

March 2020



TANDEM TALK

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.



TIFFANY LOWE
THE BEST DRIVERS DRIVE CPC



A Message to Our Drivers

A few years back there was a picture on the internet of a long line of trucks lined up “side by side” on the interstate in Florida with the Highway Patrol staging them in place. A hurricane had gone through Florida, and the trucks were waiting to be released to head into the affected area to deliver supplies and other needed goods. Seeing this reinforced that truck drivers are often the “second responders” after catastrophic events. The police, firefighters, EMTs, and other government officials head into the area first, and the truck drivers are not too far behind.

What the country has faced over the last few weeks due to the coronavirus has been truly unique and unprecedented as a catastrophic event. The reaction of the First Responders, which include the doctors, nurses, and others has been nothing short of extraordinary. Right behind them, the commitment of truck drivers acting as “second responders” and getting supplies through under remarkable conditions is exceptional.

Many CPC drivers are delivering necessary supplies that fill the shelves. These products are essential to meeting the needs of individuals and their families. Other CPC drivers deliver product that allows a business/dealer or individual to keep their “doors open”. We know it is vital to that individual, their employees and families and helps keep our “country running”. Other CPC drivers haul a product that will keep a manufacturing plant operating. Again, this is vital to all the workers and families who can continue working during these difficult times.

Dr. Martin Luther King, Jr. phrased it very simply – “Life’s most urgent question is: what are you doing for others?” The answer for all the CPC drivers who probably say “I am just doing my job” is that you are **Making a Difference in Others Lives!** In many cases you are putting the needs of others first and your work will have an impact that you will never realize.

Please stay safe and practice the steps that will help in prevention of the spread or contracting the coronavirus – wash your hands frequently and thoroughly, cover your mouth and nose when coughing or sneezing, avoid touching your eyes, nose or mouth, and practice good health habits including social distancing. Remember to use these when you do get a day or two off as well.

We are proud to be able to work with you and together with our great clients we will continue to support you. Remember that this challenge brought on by this pandemic will end, hopefully sooner than later. But until it does your actions as a “second responder” are having a positive impact.

Thank you for what you are doing each day!

Harold (Butch) Wallis Jr., President





MEET TIFFANY LOWE

Tiffany Lowe, a company driver assigned to Bridgestone Americas Tire Operations in Perrysburg, OH is our featured driver for March.

Tiffany has been employed with CPC Logistics since July 2017. Initially, she was assigned to the Walgreen Company domicile in Perrysburg where she worked for 7 years. In August 2014 she reassigned to BATO where she has been ever since.

As one of our valued employees, Tiffany is an outstanding and positive force who serves both internal and external customers with diligence, professionalism and commitment. We always receive wonderful comments on the excellent service provided to our customers by Tiffany on her delivery routes. Her professionalism and willingness to go above and beyond have earned her the reputation of being one of the go-to drivers at the domicile. Tiffany is always at the forefront regarding safety concerns, speaking positively on behalf of her co-workers.

In May 2019, Tiffany was awarded the distinguished career achieving 1 Million Mile Award and was celebrated as the Driver of the Month for June 2019.

Together, Tiffany and her wife Jennifer have a combined family which includes 4 children, ages 7, 15, 18 and 21. She loves traveling and experiencing new adventures, enjoys cooking new recipes, watching football and baseball, and going to different wineries and craft breweries. She has a passion for volunteer work at different events in her community and has even served as a mascot. Her true enjoyment comes from just spending time with her family and friends.



Tiffany Lowe is another great reason why we say.....The Best Drivers Drive CPC!



Coronavirus information and resources

The coronavirus (COVID-19) is a respiratory illness caused by a virus that is spread from person-to-person. Stay informed and prepared as the situation changes. Get up-to-date information from the Centers for Disease Control and Prevention at [CDC.gov/COVID19](https://www.cdc.gov/COVID19).

How the virus spreads

The coronavirus spreads through person-to-person contact like coughing and sneezing.

Symptoms

The main symptoms include cough, fever, and shortness of breath which are common for other illnesses.

Protect yourself and others

Wash your hands well, and often. Cover your cough or sneeze with tissue and throw it out. Avoid touching your eyes, nose, and mouth.

Contact Accolade

As part of your benefits, you have access to a team of Accolade nurses to help answer your questions. The service is confidential and at no cost to you.

Call or message your Accolade Health Assistant or Nurse, 844-351-3536 (Monday through Friday 8AM to 8PM CT) or member.accolade.com. Nurses also available after hours.

Accolade does not practice medicine or provide patient care. We are an independent resource to support and assist you as you use the healthcare system and receive medical care from your own doctors, nurses and healthcare professionals. If you have a medical emergency, please contact 911 immediately.



Thank you to all of our dedicated employees at CPC Logistics Canada!

We are also grateful for the valued partnership with our clients during these tough times as we pull together to help protect our drivers.

-Matthew Carr, Senior Director- CPC Logistics Canada Ltd.
-Tracy Clayson, Director of Client Development- ITP/CPC



CPC DRIVERS OF THE MONTH

Congratulations to the following employees on being selected the February 2020 Drivers of the Month

EAST DIVISION:

STEVEN E. PARKER

One World Logistics/Lincoln AL

MICHAEL A. WILLIAMS

Bridgestone Americas Tire Operations/Ft Pierce FL

WEST DIVISION:

JERRY W. HATCHER

Walgreen Company/Tonopah AZ

ROBIN L. POE

Walgreen Company/Yreka CA

CANADA:

ROBIN A. YOUNG

John Deere Canada/Grimsby ON



In the most recent March edition of Canadian Shipper Magazine, **CPC Canada's Director of Client Development TRACY CLAYSON** is featured in a very insightful supply chain panel.



"There will come a day where the terms diversity and inclusion will be irrelevant because those conditions will just exist"— Tracy Clayson



Check it out here!
www.canadianshipper.com



Charlie Shields, Ken Thomas and Deby Melillo were busy doing their part to help keep our Canadian drivers safe by working together (but 6 feet apart) to gather and distribute sanitizing supplies. We appreciate all our drivers and the support teams who are working to keep drivers safe while on the road!



Sharing this BIG smile and warm sunshine all the way from Mississauga, Ontario is **Scott MacDonell**. Scott has been employed with In Transit Personnel since June 2017 and is assigned to our valued and long-term customer Robertson Electric. Thanks for all you do, Scott!



SPRING INTO ACTION

(Re)activate your healthy lifestyle

Spring is a great time to get back outside and recommit to staying physically active. Remember, you don't have to be a marathon runner to be healthy. Check out this list of 20 simple ways to get more active and pick a few activities you would like to try or restart this season.

1. **Ride your bike.** Hit the trails with a buddy, or bike to work as weather permits.
2. **Go for a walk.** Try to keep up a brisk pace to raise your heart rate for 30 minutes.
3. **Dance.** Be spontaneous with the kids, or make plans for a date night.
4. **Lift weights.** Start out easy with manageable weight and work your way up.
5. **Walk the dog.** Your best friend can motivate you to reach 10,000 steps a day.
6. **Go for a swim.** Hit the pool for an all-body workout that is easy on the joints.
7. **Work in the garden.** Fun hobbies like gardening can help avoid losing interest.
8. **Mow the lawn.** It has to be done, so count your steps toward your daily goal.
9. **Go for a hike.** Exercising in nature can inspire your senses and relieve stress.
10. **Kayak or canoe.** Have fun, but wear a life jacket and be smart out on the water.
11. **Play a team sport.** Make new friends and revisit an activity you enjoyed as a child.
12. **Learn to golf.** Skip the cart and get out and walk a round of 18 holes.
13. **Play with children.** Be a great role model by getting the kids active with you.
14. **Roller blade.** Be safe and wear a helmet, wrist guards and knee or elbow pads.
15. **Participate in a 5K.** Recruit a team and support a good cause in your community.
16. **Jump rope.** An anywhere exercise with minimal workout equipment.
17. **Take the stairs.** Walking up two flights of stairs a day has real health benefits.
18. **Try Yoga or Pilates.** Learn to stretch your boundaries and build lean muscles.
19. **Bowl.** Socialize and roll for fun, or waken your inner competitor.
20. **Park away from entrances.** At work or running errands, add extra steps to your day.



SPRING
into
ACTION

8 great reasons to take a walk

Walking is free, easy, requires no equipment and can be done anywhere. And it has both physical and mental health benefits for everyone. So slip on those sneakers and get moving!

1. **Boost your mental health.** Aerobic exercise can have a positive impact on depression, anxiety, ADHD and your overall mood.
2. **Relieve stress.** Walking triggers your body to release endorphins and helps to relax your muscles and ease tension.
3. **Improve your sleep.** Walking regularly can help you sleep better (but don't exercise too close to bedtime).
4. **Build your bones.** Low-impact, weightbearing exercises like walking can help keep bones strong.
5. **Prevent heart disease.** Regular brisk walking can lower your risk for heart disease and high blood pressure.
6. **Watch your weight.** Walking burns calories, which can help you lose or maintain a healthy weight.
7. **Strengthen your muscles.** Walking can help build muscle tone in your legs, hips and buttocks – and increase your endurance.
8. **Protect your heart and lungs.** Exercise makes your heart and lungs stronger as they work harder to supply oxygen to your muscles.

4 ways to make a fitness habit stick

Exercising regularly can benefit your health, your mood, your energy and even your sleep. The key is to keep it up. To make a fitness habit stick, try these tips:

1. **Set doable goals.** Unrealistic aims can undermine your success. Start small and build gradually.
For instance, if your goal is to walk 3 miles, you might start with just 10 minutes at first. In time, you'll be able to go longer and farther.
2. **Just have fun.** The best exercises are the ones you enjoy. Try a variety to see what you like.
Salsa dancing, anyone?
3. **Track your progress.** For instance, keep a record of the number of squats you can do. It's motivating to see how far you've come.
4. **Reward yourself.** When you reach a milestone, treat yourself to something that will help you keep your healthy habit going, like a step counter.

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

Recipe: Ginger Almond Asparagus

Ingredients:

- ¾ pound asparagus, washed and trimmed (2 ½ cups sliced)
- 1 teaspoon oil
- 3 tablespoons slivered almonds
- ¼ teaspoon salt
- Pinch of black pepper
- ¼ teaspoon sugar
- 1/8 teaspoon ginger powder



Directions:

1. Slice the asparagus diagonally into pieces about ¾ inch long.
2. Heat oil in a large skillet over medium heat. Add remaining ingredients. Stir and sauté until asparagus is a brighter green, 3-5 minutes.
3. Reduce heat to medium low; cover and cook until the asparagus is just fork-tender. Avoid overcooking. Shake the pan occasionally to prevent sticking and burning.
4. Refrigerate leftovers within 2 hours.



Art Swank
SAFETY MANAGER

**SAFETY MANAGER
TIP OF THE MONTH**

SPRING IS COMING

As we approach the spring season there are many things that change; traffic being a big part of that change. People start to come alive again and get outside. They begin to drive on the roads more. You, as a professional driver, are on the roads every day. You already have many daily distractions out there without this added traffic.

It is important for you to keep in mind that the traffic around you may also have multiple distractions, such as kids screaming "are we there yet," animals, being lost or not realizing their exit is coming up causing them to cross multiple lanes in a hurry. They don't realize that you are not able to stop on a dime, and frankly may not care or realize that you are there.

Use the tools that you have been taught and you may avoid being in a bad situation. Use the 5Keys of the Smith System every time you get behind the wheel of a Tractor Trailer or in your personal car and they will certainly help you be and stay professional.

1 - Aim high in steering: Always watch the road at least 15 seconds ahead of you and look for potential issues that could be forming. **Expect the unexpected!!!**

2 - Get the big picture: Watch the traffic. Know what is around you at all times as you look for everything.

3 - Keep your eyes moving: Never get fixed on one thing while driving. Keep your head and eyes moving at all times. Watch your mirrors every 5 to 8 seconds to know what is around your front and back.

4 - Leave yourself an out: Always run scenarios through your mind: if this happens what will I do and how will I react. This will help keep you sharp and keep you focused.

5 - Make sure they see you: Whenever possible make eye contact with other drivers. If they see you, they are more likely to avoid you.

The Smith5Keys

Key 1 Aim high in steering

Key 2 Get the big picture

Key 3 Keep your eyes moving

Key 4 Leave yourself an out

Key 5 Make sure they see you

Congratulations to Robert Santana

on being selected as the February Driver of the Month for QDS/Boston! He has been with Quality Driver Solutions since November 2019 and is assigned to the M & M Transport account in Woburn, Massachusetts. Robert always performs runs as asked, has an excellent safety record and has great on-time performance with the customer. We are thrilled to have him as a QDS/Boston team member!



15 YEARS OF SERVICE A big CONGRATULATIONS goes out to Orlando Torres

for 15 Years of Service at the Walgreens domicile in Carolina, Puerto Rico! We appreciate your dedication and commitment!



CPC Logistics extends our deepest sympathy to the family of Martin Meadows.

Marty had been a valued member of our TMH Transport team in Oxford, Alabama since 1988.

He will sadly be missed by all who knew him.





Thank you for your long hours & hard work under stressful circumstances to ensure life's essentials get restocked!



LOGISTICS



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IN TRANSIT PERSONNEL 



QUALITY DRIVER SOLUTIONS