



Tandem Talk

Tandem Talk is a monthly publication for our valued clients and employees.

Editor: 14528 South Outer 40 Road, Suite 210

MAY 2014

Chesterfield, MO 63017

CPC WELCOMES PERKS



CPC Logistics recognizes that employees are the backbone of our Safety Program, so we are excited to announce a new update to our Safety Recognition/Incentive program. We will continue our Accident-Free Anniversary recognition, but have updated administration of the program with our shift to "Perks". The benefits to our employees, is a greater selection of rewards that match personal interests, but also on-line access to electronic gift certificates that are delivered electronically the same day. Employees will now have faster access to rewards, including access to more than a hundred national retailers, including Cabelas, Amazon.com and Home Depot. The new online platform also gives CPC the opportunity to expand our appreciation programs by recognizing other important areas related to safety such as training, ideas, driver inspections and identifying hazards for correction action.

TO GET STARTED YOU NEED TO REGISTER ON THE SITE!

CPC LOGISTICS GROUP:

1. Go to <http://callecpc.perksplus.com>
2. Click on the "Not registered? Get started" link
3. Enter your Driver's License Number and click "Continue Registration"
4. Verify/Enter your registration information including your email and account password (set it to something that you will remember!)
5. Click "Complete Registration"
6. You are now registered! Check out the Service Award program details along with the great selection in the Rewards Zone!

HURON GROUP:

1. Go to <http://hurongroup.perksplus.com>
2. Click on the "Not registered? Get started" link
3. Enter your Driver's License Number and click "Continue Registration"
4. Verify/Enter your registration information including your email and account password (set it to something that you will remember!)
5. Click "Complete Registration"
6. You are now registered! Check out the Service Award program details along with the great selection in the Rewards Zone!

CPC News Flash

CPC is pleased to announce the addition of Rick Hinkle, Senior Safety Manager to the Safety Department Team. Rick has over 25 years of transportation safety experience and will be based in the St Louis corporate office.

Effective May 21, 2014, all DOT physicals must be performed by certified medical examiners who have been trained, tested and certified through the FMCSA's National Registry of Certified Medical Examiners. Medical examiners that fail to maintain federal standards will be removed from the registry. Medical examiners perform approximately three million examinations on commercial truck and bus drivers each year.

Winner of the "Find the Golden Egg" contest goes to Darin James, Walgreens/ Pendergrass, GA. Thank- you to all those who participated.

Your group health plan requires that you notify UMR if you and/or your dependent (s) have medical coverage under another group health plan. This information is needed so UMR can coordinate coverage with that plan. UMR will annually check to see if you have any other insurance coverage.

Updating other insurance information is easy. You can update it with a phone call by using our automated phone number (1-866-586-0613). You can also visit www.umar.com and log into your member account. You may also speak to a customer service representative during regular business hours by calling the customer service number on the back of your ID card.

TMH Logistics Ltd/TONA Transport is pleased to announce that we are now a certified Smartway carrier in conjunction with the Natural Resources Canada and U.S. EPA programs in an effort to reduce operating costs, fuel consumption and emissions as well as become an environmental leader in the freight transportation sector. TMH Logistics Ltd/TONA Transport is proud to add this certification to our long list of accomplishments and look forward to continuing as an industry leader in safe, environmentally responsible transportation in North America.

DON'T FORGET TO SUBMIT YOUR EMPLOYEE SAFETY TIP OF THE MONTH FOR MAY . IF YOUR SAFETY TIP IS SELECTED, YOU WILL RECEIVE \$50.00 AND BE ELIGIBLE TO BE ENTERED INTO THE POOL FOR THE END OF THE YEAR.. BEST 2014 SAFETY TIP. THE BEST 2014 SAFETY TIP WINNER WILL RECEIVE \$500.00. Note – If you don't participate in the monthly Safety Tip you won't have a chance to be in the pool for the end of the year Best Safety Tip. Also this contest applies to any CPC employee doesn't matter the occupation.

Divisional Drivers Of The Month

EASTERN DIVISION

Felipe Garcia has been selected as Driver of the Month for April 2014 for the Eastern Division. He has been assigned to Walgreen Company in Nazareth, Pennsylvania since February 2005. Felipe is a peddle driver who works hard every day and always has a good attitude towards his fellow employees and the customers. He is dependable and always on time. Felipe also helps train the new drivers which makes him the right choice for the Driver of the Month award.

Tony Bizzell has been selected as Driver of the Month for April 2014 for the Eastern Division. He has been assigned to Hospira Inc in Rocky Mount, North Carolina, since April 2008. Recently Tony had been delivering to one of the Charlotte facilities and was delayed an extra two hours and then was delayed again at the next delivery location. These delays caused a disruption in the dispatch and made the next delivery that was due in the morning by 9 am hard to achieve, but due to the extra effort and dedication, Tony not only made his next delivery on time, but had to go through New York City to do it. Tony is well deserving of the Driver of the Month award.

WESTERN DIVISION

Jeffrey Beckwith has been selected as Driver of the Month for April 2014 for the Western Division. He has been assigned to Bridgestone Americas Tire Operations in Portland, Oregon since October 2007. Jeffrey has performed his job flawlessly with no accidents or injuries during his tenure with the company. He currently has a route that takes him to Billings, Montana and to Kennewick, Washington. During the winter months Billings has some extreme weather conditions and Jeffrey handles it safely and professionally. Jeffrey is more than deserving of the Driver of the Month award.

Thomas Harland has been selected as Driver of the Month for April 2014 for the Western Division. He has been assigned to Walgreen Company in Woodland, California since October 1995. During Scott's

18 years of service on the Walgreens account, he has never been injured on the job. He continues to work safe and smart as he provides quality service to our customer. He is a reliable individual who comes to work on his scheduled days and arrives on time. Scott has an upbeat attitude and gets along well with all the personnel at the stores he serves, dispatch and his co-workers. He is willing to help out when the situation arises. In the past he has been a trainer and has served on the safety committee. Scott currently serves on the Driver Advisory Committee and is very helpful in providing feedback. No matter how heavy of a route he is given, he always gets the job accomplished in a safe and timely manner.

CANADA DIVISION

Kapila Peyasena has been selected as Driver of the Month for April 2014 for the Canada Division. He has been assigned to Bridgestone in Mississauga, Ontario since July 2009. Kapila is a switch driver operating on a weekly basis between Mississauga, Ontario and Kanona, New York, returning with the next day's peddle run. He has established himself as a very reliable driver, with safe work habits and an excellent attitude. He is a pleasant man and always displays the characteristics of a good team player. Kapila is well deserving of this recognition as Driver of the Month and appreciate his efforts.



CPC Safety Manager Tip of the Month - Joe Cosenza

Coupling/Uncoupling

Coupling/Uncoupling occurrences are similar to backing/docking collisions from a high frequency, low severity standpoint, normally resulting in relatively minor physical damage. However, drivers have been injured and even killed during this maneuver. In worst case scenario, a trailer breakaway can result in a catastrophic loss. **Utilize basic backing maneuver skills, particularly G.O.A.L. - Get Out and Look, as well as Three Points of Contact method for entering/exiting vehicle whenever coupling/uncoupling.**

Carry a flashlight, wear Personal Protective Equipment (PPE); leather gloves, protective footwear with non-slip soles, safety glasses and high visibility reflective clothing. Use wheel chocks to prevent trailer from shifting. **Visually inspect 5th wheel jaws for open position before backing underneath the trailer.** After sliding fifth wheel partially under king pin plate, visually inspect to ensure proper king pin height and alignment. Check king pin for uneven wear. After verifying proper positioning, proceed backing; upon hearing 5th wheel lock, perform a tug-test by pulling slightly forward with trailer brakes set to ensure king pin is locked. Set tractor brakes; hook up air lines and electrical connection; raise dolly legs; remove wheel chocks. **Visually inspect that fifth wheel jaws are in locked position (king pin should not be visible).** Perform pre-trip inspection of all components including tires, brakes, suspension, and lighting. Use a rag to clean all retro-reflective striping, reflectors, and lights.

Always use caution when;

- 1) **Underneath trailer, avoid head injury.**
- 2) **Cranking dolly; prevent strain or sprain injury - do not overexert;** be careful of pinch points. Report damaged cranking systems.
- 3) Working on parking lots, roadways and traffic areas; communicate with others in the area to avoid being struck by other vehicles and equipment.
- 4) **Walking in/around or upon equipment; watch for slip, trip and fall hazards** such as grease, ice, snow, wheel chocks, other debris or holes in catwalk, trailer floor or at ground level.
- 5) Pulling away from loading dock (green light?) ensure forklifts and pedestrians are clear of vehicle; ensure trailer doors are secure and will not swing out in midst of maneuver.

May 2014



Driver of the Month Presentations



Wilfredo Santiago assigned to Walgreens Company in Puerto Rico is shown with his Driver of the Month Award for January 2014.

William ‘Billy’ Anderson assigned to Firestone Industrial Products in Indianapolis, Indiana is shown receiving his Million Mile Award. Pictured L to R: Billy Anderson and Max Clary CPC Regional Mgr.



Recent CPC Safety Meetings

FIRESTONE INDUSTRIAL PRODUCTS
Indianapolis, Indiana – April 13, 2014



L to R: Lori Price Firestone Industrial Products, Jerry Amick, Bill Baker, Russell Neal Jr., Ed Burton, Greg Harsell and Max Clary CPC Regional Mgr.

CPC Spotlights:

Jessie Thompson



Pictured L to R: Wayne Harrison CPC Regional Mgr, Jason Hosford TMH Fleet Manager, “Jessie Thompson” and Neal

A special Retirement dinner was held in honor for **Jessie Thompson** for his 39 years of dedicated and tireless service at TMH Transport, LLC in Oxford, Alabama. Jessie first started

April 27, 1975 as a truck driver for what was then called Gold Bond Building Products. In 1999 he was moved into the office as a dispatcher and a few years later promoted to the position of Fleet Supervisor. Throughout the years the company’s name has changed but Jessie has always remained the same loyal employee. We want to thank Jessie for his many years of service and wish him the very best in his retirement years to come.



HEALTH WATCH

Allergies and Asthma



Do you find that your eyes get itchy and does your nose run when you’re outdoors on a windy day in the spring, summer, or fall? Grains of pollen carried by the wind could be the culprit.

A pollen allergy, also known as hay fever, is one of the most common allergies. Trees, weeds and grasses all release pollen that can travel many miles, so it’s almost impossible to avoid some of the most common allergens during the warmer seasons of the year.

Relief can be found from certain prescription medicines or over-the-counter antihistamines. In addition to medication, you can also reduce your exposure by staying inside when the pollen counts are at their highest.

Did you know anyone can develop asthma at any age? While the exact cause of asthma is unknown, it’s most likely a combination of genetic and environmental factors.

Asthma is a disease that affects the lungs. An asthma attack occurs in the body’s airways, which are the paths that carry air to your lungs. Asthma is best diagnosed by a doctor, but some symptoms to look for are repeated episodes of noisy breathing when exhaling; tightness or pain in the chest; coughing during exercise or when laughing; or shortness of breath, wheezing, or coughing, especially at night.

While there isn’t a cure for asthma, these symptoms can be controlled with medication. Avoiding triggers that can cause an attack can also help.

Facts about Asthma- 1 in 12 people (about 25 million) has asthma. Occupational asthma impacts an estimated 11 million workers each year. Asthma costs the U.S. about \$56 billion in medical costs, lost school and work days and early deaths.



This Memorial Day, we remember the service, sacrifice and commitment of those who have been willing to give the last full measure of devotion in order for us to enjoy the blessings of liberty, freedom and democracy.





Recent CPC Safety Meetings



BRIDGESTONE AMERICASTIRE OPERATIONS Green Bay, Wisconsin – April 10, 2014



L to R: John Soquet and Arlin Karnopp

New Orleans, Louisiana – March 31, 2014



Front Row: Willie Sinegal. Back Row L to R: Mike Kazy CPC Regional Mgr, Nathaniel Banks, Daniel Fricke and William Christy.



NORTHWEST FOOD PRODUCTS Rochester, Minnesota – April 10, 2014



L to R: Gary Peterson, David Grossbach, James Gray, Matthew Webeck and Gene Woxland.

Woodbury, Minnesota – March 25, 2014

L to R: John Benson, Greg Johnson and Lawrence Milligan.



Sioux Falls, South Dakota – February 18, 2014



L to R: Blake Otteson NPFT Transportation Supv, Mark Thompson, Tom Medill, Jon O'Kane, Terry Medill, Lucas Potgiter and Lamar Hamish.

Volga, South Dakota – February 19, 2014



L to R: Alan Kathner and Kirk Snow.

Front Row L to R: Jim Van Hoorn, Howard Lindberg and Don Pike. Back Row L to R: Darryl Breeschoten, Richard Kopfmann, Paul Hawley, Jamie Colby and Mike Ross.



L to R: Chris Wadsworth, Jerry Patterson, Daryl Dreesman, Daryl Kahler and Warren Stokes.



TOYOTA QUALITY PARTS EXPRESS Torrance, California – March 22, 2014



Front Row L to R: Novri Nbamba, Angel Aguilar and Alex Shokry. Middle Row L to R: Fazio Salguero, Victor Rios, Jose Esquer, Andy Medina, James Pennington, Willie Bolin, Eliseo Elizondo, Jose Gaytan, Scott Craven, Jorge Guevara, Manuel Ramos, Saloman Ramos and Rodrigo Vega. Back Row L to R: Leonardo Montes, Jim Cast, Ruben Lopez, Pedro Baires, Karen Herbener, Ignacio Licea, Pat Romin, Miguel Villegas, Paul Romin, Gonzalo Sanchez, Seco Reyes and Jose Sida.

Highway to Health News



Start Walking

Walk your way to better health!

To improve health and reduce the risk of chronic disease, healthy adults should take part in moderate physical activity, such as walking, for at least 30 minutes a day, 5 days a week, or vigorous physical activity such as power walking, for at least 20 minutes, 3 days a week.

Further benefits of walking include:

- Reducing your risk of heart disease
- Improving and better managing your blood pressure and cholesterol
- Strengthening and toning your muscles
- Increasing bone strength and helping to prevent osteoporosis
- Boosting your immune system
- Burning calories to maintain a healthy weight
- Managing your stress, clearing your mind and boosting your spirits?



Walking is one of the easiest fitness activities to start:

- 1 **Plan your route.** Walk a neighborhood loop, a local bike path, or a destination walk to your favorite park or town center.
- 2 **Schedule your walking** for the week and write it on your calendar.
- 3 **Lace up your shoes and GO!**

Get Started Now!

- If a 30-minute walk is too much to start with, break it into three 10-minute walks, or two 15-minute walking sessions.
- For motivation and accountability, walk with a coworker over your lunch break or with a friend or family member after work.
- Park your car 10 minutes from your work building or get off public transportation a few stops early and walk the rest of the way home.
- Don't let the weather or allergies slow you down! Walk indoors on a treadmill or at the local mall.
- Try using a pedometer to track your steps and see your progress.



Effective April 2014 UMR has a new website design where you can get all your answers quick and easy .

Access your health benefits in two clicks

You don't have time to dig through paperwork or be left wondering where to go for care when you need it. And your health and financial resources are too valuable for second guesses.

At umr.com, there are no hassles and no waiting – just the answers you're looking for, anytime, night or day.

Log in now to:

- Check your benefits and see what's covered
- Look up what you owe and how much you've paid
- Find a doctor in your network
- Learn about medical conditions and your treatment options
- Access tools and trusted resources to help you live a healthier life



NEW!
April 2014



Recent CPC Safety Meetings



JOHN DEERE SHARED SERVICES

Davenport, Iowa and Milan, Illinois – March 22, 2014



Front Row L to R: Jerry Lafrenz, Joe Jansuz, Dana Alitz, Randy Gates and Terrace Joiner. Back Row L to R: Robert Bill Ganzer, Jerry Barth, Matt Dosland and Jason Joiner.

Front Row L to R: Dana Morey, Rich Randolph, Marc Penney and Cliff Preston. Back Row L to R: Rich Moughler, Carl Pike and Brian Knaack.



Front Row L to R: Roland McNaught, Phil Orwig, Sandy Orwig and Lori McCrarey. Back Row L to R: Don McLaughlin, Steve McManus, Stuart Paris and Ed Greif.

Front Row L to R: Carolyn Peterson, David Simmons, Einar Simonson, Tim Steiniger and Stuart Shuck. Back Row L to R: Tom Peterson, George Rockwell, Johnny Small and Charles Ridenour.



Front Row L to R: Brian Troutman, Tony Zaiss, Rudy Roth, Joe Rock and Don Stewart. Back Row L to R: Mike Timmerman and Brenda Stewart.

WALGREEN COMPANY

Bakersfield and Tulare, California – April 7, 2014



Front Row L to R: Robert Solis, Steve Janca, Jesu Firon and Galindo Herrera. Back Row L to R: Dane French, Carlos Gallegos, Steve Ballard, Mario Gutierrez, Joreg Garcia and Phillip Ceballos CPC Regional Mgr.

Jean, Nevada - March 30, 2014



Front Row L to R: Larry Rooney, Abraham Castenada, Jose Gomez, Robert Rascon, Kory Austin, Eloy Camacho and Jonyue Fowler. Back Row L to R: Phillip Ceballos CPC Regional Mgr, Keth Bell, Chris Friedrich, Bruce Latner, Raymond Bell, Richard Roderick, Brian Tumis, Jeff Markham and Alan Williams.

Phoenix, Arizona - March 21, 2014



Front Row L to R: Ruben Moya and Richard Sanders. Middle Row L to R: Angel Castro, John Moore, Andy Seymour, David Ecklund and Jim Hansen. Back Row L to R: Phillip Ceballos CPC Regional Mgr, Senard Gracanin, Angel Angelou, Gilbert Tarin, Mirsad Pehlic, Jerome Lee and John Torres,

Eloy, Arizona - March 23, 2014



Front Row L to R: Alejandro Romero, Martin Garcia and Frank Acosta. Back Row L to R: Raymond Muth, Chris Rushin, Bob Cool, David Lloyd, Stephin Foxall, Raudel Islas and Phillip Ceballos CPC Regional Mgr.

Tonopah, Arizona - March 24, 2014



Front Row L to R: Adrian Romero, Bob Gory, Wendy Johnson and Israel Guzman. Middle Row: Bill Dennis. Back Row L to R: Phillip Ceballos CPC Regional Mgr, Don Graham, Jesu Cabral, Douglas Green, Brett Leland, and Lonnie Neal.

“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”



If your right wheels drop off the shoulder of the road, what should you do?

- Crank the steering wheel to the left.
- Apply your brakes.
- Take your foot off the gas and turn back once the vehicle has slowed down.
- Apply your brakes and steer hard to the left.

In what year did Canada begin to require ABS on new trucks? a. 1963 b. 1972 c. 1998 d. 2000

answers on page 6



Did you know.....that the Federal Motor Carrier Safety Administration (FMCSA) published a final rule delaying portions of the CDL/ federal medical card merger. The delay was due to several states not being able to display drivers' medical certification information on their MVR's. This delay has been extended until January 30, 2015, so drivers must continue to carry their medical card with them when on duty through January 30, 2105.



**Don't forget
Mother's Day, May 11**



Safety Awards

1 Year

Adrian Alonso
Chic Erickson
Roy Gibson
Dave Hutchinson
Martin Jansen
Justin Story

2 Years

Michael Bond
James Ciaccio
Robert Clayton
William Donohue
Dennis Miller
Edward Murray
Jose Navarro
Robert Opletal
Theron Pritchard
Mark Wallsinger

3 Years

Jose Flores Cardenas
Scott Gille
Bret Hall
Jose Lara
Abraham Ramos Vazquez
Bulmaro Rojas
Daniel Rysinski

4 Years

Albert Cross
Glen Dotson
Dean Esposito
Michael Meyer
William Reilly Jr.
Nathan Schultz
Steven Wheatley
Neil Wykes

5 Years

William Antis
John Benson
Joseph Dellinger
Anthony Dorsey
Mario Esparza
Enrique Flores Velazquez
Herbert Kuhn
Scott Maddy
Felipe Munoz
Curtis Sexton

6 Years

Brian Archambeau
Jeffrey Bottlemey
Garry Bunting
Bryan Gregson
Albert Linke
John Majchrowitz
Robert Muma Jr.
Gerardus Ten Berge

7 Years

Lyle Brubaker
Larry Dill
Robin Peo
Frank Rovito Jr.

8 Years

Nicholas Bell
Bret Bruner
George Heal Jr.
Larry McElenie
Ronald Morris

9 Years

Dean Taylor

10 Years

Robert Kennedy
Wade McCollom

11 Years

Michael Leutik
Norris Satterly
Scott Zimmer

12 Years

David Grossbach
Keith Maynard
Joel Zimmer

13 Years

Donald Edwards
William Foat
Dennis Jaenke
Jason Klingbeil
Jesse Klingbeil

14 Years

William Fuenty
Douglas Rehard

16 Years

Steven Hall

17 Years

Richard Kowalczyk Jr.

18 Years

Willie Brown
Gene Woxland

23 Years

Robert Visintainer Jr.

29 Years

Gary Peterson



On April 20, 2006, President George W. Bush proclaimed that May would be Jewish American Heritage Month. The month of May was chosen due to recognition of the more than 350-year history of Jewish contributions to the American Culture. Jewish American Heritage Month acknowledges the achievements of American Jews in fields ranging from sports, arts and entertainment to medicine, business, science, government and military service.

Check out the Company Store on the CPC website for good quality CPC logo apparel.
www.callcpc.com

Answers to the March Trivia of the Month:

Wayne Gretzky,

The U.S.

The Watt

Answers to Test Your Truck Knowledge: c, d

Dates To Note:

May 1	May Day	
May 5	Cinco De Mayo	
May 11	Mother's Day	
May 17	Armed Forces Day	
May 19	Victoria Day (Canada)	
May 26	Memorial Day	

May 2014 is observed as:

National Bike Month
National Physical Fitness and Sports Month
Mental Health Awareness Month
Jewish American Heritage Month
Healthy Vision Month
Arthritis Awareness Month
May 4 - 10 Be Kind to Animals Week



May Trivia of the Month

Who was the only major leaguer to play at least 500 games with each of four teams-Houston, Montreal, New York and Detroit?

What twentieth-century American general had a grandfather who was a confederate brigadier general in the Civil War and a great-great-grandfather who was a general in the Revolutionary War??

What process involves heating an ore to obtain a metal?

Answers in next month Tandem Talk

