



JUNE 2016

Tandem Talk

Editor: 14528 South Outer 40 Road, Suite 210, Chesterfield, MO 63017



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

BEST DRIVERS DRIVE CPC

CPC HAS SOME OF THE BEST DRIVERS IN THE TRANSPORTATION INDUSTRY AND EACH MONTH WE ARE GOING TO INTRODUCE YOU TO ONE OF THEM.

MEET MIKE SMIGIELSKI.....

If you ask someone who has met him to describe Mike Smigielski, you would hear things such as, "great sense of humor," "easy-going," "reliable," "family man," and also "sports nut."

Mike is known for being able to quote from memory just about any sports statistic you can ask for and from just about any major sport. Mike's love of sports goes back to his days of playing college basketball for Jackson Community College in Michigan where he was coached by Dick Versace and played with NBA All-Star Kevin Willis. He laughs as he recalls how

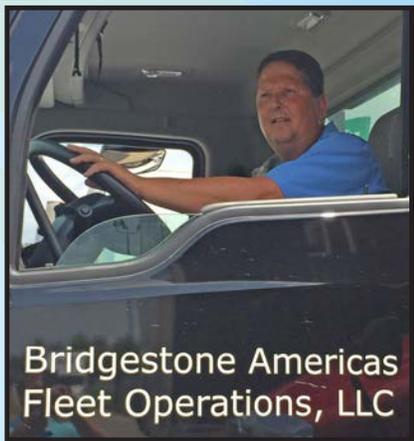


the starting 5 were almost all over 6' 5", so he didn't start but he did get some quality minutes.

Mike is one of the many excellent drivers for CPC Logistics who drives for Bridgestone Americas Tire Operations out of Lebanon, Tennessee. He has been working for CPC since 2012 and has over 20 years in the trucking industry. He got his start in transportation as a dispatcher for a small fleet. He said it was during that time that he decided to teach himself to drive a truck by self-studying and practicing in the parking lot. While he maintains a carefree attitude in general, he approaches driving very seriously which is evident in his excellent driving record, on-time delivery performance, and dedication to the job.



Mike lives in Murfreesboro, Tennessee with his wife of 30 years, Melissa. He has two grown children and a brand new grandbaby. Although his basketball playing days are behind him, Mike stays active in his spare time playing golf and consistently shoots in the 80's.



Bridgestone Americas Fleet Operations, LLC

Mike was the first to jump in and help on a new route. Through his help we found a way to do the route and pick up a back haul. You can count on him to give his best effort and give you an honest answer. - Britney Qualls, BATO

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Christopher Farley has been selected as Driver of the Month for May 2016 for the Eastern Division. Chris has been assigned to Walgreen Company in Jupiter, Florida since April 1999. He has been a dependable driver who knows and excels in all areas of his job. His strong customer service skills and positive attitude have helped Chris become an example of leadership for others to follow. He has developed a strong relationship with our customer, who boasts of Chris being a tremendous asset and team player.

James Hatfield has been selected as Driver of the Month for May 2016 for the Eastern Division. James has been assigned to Walgreen Company in Mt. Laurel, New Jersey since June 2014. Since that time James has remained both accident and injury free. He is very dependable and well respected by the store personnel at his delivery locations. James always makes sure the job gets done safely and professionally.

MIDWEST DIVISION

Randall Featherstone has been selected as Driver of the Month for May 2016 for the Midwest Division. Randy has been assigned to Bridgestone Americas Tire Operations in Roanoke, Texas since July 2014. He is a vital link for BATO and spends a lot of time training new drivers when the need arises. These new drivers note that Randy is very detailed in his training, takes his time explaining things they need to know, answers all of their questions and even continues to follow up with them once they are trained and in their jobs. With the recent growth of the Roanoke DC, Randy's professional efforts have been significant. He is well deserving of this Driver of the Month Award.

WESTERN DIVISION

Raymond Ruiz has been selected as Driver of the Month for May 2016 for the Western Division. Ray has been assigned to Bridgestone Americas Tire Operations in Tulare, California since May 2007. He has maintained a safe record during his 9 years of employment with CPC. While his primary job is a Shuttle Driver, Ray can always be counted on to help out with deliveries if the local Driver is off work. Ray has been instrumental in training our newest Delivery Driver in Tulare. Ray's can-do attitude has made him an excellent asset to Bridgestone and an exemplary employee to CPC Logistics.

CANADA DIVISION

Murray Jacklin has been selected as Driver of the Month for May 2016 for the Canada Division. Murray has been assigned to John Deere Private Fleet in Grimsby, Ontario since January 2013. Murray has demonstrated excellent habits not only with his work ethic, but also with his ability to manage his paperwork with clarity and accuracy. He is always safety conscious and never hesitates to make suggestions that would be of benefit to the fleet in terms of operations efficiency and safety. Murray is a great team player and is always willing to support our Dispatch operations.



Congratulations

John Settineri

for recently taking 3rd Place in the MA State Truck Driving Championship 5 Axle Category. John is assigned to Spinning Wheels Express in Lynn, Massachusetts.

RECENT CPC SAFETY MEETINGS

**BENJAMIN MOORE & CO – ORLANDO, FL –
MAY 14, 2016**



Front Row L to R: Tom Shortlidge – Benjamin Moore DC Manager, Emilio Olan, Obed Perez

Back Row L to R: Ralph Garrabrant, Jose Zambrana, Ronnie Chitty – Benjamin Moore Lead, Jose Cruz-Adorno, Tim Sentz, Fernando Amor, Mark Echevarria – CPC Regional Manager

**UPSF/BIMBO BAKERIES – VERNON, CA –
JUNE 14, 2016**



Front Row L to R: Hector Montijo, Jose Sanchez, Felipe Ramirez, Sandra Madrid, Carolina Ramirez

Back Row L to R: Luis Villalobos, Angel Jimenez, Luis Fernandez, Victor Romero, Eduardo Ribota, Luis Calderon

**BRIDGESTONE AMERICAS TIRE OPERATIONS –
OMAHA, NE – JUNE 3, 2016**



Pictured L to R: Dennis Hagerty and Jeffrey Taylor

**FLORESTONE PRODUCTS – MADERA, CA –
MAY 13, 2016**



Picture L to R: Ramon Rio-Luis, Matthew Wright

Driver of the Month



ERICK BRANTS assigned to Walgreens Company in Round Rock, Texas is shown with his Driver of the Month Award for March 2016.

DRIVER OF THE YEAR

Steve Zamagni assigned to Benjamin Moore Paints in Milford, Massachusetts recently attended a dinner in his honor where he was presented with the CPC Logistics 2015 Driver of the Year Award.

Pictured L to R:
BUTCH WALLS - CPC Executive Vice President of Operations,

STEVE ZAMAGNI,
BOB CAREW - CPC Regional Manager
and **BILL KOONS** - CPC Division Manager.



7 Summer Truck Driving Tips



HERB MORTAN

Summer has officially begun, and temperatures around the country are already beginning to soar. A lot of attention is paid to how truck drivers should drive in the winter, but there are also plenty of dangers in summer driving that probably don't get enough attention.

- 1. Get Enough Rest-** Higher temperatures can make drowsiness happen easier.
- 2. Protect Yourself from the Sun** – The sun coming in through the driver's side window of a truck can feel great when out on the open road. Truck drivers are probably very familiar with "Trucker's Arm" that comes from the awkward tan that occurs from a driver only getting sun to the left arm. Using a sun sleeve, sunscreen, window covers or just wearing long sleeves (yes, even when it's 100°) can help to protect from dangerous rays from the sun.
- 3. Watch Out for Extra Drivers** – In the summer months, families go on vacations, people take days off work and there are more people on the road than any other season.
- 4. Keep Hydrated** – It seems obvious to say, but when the temperatures heat up, it's very easy to forget to be drinking water while on the road. The last thing needed when dealing with a vehicle issue is adding heat stroke or worse to that issue. A good rule of thumb is to drink half your body weight in ounces every day, so if you weigh 200 lbs., try to drink 100 oz. of water. We know that stopping for restroom breaks as often as that may require isn't ideal, but it's better than the alternative.
- 5. Check the Brakes** – Hot temperatures can lead to brake fading or the loss of friction when brake components can't absorb any additional heat. Be diligent about checking the brakes and even make a check stop before getting out on the road to make sure the brakes are working properly.
- 6. Be Extra Careful in Work Zones** – More roadwork is done during summer months than any other time. The reason to be careful is two fold. **First**, it's always important to be careful because of the danger of potentially hitting a worker. **Second**, is fines for speeding and other violations are often **doubled, tripled** or more in a **work zone**, which isn't good for a truck driver.
- 7. Keep Tires Properly Inflated** – In the extreme heat, tire blowouts aren't uncommon, and under-inflated tires increase the risk of having those blowouts. Be sure before taking off for a delivery run that tires are properly inflated to do everything possible to prevent a blowout that can so easily come with heat.

DRIVER OF THE YEAR



KURT SNOW was recently awarded the 2015 CPC Driver of the Year Award. Kurt has been assigned to Northwest Food Products in Volga, South Dakota thru CPC since August 2006. His original hire date with Northwest Foods, however, dates back to March 1976. Presenting Kurt with this award were Blake Otteson, Terminal Manager, and Dave Tomas, Director of Northwest Food Products.

Congratulations Kurt!!

Congratulations

Scott Craven on his recent retirement from CPC Logistics, Inc. after 12 years of service. Scott was assigned to Toyota Quality Parts Express in Torrance, California.



Pictured are Scott and his wife, Dawn.

TIPS TO SNACK SMARTLY

Eating healthy snacks in between meals can add fiber and nutrients to your diet without adding too many calories. They can give you an energy boost during the day, and prevent you from overeating at meals. When you allow yourself to get extremely hungry, you are more likely to binge eat and crave high-fat, sugary foods. Know the times when you are most likely to get hungry between meals and plan for them by having healthy snacks on hand. Read on to learn how to become more snack savvy.

Keep in mind these three basic fundamentals when planning your healthy snacks.

- 1. Keep a supply of healthy snacks in your office** and car in order to prevent trips to the vending machine or drive-thru.
- 2. All fresh fruits and vegetables** are great choices.
- 3. Stock a healthy snacking area** at home—include fruits and vegetables, whole-grain crackers and low-fat dairy products.

Try some of these easy snack ideas!

- **Light yogurt mixed** with any of the following: ¼ cup whole grain cereal, 2 tbsp. almonds, ¼ cup dried oats, ½ cup berries or fruit.
- **Tuna kit** with light mayo—or use avocado instead!
- **Light yogurt** smoothie with a small piece of fruit.

TRY THESE RECIPES.

- **Whole wheat or reduced-fat tortilla** with 3 tbsp. low-fat bean dip and 1 slice of reduced fat cheese. Dip in salsa.
- **Half of a whole grain wheat bagel** topped with marinara sauce and reduced fat cheese. Bake until cheese is just melted.
- **1 small potato** microwaved with veggies of your choice and topped with ¼ cup of low-fat cottage cheese. Add hot sauce for added zip!
- **Spinach quesadillas:** 2 whole wheat tortillas, spinach and ¼ cup light shredded cheese. Spray pan with cooking spray and cook until cheese melts. Dip in salsa.
- **Light string cheese** with seven reduced-fat whole wheat crackers.
- **Trail mix.**
- **Low-fat granola bar** with a piece of fruit.
- **Apple or banana** with 2 tbsp. peanut butter.
- **1 cup of easy-to-bag veggies** like baby carrots, sliced cucumbers, sliced bell peppers, or sugar snap peas; serve with light ranch or hummus.
- **4 oz. reduced fat cottage cheese** mixed together with ½ cup fruit of your choice.
- **One reduced fat string cheese.**
- **Apple salad:** Dice apple into small pieces, stir in ¼ cup light whipped cream and 2 tbsp. chopped walnuts. Mix and enjoy.
- **1 cup low-fat hot chocolate** made with 2 tbsp. cocoa and 8 oz. skim milk or 1% milk. Serve with 2 graham crackers.
- **Low-fat/low-sugar pudding snack** pack with a serving of graham crackers.
- **1 whole wheat frozen** waffle with 1 tbsp. peanut butter and ½ small banana.
- **3 cups 94% fat-free popcorn** with a piece of fruit.
- **1 whole wheat English muffin** toasted with 1 tbsp. 100% spreadable fruit.

Keep an eye on food labels. Watch out for...

- **Dairy products** that are labeled low-fat. These can be healthful choices, but be careful of products with added sugar or artificial sugar to make up for the decrease in fat.
- **High sodium content.** Aim for 400 mg or less per snack unless you are on a low sodium diet, in which case you should strive for less.
- **Misleading whole grain claims.** To be sure the food really contains whole grains, read the ingredients and look for the word “whole” prior to the grain’s name— for example, whole wheat.

WHEN CHOOSING Granola/Cereal/Protein Bars

AVOID: High fructose corn syrup • More than 10 grams of sugar per serving

LOOK FOR: At least 2 grams of fiber per serving

WHEN CHOOSING Chips/Crackers

AVOID: Partially hydrogenated oils • Added sugars

LOOK FOR: • At least 2 grams of fiber per serving
• Baked options

WHEN CHOOSING Cheese and Milk

AVOID: Partially hydrogenated oils • Added sugars

LOOK FOR: At least 2 grams of fiber per serving
• Low-fat options

WHEN CHOOSING Yogurt

AVOID: More than 20 grams of sugar per serving
• High fructose corn syrup

LOOK FOR: Low-fat Greek yogurt (it is thicker and higher in protein than regular yogurt)

HIGHWAY to HEALTH

National Men's Health Month – Healthy Tips for Men

According to a survey by Men's Health magazine and CNN, one third of American men do not go to the doctor for check-ups. Often, this is due to men feeling fear, denial, embarrassment or that their masculinity is threatened (American Medical Association). National Men's Health Month was created to empower men to take control of their health. During this time, healthcare providers, public policy makers, and the media make an extra push to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



Men can take daily steps to live safer and healthier lives and protect themselves from disease and injury. This doesn't have to be an entire overhaul of how you go about your daily routine. There are numerous things you can do every day to improve your health and stay healthy.

TRY THE FOLLOWING SUGGESTIONS:

Get Enough Sleep: Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity and depression. Also, insufficient sleep can be responsible for motor vehicle and machinery-related accidents, which causes substantial injury and disability each year. Sleep guidelines from the National Sleep Foundation recommend that in general, adults need between 7-9 hours of sleep a night.



Be Smoke Free: Avoid smoking and secondhand smoke. Quitting smoking has immediate and long-term benefits. According to Mayo Clinic, within 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continues for years. The heart rate decreases, twelve hours later, carbon monoxide in the blood returns to normal, and after a year the risk of having a heart attack related to smoking drops by half. There's no time like the present to quit.



Be Physically Active: The summer is a good time to get active with family and friends. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate exercise for 2 hours and 30 minutes every week. Walk, go for a hike or a bike ride, or head to the local pool for a swim. For more information, see CDC's Division of Nutrition, Physical Activity, and Obesity web site.



Eat What Counts: Eat a variety of fruits and vegetables every day. Try to steer clear of drinks high in calories, sugar, fat and alcohol. Choose healthy snacks.

Pay Attention to Signs and Symptoms: According to the Centers for Disease Control and Prevention (CDC), men should pay special attention to symptoms like discharge, excessive thirst, rash or soreness, problems with urination, and shortness of breath, and should see a doctor if they occur.

Know and Understand Your Numbers: Keep track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI), just to name a few. These numbers can provide a glimpse of your health status and risk for certain diseases. Be sure to ask your doctor what tests you need and how often you need them. If your numbers are high or low, he or she can explain what they mean and make recommendations to help you get them to a healthier range.

Get a Doctor Lined Up. It's very important for men to have an established primary care physician. Having regularly scheduled visits with your doctor, who can track your health as you age, can be one of the best courses of preventative care for any man.



SAFETY AWARDS

1 Year

Amato, Mario
Ballard, Steven
Barrett, Carl
Bird, John
Black, Bruce
Carter, Wayne
Case, James
Chambliss, Seth
Cuevas, Justiniano
Derosena, Stanley
Dority, Dexter
Downs Sr, Stephen
Farmer, Jeffrey
Fitzhugh, Pembroke
Foy, Manuel
Gaston, James
Green, Ronald
Hall, Timothy
Hatfield, James
Heller, William
Holthaus, Michael
Hostmeyer, Michael
Jausel, Bryan
Johnson, Chris
Joseph, Calvin
King, Eric
Nation, Keith
Oorlog, Wayne
Parker, Steven
Porter, James
Rodriguez, Anthony
Sanchez, Armando
Schichner, Brian
Shaw, William

Snelling, Kirk
Thompson, Gabriel
Turner, Michael
Webb-Lippert, Kris-
topher
White, Steven
Wilson, Douglas
Wintjen, Ronald
Woolford, Benjamin

2 Years

Beshears, Dennis
Bursott, Eric
Penter, Shawn
Smay, Richard

3 Years

Bessire III, Philip
Marsh, Gerard
Novak, Robert
Phillips, Bryan
Rinsma, Eddy
Ruckman, Craig
Tolodzieski, Edward

4 Years

Crites, John
DeVoe, Nile
Funk, Christopher
Harrison Jr, Jerry
Hayes, Leroy
Provonsil, Kenneth
West, James

5 Years

Hockenberry, James
Parten, Donald
Santey, Michael
Smollen, William

6 Years

Aiello, Joseph
Beckham, Billy
Brown, Eric
Epping-Fate, Gordon
Hahn, Andrew
Hough, Dwayne
Hudson, Charles

7 Years

George, Mark
Melillo, Thomas
Perreault, Robert
Salinski, Brian

8 Years

Bronson, Robert
Modglin, Roger
Rosenbaum, John
Thomas, Jimmylee

9 Years

Boczek, Dale
Claxton, Brian
Erwin, James
Hart, Terry
Huge, Jr., Charles
Kendrick, Bill

10 Years

Brooks, Charles
Winders, Raymond

12 Years

Davis, Christopher
Kalb, James
Phillips, Ernest

13 Years

McDonald, Todd
Mendenall, Craig

14 Years

Payne, Kiley
Pope, Michael
Reed, Larry

15 Years

Burton, Randy
Holmes, Daniel
Morgan, Joseph

16 Years

Paulsen, Arthur

22 Years

Staley, Jr., Carl
Thomas, Jimmy

26 Years

Alexander, Arthur

CPC Driver Referral Bonus

Earn up to \$2,500 per referral


CPC LOGISTICS INC


Receive \$1,500 the first time you refer a driver to CPC. \$2,000 for your second and \$2,500 for every additional referral from your third to your fiftieth.



See your local CPC manager for a referral card or call to provide information on your referral.

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