



Tandem Talk



TANDEM TALK IS A MONTHLY PUBLICATION FOR OUR VALUED CLIENTS AND EMPLOYEES.

BEST DRIVERS DRIVE CPC



MEET DANNY CANIPE



Danny has been driving and delivering Bridgestone Americas Tire Operations (BATO) products since June 1, 2009. He has the most seniority of the drivers based out of Fletcher, North Carolina that drive for CPC Logistics, Inc.

During his service to both CPC and BATO, Danny has been recognized for excellence by being awarded the BATO Driver of the Year Award in October 2007, the One Million Mile Award with CPC Logistics in April of 2015, and he will be awarded his 13 Year Safe Driving Award in October of this year. Additionally, Danny has been nominated for Driver All-Star Awards with the National Private Truck Council (NPTC) as well multiple North Carolina State Trucking Association Awards.



Danny is as dependable as they come. He has not missed a day from work, excluding planned vacations. He has consistently been an advocate and an example to other drivers of complying with both company and Department of Transportation policies when completing his daily duties. He not only attends safety meetings but actively participates in them, often providing important suggestions that contribute to the safety of the fleet. He serves as a driver trainer for new hires and his paperwork is a model to follow for all.

"I've always looked at my job as if it were my own business and have attempted to make a commitment to making it successful," says Danny. "Customer Service is the key component to what we do. If Bridgestone sees value in what I do, it gives Bridgestone value. If CPC sees value in what I do, it gives value to CPC. The biggest value I can provide to each company is having a strong work ethic and treating the people that I interact with respect."

Danny's off-time from work is dedicated to his family. He enjoys spending time with his wife, Pamela and daughters Melissa and Rebecca. He is a veteran of the US Army and spent most of his service time overseas in Europe. He is an active member of Bethel Baptist Church in his hometown of Marion, NC.



"I have known and worked with Danny for over 20 years. Danny is today what he was the first time I met him; a positive, professional, polite and kind person. Danny was a model driver and citizen then, and he is now. CPC, BATO, customers of BATO and his co-workers are fortunate to have Danny as part of our CPC professional driving team."
**Ken Pruitt, Division Manager,
CPC Logistics, Inc**

"Danny has always been dependable, flexible and professional. When BATO reinstated its Driver of the Year program in 2007, Danny was the epitome of what we had hoped for in representing the fleet as a Driver of the Year. I first became acquainted with Danny in 2003 during the hiring process and have always taken comfort in knowing that operations in Fletcher, NC were solid with professionals like Danny."
**-Kris Kolbe, Manager, Transportation Compliance
Bridgestone Americas Tire Operations, LLC**

Danny Canipe is just another example of why we say.... The Best Drivers Drive CPC!

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Frederick List has been selected as Driver of the Month for August 2016 for the Eastern Division. Fred has been assigned to Avery Dennison in Ft Wayne, Indiana since March 1997. His delivery run is a specialized glue bladder run that requires consistency and timeliness. Fred and his co-driver successfully deliver that product day after day, week after week. Fred has an excellent attitude. He has been called upon many times to train new hires so that they learn the process correctly and can work safely.

Timothy Whitten has been selected as Driver of the Month for August 2016 for the Eastern Division. Tim has been assigned to Fabri-Kal Corporation in Piedmont, South Carolina since April 2005. He was recently awarded the NPTC Driver All Star Award in a ceremony held in Washington, DC. Tim maintains an accident-free work history and demonstrates his commitment to safety by actively participating in all safety meetings where he frequently makes positive suggestions. At the beginning of the transition to computerized logs, Tim was somewhat skeptical of this new way. However, in no time at all he mastered the system and began assisting and encouraging other drivers in the use of this program.

MIDWEST DIVISION

Cassie Jefferson has been selected as Driver of the Month for August 2016 for the Midwest Division. Cassie has been assigned to Walgreen Company in Houston, Texas since September 2003. Cassie shows great respect and dedication for his position. He is always on time and leads by example. He makes himself available to advise other drivers regarding safety concerns and issues. Cassie is an inspiration to others and is well deserving of the Driver of the Month Award.

WESTERN DIVISION

Delvin Harrington has been selected as Driver of the Month for August 2016 for the Western Division. Delvin has been assigned to Walgreen Company in Moreno Valley, CA since May 2006. Delvin comes to work every day with a smile on his face and ready to get started. He is very dependable and understands the importance of customer service. He has taken the extra initiative of learning the musical preferences of store personnel at each delivery location and setting up music in his iPod to play for them as the truck is unloaded. This helps keep the atmosphere light and fun while engaging the customer. Congratulations Delvin "Music Man" Harrington on being selected Driver of the Month.

CANADA DIVISION

Bruce Wright has been selected as Driver of the Month for August 2016 for the Canada Division. Bruce has been assigned to Bridgestone in Montreal, Quebec since March 2006. He runs nightly shuttles into the US to bring back loaded trailers for the day peddle drivers. He has demonstrated himself to be a reliable and conscientious worker and has an accident-free record. Bruce also helps out his fellow drivers by sharing his experience with directions or assistance, when necessary. Bruce is an excellent team player and is a fine example of why the Best Drivers Drive Huron/CPC.

DRIVER OF THE MONTH



Bob Bates assigned to Walgreen Company in Windsor, Connecticut was recently presented the CPC Logistics Driver of the Month Award for June 2016.

Pictured L to R: Marc Stets – Walgreens Fleet Mgr., Randy Smith – CPC Operations Mgr., Bob Bates – Award Recipient, Bill Koons – CPC Division Mgr., and Joe Cosenza – CPC Senior Field Safety Mgr.



Raymond Ruiz assigned to Bridgestone Americas Tire Operations in Tulare, CA is shown with his Driver of the Month Award for May 2016.



Chris Farley assigned to Walgreen Company in Jupiter, Florida was recently presented the CPC Logistics Driver of the Month Award for May 2016.

Pictured with Mr. Farley are: Robert Bloomquist – Walgreens Supply Chain Mgr./Fleet Operations, Steve Schol – Walgreens Specialist/Senior/Supply Chain, and Joseph Catalfamo, CTP – Walgreens Supply Chain Mgr./Fleet Operations

RECENT CPC SAFETY MEETINGS

**WALGREEN COMPANY - PERRYSBURG, OH -
AUGUST 29, 2016**



Front Row L to R: Philip Rocker, Richard Michalkiewicz, Samuel Radon, Donald Eckman, Kyle Falor

Back Row L to R: Jeffrey Perry, Anthony Bumphis, Howard McNeil, Jeffrey Borucki, Robert Shaffer, Joseph Courtney, Matthew Conley, Charles Jackson

**ONE WORLD LOGISTICS – LINCOLN, AL –
SEPTEMBER 17, 2016**



**WALGREEN COMPANY – ANDERSON, SC –
SEPTEMBER 19, 2016**



**BRIDGESTONE AMERICAS TIRE OPERATIONS –
WINSTON-SALEM, NC – AUGUST 24, 2016**



First Row L to R:
James Miller,
Dominic Williams

Second Row L to R:
Anthony Gann,
Tommy Floyd

SPECIAL RECOGNITION.....

SHANE HATTON



The month of August brought prolonged rainfall in the southern parts of Louisiana which resulted in catastrophic flooding that submerged thousands of homes and businesses. Tens of thousands of people were stranded in their homes and vehicles. It is reported that at least 30,000 people were evacuated by local law enforcement,

firefighters, the Louisiana National Guard and fellow residents.

In devastating times like this the Walgreen Company always steps up to support these downed communities through Disaster Relief donations. So on August 23, 2016, CPC Driver Shane Hatton was given the assignment to take a relief load from the Walgreens domicile in Waxahachie, Texas to the Red Cross in Baton Rouge, Louisiana.

When Shane reached the destination and attempted to make delivery, the load was regrettably refused because it had not been palletized and the Red Cross did not have enough volunteers to unload the donations.

Without hesitation, Shane contacted 3 Walgreens store associates and together they were able to unload 600 pieces, place them on pallets, shrink wrapped them and take the delivery back to the Red Cross where it could then be received and processed.

We wanted to take a moment and thank Shane for going above and beyond to get this product delivered to the Red Cross so that it could be properly distributed to the thousands in need. You are a shining example of a true professional driver and we are happy to have you as part of the CPC Logistics, Inc. and Walgreen Company driver team!

Walgreen's Driver Appreciation Breakfast

Drivers assigned to the Walgreen Company domicile in Bolingbrook, IL were recently honored with a Drivers Appreciation Breakfast where they were introduced to CPC's new FACT Safety Program.



Front Row L-R: Darnell Sneed, Christopher Grublesky, Gilbert Cardenas, Manual Perez, Larone Johnson, Keith Pavone, Scott Terpstra and Thanh Nguyen
Back Row L-R: Hillery Brinson, Jim Schuermann, Curtis Smith, Richard Gillette and David Arendt

DRIVER APPRECIATION LUNCHEON

A Driver Appreciation Luncheon was recently held for the Walgreen Company domicile in Orlando, Florida.



Pictured L to R: Bruce Althouse, Supply Chain Manager, S. Lianne Cochran, Supply Chain Analyst, Will Garcia, Damian Galarza, Joseph Harris, Nelson Amaro



Drivers at the Walgreen Company domicile in Jupiter, Florida were recently celebrated with a Driver Appreciation Luncheon. Attending were: Joe Catalfamo, Manager, Supply Chain – Fleet Operations, Elias Karam, Rick Paul, Max Taylor and Jon Rolling.

Million Mile Award

Harold Kratz assigned to Walgreen Company in Anderson, South Carolina was recently presented the Million Mile Award.



Pictured L to R: Dan Buckley – CPC Regional Mgr., Dan Most – CPC Sr. Mgr. of Operations & Safety, Award Recipient Harold Kratz, Butch Wallis – CPC Vice President, and Ken Pruitt – CPC Division Manager



Manager Tip of the Month

DEFENSIVE DRIVING FOR MERGING VEHICLES

Rory Manning



There are many challenges and hazards a driver faces each day. One of the most unpredictable and dangerous are the other drivers on the road. As a professional driver, we are driving to prevent an accident in spite of the actions of those drivers.

One such place that is always hazardous is merging vehicles onto a highway or interstate. Many accidents are caused by pedestrian vehicles because they simply don't know the rules of merging. It is the responsibility of the merging vehicle to merge safely in traffic as they do not have the right of way. However, the rules don't guarantee an accident won't happen.

Another major reason is people in the personal vehicles see a truck coming and will attempt a risky maneuver just so they don't get behind a truck. I'm sure if we all think back, we've done that once or twice ourselves in a personal vehicle before becoming professional drivers.

TO TRULY BE A DEFENSIVE DRIVER THERE ARE TIMES WE MUST:

1. Look at each On-ramp to see if there are vehicles that are trying to enter the interstate/highway.
2. Move over 1 lane if you have a safe and clear opening to merge over.
3. If you cannot move, look to the body language of the merging vehicle to make your best judgment of their intentions.
4. When in doubt, slow down and yield the right of way to allow the merging vehicle in, then resume speed.

It's better to Yield the right of way when the other person is wrong, than to be involved in an accident when you were right!



The
Smith5Keys™

When dealing with merging traffic, if you follow the Smith System 5 Keys, you put yourself in a better position to avoid an accident, regardless of right of way!

1. **Aim High In Steering** - Looking further ahead than other drivers
2. **Get the Big Picture** - Seeing more around you than other drivers
3. **Keep Your Eyes Moving** - Being more aware than other drivers
4. **Leave Yourself an Out** - Positioning in traffic better than other drivers
5. **Make Sure They See You** - Making yourself more visible than other drivers



HIGHWAY to HEALTH

CHILDHOOD OBESITY

Weight management previously was considered to be an “adult” issue. But since childhood obesity is on the rise, weight management and the health issues associated with excess weight such as high blood pressure, elevated cholesterol, diabetes, breathing problems and depression are also now childhood issues.

Check out these strategies to help the kids in your life stay active and eat healthy!

Lead by example. One of the most important ways you can help teach a child is by providing them with a good example to follow. If you’re maintaining your weight through healthy eating and physical activity, they will be more inclined to do so and more likely to respond positively to your efforts to help them.

Educate them. Children are quick learners. Teaching them to eat healthy and be active is helpful for when they’re at school or with a friend. It may also help them establish and maintain healthy habits as they progress into adulthood.



Encourage healthy eating. Chances are you’re doing the shopping, food preparation and serving meals, so you should easily be able to control what your kids are eating. Limit the purchase of junk foods and sugary beverages, while choosing nutritious options (always stock up on fruits and vegetables!).

Try these tips to help your kids eat healthier:

Involve them in shopping and cooking. Participating makes nutrition fun.



Provide them with options, but only healthy options. If you have a picky kid, offer three healthy choices rather than forcing them to eat one. By having the ability to choose, they’re more likely to eat with enthusiasm rather than resistance.

Keep healthy snacks available for quick access when they’re hungry, such as yogurt, cut up fruit/vegetables, or nuts. If they’re really hungry, they will eat the healthy option.

Avoid using food as a reward. Promising them a treat for eating healthier foods makes the treat have higher value to them.

Let them think they’re helping you. They may be more likely to eat healthy if they think that they’re helping your health because of it.

Write a list of activities with your family to do together.

- Schedule a regular time throughout the week for an activity.
- Alternate selecting an activity so everyone has an opportunity to pick.
- Vary your activities for more healthy benefits.
- Encourage participation in sports or classes. Find opportunities for your children to play soccer, baseball, softball, gymnastics, etc.
- Move around during commercials, play video or computer games standing up, or take a break to stretch or wiggle while using tablets.



Let’s win the fight against childhood obesity!

HIGHWAY to HEALTH

FITNESS FUN FOR THE WHOLE FAMILY

Free and low-cost fitness ideas that are fun for the whole family.

- **Park farther away** - Whether you are going shopping, to the dentist's office, or to a restaurant, don't choose the parking spot closest to the door. Provided the area is safe and well-lit, park farther away so you and your family members can get a brief brisk walk in before you reach your destination.
- **After dinner stroll** - Encourage your family to take after-dinner walks around the neighborhood on nights when the weather is good.
- **Family fitness night** - Instead of a family movie night, plan a family fitness night. Have healthy snacks and plenty of water. Rent or purchase a beginner-level fitness DVD, and do the exercises together. (As always, it's a good idea to consult your doctor before starting any new exercise regimen.)
- **When possible, choose walking or biking over driving** - If you live close to the grocery store, pharmacy, or any other place where you frequently shop, consider walking or biking there in nice weather and if it's safe to do so.
- **Don't be a couch potato** - Watch TV from the floor, not the couch, and do some squats—even if it's only at commercials, every little bit helps.



- **Go to a playground** – Most kids love playgrounds. From swings, slides, monkey bars and steps, these structures are built so kids can perform a variety of physical activities. You can even get exercise by running around after your child, pushing them on the swings, and helping them get across the monkey bars. If the monkey bars are high enough, you can try them too!
- **Play physical games** – The opportunities for backyard physical activity are almost endless. Games like tag, Frisbee, jump rope, basketball, tennis, soccer, relay races, kickball, softball, badminton, volleyball, etc. are great ways to get your kids moving.

- **Visit a park** – Parks are a nice place to enjoy a bike ride or walk. Some parks may even have swimming holes. Trails, nature paths and just being in the outdoors can be beneficial to both physical and mental health.



Healthy activities should not be limited to physical activity. There are other ways to keep your family healthy, including:

- **Practicing healthy cooking together** – Kids are natural helpers, so involving them in cooking can be a great way to encourage and excite them about healthy eating.
- **Keep your brain healthy** – Board games, puzzles, brain teasers and reading together are all great activities to help promote healthy cognitive functioning. Further improve your family's brain health by finding a family hobby, doing crafts that promote the use of fine motor skills, or cultivating musical talents through playing instruments or singing.



Did you know.....

- 40% of the daily caloric intake for children ages 2-19 is from added sugars such as cookies, candy and soda
- Most kids are not getting enough fruits and vegetables (2-6 cups recommended daily)
- Most kids are not eating the recommended amount of whole grains (3-10 ounces recommended)
- Children need a minimum of 60 minutes of aerobic activity every day

SAFETY AWARDS

1 YEAR

Brown, Kevin
Giles, John
Mead, John
Sanders, Jimmy

2 YEARS

Andrus, Michael
Derise, Matthew
Featherstone, Randall
Gross, Calvin
Irwin, Ronald
Owen, Jeremy
Phea, Carroll
Reynolds, Jr., Jesse
Zambroni, Danny

3 YEARS

Gonzalez, Randy
Risco, Rolando
Simmons, James
Thompson, John

4 YEARS

Chamberlin, William
Sadler, Monnie

5 YEARS

Swiney, Raymond

6 YEARS

Caffey, Larry
Cortinas, Joshua
Ozuna, Michael
Pringle, William
Turner, Michael

7 YEARS

Ebert, Timme
Garcia, Jose
Gonzalez, Faustino

8 YEARS

Grammer, Sharon
Kirschenman, Gary
Ragland, Wendell

10 YEARS

Smith, Daniel

12 YEARS

Wahl, Sr., Daniel

14 YEARS

Stump, Tim

17 YEARS

Valdez, Manuel

20 YEARS

Moravits, Franklin



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