

The Distributor

Smokey Point Distributing, Inc.

August 2006

Volume III, Edition VIII



Smile Week!

The second week of August is smile week! Take this time to share jokes and make others smile!

Happy Birthday!

Happy birthday to you! Best wishes for your coming year and those still ahead!

- ★ Duane Martinson #303 Aug. 4th
- ★ Jason Blakeley #94 Aug. 10th
- ★ Phillip Reich #100 Aug. 10th
- ★ Troy Fuller (office) Aug. 16th
- ★ Arin Shellhammer (office) Aug. 16th
- ★ Renee Osborne #7 Aug. 16th

Happy Anniversary!

Can you believe you lasted this long?! I mean... we're so glad that you're part of our team!

- Lisa Leoso (office) 1 year
- Arin Shellhammer (office) 1 year
- Alan Acfalle (shop) 1 year
- Team Green #17 2 years
- Mike Barela #86 3 years
- **Chris Tauzin (office) 7 years**

Big Changes

Take Care Ken... We'll be Seeing Ya

It was a great day when Ken Robb decided to come back to the SPD Shop. Together with the other shop personnel he helped rebuild what was neglected. Now, has moved on to another position with a different company.



We would like to take this opportunity to thank him for all of his hard work and genuine care for SPD and the people that it's made of.

Ken is a great loss to SPD, but we wish him nothing but the best at his new company and in the future.

Thank you Ken for coming back to us and for all the smiles you brought with you. Much appreciation... you will be missed.

Movin' On Up

Congratulations Amanda! Amanda has put in her time at the front desk and has now been promoted to handling our broker settlements.

While she won't be answering the phones nearly as much, you still might get her every once in a while. But we congratulate her on her new position and look forward to her bright future with SPD!

"Hello? Who's This?"

Our new receptionist started on July 20th, so most everyone has probably noticed the new voice by now. Her name is Kathryn and she is 20. She's from the area and was very excited to join our team.

Please feel free to come up and introduce yourself the next time you are in. Kathryn has been trained to enter, audit, and keep track of all the driver logs as well as answer the phone lines.

We hope that Kathryn enjoys it here and I hope that you will all help make her feel welcome!

Notices

Direct Deposit

Our Payroll Dept. continues to be flooded with the "How much is my check?" calls; usually followed by "How much was my check?" and so on.

Direct deposit users should check with their bank to find out how much, if at all, they are charged for phone banking or online banking. Most banks offer these services for free, but each bank varies.

Once you have your bank's toll-free phone number or are set-up for online banking you are able to verify your account activity at any time; this includes current balances, withdrawals, and deposits. Since this is an automated/online service you will not have to wait on hold to get this information, and you will ensure that your settlement has made it into your account.

If you are able to utilize this, we will be able to significantly reduce Karen's incoming calls and grant her more time to focus on getting you paid!



Trip Envelopes

We recently received a reminder from Oregon State regarding our Oregon miles. Please, PLEASE fill out an over-weight sheet for ALL over-weight miles in OR. We also need to begin writing down OR destinations on the front of your envelope. We are open to suggestions on how to accomplish this. We can alter the envelopes if this proves to be a challenge.

Safety Corner

Driver Appreciation Week

August 20-26 makes up Driver Appreciation Week for 2006. We have some special things planned this year to show our gratitude for all the hard work our fleet does. You are all important to the operation and success of this company, we couldn't do it without you! Thanks for being you, for being so great! Hope you enjoy your week!

ISS Rating

As of July 19th our ISS rating, which contributes to how often you get pulled into scales, dropped from 41 to 40. While this is only a one-point drop, it shows progress! While we still have room for improvement please remain optimistic for the future. Any progress is better than none, and your efforts to help get our rating down will pay off in the end. Thank you for doing your part. Remember, there is a \$25 bounty for all clean inspections!

Men Vs. Women on Children

Women: Women know all about their children; dentist appointments, best friends, favorite foods, fears, etc.

Men: Men are vaguely aware of some short people living in the house.

HOS Rules & Enforcement

Ken DeRocher- Safety Director

It has been brought to my attention that we are noticing a trend of increased log falsification. I would like to remind you that log falsification is against company policy **AND** against the law.

I've heard rumors of drivers being told to "do what you have to do" or to "just make it happen". This is being taken as an implication to falsify daily logs to get the job done.

Freight is freight and yes... it pays the bills. We all have a job to do; my job is to see that the company remains legal, the fleet runs legal, and our drivers and the public get home in one piece.

I would like any incident where you feel like it's being implied for you to falsify your logs to be reported directly to me...**BEFORE YOU DO IT**. Ultimately you are going to be held responsible for your HOS and any falsifications discovered. Please refer to your company handbook for the company policy on falsification. It's a very short and straight to the point policy so it will not take long to review.

We are conducting log falsification audits. Any discrepancies will be reviewed with the driver and dealt with according to company policy.

I can't emphasize enough how important it is for us to remain in compliance with the FMSCRs. Please direct any questions/concerns to the Safety Dept.

Error Logs

Okay people, no grumbling and whining, you haven't got one of these reminders in a long time, some of you probably weren't even around for the past ones!

The error log box is getting full... there are some drivers that I repeatedly see checking their file, and they are the ones that usually don't ever have a single log to correct!

Those of you that haven't checked your file in a long time, or that usually find a few when you do, need to come in ASAP to get this under control. We are here to help you! We want to make sure that all of your logs are filled out completely and correctly. Please work with us on this!

If you are not in during regular business hours, and would like someone to check your file for you and put your logs in the outside mailbox, that is completely doable! Just let us know how we can help you!

Lower Frustration, Increase Awareness

A recent study shows that the scent of cinnamon and peppermint may keep you more alert and decrease your frustration when you're driving.

Dr. Raudenbush's team conducted the study and he concluded, "It is reasonable to expect that the presentation of peppermint or cinnamon odor while driving may produce a more alert and conscientious driver, and minimize the fatigue associated with prolonged driving."

The study concluded that:

- Peppermint is associated with decreased anxiety and fatigue while driving.
- Peppermint and cinnamon are associated with decreased driving frustration and decreased temporal demand while driving.
- Peppermint and cinnamon are associated with greater levels of driving alertness.

*** Maybe keep a mint handy and try the theory out sometime! Can't hurt, right?



Canadian HOS

-Taken from JJ Keller's Motor Carrier Safety Report

New hours-of-service rules take effect January 1st, 2007, in Canada. The rules limit most drivers to 13 hours of driving per day within a 16-consecutive-hour period, and require 10 hours off duty per day.

L&I and Your Part

We've experienced a small spurt in minor injuries recently. From a bump on the head to rolled ankles and back pains, we've been seeing it all.

As professional drivers, you may some times feel the need to exceed your physical limitations. As professional drivers though, it is your job to ensure that your safety is always taken into consideration. You are the only one that knows your physical

limitations, your abilities, and your comfort zone. While sometimes you will have to step out of that comfort zone in order to grow as a person, and to get the job done, it should never put your health and well being into a dangerous situation.

We want to make sure that you understand that any and all safety issues or concerns need to be brought to the Safety Dept., after all... that is why we have one! It is better to address a situation that could become dangerous and deal with it, than it is not to and wish we had. Most on the job injuries are preventable and we want to prevent such injuries and ensure the safety of all SPD employees.

If there is any questions or concerns you have please contact the Safety Dept. If you have any suggestions regarding possible training or safety issues you would like to see addressed in the future, please let us know! Our next safety meeting is in the works, and your input is would be greatly appreciated!

New Logs

We will be ordering our next shipment of logbooks. SPD will now be providing loose-leaf logs instead of bound books.

HOS Violation Policy

We are in the process of revising our HOS Violation policy. Everyone will be receiving a memo shortly with the details of the new policy. This memo will need to be kept in your driver's manual as an update for your future reference.

FMCSA Takes Heat, Revises Cargo Securement Rules

-Taken from JJ Keller's Motor Carrier Safety Report

Despite considerable controversy, the FMCSA has revised its cargo securement rules in response to petitions from several corporations and trade associations.

The changes took effect July 24th. Changes to the rules in 49 CFR Part 393 include:

- Elimination of the requirement to route tiedowns inboard of the rub rails on flatbed trailers.
- Clarification of the requirements for securing cargo in a sided vehicle.
- Adoption of separate performance criteria for braking..... (continued on next page)