



Tandem Talk

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

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At the September 12-13, 2013 NPTC's National Safety Conference, twenty-six private fleet truck drivers were honored by the NPTC as National Driver All-Stars. These drivers had demonstrated high performance standards against their peer drivers throughout the country based on customer service, safety, adherence to company standards, regulatory compliance, and community service. The 2013 awards are based on 2012 performance records.

Pictured left to right: Barry Harmon, Barry Tripp, Gerald Barth, Jack Catlett, Tim Ryan, Earl Lane, Greg Basnight, Gary Merida, Wayne Thornton and Terry Foy. (Not pictured-Johnny Trammel and Arthur Erdman)

On behalf of everyone at CPC Logistics, we are proud to say that of the twenty-six National Driver All-Stars...TWELVE were CPC drivers. We're thrilled the National Private Truck Council recognized what we've known all along: **"The best drivers on the road drive CPC."**

CPC News Flash



Snowplows are getting more intelligent this winter, thanks to a new digital intelligence system funded by the U.S. Department of Transportation (DOT) that equips them with custom sensors to measure road and weather conditions.

DOT UPDATE NEWS: The U.S Department of Transportation announced that fleets must again randomly drug test the urine of at least half their drivers during 2014.

Trucks Moved 73% of cargo in 2012. US survey shows some \$13.6 trillion worth of goods were shipped in the United States in 2012 weighing a combined 11.7 billion tons, with trucks once again doing a majority of the work, according to a federal report.

Divisional Drivers Of The Month

EASTERN DIVISION

James Wieland has been selected as Driver of the Month for December 2013 for the Eastern Division. He has been assigned to Walgreen Company in Orlando, Florida since October 1998. Throughout James time at Walgreens, he has worked in areas such as store deliveries, yard and relay work. He has performed well above Walgreen's standards in all of these areas. James takes pride in his job and is always on time and ready to go wherever he is needed. He is always willing to help with the new drivers and assists with the veteran drivers as well. James is an experienced team player with great customer service skills and very deserving of this award.

Brian Wooten has been selected as Driver of the Month for December 2013 for the Eastern Division. He has been assigned to Wix Filtration in Gastonia, North Carolina since May 2008. Since Brian has been assigned to Wix Filtration as a second shift switcher his safety record has been outstanding. Wix Filtration has stated, "Brian is the most dependable switcher that they have". Brian sets the tone of the work week by captaining the second shift and insuring that all left over work from the first shift is completed and leaves the yard well organized. Brian's work ethic and personality, exhibits the traits and character that accurately reflects the professional drivers at CPC.

WESTERN DIVISION

Timothy Steiniger has been selected as Driver of the Month for December 2013 for the Western Division. He has been assigned to John Deere Shared Services in Davenport, Iowa since March 1993. Since Tim began his driving career with CPC and John Deere he has worked his way up from a team driver to a solo driver. He is currently an over the road driver with a time sensitive run from Davenport, IA to North Platte, NE and consistently meets the tight delivery schedules of the client. He has an outstanding safety record and was a recipient of the President's Award in December of 2008

for coming to the aid of a motorist involved in an accident. Tim is well respected by management, co-workers and the equipment maintenance personnel and deserving of the Driver of the Month award.

Jesus Saldivar has been selected as Driver of the Month for December 2013 for the Western Division. He has been assigned to Benjamin Moore and Company in Aurora, Colorado since March 1998. Jesus is a true professional driver who does a good job of communicating and partnering with the dispatch. He enjoys his job and practices safety at all times, which shows in his daily work habits and his safety driving record. He is willing to help out in any situation and a great asset to CPC.

CANADA DIVISION

Don Brown has been selected as Driver of the Month for December 2013 for the Canada Division. He has been assigned to TMH Logistics LTD/Tona

Transport in Scarborough, Ontario Canada since December of 2004. Don has been a day peddle run driver serving customers in Southern Ontario. He will also fill in time to time as a backup highway driver ready to help out when there is an increase in loads or special requests. Recently Don was a great help with a campaign to move Cyanide containers from Memphis Tennessee direct to a gold mine in Cochrane Ontario. With Don's help all the containers were delivered to the customer on time as per schedule. Don has always been an outstanding employee, a true professional driver in every way with an accident free driving record since joining the Canadian team. His 35 plus years as a driver in the industry serves him extremely well having extensive knowledge in the handling of various types of equipment and products and one of the reasons he is so deserving of the Driver of the Month award



CPC Safety Manager Tip of the Month Rory Manning

Work Zones

According to the U.S. Department of Transportation Federal Motor Carrier Administration approximately one-third of car accidents in work zones involve large trucks and cars colliding. Truck drivers should slow down in work zones and be particularly aware of vehicles in their rearview mirrors. Merging slowly into adjacent lanes when necessary can also reduce the risk of accidents.

Most accidents in work zones are caused by aggressive drivers trying to cut trucks off as lanes merge before work zones areas. Cars cutting trucks off that enter the blind spot of a truck have an even higher risk of getting in an accident.

Did You Know ...



The percentage of vehicles and drivers placed out of service during Roadcheck 2013 was down compared to last year. As in past years, brake adjustment and brake system violations accounted for just under half of all vehicle out-of-service orders. This year, 4.2 percent of drivers were placed out of service compared to the 4.6 percent in 2012. Hours-of-service and false log violations accounted for 65 percent of all driver out-of-service orders.

Driver of the Month Presentations



Matthew Weeks assigned to Bridgestone Americas Tire Operations in Jacksonville, Florida is shown receiving his Driver of the Month Award for October 2013. Pictured L to R: Matthew Weeks and Art Swank CPC Onsite Mgr.

Robert Berry assigned to Bridgestone Americas Tire Operations in Jacksonville, Florida is shown receiving his Driver of the Month Award for July 2013. Pictured L to R: Robert Berry and Dan Buckley CPC Regional Mgr.



Retirement Presentation



Donald Gavros was assigned to Hospira Inc in Pleasant Prairie WI. After 13 years with CPC Donald has retired and was presented with Retirement plaque. Pictured L to R: Kelly McCarthy CPC Account Supv, Donald Gavros and Jeff Thompson Hospira Traffic Supv.

President Award Presentation



Ricky Owens and Gregg Banister assigned to Walgreen Company in Anderson, SC are shown receiving the Presidents Award. They helped a stranded female motorist on I-85 near Atlanta, GA. Pictured L to R: Gregg Banister, Ken Pruitt CPC Division Mgr and Ricky Owens.

Million Mile Presentation

Bruce Penningroth assigned to John Deere Shared Services in Davenport, Iowa is shown with his **2 Million Mile** award for safe driving.



CPC Spotlights:

WALGREEN COMPANY In Moreno Valley, California



November 18, 2013 Walgreens in Moreno Valley Distribution Center set up training for their new International tractors with a review of the function for fuel savings. This is just another example that exemplifies the extensive training that Walgreens participates in with Transervice and the CPC drivers.

Pictured L to R: Josh Lepage – International Trucks, Louie – Transervice, Antonio Cortez, Bernardino Nunez, Luis Silva and Javier Sanchez – CPC drivers.

HEALTH WATCH

5-Minute Stress Busters

Think you don't have time to relax? Try unwinding with the techniques below, which only take a few minutes of your day.

Breathe Deeply – Sit up straight and close your eyes. Place one hand on your stomach. Feel your stomach rise as you breathe in through your nose for a count of three. Breathe out through your mouth counting to three. Repeat several times.

Get Physical – Take a brief activity break. Go up and down the stairs a few times, or take a quick walk.

Shrug your Shoulders – Release tension by lifting and lowering your shoulders. Sit with your arms by your sides, lift your shoulders and hold for five seconds, and lower them a little farther than usual. Hold the stretch for five seconds, and then repeat.

Use your Imagination – Sit comfortably, close your eyes, and imagine a pleasant scene. Think about details, such as the smell of pine trees or the sound of the ocean. For a few moments, imagine that you are there.

Be Positive – Take a minute to list the things in life for which you're grateful. Think about what makes you smile.

Share a Laugh – Laughter stimulates circulation, releases feel-good endorphins, and lessens anxiety. When something strikes you as funny, share it with a coworker and you'll both feel better.

Retirement Investing 101:

Age-Specific Retirement Tips ... for Employees in Their Early 20's

- You're never too young to save for retirement.

Young workers have a harder time imagining retirement, since, for you, it is decades away. However, saving even small amounts invested from each paycheck adds up. Saving even a few dollars a week - say, from skipping that daily latte - can lead to thousands of dollars of savings over a lifetime of working.

- Select age-appropriate investment.

Investments that are considered aggressive, such as growth stocks carry greater risks and rewards than others. Young investors have time on their side, and may be able to take on more risk. However, remember that risk tolerance is also an important factor to consider when choosing an investment strategy.



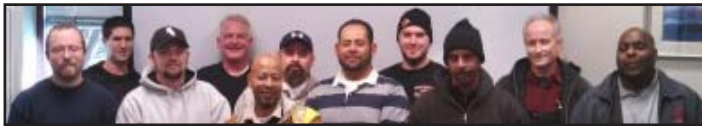
Recent CPC Safety Meetings

**TOYOTA QUALITY PARTS EXPRESS
Blue Ash, OH – November 16, 2013**



Front Row L to R: Rick Wilson, Shawn Lee, Ed Baker and Dave Mueller.
Back Row L to R: James Lasley, Mark Baltrusch, Mitch Hamilton, Joe Boitnott and Gary Merida.

Aurora, IL – December 7, 2013



Front Row L to R: Randy Richardson. Middle Row L to R: Lance Kuntz, Joseph Benham, Munor Solis, Jessie Bustamante, Lemon Calvin and Perry Croft. Back Row L to R: Robert Fisher, Glen Fortune, Robert Thomas and Walter Frueh.

Torrance, CA – November 16, 2013



Front Row L to R: Willie Bolin, Pedro Baires, Andy Medina, Seco Ryes and Novri Ngamba. Middle Row L to R: Jose Esquer, Ignacio Licea, Scott Craven, Victor Rios, Falvio Salguero, Jose Gaytan, Jose Moreira and Angel Aguilar. Back Row L to R: Eliseo Elizondao, Luis Sanchez, Jose Sida, Rodrigo Vega, Rube Lopez, Gonzalo Sanchez.



**OSRAM SYLVANIA
Ontario, CA –
December 4, 2013**

L to R: Greg Nametz and Raynaldo Valdez

**HOSPIRA INC
Santa Fe Springs, CA – Novmeber 12, 2013**



L to R: Willard Reno, Javier Casarez Jr, Steve Navarrow and Phillip Ceballos
CPC Operations Manager,

Highway to Health News

Healthy Habits

This Month: Kick Off The New Year Right!

Set attainable goals. After spending the holidays thinking of everyone else, January is a terrific time to focus on you. And, what better gift could you grant yourself than better health? In this issue, we'll help you set wellness goals and determine next steps to get you on the right path to success. We'll also provide you with troubleshooting tips that will help you tackle any potential slip-ups that may happen in the future. Let's celebrate a new year with a healthier, happier new you!



Remember, you can always contact your Wellness Coach, who can work with you by telephone or email, for more help with your wellness goals. Please, remember to log in to your Wellness website for more tools and support for your wellness goals.

Try this satisfying meal:

Spaghetti Squash with Ground Turkey

This nutritious dinner is packed with vegetables and lean protein. Try it on a cold winter night!

Ingredients:

- 1 spaghetti squash
- 2 heirloom tomatoes, diced
- 1 tbsp. basil
- 1 tbsp. oregano
- 1 tsp. minced garlic
- 1/2 cup diced onions
- 1 lb. turkey meat
- 1/4 cup Parmesan cheese
- 2 tbsp. olive oil

Directions:

1. Puncture squash; bake at 350 degrees Fahrenheit for 35-45 minutes.
2. Add olive oil, garlic, onions, herbs and spices to a frying pan and saute over medium heat for 2 minutes. Then, add turkey and cook for another 5 minutes or until it has browned. Add tomatoes last.
3. Once it's finished baking cut the squash in half, remove seeds and scrape the "spaghetti" out. Top with sauce and cheese.



Your Mail Service Benefit

In the face of ever-rising costs, everyone is looking for ways to save time and money. You can do both with your pharmacy benefit plan. Through OptumRx™ Mail Service Pharmacy, you receive convenient, safe and reliable service, including:

- Access to the same maintenance drugs you get from your retail pharmacy.
- The convenience of up to a 90-day supply of your medication.
- Flexible delivery anywhere in the U.S. with no charge to you for standard shipping.
- Educational information about your drugs with each shipment.
- Personalized consultation at your request from our team of knowledgeable pharmacists.

Your mail service benefit is ideal for maintenance drugs - those taken regularly to treat chronic health conditions. To find out if you're taking any maintenance drugs, visit our website or call Customer Service at the number on the back of your ID card.

Option 1: Call 1-877-559-2955 (TTY 711)

OptumRx is available 24 hours a day, 7 days a week to help you start using mail service.

Option 2: Talk to your doctor

Tell your doctor you want to use OptumRx for home delivery of your maintenance drugs. Be sure to ask for a new prescription written for up to a 90-day supply with three refills to maximize your plan benefits. They you can either:

- Mail in your written prescriptions along with a completed order form.
- Ask your doctor to call **1-800-791-7658** with your prescription or to fax them to 1-800-491-7997.

Recent CPC Safety Meetings WALGREEN COMPANY

Waxahachie, TX – November 18, 2013



Front Row L to R: Anthony Velazquez, Randy Donathan, Mike Norwood, Chris Demarest, Joel Zanella and William Sneed. Back Row L to R: Charles Pass, Victor Arnick, William Moore, Matt Keller, Eddie Jaramillo, Phillip Clopton, Jimmy Simon and Grady Moore.



Front Row L to R: John Sluder, Andante Herrod, Cory Henderson, Roger Bizer, Nathaniel Grant and Will Armstrong. Back Row L to R: David Deweerd, Jon Punch, Gustavo Macias, Rene Conde, Armando Zarate, Reginald Kizzee and Barry Townsend.



Front Row L to R: John Cowan, Mynor Sandavol, Terrence Robinson, Lonnie Brasket and Larry Howlett. Back Row L to R: Ken Holubar, Clint Hill and Alan Broughton

Moreno Valley, CA – December 16, 2013



Front Row L to R: Jason Alita, Carlos Lopez, Douglas Gutierrez, Rodrigo Alacal, Ralph Henry and Juan Hinojoza. Back Row L to R: James Taliaferro, Jose Contreras, Jose Martinez, Alfonso Toledo, Edgar Lara, Fred Lemon, Oscar Gallardo and Leo Sandoval.



Front Row L to R: Juan Gonzalez, Jacob Cotant, Robert Hoffman, Antonio Abarca, Sid Castrijon and Moses Moreno. Back Row L to R: Andy Castellon, Sal Silva, Bernardino Munos, Nasario Sandoval, Faustino Lizola and Jeremiah Kelley.

Butler, PA – December 16, 2013



L to R: Doug Fennell, Gerry McFadden, Anthony Hernandez, Jonathan Gates and Gary Knappenberger CPC Operations Mgr.

BRIDGESTONE AMERICASTIRE OPERATIONS Jacksonville, FL – November 16, 2013



Front Row L to R: Bob Berry, Mario Berry, Phil Beaver, Reuben Collins, Mark Murphy, Mike Stepherson, Mike Martin, Jacob Stanley and Matt Weeks. Middle Row L to R: Steve McMichael, Marlon Colston, Stefan Lewis, David Mizell, Mitch Nichols, Robin Taylor, Mike Grindle, Stephen Merritt, Steve Mann, Terry Holmes, Jeff Merritt, Les Lasenby, Ralph Murray, Jay Goldsbury and Monty Miller. Back Row L to R: Sintilien Georges, Donnie Ingram, Mike Dice, Jewel McWhite, Mike Teplick, Mike Orr, Tim Raulerson, Kevin Williams, John Quarles, Matt Simmons, Thomas Williams, Richard Cason, Darryl Padgett and Sylvain Montpetit.

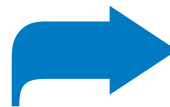
Lebanon, IL – December 7, 2013



Front Row L to R: Wayne Gaw, Herman Brady, Carl Bull, Steve Haven, Trent Patterson, Shane Walker, Claude Wiser, Dave Runnels and Kevin Clay. Back Row L to R: Mike Kazy CPC Regional Mgr, Kendall Toppley, Danny Ashburn, Butch Turner, Ray York, Jim Johnson, Rickey Trice, Eugene Wyatt, Keith Boles, Tim Neal, Scotty Qualls, Chris Trice, Chip Meadows, Gary Johnson, Tim Dyer, Walter Partee, Billy Fann, Mike Smigielski, Kelly Hills, Chris Morlok, Steve Eubank, Greg Phippen, Ralph Fuchs, Bill Searle, Brian Barcroft and Mike Wylie.



TEST YOUR TRUCK TRANSPORT KNOWLEDGE



Currently, 15.5 million commercial trucks operate in the United States. Stacked end to end, how far would they reach?

- a. Around the world one time
- b. From Mexico to China
- c. From the Earth to the moon
- d. From the Earth to Mercury

What does the gold bulldog signify on the hood of a Mack Truck?

- a. rich owner
- b. a Mack powertrain
- c. an engine with more than 550 hpD
- d. a dog lover

answers on
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Safety Awards

1 Year

Keith Boles
Kevin Clay
Mark Cobb
Ralph Fuchs
Scotty Qualls
Michael Smigielski
Kendall Topley
Robert Trevino

2 Years

Joseph Chunis Jr.
Joshua Cortinas
Stephen Eubank
Alec Jones
Gregory Stewart
Roy Williams
Jewell York Jr.

3 Years

Walter Partee
Trenton Patterson
John Pitt

4 Years

Michael Armendo
Danny Ashburn
Carl Bull
Stephen Daniels
Ronald Detorio
Douglas Hausler
Steven Haven
Kelly Hillis
Gary Johnson
Lance Kuntz
Perron Matherne
William Morlok
David Runnells
John Trice
Lyonell Turner Jr.
Claude Wiser
Eugene Wyatt Jr.

5 Years

David Acosta
Jose Garcia
James Grimes
Randy Hall

6 Years

Brian Perry

8 Years

Jerry Fletcher

13 Years

Dennis Butz
Ruben Velasco

14 Years

Patrick Capstick
Grald Tainter

165 Years

Thomas Paine

17 Years

Robert Derderian Jr.

18 Years

Daniel Gallant Jr.
Steven Zamagni

21 Years

Jesus Fierros
Larry Stone

39 Years

Edward Dolan Jr.

“The greatest accomplishment is not in never falling, but in rising again after you fall”



Vince Lombardi

Additional Safety and Awards Meetings attended recently by our drivers are listed below by client, location, and date.

Bridgestone Americas Tire Operations

Hayward, CA

November 23, 2013

*Answers to the December Trivia of the Month:
Roger Staubach, Japan, the Slide rule's*

Answers to Test Your Truck Knowledge: c, b

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

CPC Employee Feature Of The Month



January Feature of the Month was supplied by Rufus Ford. Rufus is assigned to Bridgestone Americas Tire Operations in Doraville, GA. This is his 2012 Black Knight Dodge Challenger

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.

Dates To Note:

Jan 1 New Years Day
Jan 21 Martin Luther King

January 2014 is observed as:
Human Trafficking Awareness
National Glaucoma Awareness
National Blood Donor Month

January Trivia of the Month

What were NFL players required to wear in games for the first time in 1943?

Who was the only American to become vice president and president after resignations?

What do you call an angle more than 90 degrees and less than 180 degrees?

Answers in next month's Tandem Talk