

Recent CPC Safety Meetings

TOYOTA QUALITY EXPRESS PARTS  
Torrance, California – July 12, 2014



Front Row L to R: Angel Aguilar, Jose Moriera, Scott Craven, Ariel Mazariegos, Julio Cervantes, Andy Medina, Luis Sanchez and Novri Ngamba.  
Middle Row L to R: James Pennington, Pedro Baires, Victor Rios, Favio Salguero, Ignacio Licea, Victor Pabon, Leonardo Montes-Corral, Jose Gayton, Ron Hernandez, Eliseo Elizondo and Gonzalo Sanchez.  
Back Row L to R: Karen Herbener, Senovio Guzman, Rodrigo Vega, Ruben Lopez, Isidoro Sanchez, Jose Sida, Juan Gonzalez and Jeff Venhous.

BRIDGESTONE AMERICAS TIRE OPERATIONS  
Lebanon, Tennessee – July 19, 2014



Front Row L to R: Anthony Gann, Trent Patterson, Keith Boles, Herman Brady, Jim Johnson, Doug Hausler and Tim Neal.  
Second Row L to R: Steve Haven, Kevin Clay, Danny Canipe, Dave Runnells, Tom Chontofalsky, Steve Daniels, Mike Wylie, Chip Meadows, Ralph Fuchs, Bill Searle and Danny Ashburn.  
Third Row L to R: Dominic Williams, Eugen Wyatt, Brian Barcroft, Calvin Smith, Greg Pippin, Claude Wiser, Gary Johnson, Scott Simmons, Tim Dyer, Ray York and Kendall Topley.  
Back Row L to R: Rufus Ford, Tommy Floyd, Ricky Trice and Kelly Hillis.

CPC SPOTLIGHTS: Please join us in welcoming the newest member of our Worker's Compensation Team, Claims Advocate **MIKE PERRY**.



Mike joined the Worker's Compensation department at the beginning of the year and has hit the ground running ever since. Mike's name should be familiar to most of you because he was part of our Health Insurance Team acting as Benefit Counselor for the last 5 years. Mike's communication with our drivers about insurance benefits over the years has served him well with his transition to his new role. Mike's current claims advocate roles is to assist with the claim as new injuries happen. After our work contacts the Nurse Intake Line to report their injury, Mike will reach out to you to discuss the process of the claim. His personal touch on claims and his communication helps make a complicated process easier. Mike has already proven to be an important asset to the department and the CPC family.

Safety Awards

- 1 YEAR**  
Aitken, William, Barber, Richard, Clark, Aaron, Crawford Jr, William, Edwards, Waltham, Fristoe, James Gossett, Jerrid Groce, Rodney Henson, James Holland, Terry, Jenkins, Gregory Jones, Bruce Lockhart, Jason Long, Hakeem McNaughton, William, Meacham, Barry Mundy, Larry Pearcy, Alan Pitts, Roger Pona, Richard Reddig, James Rodriguez, Justin Santa Cruz, Ruben Sprayberry, Joshua Summers, Jeremy Sunder, Paul Taylor, Randelle Tolodzieski, Edward Washington, Larry
- 2 YEARS**  
Adams Jr, Frederick Carpenter, Samuel Commanda, Sky Crawford, Jimmy DeVoe, Nile Dillard, Frankie Duckworth, Kevin Gutierrez, Abel Hudson, Michael Jackson, Philip Laurich, James Molina, David Novak, Robert Richards, Robert Savage, Jason Smith, Gordon Walters, Anthony West, James
- 3 YEARS**  
Barela, Stephen Brewer Jr, Tim Contreras, Robert Hambright, Marvin Hart, Millard Hockenberry, James Loggins, Phillip Jones, Lanier Kersey, Clarence Loggins, Johnny McKee, Randy Samples, Timothy Santey, Michael Sowah, George Valdez, Augustin White, Terry
- 4 YEARS**  
Atkinson, Michael Ethridge, Gregory Gilbert, Joseph Hickman, Levern Kaufman, Charles Konkel, Johnnie Reeves, Phillip Scott, Alonzo Walker, Anthony
- 5 YEARS**  
Fencil, Scott Venette, Jerry
- 6 YEARS**  
Bailey, Paul Carroll, Donald Choi, William DeClue, Daniel Ervin, Cedric Gordon, David Landin, Fred Merritt, Tommy Rhodes, Lance Saxon, James Smith, Troy Stone, Brian
- 7 YEARS**  
Atwood, Bobby Brown, Richard Carr, Christopher Hart, Derrick LeMay, Terry Turner, Timothy Walker, Howard
- 8 YEARS**  
Bowman, Donald Cooper, Archie Kratz, Harold
- 9 YEARS**  
Brown Jr, Leon Kortus, John Shavers, Garry
- 10 YEARS**  
Dell Jr, Frank Dye, Charles Galtney, Benjamin Spring, Troy
- 11 YEARS**  
Clark, Roy Hudson, Ronnie Schela, Michael
- 12 YEARS**  
Couch, Billy Dennis, Christopher Holcombe, Richard Jansen, Steven Owens, Ricky Pruski, Harvey
- 13 YEARS**  
Banister, Gregg Newbold, Christopher Nolan Jr, Milton
- 14 YEARS**  
Grabowski, Michael
- 16 YEARS**  
Stephens, James
- 21 YEARS**  
Caputo, Peter
- 24 YEARS**  
Lloyd, Frederick
- 27 YEARS**  
Lloyd, Larry Neal, Ralph
- 28 YEARS**  
Applebee, Carlton

Additional Safety and Awards Meetings attended recently by our drivers are listed below by client, location and date:  
JOHN DEERE SHARED SERVICES  
N Platte, Nebraska August 14, 2014

Dates To Note: SEPTEMBER

<b>1 Labor Day</b> 	<b>1 Labour Day/ Canada</b> 	<b>7 National Grandparents Day</b> 
<b>11 Patriot Day</b> 	<b>19 National POW/MIA Recognition Day</b> 	<b>23 First Day of Autumn</b> 

September TRIVIA of the Month

1. What Ivy League football team once lost an NCAA record 44 straight games?
2. Which space craft set off for Jupiter in 1972?
3. How long did it take to construct a Model T Ford in 1914?

Answers in next month Tandem Talk

Correction for the July Tandem Talk

In the National Fleet Safety Award article and the article regarding Rick Austin receiving the President's Award, Grimsby was misspelled.

Also the National Fleet Safety Award article did not clarify that the National Safety Award covered not only the Grimsby drivers but also the Regina drivers assigned to John Deere.

September 2014 is observed as:  
Leukemia and Lymphoma Awareness  
National Alcohol and Drug Addiction Recovery Month  
National Honey Month  
National Preparedness Month  
Prostate Cancer Awareness Month

Answers to the August Trivia of the Month:  
Scotty Bowman, Benjamin Franklin, The Igloo, not only do its walls absorb an artillery blast, but they are almost invisible from the air and can't be spotted by the infrared sensors that guide today's missiles.

Check out the Company Store on the CPC website for good quality CPC logo apparel...www.callcpc.com



Congratulations to the 2013 CPC Drive of the Year

- EASTERN DIVISION GREGORY JENKINS**  
Walgreen Company in Pearl, MS  
Greg joined CPC in March of 2007 in Jackson, Mississippi assigned to Walgreen. When the Jackson domicile moved to Pearl MS, Greg elected to move to that location to stay with CPC. Greg is a quality driver that provides superior service to Walgreens and his community. Greg and his wife, Tonekia, have four children. Family activities, work and church provides a full schedule for Greg. He does find time to enjoy watching sports, especially football, and cooking. He is a great chef and performs magic on the grill for his family and friends
- WESTERN DIVISION JOSEPH MORGAN**  
Walgreen Company in Mt Vernon, IL  
Joe has worked for CPC for thirteen years assigned to Walgreen and is an outstanding employee. He was also recently awarded the Million Mile Safe Driver Award. When Joe is away from work he spends time with his four children ages 12, 8, 4, 2, years with one on the way. He also enjoys hunting Illinois White tail deer with his bow, fishing, hunting arrowheads and is currently remodeling his home.
- CANADA DIVISION ANTHONY WILKERSON**  
Divisional Driver for CPC in Missouri  
Tony began his career with CPC in 1980 as a driver assigned to HON in Iowa. After 14 1/2 year HON eliminated their fleet and he left CPC but returned in 2011 as a Divisional driver. He drives for numerous CPC clients in the Midwest region servicing 9 different states. Tony has accumulated over 1 million accident free miles which is quite an accomplishment due to different types of equipment and routes that vary with each client. Tony is a very unique driver with a high standard of safety, work ethics, and a sense of humor.
- ALLAN HUFFMAN**  
John Deere Canada in Grimsby, Ontario  
Allan has established a strong reputation as one of our most dependable long haul drivers. He is a company minded driver and is always willing to help out dispatch with any extra work when needed. Allan demonstrates his pride in his work by keeping one of the cleanest trucks in the fleet. Allan is a true professional.
- ROBERT CHESTNUT**  
Bridgestone in Allentown, PA  
Rob has been working at Bridgestone since 1955. In that time he has driven accident free. Rob shows up for work every day. He has a great relationship with all of his customers. If a problem does arrive he knows how to correct it. Rob has helped during safety meetings by being the instructor and teaching some of the new drivers proper safety techniques. Rob is as close to a perfect employee as you can get.

**CPC News Flash**  
TMH Logistics operation in Canada welcomes to the team.....PAT LEE as a Driver Supervisor/Trainer. Pat brings 30 + years of comprehensive, proven experience to the role and will work with the driver group in all of the TMH locations including Quebec

Autumn begins on Tuesday, September 23

DON'T FORGET TO SUBMIT YOUR EMPLOYEE SAFETY TIP OF THE MONTH FOR SEPTEMBER. IF YOUR SAFETY TIP IS SELECTED, YOU WILL RECEIVE \$50.00 AND BE ELIGIBLE TO BE ENTERED INTO THE POOL FOR THE END OF THE YEAR BEST 2014 SAFETY TIP. THE 2014 SAFETY TIP WINNER WILL RECEIVE \$500.00. Email your safety tip to k.smith@callcpc.com, OR mail to Kerrie Smith, CPC Logistics Inc, PO Box 22827, Bakersfield, CA 93390.



**Divisional Drivers Of The Month**

**EASTERN DIVISION**

**Philip Stankiewicz** has been selected as Driver of the Month for August 2014 for the Eastern Division. He has been assigned to Walgreen Company in Branford, Connecticut since July 1994. Phil works independently and has been an exemplary employee during his tenure with CPC. He shows up to work each day with a positive attitude and is always willing to assist his customers and do whatever is necessary to get the job done. Phil has done an excellent job with training new hires and is a great source of information for out new team members. Phil is a true asset to Walgreens and CPC.

**Paul Werkheiser** has been selected as Driver of the Month for August 2014 for the Eastern Division. He has been assigned to Walgreen Company in Nazareth, Pennsylvania since July 2005. Paul is a true professional truck driver who takes his job very seriously. He has a good work ethic is always on time. Paul is very dependable and works safely. He is well deserving of the Driver of the Month award.

**WESTERN DIVISION**

**Kenneth Tuschen** has been selected as Driver of the Month for August 2014 for the Western Division. He has been assigned to Walgreen Company in Windsor, Wisconsin since February 1982. Ken is a relay driver and helps out when asked and is always has a good idea to help with the operation. He has a great attitude at all times even when things are not going well, including foul weather. Ken is very dependable and always shows up for his shift. Ken is very deserving of this award.

**Amini Fouua** has been selected as Driver of the Month for August 2014 for the Western Division. He has been assigned to Kelloggs Snacks in Sumner, Washington since October 2007. Amini has been an exemplary employee with no accidents or injuries. He always has an upbeat attitude, shows up for work on time and never complains about his routes. He goes out and gets the job done safely and professionally. Amini has done a great job for the client and CPC and is a fantastic choice for Driver of the Month.

**CANADA DIVISION**

**Ron Decker** has been selected as Driver of the Month for August 2014 for the Canada Division. He has been assigned to John Deere Private Fleet in Grimsby, Ontario since December 2012. He is a very reliable driver who is willing to go anywhere and doesn't mind working weekends when he is needed. Ron can always be counted on to make sure that the job is completed safely and on time. He has a pleasant attitude and takes pride in his work and his truck is always very clean. Ron is very deserving of the Driver of the Month award.



**CPC Safety Manager Tip of the Month...Joe Cosenza**

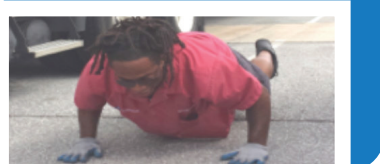
Most people today are so concerned with the aesthetic portion of working out that they forget how much exercise can help when it comes to injury prevention. With age comes the increased chance of injury, whether from accidents, everyday activities or designated physical activities. Performing a proper warm-up and stretching routine can reduce your chances of getting injured. But if you also take measures with your current workout to strengthen the areas that typically cause problems, you decrease your chances of being sidelined in the future.

**Listen to a couple of drivers that work out and how they apply it successfully to their job.**



Greg is assigned to Walgreen in Nazareth, PA and has unloaded freight by hand for 13 years, injury free. Greg attributes his injury free tenure to working out on a consistent basis. He says, "It's a way of life for him". Greg feels that working out gives him more energy for his daily unloading challenges. Greg also states, "that he pays attention when in the trailer, looking for potential problems of freight collapsing as well as down stacking product before it falls."

Greg Williams



Hakeem Long

Hakeem Long is assigned to Walgreen in Pendergrass, GA and has unloaded freight by hand for 1 year, injury free. Hakeem attributes his injury free year to exercising, stretching, and a positive attitude. He stays healthy by exercising, when he has a spar moment, he does push-up, anywhere anytime even next to the trailer. He gets in over 1000 push-ups a day. Hakeem says, "At this stage in the game, you have to stay healthy".

**Employee Safety Tip of the Month winner for August**

**Congratulations to Gary Peterson... 29 year accident free, 2006 Driver of the Month, and 30 year driver assigned to NW Foods in Rochester, MN**



When backing up to a dock avoid blindsiding whenever possible. If you have to blindside put your 4-way flashers on and back part way and then stop and walk back to the trailer and observe where you are. Leave door's closed to save room. Try to straighten up to see thru both mirrors. By taking your time you will avoid taking a fender or mirror off someone's truck. Taking a few minutes longer is better than calling your dispatcher and filling out an accident report.

**DRIVER OF THE MONTH PRESENTATIONS**



**Jim Smith** assigned to John Deere Shared Services in Davenport, Iowa is shown with his Driver of the Month Award for May 2014.



**Scott Strickland** assigned to Hospira Inc in Raleigh, North Carolina is shown receiving his Driver of the Month Award for March 2014. Pictured L to R: Scott Strickland and Ron Covert CPC Regional Manager.

**PRESIDENT AWARD**

**Congratulations to Gonzalo Cazarin Jr, for his brave, courageous, and compassionate actions on the night of the tragic and brutal attack to Joel Fernandez .**



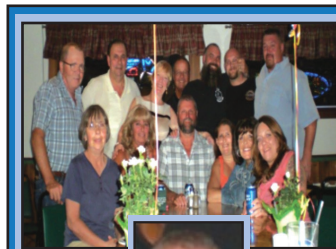
Pictured L to R: Gonzalo Cazarin Jr and Joel Fernandez

Recently there was a tragic attack on CPC Supervisor Joel Fernandez at Northwest Food Products in Tulare, CA. Joel was severely beaten by an unknown person with a pipe while he was attempting to exit the facility to go home for the night. Gonzalo was leaving to go home when he heard Joel's call for help. Gonzalo looked and saw two bodies scuffling and he yelled out and then jumped the fence to go to Joel's aide. The attacker heard Gonzalo coming to the aide of Joel and dropped the pipe and took off. Gonzalo gave chase, but the guy was on a bicycle and was too far ahead to catch up with him. He returned to the aide of Joel and called 911 and dispatch. Had Gonzalo not gone to the aide of Joel it could have been much worse.

**Mike Cotumaccio** assigned to True Value in Allentown, Pennsylvania is shown receiving his Driver of the Month Award for May 2014. Pictured L to R: Mike Vivoli, CPC Regional Manager, Mike Cotumaccio, Greg Pope CPC OnSite Manager and Barry Frantz True Value Regional Distribution Manager.



**Joel Zanella** assigned to Walgreen Company in Waxahachie, Texas is shown receiving his Driver of the Month Award for June 2014. Pictured L to R: Richard Jones CPC Regional Manager, Joel Zanella and Rodney Wilson Walgreen Company.



**CONGRATULATION BILL LAIRD** on your retirement from all of us at CPC Logistics, Benjamin Moore and the Seafarers Union Fair Winds and Following Seas. WELL DONE!

**HEALTH WATCH**

**Family health and harmony fortified by sleep**

A lack of sleep can stand in the way of a positive and productive day, and that's the case for every member of the family, even though individual sleep needs vary.

The effects of a lack of sleep in adults are numerous, and they range from obvious to the not-so-obvious, including:

- Impaired brain function
- Increased risk for heart disease, stroke and depression
- Premature aging
- Weight gain
- Trouble regulating emotions

A sleep schedule can help every member of the family prioritize rest, and may also increase the amount of quality sleep that's uninterrupted by fitful wakeful periods. When everyone in the family is well-rested and fresh, family harmony may be just a little bit easier to come by.

Age	Sleep Needs
Newborns (0-2 Months)	12 to 18 hours
Infants (3-11 Months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17 years)	8.5 to 9.25 hours
Adults (18 and older)	7 to 9 hours

Source: National Sleep Foundation



**Recent CPC Safety Meetings  
HOSPIRA INC  
Pleasant Prairie, Wisconsin – August 21, 214**



L to R: Joseph Kolnik, Todd Tobin, Jeff Fietz CPC Supervisor, Kurt Phillips, Kelly McCarthy CPC Supervisor and Matthew Loriss.

**WALGREEN COMPANY  
Perrysburg, Ohio – August 4, 2014**



Front Row L to R: Jeff Borucki, Keith Rogalski, Marty Nelson, Chris Williams and James Woodbury.  
Back Row L to R: Ron Seevers, Charles Jackson, Robert Shaffer, James Robertson, Troy Fritch and Joe Courtney.

**NAPCO  
Yucca, Arizona – August 2, 2014**



Front Row L to R: Lance Hargrove, Leroy Finch, Glen McElroy, Scott Powell and Richard Sanderson.  
Back Row L to R: Richard Poulter, Earl Lane, Daniel Burden and Mike Martin.

**Highway to Health News**

**IT'S THAT TIME OF YEAR AGAIN!  
Wellness and Benefits annual enrollment opportunities will be here soon.**

More information and details will follow in the mail shortly. Now is the time to review your address and report any changes to your CPC office to make sure you receive all the information

Eligible employees will have the opportunity to participate in the Wellness program and receive a credit towards their annual health insurance premium. The credit will reduce employee payroll deductions by the following amounts.

- Single coverage - \$250
- Employee + Spouse coverage - \$780
- Employee + child(ren) coverage - \$780
- Family coverage - \$1,040

There are three easy steps to the Wellness program.

- Step 1: Get screened to learn your health numbers
- Step 2: Complete a Personal Health profile
- Step 3: Take action to improve or maintain your health

In addition to participating in the Wellness program, Open Enrollment provides an opportunity to make changes to your benefit plan coverage. For example, if you need to enroll, add or remove dependents, cancel coverage. Open Enrollment is the time. This is also a good time to review your entire benefits package and make any adjustments based on your current needs.

Details around Wellness participation and Benefits will arrive in separate packets. Watch for your packets and notify a Benefits Counselor at 800-941-7089 if you don't receive both set of information by October 1, 2014.

**PATRIOTS DAY**  
9-11-2014

IN HONOR AND REMEMBRANCE

**"In youth we learn; in age we understand.".....Marie Ebner-Eschenbach**