 5,000-7,000 at a faster pace. Research tells us the health benefits are very similar. If walking isn't your thing, push the lawn mower, jump rope, shovel snow, do the neighbor's yard too! Whatever you do, just get off the couch and move.



HAPPY RETIREMENT CHARLIE SHIELDS



After spending the past **41 years** tied to the John Deere Canada Fleet and its operations, Charlie Shields is setting his sights on a well-deserved retirement.

As a driver with 30 years behind the wheel, Charlie watched the John Deere fleet grow and change into what it is today. As the band 'Little Feat' sings in their song "Willin": he's driven every kind of rig that's ever been made.

Charlie then took what he had learned from his time on the road and moved into a driver trainer role, which eventually morphed into his current role as Fleet Safety Manager.

Charlie's achievements in the fleet and industry are documented both by what he has done and who he has reached. The John Deere fleet has won 9 PMTC Annual Fleet Safety Awards and maintained an industry leading, and almost unbelievable, safety score under his leadership; yet his greatest impact has been on the people he works and connects with to improve the industry.

Charlie's contributions are measured not only in his commitment to the job, but the joy and appreciation that he has for each part of it. If you ask him now, he will still tell you that he loves what he does.

Having spent more than 40 years dedicated to the John Deere fleet, to CPC Logistics, and to the industry, Charlie's lasting contribution is that he leaves all three of these in a better state than they were before he arrived.

For those of us who have had the pleasure of working directly with Charlie, his commitment is an inspiration to build upon and we will continue to push it forward.

Congratulations on your retirement, Charlie!
Enjoy your time skiing, boating, and spending time with your grandchildren.

SAFETY AWARDS

1 year

Leazer, Gerald
Eriquez, Matthew
Flores-Castellon, Victor

2 years

Bryan, Christopher
Castro Diaz, Nelson
Cordero Rivera, Daniel

3 years

Barley, Nicholas
Pugh, Marlin

4 years

Knox, Christopher

5 years

Hard, Jeremy

6 years

Burch Jr, James
Galarza, Damian
Harris, Joseph
Idiaquez, Alfonso
Whitten, Ozzie
Zlotnick, Galen

7 years

Lambrecht, Jeffrey
Williams, Dwayne

8 years

Savignano, Harold
Smith, Ulysses
Thompson, Stuart

9 years

Adams, James
Diaz, Angel

11 years

Serrano Mills, Heriberto

12 years

Freeman Jr, Jerry
O'Reilly, Ronald

13 years

Landreville, Mitchell
Mitchell, Kenneth
Perez, Edwin
Whatley, Lonnie

15 years

Borrero, Ricardo
Neff, Phillip
Paulino, Johanne

16 years

Masterson, Douglas

19 years

Wieland, James

20 years

Rawlins, Steve

28 years

Marks, Melvin

The holiday season brings thoughts of joy and gratitude, and there's no better time to express our sincere appreciation of our CPC employees and to say thank you for all of your amazing hard work and dedication throughout 2021.

HAPPY HOLIDAYS!



IRS Deferral Limits Change in 2022

The IRS recently announced that the 2022 elective deferral/contribution limit for 401(k) plans will increase to \$20,500. The catch-up contribution limit for employees ages 50 and over, remains at \$6,500.

