



APRIL 2021

TANDEM TALK

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.

EXPLORING THE TRACTOR TRAILER

Kentucky Cub Scout
Pack Enjoys Learning
Experience

PREVENTING HEAT RELATED ILLNESS

GEORGIA DRIVERS
CELEBRATE

180 DAYS

INJURY FREE



THE BEST DRIVERS DRIVE CPC



HANDS-ON LEARNING FOR KENTUCKY CUB SCOUT TROUP



One of the prizes at a recent charity auction was having a Procter & Gamble truck come to a location of your choice for a hands-on Question and Answer experience. The winning bidder for this prize requested the truck come to a local school parking lot in northern Kentucky where a Cub Scout group had three hours to walk around the truck, go inside the cab and talk to a professional truck driver about the job. Kelsey Murdoch and Jacob Klingbeil of P&G Fleet Operations were on hand to answer questions and to show the various dispatch systems used, including tracking the truck as it was traveling to and from the school.



This was the first time the Cub Scout troop was able to gather as a group in over a year, due to the pandemic, and they were an extremely enthusiastic group. In fact, we may need to replace the airhorn due to wear.

We appreciate CPC driver Tonia Leierer for participating and helping to make this experience a success for these kids.



Thank You

A huge THANK YOU to Kindy Ague for taking the time to help a new driver learn the requirements for the ELD and for training the driver on how to get in and out of the Chicago railyards. Kindy is a CPC employee assigned to John Deere Shared Services out of Davenport, Iowa. The new driver who shadowed Kindy for the night found her to be very helpful. Thanks, Kindy! We appreciate your assistance in this area.

Driver of the Month Presentation!

William Pearsall

is all smiles as he takes time to show off his Driver of the Month Awards. William was named Driver of the Month for March 2020. He is assigned to the Walgreen Company domicile in Ft. Wayne, Indiana. Presenting the awards was CPC Regional Manager Marty Nelson.

Congratulations!



CPC LOGISTICS

MARCH 2021

DRIVERS OF THE MONTH

CPC East

Stevie T. Buckner
Fabri-Kal
Piedmont SC

CPCLS East

Dennis Feyhl
Dallas TX

Linda Stoltz

New South Express
Lincoln AL

CPCLS West

James F. Stark
Rancho Cucamonga CA

CPC West

David D. Phillips
Walgreen Company
Mt Vernon IL

CPC Canada

Gerald M. Costello
Canadian Tire
Brampton ON

Alejandro Martinez
Rodriguez
John Deere Shared
Services Milan IL

Congratulations!



SAFETY MANAGER TIP OF THE MONTH

HEAT RELATED ISSUES ARE PREVENTABLE



ART SWANK

HEAT EXHAUSTION OR HEAT STROKE?

Faint, Light Headed, Dizzy
 Excessive Sweating
 Clammy, Cool, Pale Skin
 Nausea or Vomiting
 Rapid, Weak Pulse
 Muscle Cramps

Headache, Confusion
 NO Sweating, Red Hot/Flushed Skin
 Difficulty Breathing
 Body Temp 103°F or More
 Nausea or Vomiting
 Rapid, Strong Pulse
 May Lose Consciousness, Seizures

Stop Physical Activity
 Drink Cool Water
 Get to a cool place (preferably air conditioned) and use fan

Take a cool shower or use cold compresses

CALL 911
 Or go straight to hospital
 Take immediate action to cool

What can you do to prevent them?

- Use common sense.
- Limit your exposure to direct sunlight as much as possible.
- Drink more fluids (non-alcoholic); do not drink fluids that contain caffeine or large amounts of sugar. Sport drinks are good as they replace electrolytes and salt in your body, Avoid extremely cold fluids as these can cause stomach cramps. Drink often throughout the day 4-6 ounces at a time. WATER IS GOOD.
- Wear lightweight, light colored, loose fitting clothing that does not create a safety hazard for your work environment. If outdoors, wear a hat to reduce direct exposure to the sun.
- Make sure your employees are wearing sunglasses that provide UV protection and are impact resistant.
- Avoid hot foods and heavy meals. They add heat to your body.
- Drivers who are on routes should pack a cooler with water for the day. Also, keep an umbrella in the truck if you are operating in extreme conditions (desolate, desert, etc.), this will allow you to move to an area with a breeze and still be protected from the sun.
- If exposure to the sun is inevitable, apply generous amounts of sunscreen with a high SPF rating to exposed skin.
- Make sure your truck is in excellent condition. A good pre-trip inspection is crucial in extreme heat conditions to prevent breakdowns, otherwise you may find yourself and your unit on the side of the road exposed to the extreme heat.

EVAN GEORGE ACKNOWLEDGED & APPLAUDED

Evan George has been with CPC assigned to the Baker Hughes Chemical Tanker Division for only 90 days, but he is already making a name for himself.



On April 21, 2021, the following report was sent to us from the consignee: "Good Morning Team, I just wanted to recognize the driver (Evan George) that we had for this load. Evan arrived with all PPE, fittings, hoses and followed Baker Hughes off-load procedures exactly. He is welcome back anytime!"

Evan is an excellent example of what it takes to be a safe and prepared CPC tanker driver.

The entire CPC team at Baker Hughes works extremely hard and sets the bar high for excellence. A big THANK YOU goes out to Narciso Hernandez, Charles Mickens, Joseph Jefferson, Steven Sanders, Johnny Contreras, Michael Trahan, David Mendoza, Donny Ward, Larry Baldwin, and Whitney Douglass.

Driver Spotlight



In the driver spotlight this month for outstanding job performance is **Juventino "Tino" De la torre.**

Tino began his CPC career in August 2019 after being hired by Regional Manager Dean Cretsinger for the Walgreens domicile in Windsor, Wisconsin. He is a hard worker who is always smiling and in a good mood. Dispatch loves calling Tino! When he is called his only question is, "What's the longest run you have?" Tino works safely and always follows company policies, and his SmartDrive score is always at ZERO! "Every company needs a Tino," states Dean Cretsinger. We are so glad to have him as part of the CPC Logistics driving team.

HARRY HULL DRIVER EXCELLENCE AWARD



It is a pleasure to announce that **Deborah Grizzard** has been selected as the recipient of the Harry Hull Driver Excellence Award for 2020. This award is based on dedication, safety, and going above and beyond while servicing our customer, New South Express. Deborah works at GSA moving the tire trailers. This is a very demanding position that requires her to ensure the trailer is properly aligned and the electrical connection is connected to the trailer. Making the presentation to Deborah was CPC Regional Manager Randy Curlee who states, "I am happy to see someone so deserving get this award. Deborah has an outstanding attitude and demonstrates superior customer service skills every day."



Hats off to the CPC Regional Assistants

Our CPC offices across the nation are staffed with the finest Regional Assistants who help our drivers from the starting point of employment all the way through to celebrating retirements. We would like you to meet three of these exceptional assistants.



Miranda Kraft

Miranda works from the Mt. Vernon, Illinois office. Her duties include helping onboard new drivers, keeping up with all of the CDL renewal reminders, getting the driver new medical card to the States DMV for update, physical renewal reminders, setting up appointments with the clinics and keeping CPC's driver personnel file current. She works very hard and takes ownership in all of her responsibilities.



Michelle Powers

In the Davenport, Iowa office we have Michelle Powers. Michelle is always pleasant and helpful to the drivers when they call into the office. Whether they are calling with log-in issues for their payroll or with questions regarding physicals or safety meetings, Michelle always goes above and beyond to help resolve any issue she can. She is very thorough and attentive with driver files during the hiring process, always striving for the "perfect file."



Sherry Samples

Sherry Samples has been with the Dallas office for the past 3 years. Sherry's process to onboarding new drivers is very efficient, working hard to make sure all required DOT documents come back to us in a timely manner. Sherry is pleasant and helpful to the drivers when they call the office with questions. She works hard every day and is a great asset to CPC. We greatly appreciate all she does to help keep business moving at this office location.

Not Just a Great Driver

Meet Gerardo Meza! Gerardo has been employed with CPC since July 2014 and is assigned to the Walgreens domicile in Windsor, Wisconsin. While he is an outstanding, professional driver and a huge asset to both CPC and Walgreens, he also works to have a positive impact on his community. During the Christmas season he can be found helping Santa. Last year he was the Secret Santa driver for Walgreens, delivering toys to children around the Chicago area. Additionally, he also runs a kids soccer tournament every year. Keep up the good work, Gerardo!



15 YEAR SAFE DRIVER AWARD PRESENTATIONS

Congratulations on the CPC Logistics drivers assigned to One World Logistics in Lincoln, Alabama on receiving their 15 Year Safe Driver Awards. Each were presented a certificate and crystal truck to mark this outstanding achievement. Thank you all for your dedicated service and commitment to both CPC and OWL.



Robert Nicks



Terry Talyor



Joe Turley



Jerry Bagwell



Benjamin Runfola



Bobby Brewer



Spring Fitness 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.

Harness spring fever

During the 18th century, the term "spring fever" was a misnomer for scurvy, which was caused by a wintertime shortage of vitamin C-rich fruits and vegetables. While we thankfully do not emerge from winter with joint swelling, loose teeth and poorly healing wounds today, we still experience a different kind of spring fever characterized by a **surge in mood and energy levels that come with the seasonal shift.**

If you have a sudden impulse to clean out your closet, take up running or double your produce budget, you're not alone:

Warmer temps and more hours of daylight give many of us a spirit boost that can lead to better habits like exercising, eating healthier and tackling those chores and errands we've been putting off.

But there's also a downside to this March madness:

The lure of the sunshine coupled with the sudden urge for self-improvement can lead to a lack of motivation when it comes to everyday duties.

To make the most of spring fever while staying plugged into your responsibilities, particularly at work, try these tactics:



- **Tackle tasks that require the most focus first thing in the morning –** or during the part of your day when you feel most energized.
- **Turn off** non-urgent social media and phone notifications.
- **Try time-management** methods like the Pomodoro Technique, or simply plan out your day, hour by hour.
- **Rethink your work environment** to maximize your concentration, whether that means working from home, taking your work outside or turning on "do not disturb."
- **Schedule short breaks** throughout the day to clear your head and soak up the fresh air and sunshine.
- **Give your workspace a spring cleaning.**
- **Put the activities that are calling your name on your calendar** so you know you'll have time for them, whether it's visiting the farmers market, hosting your first cookout of the year or playing a round of golf.



SAFETY AWARDS

1 YEAR

Ague, Kindy
Ague, Michael
Basler, Bryan
Bowman, Joseph
Braaflart, Keith
Brown, Clarence
Campbell, Luanne
Candelario, Pastor
Couch, Rickey
Divine, Bill
Dorman, Richard
Elliott, Dee
Engels, Joetta
Forbes, Steve
French, David
Fuehrer Jr, Arthur
Gleason Jr, Patrick
Gonzalez, Jose
Grafton, Seth
Guerdet, John
Guillen, Juan
Hart, Steven
Herron, Shawn
Hill Sr, Marvin
Hulbert, Gary
Lanese, Wayne
Little, Philip
MacArthur, David
McEachron, Daniel
Mendoza, Jose
Mills, Jeffrey
Mosier, Jeffery
Neal, Brian
Oneal, Gordon
Owen Jr, Michael
Paredes Villarreal, Cristian
Pendleton, Jason
Picking, Jeffrey
Powell, Adam
Prince, Brian
Reeves, John
Rodriguez, Andy
Rodriguez, Jorge
Ruge, Gary
Spence, Chad
Taylor, Omar
Toberman, Stanley
Tomlinson, Kendal
VanDoran Jr, Walter
Watt, Roderick
West, Rodney
Wetzel, Steven
Willett, Michael
Williams, Jerry

2 YEARS

Ague, Mark
Andrews, Stephen
Bean, Craig
Bell, David
Biggs, Matthew
Blackaby, Charles
Brennan Jr, Gerald
Craver, Kirstie
Hall Sr, Peter

Howell, Tommy
Lawson, Carl
Mosier, Cory
Phillips, David
Pollock, Michael
Santana Vargas, Emmanuel
Schanfish, James
Slapnicka, Charles
Smith, Jebediah
Stephens, Dexter
Strang, Brandon
Villarreal, Edwardo
Wheatley, David
Wildermuth, Carl
Zayas, Carlos
Zeiner, Kevin

3 YEARS

Adams, Kevin
Coronado, Leonardo
Egert, Mark
Holthaus, Matthew
Jamison, William
Klavon, Raymond
Levi, Daryl
Moore, Michael
Nelson, Janell
Parkhurst, Craig
Rios, Luis
Shuck, Stuart
Specht, Roy
Tatis Carpio, Ricardo
Werner, Craig
White, Steven
Williams, Jeffrey

4 YEARS

Archer, David
Black, Bruce
Isaacson, Carl
James Jr, Bernard
McBride, Brad
Mier, Marcelino
Moore, Kristofer
Ogle, Kevin
Oldfield, Thomas
Ortiz-Acevedo, Carlos
Penter, Shawn
Ramirez, Jesus
Reynolds, Kenneth
Ross, Ryan
Tiers, Carmen
Varble, Kevin
Walters, Charles
Wintjen, Ronald
Young, William

5 YEARS

Barrett, Carl
Craver, Richard
Fakas, John
Gaston, James
Horsley, Andrew
Jackson, Robert
Long, Michael
Ruckman, Craig

6 YEARS

Hurr, Howard
Pinkous, Richard
Rodriguez Martinez, Alejandro
Rowley, Kenneth
Scott, Timothy
Wilson, Douglas
Bessire III, Philip
Davis, James
Dorland, Damian
Gomez, Jesus
Hayes, Leroy
McFadden, Waleed
Orolog, Wayne
Phillips, Bryan
Thorson, David
Tyler, Peter

8 YEARS

Crites, John
Dobereiner, Lemoine
Funk, Christopher
Harrison Jr, Jerry
Jean, Jeffrey
Snedeker, James
Wommer, Josiah

9 YEARS

Dunn, Patrick
Greko, James
Hudson, Charles
Law, Shane
Orwig, Phillip
Sanchez, Luis
Stephenson, Edward
Stephenson, Theresa

10 YEARS

Roth, Rulon

11 YEARS

Mack, Brian
Melillo, Thomas
Randolph Jr, Richard
Moughler, Richard
Orwig, Sandra
Smollen, William
Thomas, Jimmylee
Tice, Dana

13 YEARS

Bitler, Thomas
Garcia, Felipe
Penney, Marc
Spittler, Anthony
Troutman, Brian
Winders, Raymond

14 YEARS

Rock, Joseph
Timmerman, Michael
Wulf, Daniel

15 YEARS

Beal, Byford
Covey, Denny
Grube, Thomas
Martin, Richard
McLaughlin, Don
Phillips, Ernest
Smith, Kevin
Stewart, Brenda

16 YEARS

Jones, Michael
Kalb, James
Wheeler, Terence

17 YEARS

Anderton, Carl
Berryman, Douglas
Janusz, Joseph
McDonald, Todd
Williams, Greg
Hockman, Gregory

19 YEARS

Ganzer, William
Morgan, Joseph
Reed, Larry

20 YEARS

King, Ronald
Peterson, Thomas

21 YEARS

Dosland, Matthew

22 YEARS

Mangler, Calvin
Pike, Carl
Shuck, Stuart

24 YEARS

Lafrenz, Jerry
Rockwell, George
Shea, Michael

25 YEARS

McManus, Stephen

26 YEARS

Martin, Peter
Steiniger, Timothy
Thomas, Jimmy

28 YEARS

Tubbs, David

30 YEARS

Alitz, Dana

34 YEARS

Barth, Gerald

180 INJURY FREE DAYS!

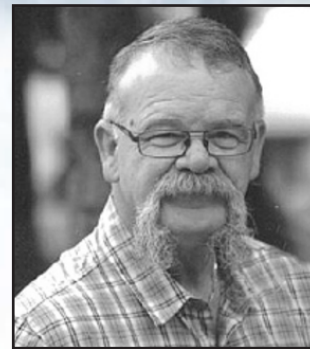


CPC would like to recognize our valued employees that are assigned to drive for the Walgreen Company domicile in Pendergrass, Georgia for having achieved **180 days injury free!**

Congratulations to each member of this outstanding team.

Jim Kendrick

June 16, 1958 - January 7, 2021



Our deepest sympathy goes out to the family and friends of Jim Kendrick. Jim had been employed with CPC since November 2011 and was assigned to drive for the John Deere Canada fleet in Regina, Saskatchewan. He was an "Old School Driver" whose work ethic and professionalism were respected by both management and his driver peers. Jim never shied away from going above and beyond to lend a helping hand to his fellow drivers. His positive attitude and infectious laugh will never be forgotten by all who worked with him. His dedication to CPC Logistics and his steadfastness in excellent service to John Deere Canada contributed to making him a valued employee. He will be greatly missed.