

November 2021



LOGISTICS

# TANDEM TALK

*A monthly news publication of CPC Logistics, Inc.*



**Inside.....**

- Meet Steve Smith**
- Carl Pike Retires**
- Latest Exercise Trends**

*The Best Drivers Drive CPC*



## MEET STEVE SMITH

**Steve Smith** began his professional driving career 48 years ago. During that time, he has driven through 48 States and 8 Canadian Provinces. In February of 2010, Steve began his employment with CPC Logistics and has been assigned to drive for John Deere Canada since that time.



Originally assigned to the Grimsby, Ontario fleet, he made a move to western Canada and was reassigned to the John Deere fleet in Regina, Saskatchewan. A typical week for Steve includes driving to Davenport, Iowa and picking up agricultural parts for the Regina or Edmonton Regional Distribution Center.

Steve takes pride in his assigned equipment and is a great example to his fellow drivers. He has a very strong work ethic and is one of our most dependable drivers. Steve is always willing to go the extra mile to get the job done for our client.

Most importantly, Steve continues to maintain a clean driving record considering the number of miles he drives per year and the weather conditions that he encounters along the way. When he is not working, Steve enjoys golfing and fishing.

**Steve Smith is fantastic part of our Canadian driving team. He is another reason why we say.....**

***The Best Drivers Drive CPC!***

## GREAT JOB!

Employees assigned to the Crown Cork & Seal location in Lacrosse, Wisconsin were recently recognized and celebrated with a luncheon for their efforts in helping Crown Cork & Seal achieve the best audit they have ever had at this location since partnering with CPC Logistics. **Congratulations on a job well done!**



**1st Row:** Luis Corral, Janusz Jurkowski & Victor Gallegos  
**2nd Row:** Blair Jackson, Terrence Bryant and Stanley Dailey



## VETERANS DAY MESSAGE FROM THE PRESIDENT

A simple quote about veterans sums up CPC's thoughts on Veteran's Day -  
**"WE DON'T KNOW THEM ALL, BUT WE OWE THEM ALL."**

### Butch Wallis

For those of you who have served in the US Military or continue to serve in the US Reserves - **THANK YOU FOR YOUR SERVICE!** You have made and make this country great through the values you exhibit - duty, purpose, commitment, courage, and discipline. You put others first and were willing to make the ultimate sacrifice to protect the freedoms that we all enjoy. Veterans are the prime example of an American Hero, and we are proud and blessed to have you as part of the CPC team.

We also want to recognize those of you who have spouses, children, grandchildren and others who are currently serving our country. We will keep them in our thoughts and pray for their safety. They too have accepted the noble challenge of keeping America safe and we are in their debt. We appreciate their commitment to a greater cause.

**In closing, we share a quote from Ronald Reagan** - "We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and gallantry with which all of them ennobled their nation as they became champions of a noble cause".

**Thank You!**

## FORKLIFT CERTIFICATION PRESENTATION

Not only are the employees assigned to Crown Cork & Seal in Kankakee, Illinois Sheet Sorters and Top Frame Sorters, they are nearly all cross-trained to operate the forklift. **Congratulations to the recent graduates of the Forklift Certification course!**



**1st Row:** Amaris Stewart, Shannon Green, Shamika Green & Nishika Mack  
**2nd Row:** Don Johnivan, Cleveland Ivy, Ron Wilm & Jacob McCorkle



## In Loving Memory & With Heartfelt Gratitude



**Danette M Koons**

October 11, 1965 – September 24, 2021

On September 24, 2021, my wife of 23 years, Danette, passed away very unexpectedly. My daughters Victoria and Siobhan, and I would like to express our heartfelt gratitude to all of the CPC employees for the condolences, prayers, sympathy cards, flowers and gift baskets that we received. As we continue to struggle with our loss, we find great comfort in knowing that CPC always makes 'family-first' a priority. Danette was a loving, caring, supportive wife and mother, who was strong in holding her ground when it came to her ways of taking care of me and our daughters. She always took care of our family, putting our needs ahead of her own. She enjoyed the simple things in life and we always knew where she stood. Not only was she a great wife and mother, but she was also a great and caring person. Danette was called home to Heaven way too early, but I guess Heaven needed another Angel.

-Bill Koons, Division Manager  
CPC Logistics | Allentown PA

## Western Division Driver Referral Extravaganza

Congratulations to our recent recipients of the Western Division Referral Extravanga. Rudy Perez and Michael Vernia each won 55" TVs for their driver referrals. Both are assigned to drive for Walgreens in Rockford, Illinois.



Rudy Perez



Michael Vernia

## DRIVER OF THE MONTH PRESENTATIONS



**Carlos Santiago**  
CPCLS East – Boston MA  
August 2021



**Billy Ganzer**  
John Deere – Davenport IA  
September 2021



**Marinko Sikiric**  
Canadian Tire - Brampton ON  
September 2021

## WELCOME TO CPC



We would like to introduce you to **Muryssa Baldwin**, the new CPC Administrative Assistant Hamilton, Ohio.

She stepped into an extremely busy office with almost 300 drivers and is doing a fantastic job.

**Welcome to CPC, Muryssa!**

## October 2021 Drivers of the Month

East Division

- |  |   |  |
|--|---|--|
| <b>Daniel J. Gumer</b><br>Walgreen Company<br>Jupiter FL | <b>David P. Richards</b><br>Walgreen Company<br>Stephen City VA | <b>Adrian Almira</b><br>CPCLS East<br>Houston TX |
|--|---|--|

West Division

- |   |   |  |
|---|---|--|
| <b>Jeffrey P. Moniz</b><br>Walgreen Company<br>Springfield OR | <b>Brandon J. Barker</b><br>Walgreen Company<br>Murfreesboro TN | <b>Ernest Bryant, III</b><br>CPCLS West<br>Denver CO |
|---|---|--|

Canada Division

- Ginette M. Cross**  
John Deere Canada  
Grimsby ON



## HAPPY RETIREMENT TO CARL PIKE



**CPC WOULD LIKE TO WISH A VERY HAPPY RETIREMENT TO CARL PIKE.**

He has been assigned to John Deere Shared Services in Davenport, Iowa in February of 1994. We appreciate Carl's dedicated service and we hope he enjoys many days of sunshine in his retirement.

## SAFETY AWARDS

## 1 YEAR

Chavira, Heriverto  
Jackson Jr, Jerry  
Kessell, Ernest  
Luevano, Guillermo  
McNicholas, Michael  
Phelps, Steven  
Salas De Leon, Andres  
Sanchez Jr, Carlos

## 2 YEARS

Chavez, Mario  
Connolly, John  
Galvez, Saul  
Gonzalez, Plablo  
Guerrero, Claudio  
Hooks, Terrell  
Irving, Sean  
Macio, Christian  
Miller Jr, John  
Ontiveros, Steven  
Rubio, Agustin  
Sawa, Moctar  
Woodford, David

## 3 YEARS

Gonzalez Gonzalez, Pedro  
Johnson, Timothy  
Piercy Jr, Paul  
Santiago Rodriguez, Angel  
Taylor, Tyvonte  
Velazquez, Mariano

## 4 YEARS

Barrera, Teresa  
Gomez, Nestor  
Guerra, Cristobal  
Henderson Jr, Terry  
London, John  
Londono, Ruben  
Mancia Flores, Leonidas  
Patino, Cesar  
Umana, Rene  
Wilson, Marshall

## 5 YEARS

Ferguson, Marlon  
Hernandez, Raymundo Varo  
Jimenez, Angel  
Oney, David  
Wilson, Marshall

## 6 YEARS

Calderon, Luis  
Ferguson, Marlon  
Kellum, Arthur  
Parks, Joshua  
Pennington, James  
Perez, Victor  
Rodriguez, Roberto  
Vandiver, Jeffrey  
Vega, Rodrigo

## 7 YEARS

Dovel, Gary  
Garcia Vivar, Miguel  
Guevara, Jorge  
Knox, Robert  
Licea, Ignacio  
McCurdy, Donald  
Osborne, David  
Parker, Steven  
Parks, Joshua  
Ramirez, Felipe  
Ribota, Eduardo  
Vandiver, Jeffrey  
Villalobos-Avalos, Luis

## 8 YEARS

North, Donald  
Parker, Jason  
Osborne, David

## 9 YEARS

Bennett, Ronnie  
Parker, Jason  
Rodriguez, Fernando  
Urwin, Derek

## 10 YEARS

Bennett, Ronnie  
Hughey, Curtis

## 11 YEARS

Mazariegos, Ariel

## 12 YEARS

Alire Jr, Ronald  
Bentosino, Lowen  
Cervantes, Julio  
Moreira, Jose

## 13 YEARS

Cruz, Jose  
Salguero, Favio  
Vazquez-Delgado, Juan

## 14 YEARS

Chavez, Manuel  
Gonzalez, Juan  
Morton, Michael  
Ngamba, Novri

## 15 YEARS

Aguilar, Angel  
Brodie, Audie  
Kratz Jr, Harold  
Medina, Andres  
Sanchez, Gonzalo  
Venhaus, Jeffrey

## 16 YEARS

Sullivan, James  
Velasco, Juan

## 17 YEARS

Hernandez, Ronaldo

## 18 YEARS

Asher, Gary  
Dinisi, Tony

## 19 YEARS

Asher, Gary

## 20 YEARS

Bolin Jr, Willie  
Dorado, Jimmy

## 21 YEARS

Rios, Victor  
Sida, Jose

## 22 YEARS

Sanchez, Luis

## 23 YEARS

Romin, Paul

## 24 YEARS

Cooper, William

## HIGHWAY to HEALTH

## BRUSH UP ON THE LATEST EXERCISE TRENDS

## Do you remember Sweatin' to the Oldies, the Thighmaster or Jazzercise?

Fitness trends come and go, and those three are some of the classics that are actually still around today! Here is a quick overview of the latest exercise trends in case you have heard of them but aren't exactly sure what they are. If one strikes your fancy, do a little bit of research to see if you think it is right for you. And as always, check with your doctor before starting any new exercise program.



**Barre** - Barre is usually conducted in classes at gyms or specialty studios. It is based on exercise using a ballet barre and incorporates movements derived from ballet. But don't be fooled by the concept. This exercise focuses on cardio, strength training and stretching – not perfecting your ballet skills. It incorporates low-impact, high-intensity exercises designed to strengthen your body in ways few other workouts can. Many Barre classes also use equipment such as resistance bands, sliders, ankle weights, free weights and exercise balls. Typically, classes break workouts into sections that focus on major muscle groups including arms, legs, glutes and core. Barre classes may also boost endurance, improve balance, increase range of motion, and promote better posture.

**CrossFit** - CrossFit is a strength, conditional and overall fitness program that consists mainly of aerobic exercise, calisthenics and weightlifting.

CrossFit is practiced by thousands of people a day in hour long classes at gyms across the country. A typical class consists of a warm-up, a skill development segment, a workout of the day and period of individual or group stretching. It also focuses on equipment from multiple disciplines including (but not limited to) barbells, rope climbs, pull-up bars, jump ropes, medicine balls, resistance bands and rowing machines.



**eBikes** - The workout-at-home trend has resulted in folks of all ages flocking to electronic bikes (or eBikes). Most cycling enthusiasts cite being stuck at home, travel restrictions and the need for safe social interaction as the key factors in choosing to cycle electronically. Because manufacturers are struggling to keep up with demand, the cost of a quality eBike can be staggering. But there are lower cost alternatives on the market. Many popular eBikes pair the eBike with an app that has a "coach" who leads users through a series of workouts. Some also have apps with pre-programmed "courses" or "trails" that interact with the eBike itself to simulate various terrain. eBike enthusiasts say the workouts are not only intense and gratifying, but also fun and interesting.



**Pilates** - This method of exercise is named after its creator, Joseph Pilates. It is called an "art" of controlled movements designed to improve flexibility, build strength and develop control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance. Workouts tend to be between 45 minutes to an hour. You can do Pilates with or without equipment, but either way, expect the moves to involve slow, precise movements and breath control. It also does not target specific muscle groups, but instead focuses on the entire core and trunk, including abdominals, hips, inner and outer thighs and the back. There are Pilates classes in gyms across the country, but you can also participate in virtual classes online that will guide you through a workout in the comfort of your home using the floor and a mat.



**HIIT** - HIIT (High-Intensity Interval Trainings) is an intense cardio workout program you can use with any type of cardio workout such as running, a stair-climbing machine, rowing or jumping rope. HIIT isn't a product or program. It is a method of exercising vigorously at strict intervals (such as 30 seconds to three minutes, taking time to rest/recover at the same time interval, and then repeating the exercise regimen. Beginners may want to start out with about four repetitions of the work/rest/work/rest routine. Be aware that this type of exercise isn't for everyone. You will need motivation and stamina to push yourself to the limit. And if your body isn't used to this type of training, your joints and muscles may pay the price through sprains and strains. If you're considering taking on a HIIT regimen, talk to your doctor about your physical fitness and to what point you can safely push yourself.

**Fitness Mirrors** - These high-tech devices are reflective screens that project live or recorded workouts while allowing you to see yourself as you exercise.

They can be quite expensive and require a monthly membership for access to classes. A fitness mirror looks like a mirror hanging on your wall, but when you power it up, it's like a huge tablet where you can stream hundreds of instructor-led classes through a myriad of routines. Unlike the fitness easel, these mirrors do not require floor space.



**Fitness Easels** - Fitness easels come in different styles, but the basis is a mirror mounted on an easel or armoire. These often come equipped with various weights and resistance bands, with space inside the cabinet area to store the equipment. Keep in mind that these devices sit on the floor like a piece of furniture, so you'll need some room for the device.