



Tandem Talk

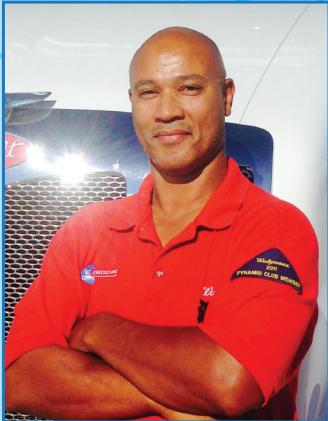
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Tandem Talk is a monthly publication for our valued clients and employees.

BEST DRIVERS DRIVE CPC

CPC Logistics Has Some Of The Best Drivers In The Transportation Industry.



Meet Howard McNeil

"Dedicated to safety and service," "Professional in all he does," and "The best attitude towards the job." These are just a few of the phrases you will hear when asking someone to describe Howard McNeil, Jr. One thing you will notice when first meeting Howard is the way he carries himself. He is a former Marine who is well organized, quick to volunteer and ready to help wherever needed.

Howard has been assigned to Walgreen Company in Perrysburg, OH since June of 2008 and is an excellent addition to the driving team. He takes pride in his work which shows in everything he does. Howard is a dedicated trainer on the account. He believes in equipping the drivers with all the knowledge they need for successful and safe careers. Many of these drivers have commented on the thoroughness and detail in training that Howard provides.

Howard is the proud father of two daughters who are in college, and a son who has followed in Howard's footsteps and is currently serving in the U.S. Marine Corps.



We are very fortunate to have Howard on our team.

He has a very positive influence on everyone he encounters.

Howard always looks for the positives in each situation and often makes suggestions on how to turn a negative into a positive."

- Max Clary, Regional Manager, CPC Logistics, Inc.

We are proud of the way Howard represents CPC Logistics, Inc. to our customer, proving once again thatThe Best Drivers Drive CPC!

Divisional Drivers Of The Month

EASTERN DIVISION

FELTON BRENT DEMPSEY has been selected as Driver of the Month for November 2015 for the Eastern Division. He has been assigned to TMH Transport in Oxford, Alabama since April 2010. Brent is very dependable, is always on time and has a great attitude. He puts forth a lot of effort in recruiting new drivers, helps load trailers, works in the yard and is always willing to work extra hours and drive extra miles when asked. He works under the theory of patience being the key to safety and makes sure nothing is rushed.

TOMMY STODDARD has been selected as Driver of the Month for November 2015 for the Eastern Division. He has been assigned Bridgestone Americas Tire Operations in Memphis, Tennessee since June 2009, but has worked for BATO since November 1998. Tommy is an excellent employee and a model driver when it comes to safety and dedication to our customer. He has been awarded numerous safety awards during his employment and is a great example for all other drivers. He is highly regarded by both the management of BATO and his peers.

WESTERN DIVISION

CASSIE JEFFERSON has been selected as Driver of the Month for November 2015 for the Western Division. He has been assigned to Walgreen Company in Houston, Texas since September 2003. Cassie is a model employee. He comes to work without fail and goes about his work day in a most professional manner. Cassie never complains when given an assignment outside of his bid run. He completes the job then asks what else he can do to help. He is well-liked by his peers who have given him the nick-name of "Steady Eddie" because of the consistency of his high work ethics.

JEREMY SPRATT has been selected as Driver of the Month for November 2015 for the Western Division. He has been assigned to Avery Dennison in Carrollton, Texas since August 2012. Jeremy is assigned to a one-driver operation so his continued dependability is invaluable to CPC and our customer. He communicates well, follows all safety policies and does whatever is necessary to satisfy Avery's customers. Jeremy's can-do and pleasant personality makes him a valuable member of the CPC team.

CANADA DIVISION

KEVIN DOUCETTE has been selected as Driver of the Month for November 2015 for the Canada Division. He has been assigned to John Deere in Grimsby, Ontario since April 2007. Kevin is an exceptionally hard worker and he can always be relied upon to stay on schedule and deliver his load on time to the John Deere Distribution Centers. Kevin does not hesitate to help out in unexpected situations nor does he mind taking the time to assist in driver training when necessary. His efforts are greatly appreciated.

Bridgestone Americas Tire Operations Reaches Out to Assist Flood Victims

By: Dan Buckley, CPC Regional Manager

In October of this year the state of South Carolina suffered its worst natural disaster since Hurricane Hugo back in 1989. I remember Hurricane Hugo very well as my wife and I were expecting our first child. I had the opportunity to work and relieve some of my fellow employees at that time by traveling to Charleston and working while they got their lives back in order.

A few years ago the state of Illinois was severely impacted by a string of tornadoes that leveled parts of the small town of Washington. Although I had never been there, I have a few close friends that grew up in that town. The concern and anguish that they experienced was real.

Neither of these locations were home to me. They were places that I sympathized with, but did not experience firsthand the day-to-day challenges of getting back on your feet after natural disasters. However, this October was different in South Carolina. The state experienced torrential flooding rains throughout the entire state ranging from the coast, to the midlands near the capital of Columbia, to the upstate and the thriving city of Greenville. Columbia was the hardest hit area where there were areas that received in excess of 26 inches of rain. Schools were closed, roads were washed away, neighborhoods were under water and people were in need.

Our customer, Bridgestone Americas Tire Operation has a substantial presence in South Carolina with a tire manufacturing plant located in Aiken, SC some 60 miles west of Columbia. Not sitting by idly while its state struggled, BATO jumped into action by delivering needed supplies to the most heavily affected areas of the state. With the help of CPC Logistics drivers Wayne Martin and Steven Merritt, BATO was able to deliver over 240,000 pounds of relief supplies to the state. BATO Aiken Plant Manager Ron Brooks stated that "None of this would have been possible with your support. I am forever grateful for your support. Both drivers, Wayne and Steven did a great job. Steven Merritt really stood out with his 'whatever I can do' attitude and professionalism. He represented your teams to this community exceptionally well".

As a citizen of South Carolina and as someone that has the privilege of working with both a great customer in BATO and great employees at CPC Logistics, I speak for all of us when I say Thank You!!



2014 DRIVER OF THE YEAR

East Division: Orlando Torres – Walgreens – Carolina, Puerto Rico

Orlando has been assigned to Walgreen Company in Carolina, Puerto Rico since March 24, 2003. Since his employment with CPC he remains accident free and continues to demonstrate that safety is an important part of the professional driver. Orlando always performs his job with a good attitude and is willing to cover any assignment. He is very proficient in any task the Transportation team gives him, whether it requires unloading at stores, pulling containers from the port facilities, or making yard moves. He maintains a great relationship with his co-workers as well as the people in the Walgreens stores. He is willing to help with the new drivers and explains the importance of working safely. Orlando is proud to work for CPC Logistics and Walgreens and we are proud to award him Driver of the Year for 2014.

Timothy Sentz – Benjamin Moore – Orlando, Florida

Timothy has been with CPC since May 1992 and is assigned to Benjamin Moore Company in Orlando, Florida. Tim has an outstanding safety record, is always on time to his delivery locations, and is always willing to go the extra mile. He is a great team player and always keeps a positive attitude, helping out other drivers when needed so the entire operation can be successful! Tim's commitment to his job and consistently exceptional results are just a few of many reasons he has been awarded Driver of the Year Award for 2014.

West Division: Fred Lemond – Walgreen Company – Moreno Valley, California

Fred has been with CPC since September 2007 and has been assigned Walgreen Company in Moreno Valley, California since January 2009. Fred takes his job very seriously in order to help the customer achieve their goals. He is always professional and holds himself to a high standard of providing the best customer service. Fred was recognized locally for Outstanding Driving Performance Leadership by the Walgreens/ Moreno Valley team for the months of January, February, and March of 2014. We are proud to add to his accolades the CPC 2014 Driver of the Year Award.

Midwest Division: Joel Zanella – Walgreen Company – Waxahachie, Texas

Joel has been with CPC since January 2003 and has been assigned to the Walgreen Company in Waxahachie, Texas. Joel's Manager describes him as a true "Professional Truck Driver. He takes pride and approaches his job in the right way every time he is on-duty. In most career fields, you have some individuals that are only there to collect a pay check, but that is not the case with Joel. He truly enjoys what he does. Joel earned his One Million Mile Safe Driving Award in 2014 and has not had a chargeable accident since being employed by CPC. Joel is our driver trainer at the Waxahachie DC and where he sets the example for younger drivers that are just getting started in the profession. Congratulations, Joel, on being awarded the CPC Logistics, Inc. 2014 Driver of the Year Award!

Canada Division: Humberto Inchima – BridgestoneCanada, Inc. – Mississauga, Ontario

Humberto has been with Huron Services Group since March 2006 and is assigned to the Bridgestone Fleet in Mississauga, Ontario. The Bridgestone account can be a very demanding account with lots of hand bombing and the necessity of driving in tight quarters to make deliveries. We can always count on Humberto to meet the needs of our client with care and professionalism. He is a safety minded individual and as our Lead Driver is always willing to train and mentor the newer drivers so that they are able to meet the needs of our client. On more than one occasion Humberto has also volunteered to take on extra work by finishing the delivery routes of other drivers when circumstances call for that level of service. We are indeed fortunate to have someone of Humberto's quality as part of the Huron family and we are extremely pleased to recognize Humberto Inchima as Driver of the Year for 2014.

SAFE DRIVER AWARDS



Tim Sentz assigned to Benjamin Moore in Orlando, FL is shown with his 20 Year Safe Driver Award. Pictured L to R: Tom Shortlidge of Benjamin Moore, Tim Sentz and CPC Regional Manager Mark Echevarria.



Fernando Amor assigned to Benjamin Moore in Orlando, FL is shown with his 10 Year Safe Driver Award. Pictured L to R: Tom Shortlidge of Benjamin Moore, Fernando Amor and CPC Regional Manager Mark Echevarria.

RECENT CPC SAFETY MEETINGS

MOEN, INC - KINSTON, NC – NOVEMBER 7, 2015



Seated L to R: Tommy Raynor, Ray Thaggard, Leonard Jones, Gary Pugh, Jim Anderson
2nd Row L to R: Carl Taylor, George Sullivan, Franklin Smith, James Sams, Ronnie Malpass



Seated L to R: Jimmie Harrison, Bob Purdy, Robert Brown, David Perry, Sherman Edwards
2nd Row L to R: John Herring, Horace Taylor, James Henry, Clyde Garris, James Stevens, Greg Jones, Kyjuan Harris

AVERY DENNISON - HAMILTON, OH – OCTOBER 31, 2015



Seated L to R: Anthony Sims, Mark Mahan, Todd Cryder, Jim Miller
2nd Row L to R: Barry Harmon, Rick Shelton, Ryan McManus, Fleet Operations Manager
Back Row L to R: Denny Marcott, Rick Avery, Tim Wright, Jeff Shoopman, Ralph Dean, William Dykes, John Adams, Ken Elder

WALGREEN COMPANY - DOVER, PA & MARTINSBURG, WV – NOVEMBER 16, 2015



L to R: Jason Armstrong, Scott Coon, Tara Black, Pete Kaiser, Scott Crumbling, and Lester Gabert

HOSPIRA, INC - SANTA FE SPRINGS, CA – NOVEMBER 17, 2015



L to R: Steve Navarro, Javier Casarez and Willard Reno

WALGREEN COMPANY - FT WAYNE, IN – NOVEMBER 30, 2015



L to R: Jeff Curless, Al Lowery, Doyle Rogers

RECENT CPC SAFETY MEETINGS

BRIDGESTONE AMERICAS TIRE OPERATIONS – PORTLAND, OR – NOVEMBER 21, 2015



Front Row L to R: Tom DeGarmo and Lawrence Spellman
2nd Row L to R: John Newton, Taz Brown, Nathan Tandal, Dean Williams, Chris Bluhm, Brad Miller
Back Row L to R: Kevin Jacobs, Jeff Beckwith, Danny Green, Richie Rambo, Ed Holmquist, Robert Rice, Don Luttrell, Alfredo Rosell, Aaron Welsh, Tom Williams, William Marbut

BENJAMIN MOORE – ORLANDO, FL – NOVEMBER 14, 2015



Front Row L to R: Benjamin Moore DC Manager Tom Shortridge, Jorge Cruz, Obed Perez, Emilio Olan, Juan Garcia-Padilla, Fernando Amor
2nd Row L to R: Ralph Garrabant, Timothy Sentz, Jose Cruz Adorno, Jose Zambrana



CPC Safety Manager Tip of the Month

SLIPS, TRIP AND FALLS WINTER SAFETY TIPS

GREG BOYINTON As winter approaches we're looking at slips, trips and falls. It is the #1 reason for an occupational injury in the United States. Slips and falls represent the primary cause of lost days from work and constitute the majority of general industry accidents.

Let's look at walking or working outside when it's cold and snowy or icy.

HERE ARE SOME TIPS:



- Plan ahead and give yourself sufficient time.
- FOOTWEAR!! Properly fitting footwear increases comfort and prevents fatigue which, in turn, improves safety for the employee. Make sure soles on your footwear aren't worn out, causing you to lose traction.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.
- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- Bending your knees a little and taking slower and shorter steps increases traction and can greatly reduce your chances of falling. It also helps to stop occasionally to break momentum.
- Streets and sidewalks that have been cleared of snow and ice should still be approached with caution. Look out for "black ice." Dew, fog or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun.
- Carrying heavy items can challenge your sense of balance. Try not to carry too much--you need to leave your hands and arms free to better balance yourself.
- When entering a building, remove as much snow and water from your boots as you can. Take notice that floors and stairs may be wet and slippery--walk carefully.
- Use special care when entering and exiting vehicles—use you 3 points of contact and use the vehicle for support.



SPECIAL RECOGNITION

NORTH CAROLINA TRUCKING ASSOCIATION HONORS JON SIKES

CPC Logistics is very proud to announce that The North Carolina Trucking Association has named CPC employee Jon Sikes as their Driver of the Month for June 2015.

Jon has been assigned to Hospira, Inc. in Rocky Mount, NC since June 2008, with an original client seniority date of October 1986.

In addition to this honor, Jon was previously named as an NPTC All Star. Jon's legacy as a professional driver was long ago cemented, but he continues to build on that legacy by training new drivers, continuing to be a top performer and being the go-to guy for everyone involved with the Hospira account. Jon can always be counted on to do the right thing, the right way.

"We are thrilled that the NCTA has recognized Jon's work," said Ron Covert, CPC Regional Manager. "Jon has an outstanding safety record and is the definition of a professional driver."

Mr. Sikes was honored by The North Carolina Trucking Association Safety & Human Resources Council and presented with this award at a ceremony on November 10, 2015 at The Grandover Resort in Greensboro, NC.

Congratulations Jon!



Shown L to R: NCTA Safety & HR Chairman Tim Long, CPC Logistics Division Mgr. Ken Pruitt, NC State Highway Patrol Captain Karen Ward, Jon Sikes, NC State Highway Patrol Lt. Steve Massey, FMCSA NC Administrator Jon McCormick and CPC Regional Mgr. Ron Covert

CONGRATULATIONS



An employee drawing for a 43 inch flat screen TV was held at the November Driver Appreciation BBQ for the drivers at the Walgreen Company in Mt Vernon, Illinois. **Congratulations to the winner of that drawing, Terry Hart!** Terry has been with CPC and assigned to Walgreen's DC in Mt Vernon since July of 1999.

DRIVER OF THE MONTH



Brian Salinski assigned to Walgreen Company in Middletown, DE is shown with his September 2015 Driver of the Month Award.

Highway to Health News

HEALTHY HOLIDAY GIFT IDEAS FOR YOUR LOVED ONES

Giving a health-conscious holiday gift is the perfect way to say "I care, I love you, and I want to support you in taking care of yourself." From items that keep a loved one warm during winter, to services that help someone increase their energy, relax and unwind...the possibilities for health-promoting gifts are endless.

Here are a few ideas:

Keep it simple with gift certificates or gift cards for services, such as:

- **Delivery of healthy meals**, snack boxes, or fruit. (It could be a once-a-week delivery for a month, a once-a-month delivery for a year, or a one-time delivery.)
- **A massage** to help relax and soothe (especially great around the holidays!)
- **Private sessions** with a nutritionist, lifestyle coach, yoga teacher, or personal trainer
- **Group classes** promoting healthy lifestyle practices such as yoga and meditation Give at-home exercise enthusiasts simple equipment to help them vary their routines and kick their workouts up a notch!
- **A jump rope** makes a fun stocking stuffer! Jumping rope is a great way to warm up before a workout, and it's easy to incorporate it into interval training!
- **A workout mat** and resistance band are also helpful fitness additions and are easily stored
- **A stability ball** can add variety for an abdominal workout and improves balance
- **A gift card** to your loved one's favorite store for exercise clothing and equipment can help reinvigorate their enthusiasm!

Give the gift of your time and knowledge:

- If you're technology-savvy and a good teacher, give loved ones a gift coupon to redeem with YOU. For example, you could teach them how to use a mobile fitness device and how to sync their data to a fitness-tracking website.
- Give the gift of better financial wellness. Teach a loved one some basic computer skills, install some basic finance-tracking software and teach them how to use it, or help them set up online bill payments.

Remember, at a time of year that can seem especially busy, spending time connecting with friends and family, both local and afar, can be the most important gift you give yourself and others. Your kindness, thoughtfulness, gratitude and love are the best gifts of all!

HOW DO YOU SPEND TIME WITH YOUR FRIENDS AND FAMILY OVER THE HOLIDAYS?

Many are aiming to maintain healthy habits—like maintaining weight, eating right, exercising, and reducing stress—leading up to, and lasting throughout, the holidays. One of the best parts of the holidays is getting to see the people you care about. We asked some of our members who are participating in the Maintain, Don't Gain campaign how they enjoy spending time with friends and family around the holidays.

Here are a few of our favorite responses:

"**Go for walks after a great dinner**
or go shopping and get some much needed exercise." —Roger

"**We love to play games.**
I've made some healthy changes already, like not having chips & dip readily available while playing, and having a veggie tray instead. This year I will encourage going for a hike through the woods again. We did that as a family last year, and had a blast hiking through the deep snow!" —Rhonda

"**I like to bike ride with family**
over the holidays since the weather is cooler." —Susan

"**We went ice skating at our local park**
with the grandkids over the weekend. And my husband and I try to take a walk when the weather allows." —Donna

"My favorite way to spend time with friends and family is playing football outside on Christmas!" —Kristina

"As a family, we participate in the Santa run held in our area.
You can't predict the weather,
but you can predict we will all have a great time!" —Leticia

"**My favorite way to spend time is with family is cooking for them.** I love to entertain groups and have my house full of people I love." —Stacey

"My favorite way to spend time with friends and family during the holidays is by **staying active together**, like going for walks, going to the gym, running, or going to the beach together." —Alison

"During the holidays I spend time with family and friends by **walking our pet dog together while looking at all of the beautiful holiday decorations** outside. If it is rainy or icy, we go to the local high school and walk the indoor track instead." —Terry

TIPS FOR A GOOD BLOOD PRESSURE READING.

- ♥ Try and get a good night's sleep the night before the exam. Fatigue can affect the blood pressure
- ♥ Take your blood pressure medication on schedule and never run out of it
- ♥ Reduce the amount of salty foods you eat (salty snacks, processed food) and avoiding adding salt to your food can reduce your blood pressure
- ♥ Cut back on caffeine: Coffee, sodas and energy drinks. Do not have caffeine the day of your exam
- ♥ Reduce your nicotine intake or stop it altogether. Do not use nicotine on the day of your exam, it can significantly raise the blood pressure.
- ♥ Drink water, make sure you are well hydrated.
- ♥ If you have to wait, take a brisk walk around the parking lot. A body in motion lowers the blood pressure
- ♥ Keep a check on it yourself! Invest in a blood pressure monitor, like a truck has gauges, a blood pressure cuff is a gauge for the body
- ♥ The DOT acceptable level for blood pressure is equal to or lower than 140/90, aim for lower if you can



BE PREPARED for your next **DOT Physical!** We will focus on health topics that will help you get and stay healthy as you prepare for your next DOT exam. We want you to know your numbers. In the coming months look for tips on Sleep Apnea, Diabetes, Blood Pressure, Know your Numbers, Healthy Weight, Physical Activity, Preventive Screening and much more.

If you have any questions about your DOT exam or any other health issues, please contact your Highway to Health Nurse, Mandy Francis RN. Mandy can be reached at 402-970-6143 or mandy.francis@lockton.com.



Safety Awards

