

Tandem Talk

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

Editor: 14528 South Outer 40 Road, Suite 210

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Chesterfield, MO 63017

Portions of CDL/Med Car Merger Delayed

The Federal Motor Carrier Safety Administration (FMCSA) published a final rule delaying "portions" of the rule tying the Commercial driver's license (CDL) to the driver's medical qualifications.

Non-excepted, interstate CDL holders must carry a copy of the medical card while on duty until January 30, 2015 - even if they have submitted it to the state and it has been entered onto their driving record (i.e., motor vehicle report MVR).

All CDL drivers must continue to comply with state requirements for submitting the required documents to the state's licensing office, including subsequent renewals of their medical cards, or face a downgraded CDL.

The employer must verify the medical certification status, and subsequently the CDL status, via the MVR if the report shows medical certification information (that is; the driver submitted it, and the state posted it.) This has been the case since January 30, 2012.

If the state of licensing has not yet collected and/or entered the CDL driver's information onto the driver's record, the motor carrier must continue to use the medical card in the DQ file as proof of qualification for non-excepted, interstate CDL drivers. As the state completes implementation (that is; the driver submitted it, and the state posted it to the MVR), the motor carrier would be responsible for requesting the MVR from the state to verify the driver's CDL, and medical status.

No later than January 30, 2015, dependent upon the state's implementation schedule, all motor

carriers must have MVRs for all non-excepted, interstate CDL drivers showing their medical status. Drivers and motor carriers will need to contact their state licensing agency if they have question about their state's process for collecting and posting CDL and medical card information.



CPC News Flash

DANIEL PILON

Félicitations dans votre Retraite.

Daniel a commencé sa carrière de conduite comme un chauffeur Huron et a ensuite changé a Flotte de Claire QC TMH/Point en avril de 2012. Daniel a fait marcher des 38 ans remarquables sans un accident de n'importe quel type. Il est un magnifique gars, un grand ouvrier et un individu de classe.

Chacun à CPC et à TMH apprécie son service dévoué et participe aux voeux de lui une magnifique retraite.

Congratulations in your Retirement

Daniel began his driving career as a Huron driver and then transferred to the TMH/Point Claire QC Fleet in April of 2012. Daniel operated a remarkable 38 years without an accident of any type. He is a wonderful guy, a great worker and a class individual.

Everyone at CPC and TMH appreciates his dedicated service and joins in wishing him a wonderful retirement.



In 2014 Peterbilt celebrates 75 years of innovation and excellence. Peterbilt was founded in 1939 by T.A. Peterman manufacturing specialized, heavy-duty trucks out of Oakland, CA. The company was acquired by Pacific Car & Foundry in 1958 and moved to Newark, CA in 1960. Peterbilt opened a new and second plant in Madison, TN in 1969 and in 1980 open a new manufacturing facility in Denton, TX. Throughout its history, Peterbilt has strived to serve the needs of customers with a diverse lineup of custom built trucks.

Divisional Drivers Of The Month

EASTERN DIVISION

Wilfredo Santiago has been selected as Driver of the Month for January 2014 for the Eastern Division. He has been assigned to Walgreen Company in Carolina, Puerto Rico since October 2011. Wilfredo's commitment is to provide the best possible customer service. An example of this was last December, when Wilfredo helped out the store managers in moving trailers and handling pallets from one trailer to another, making the distribution possible and helping to balance the inventory. He has a great relationship with his customers and peers. Wilfredo is always on time to work and willing to do whatever the job requires. These are just a few of the reasons he is so deserving of the Driver of the Month award.

Wayne Martin Jr has been selected as Driver of the Month for January 2014 for the Eastern Division. He has been assigned to Bridgestone Americas Tire Operations in Columbia, South Carolina since August 2007. Wayne is the type of person every manager enjoys working with and is a positive contributor to CPC and our customer operations. Wayne has been the delivery driver in the Columbia SC area since 2008. He is always on time for work every day and is committed to provide our customer with the type of service they expect and deserve. One of BATO's customers said that he was the best tire delivery person they ever had. Wayne's outstanding work performance makes him deserving of this award.

WESTERN DIVISION

Joseph Vargas has been selected as Driver of the Month for January 2014 for the Western Division. He has been assigned to Cost Plus World Market in Stockton, California since April 1996, but has been a CPC driver since January 1989. While working for Cost Plus he has had 17 accident and injury free years. In 2103 he received his Million Mile Award. The management at Cost Plus says that Joseph is a diligent worker who can always be counted on to go the extra mile when

asked. Joseph is an excellent driver that any driver could look up to and have respect for his work and safety record. He is the perfect candidate for Driver of the Month.

Patrick Miehle has been selected as Driver of the Month for January 2014 for the Western Division. He has been assigned to Benjamin Moore and Company in Carol Stream, Illinois since August 1994. Patrick has proven time and time again what a true professional is and constantly demonstrates these qualities daily by always arriving with a positive attitude at both the customer and delivery sites. He is always the go to person whenever there is extra freight to be delivered after coming in from his route. Patrick never says no or refuses the customer when asked to go above and beyond. During the most recent snowstorm Patrick assisted multiple customers in removing snow to get their freight delivered by salting areas so product could be managed

easier. This is only a small testament of how important Patrick is to both CPC and Benjamin Moore.

CANADA DIVISION

Sam Pearson has been selected as Driver of the Month for January 2014 for the Canada Division. He has been assigned to John Deere Private Fleet in Grimsby, Ontario Canada since June 2002. Sam is currently on a dedicated run delivering John Deere parts to the Syracuse NY USA facility and is always on time. This is a great accomplishment since he has to face extreme weather conditions in Western New York area during the winter months. Sam is a safe, reliable and hardworking driver who goes about his business conducting himself as a professional at all times. This is just another example of why he is a valued member of the John Deere team and deserving of this award as Driver of the Month.



CPC Safety Manager Tip of the Month - Joe Cosenza

Situation Awareness When Working

The System Smith Driver Awareness Program focuses on 5 keys to driving safely.



1. Aim high in steering.
2. Get the big picture.
3. Keep your eyes moving.
4. Leave yourself an out.
5. Make sure they see

These concepts can also be related to **working safely**.

"Aiming high", are you observing the freight above your head? Are the boxes or totes above your head secure? Are your eyes focused above when opening the trailer doors.

"Getting the big picture", Are you aware of your surroundings, freight position, walking surfaces, icy, wet, pot holes, unlevel? Are you following proper safe working practices by using straps to secure product? Are you down stacking at all times? Are you using the safety plate (retention plate) on lift gates to prevent falling freight or equipment?

"Keep your eyes moving", Freight moves inside the trailer because the trailer rocks when you walk inside. Keep your eyes moving inside the trailer, outside the trailer and other work areas. Are you scanning your walking areas and changing your walking strides to adjust to the conditions?

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Driver of the Month Presentations



Calvin Morton assigned to One World Logistics in Corbin, Kentucky is shown receiving his Driver of the Month Award for November 2013. Pictured L to R: Calvin Morton and Mike Kazy CPC Regional Manager.

Terrance McTarnaghan assigned to Hospira Inc in Goldsboro, North Carolina at a dinner presentation was given his Driver of the Month Award for October 2013. Pictured L to R: Alice McTarnaghan and Terrance McTarnaghan.



2 Million Mile Presentation



Tim Sentz assigned to Benjamin Moore Company in Orlando, Florida is shown receiving his 2 Million Mile Award. Pictured L to R: Ronnie Chitty Benjamin Moore and Tim Sentz.



Retirement Presentation

Jerry Lorenz was assigned to John Deere Shared Services in Milan, Illinois. After 21 years with CPC Jerry has retired and was presented his Retirement plaque. Pictured Jerry Lorenz.



Safety Manager Tip *continued from Page 2*

"Leave yourself an out", Are you tunneling yourself into the freight? Do you have a clear / dry / clean trailer floor? Are your hands empty when climbing down out of the tractor cab? Are you using 3 point of contact at all times. "Your out," is protecting your hands by wearing gloves and your back, by lifting properly. "Your out", from slips and falls could be wearing the proper foot wear. "Another out", could be by asking for assistance when needed.

"Make sure they see you", Do you know where the customer or pedestrian is when lowering the lift gate? Can others see you when making a street delivery? Are you using safety cones or wearing a reflective vest? Are you communicating with the personnel around you?

We need to have a better overall **awareness of situations** when working to help prevent an accident for injury.

CPC Spotlights:

WALGREEN COMPANY in Perrysburg, Ohio 10th Consecutive Pyramid Award



Pictured L to R: Dave McGee, Rick Grover, Jeremiah Leitner, Howard McNeil, Marty Nelson, Butch Wallis CPC VP President and Marvin Jones.

During the Annual Driver Appreciation Cook-out, the Walgreens Perrysburg Fleet was one of the fleets that was recognized for the Walgreens "Pyramid" Award. Walgreen's Pyramid Award consists of goals in the areas of time performance, accident, injuries and cost/profits. Whichever Walgreens Distribution Center achieves or surpasses these goals, earns the Pyramid Award. The drivers play a critical role in the overall performance scores, such as showing up to work on time and deliveries to the stores on time, minimizing accidents and the costs associated and achieving hi MPG's.



HEALTH WATCH



Heart Health Tips

The pumping of your heart typically goes unnoticed, but lifestyle decisions make an impact on your heart. To take the best care of your heart, these are a few healthy options that can't be "beat".

1. **Exercise** – this strengthens your heart, enabling it to pump blood with less effort.
2. **Right-sized portions of healthy foods** – plan meals so your diet emphasizes fruits, vegetables, lean meats, poultry, fish, beans, eggs, nuts and whole grains. Limit the amount of saturated fats, trans fats, cholesterol, salt, and added sugars.
3. **Weight maintenance** – good diet and exercise habits can help you maintain a normal weight.
4. **Knowing your numbers** – check with your physician to make sure your cholesterol, blood pressure and blood glucose are within the appropriate range.
5. **Following doctor's orders** – if medications are recommended by your physician, take them as prescribed.
6. **Stress reduction** – stress can contribute to high blood pressure, high cholesterol and a desire to over eat. Ease stressful feelings with exercise, relaxation techniques, or a talk with a friend.
7. **Not smoking** – smoking increases your risk for coronary heart disease and stroke by 2 to 4 times. It's best to never start, but for those who do, quitting will help with circulation within a few weeks.





Recent CPC Safety Meetings



NAPCO

Kingman, Arizona – December 21, 2013



L to R: Leroy Finch, Daniel Burden, Richard Poulter, Michael Martin and Earl Lane.



Be sure you put your feet in the right place, then stand firm.
Abraham Lincoln

Did You Know ...



For years, the worst password – among the most common and easy to guess was “password” but that is no longer the case. Now the worst password to have is “123456”, “password” still comes in as #2. SplashData, a password management application, puts out a list of the worst, most insecure passwords one can set each year. The 2013 list of 25 most common passwords was influenced by Adobe’s security breach where user passwords were posted online by Stricture Consulting Group.

- | | | |
|--------------|----------------|---------------|
| 1. 123456 | 10. adobe123 | 18. shadow |
| 2. password | 11. 123123 | 19. sunshine |
| 3. 12345678 | 12. Admin | 20. 12345 |
| 4. qwerty | 13. 1234567890 | 21. password1 |
| 5. abc123 | 14. Letmein | 22. princess |
| 6. 123456789 | 15. Photoshop | 23. azerty |
| 7. 111111 | 16. 1234 | 24. trustno1 |
| 8. 1234567 | 17. monkey | 25. 000000 |
| 9. lloveyou | | |

Highway to Health News

Help for High Blood Pressure

What Is Blood Pressure?

Blood pressure is a measurement of the force of flowing blood against the artery wall. In a health body, blood flows easily through the veins and arteries. When your blood pressure is high your blood vessels become damaged and the heart has to work harder.

Unfortunately, more than 1 in 4 American have high blood pressure, also know as hypertension. Left unchecked, this disease can led to some very serious consequences including heart disease, stroke, or eye and kidney damage. High blood pressure is called the “silent killer” because many people don’t experience symptoms and as a result, don’t realize that their pressure is high or that damaged is occurring.

What causes High Blood Pressure?

Although the exact cause of high blood pressure has not been identified there are various behaviors and conditions that increase the risk:

- Obesity
- Smoking and excessive alcohol consumption
- Lack of physical activity
- A diet high in salt (Sodium)
- Stress
- Old age
- Family history

Symptoms of Hypertension

- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Severe headache
- Vision problems
- Chest pain

Know Your Reading

Two numbers make up your blood pressure reading:

- **Systolic pressure.** top number. The measurement of the pressure when the heart contracts to push blood throughout the body.
- **Diastolic pressure.** bottom number. The pressure when the heart is refilling with blood. A blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as “120 over 80.”

An individual’s blood pressure is considered high when it persists above 140/90 for an extended period of time.

Systolic Blood Pressure

High	140 and above
“Pre Hypertension:	121-139
Normal	Below 120

Diastolic Blood Pressure

High	90 and above
“Pre Hypertension”	81-89
Normal	Below 80



Maintaining Antifreeze/Coolant Will Help You Survive Extreme Winter Cold

The wrath of winter’s impact on heavy-duty diesel engines across North America has been really tested so far this year. Arctic sub-zero temperatures and double-digit wind –chills have left many truck stranded or with incapacitated equipment. For many of those stranded during this winter cold snap, it was decisions made about what to do (or what not to do) with the antifreeze/coolant systems that may have sealed their fate.

The primary components of antifreeze, both glycol and water, can freeze; however, a combination of both has the ability to prevent freezing to a lower temperature. Unless routine testing reveals a change is needed earlier, following engine manufacturer guidelines is the best practice for ensuring appropriate antifreeze/coolant protection.



Recent CPC Safety Meetings

WALGREEN COMPANY

Jupiter, Florida – December 9, 2013



Front Row L to R: Jerry Seymore, Jeff Kisabeth, Robert Delapenha, John Rolling, Lloyd Bednarz and Chris Rosillo. Middle Row L to R: David Ford, Jephthe Francisque, Juan Sanchez, Dennis Maldonado, Dan Chamberlin, Joe Price, Ed Quinn and Mark Echevarria CPC Regional Manager. Back Row L to R: Mike Piantadosi, William Bobo, Doug Henry, Christian Arias, Glenn Stege, Jerry Hitchcock, Anthony McLean and Dwayne Willis.

Orlando, Florida – January 13, 2014



Front Row L to R: Mitchell Landerville, Angel Diaz, Garnet Clarke, Stephen Simpson, Ricardo Borrero, James Gonzales, Harold Savignano and Wilfredo Garcia. Back Row L to R: Steve Rawlins, Melvin Marks, Richard Trott, Douglas Masterson, Ulysses Smith, Daniel Pierre, Julio Camargo, Miguel Taveras, Lonnie Whatley, Rickie Thomas, David Harris and Mark Echevarria CPC Regional Manager.

Flu-Like Activity as of January 13, 2014

Flu season is in full swing and has not yet peaked, according to the Centers for Disease Control's. Flu-like activity has increased fairly dramatically in the past few weeks. In fact, flu-like illness has been reported in every state in the nations, as shown on the map. Levels of activity are indicated from yellow to light orange to dark orange, with yellow states having the lowest levels of activity and dark orange states having the highest levels of activity.

As a reminder, people with the flu with experience some or all of the following symptoms:

- Fever or feeling feverish with chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue
- Sometimes diarrhea or vomiting



FLU-LIKE ACTIVITY IN THE U.S.



Source: google.org

“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”



The term “gross weight” refers to which of the following?

- a. The weight your tires can support
- b. The vehicle weight
- c. The vehicle and load weight
- d. A really ugly load of fish



What is the maximum axle load of a 1.22-metre (48-inch) tandem in New Brunswick?

- a. 18,000 kg
- b. 17,500 kg
- c. 14,500 kg
- d. 19,000 kg

answers on page 6



Remember to set your clocks ahead one hour on Sunday, March 9, 2014

Safety Awards

1 Year

Melvin Averitte
Chester Baird
Wesley Batey
Ricky Belcher
Michael Bowling
Jon Buchanan
Bradley Calhoun
Kenneth Campbell
Danny Cosby
Enrico Cummings
Randall Curlee
Daniel Demery
William Duck
Andrew Dunscombe
Joseph Frost
Carlos Garcia
Josue Garcia
John Glenn
James Gonzales
Jennifer Graves
Douglas Griffin
David Harris
Thomas Hayden
Billy Haynes
Lemuel Heard Jr.
Shawn Houser
Justin Jackson
Todd Jackson
Ernest Johnson
Frederick Lay II
Juan Machuca
Jonathon Maydole
Donald Mayne
Jeremy Nixon
Victor Payne
Derek Phillips

Kenneth Phillips
George Pierce
Alex Reyes
Ronaldo Rivera
Fernando Rodriquez
Jose Rodriquez
Luis Rodriquez
Marquese Rush
Lucas Sanchez
Steven Shaddix
Stanley Simmons
Jerry Sims
R Smith
Arnold Stephens
Timothy Stewart
Charles Stickland
George Strong
Jeffery Sulzer
Charles Thornton
Todd Tobin
Robert Tyus
James Vajen
Terry Vincent
Jason Webber
Kenneth Wilson
Rick Wilson
James Yeager
Jeffery Zimmerman

2 Years

Hector Arzuaga
George Bennett
Billy Blackwood
Charles Cartwright
John Clayton
Jose Cora
Clinton Driscoll
Victor Espada

Deborah Grizzard
Randall Hatch
Randy Hunt
Craig Leigikis
Rafael Matos
Danny Pittman
Benigno Rivera-Torres
Jorge Rodriguez
Jesus Rondon
Wilfredo Santiago
Jermichael Sheffield
Aaron Stanley
James Steele
Raymond Swiney
Carson Taylor
Brian Turner
Keith Wilson

3 Years

James Adams
Christopher Austin
Mark Baltrusch
Alan Cochran
Larry Dudley
Jarrod Finley
Scott Gilbert
Anthony Gonzales
Bernard Hunter
Jim King
John Kosmalski
Randy Lampa
Amy McInnish
Keith Morris
William Pringle
Heriberto Serrano Mills
Ricardo Torres
Felix Velez

4 Years

Phillip Cook
Angel Diaz
Tony Hibbard
Harry Hull
Javier Nieves
Ronald O'Reilly
Kirk Pembrook
Donald Sheridan
James Thornton

5 Years

Faustino Gonzalez
Edward Holm
Mitchell Landerville
Rhett Moore
Lorenzo Persons
Christopher Rogers
Benjamin Watson
Lonnie Whatley
Brian Wooten

6 Years

Mark Boemer
James Burch
James Burgess
Timothy Caulder
Jason Collette
Fernando Garcia
Juan Guzman
Raul Ledau Quinones
John McGrew Jr.
Jeffrey Mpiostolarides
Miguel Pacheco
Edwin Perez
Luis Perez
Eliseo Rodriguez
Miguel Serrano
Hector Sierra
Rudolph Simmons Jr.
Jerry Stutts
Robert Sweet

7 Years

Scott Bechstein
Ricardo Borrero
Rudy Byers
Javier Colon
Levertise Cottingham
James Garrison
Wiley Heath Jr.
Terry King
Marvin Kitchens
Shawn Lee
Armando Lizardi
Vladimir Lugo
Michael McGregor
Naman McKinney
Johanne Paulino

Mark Saunders
Harlan Swindall
Ricky White
Rickey Whitten

8 Years

Jerry Bagwell
William Cowan Jr.
Michael Fleck
Calvin Gilbert
Glenn Gray
Joseph Manley
Douglas Masterson
John McKenzie
Terry Patterson
Benjamin Runfola
James Scott Jr.
Jeffrey Sims
Terry Taylor
Virgil Turley

9 Years

Bobby Brewer
Rodney Bryant
Luiz Camargo
Deison Colon
Luard Escobar
Harry Hoover
Herbert Irvin
Tommy Johnson
Steven Lovelace
Gary Merida
Robert Nicks
Ruben Padua
Steven Parker
Kenneth Phillips
James Posey
Bobby Smith
Orlando Torres
George Vincent
Mary Watson
Richare Wise

10 Years

Edward Baker
Dannie Biddix
James Castillo
DeAndrew Hill

Matthew Loriss
Samuel Ryle
Timothy Stout
Lewis Wilson
Lewis Wilson

11 Years

Steve Cornelius
Allen Glenn
James Gloss
Dennis McArthur
James Wieland

12 Years

Michael Cooley
Paul Dlubisz
Steve Rawlins

13 Years

Richard Blackburn

15 Years

Robert Thornton

16 Years

Eugenio Martinez

19 Years

Allen McCartha

22 Years

Melvin Marks

27 Years

Patrick Miehle

Answers to the December Trivia of the Month:
Helmets, Gerald Ford, Obtuse

Answers to Test Your Truck Knowledge: c, a

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

Dates To Note:

Feb 1  National Freedom Day
Feb 2  Ground Hog Day
Feb 2  Super Bowl
Feb 11 Family Day (British Columbia)
Feb 12 Lincoln's Birthday
Feb 14 Valentine's Day 
Feb 17 President's Day Observed
Feb 22 Washington's Birthday
Mar 9 Daylight Savings Begins
February 2014 is observed as:
Black History Month
National Children's Dental Health
American Heart Month
Parent Leadership Month



CPC Employee Feature Of The Month



February Feature of the Month was supplied by Rhonda Forsythe. Rhonda is assigned to TMH Logistics LTD/Tona Transport in Scarborough Ontario Canada. This is her out of work time vehicle "Honey Bee". Honey Bee and Rhonda spend a lot of time together and as a group on camping trips with her family of five.

Don't forget if you have a favorite picture of your personal vehicle? Submit your picture in jpeg format and each month Tandem Talk will feature your pride and joy. Requirements must be a personal vehicle (not company related), such as motorcycle, pickup, antique car, boat, ATV, etc.... Email to k.smith@callcpc.com.

February Trivia of the Month

In the closest Super Bowl ever, who did the New York Giants beat by a point?
What four state capitals are named after American presidents?
What number is an improper fraction always greater than?
Answers in next month's Tandem Talk

