



The Distributor

Smokey Point Distributing, Inc.



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Driver Appreciation Week

Happy Driver Appreciation Week! August 26th through September 1st is National Truck Driver Appreciation Week. It's all about the drivers!

We would like to thank all of our SPD drivers for the all the hard work, time they spend away from home, and the dedication to the industry.

Not everyone has what it takes to be a truck driver, and that's what makes drivers so special. The patience and professionalism SPD drivers exude is one of a kind. We couldn't do it without you!!

Thank you! Gracias! Merci! Grazie!

Happy Birthday!!

Happy birthday to you! Happy birthday to you! You look like a monkey! And you smell like one, too!

- ▣ Duane Martinson Aug. 4th
- ▣ Karen Hoeye Aug. 7th
- ▣ Phillip Reich Aug. 10th
- ▣ Jason Blakeley Aug. 10th
- ▣ Troy Fuller Aug. 16th
- ▣ Roxsard Richardson Aug. 16th
- ▣ Arin Magill Aug. 16th
- ▣ Ronnie Beers Aug. 21st
- ▣ Mark Nomeland Aug. 30th

Happy Belated Birthday Steve Coultas July 23rd!

Happy Anniversary!!

Your hard work, cooperation, and dedication are noticed by many, and appreciated by all!

- ▣ Roger Pepper 1 year
- ▣ Arin Magill 2 years
- ▣ Lisa Leoso 2 years
- ▣ Team Green 3 years
- ▣ Mike Barela 4 years
- ▣ Chris Tausin 8 years

Quote of the Month

“The grass is not, in fact, always greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing fences, carry water with you and tend the grass wherever you may be.”

-Robert Fulghum

Just for Laughs



Bizarre August Holidays

Have some fun and take some time to do a little extra celebrating with these fun holidays:

- August 1st: Friendship Day
- August 2nd: National Ice Cream Sandwich Day
- August 6th: Wiggle Your Toes Day
- August 13th: Blame Someone Else Day
- August 22nd: Be an Angel Day
- August 25th: Kiss and Make-up Day
- August 30th: Toasted Marshmallow Day

Health Stop

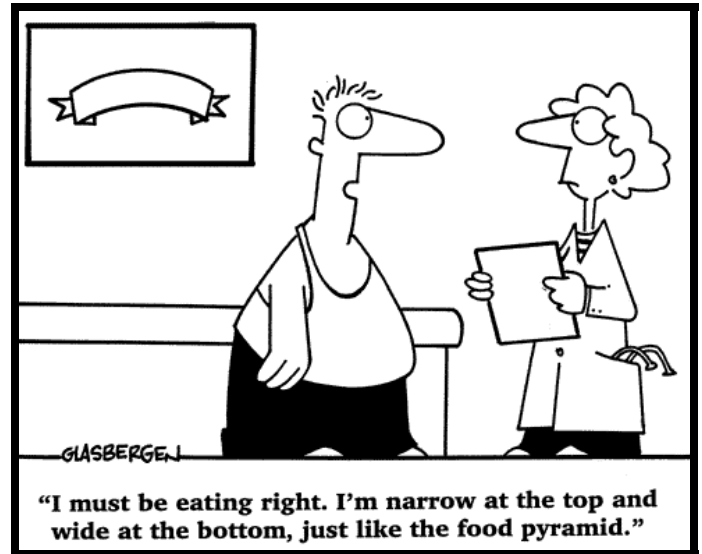
** Articles adapted from WebMD.com

Reading Nutrition Labels

- Serving size and servings per container: Make sure you know how much a serving is and how much you are eating; you may consume more than one serving.
- Calories: The measure of energy a food provides. Surplus calories get stored as fat. Too few and you loose weight.
- Calories from fat: The number of calories that come from the food's total fat count. If you multiply this number by three and get a number nearly as high as the total calories, use caution.
- % Daily Value: The percentage of daily intake the food supplies, based on a 2,000-calorie-per-day-diet. Ignore it.
- Total Fat: The combined total of saturated, polyunsaturated, monounsaturated, and trans fats- the stuff that makes food taste good. You want to see a ratio that's at least three to one, total to saturated. More specifically, look for 3g total fat and 1g saturated fat per 100 cal.
- Cholesterol: A fatlike substance in foods from animals. Shoot for 300mg or less per day.
- Sodium: Unless you have high blood pressure use 2,000-2,300 as a reasonable target for total daily sodium intake.
- Total Carbohydrate: All of the sugar, starch, and fiber in food. The total number isn't very important; it's what kinds of carbs are inside.
- Dietary Fiber: The roughage that serves as a pipe cleaner for your digestive and circulatory systems. Any food with 2g fiber- of any kind- per serving is good. Five grams or more is great.
- Sugars: Aim for 5g or less per serving.
- Protein: The amino acids that build and maintain your entire body. Protein helps keep you feeling satisfied.
- Vitamin and Mineral Percentages: Taking a multi-vitamin with breakfast is the easiest way to ensure you are meeting your vitamin & mineral needs.
- Ingredients: High-fructose corn syrup and partially hydrogenated oils should occupy fifth place or lower on the list.

**** Always consult with your physician before drastically altering your diet.

Just for Laughs II



Choosing to be Happy

A growing number of psychologists say you can *choose* to be happy. How? By making the effort to monitor the workings of your mind.

By thwarting negative emotions such as pessimism, resentment, and anger, we can foster positive emotions such as empathy, serenity, and gratitude. Here's a strategy to help you on your way:

1. **Don't worry, choose happy:** Make a conscience choice to be happy.
2. **Cultivate Gratitude:** Perform a daily "gratitude exercise". Write a list of things that you are grateful for; this helps shift you away from bitterness and despair.
3. **Foster Forgiveness:** Holding a grudge can affect physical and mental health. Empathize with others and commit to forgiveness.
4. **Counteract Negative Thoughts/Feelings:** Practice meditation, rhythmic breathing, yoga, or relaxation techniques.
5. **Money Can't Buy Happiness:** Research shows that once income climbs above the poverty level, it brings very little happiness.
6. **Foster Friendship:** The social ties that bind also provide support in difficult times.
7. **Engage in Meaningful Activities:** Watching TV produces some of the lowest levels of happiness. To get more out of life, we need to put more into it.

So it turns out that happiness can be a matter of choice- not just luck.

Safety Corner

Value Driven Driving To Go

About two-thirds of the fleet has completed the Great West Casualty Co. Value Driven Driving To Go training, either by watching the DVD or listening to the CD; for those of you that have not yet completed the course, please plan to do so at your earliest convenience.

Great West will be introducing three more stages to the course: printed materials and review, a second DVD with review, and a web application.

Drivers who successfully complete all four stages will be recognized with awards and be Value Driven Certified.

As a safety-orientated company it is our intent to have each driver complete this training and get Great West Value Driven Certified!

HOS Letters & Quizzes

For those drivers that have received violation letters in the past couple months, you will have noticed a slight change. Now, attached to the violation letters is a short HOS review quiz that you will need to complete and return with the signed letter.

Each violation letter, and now quiz, is required to be returned to Safety ASAP. Each violation letter that is issued will come with a different review quiz attached. The completed review quizzes will be kept in your training file *and* with your violation letter to prove proper follow-up and training concerning HOS regulations. Your cooperation and promptness are of the utmost importance. Thanks in advance.

Avoid U-Turns

Many run-under crashes involve u-turns. A run-under crash caused by a u-turn is possibly the easiest to prevent... never make a u-turn.

- ➔ **In an urban area, find a safe area to turn around.** Find an area where a driver can safely turn around without endangering anyone. An open parking lot may work.
- ➔ **On the highway, circle back through other roads.** Roads are interconnected. If a driver happens to miss a turn, chances are a turn or off-ramp exists a few miles ahead. Use them to get safety back on track.

Expiration Dates

The Safety Department will attempt to ensure that each driver receives a notification of any upcoming expiration (medical certification or driver's license). It is the responsibility of drivers to know their expiration dates and ensure that their documents are renewed on time, whether or not a reminder is received.

Semi-Accident

These are not pictures of an SPD truck. A driver's wife sent in these pictures of an accident that occurred in Dallas, TX.

The pictures do not show any signs of another vehicle being involved. The conditions were cloudy, but the roads were dry.

This is a good example that accidents can occur at any time, so you always need to be paying attention. Remember: A six second following distance does not give you enough time to accommodate distractions; mirror checks should be quick glances.



\$7 Million Award for Injury

A 28 year-old man was heading eastbound on a road and when he turned left, he collided with a tractor-trailer heading westbound. The man suffered a closed head injury and now has brain damage, short-term memory loss, and a speech impediment. His medical bills totaled \$245,100; he was a journeyman painter earning \$20,000 annually. He was unable to return to his normal job or attend law school as planned.

He sued the owner and driver alleging the light was changing at the time of the collision. A jury awarded him \$7 million, less 20% for comparative negligence for a net award of \$5.6 million.

Monthly Recaps

Monthly recaps are available for your use! They will either be in the driver's room or in the Safety office.

We have some with two on a sheet and some in larger print. Feel free to stop by and pick some up!

Sudoku

Instructions: No math required! Just fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numerals 1 through 9, each used only once.

Difficulty Rating: ◆◆◇◇◇

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | | | 8 | | 9 | 6 | 2 |
| 5 | | | 3 | | | | 8 | 7 |
| 8 | 6 | | | | 2 | 4 | | |
| 9 | | | 4 | | | | | |
| | 8 | | | 2 | | | 1 | |
| | | | | | 7 | | | 4 |
| | | 5 | 9 | | | | 4 | 1 |
| 4 | 9 | | | | 1 | | | 8 |
| 3 | 1 | 8 | | 5 | | | | 9 |

(Krystle has the answer key!)

Driver Resource Center

The driver's room has a new Resource Center! There is now a file organizer where you can find:

- ➔ Accident Reports
- ➔ Monthly Recap Sheets
- ➔ Injury Report Forms
- ➔ Appreciation Reports

Things will be added as needed by the drivers. We will attempt to keep the Resource Center stocked, but please let us know if we run out of something!

Driver Appreciation Reports

While driver appreciation reports have been handed out to the dispatchers, we have also made them available to the drivers.



In the driver's room you will find a file titled "Appreciation Reports". If you notice someone doing an exemplary job, get a customer compliment on another driver, or someone helped you out... please let us know! We want to give credit where credit is due. Return reports to Safety.

**IDEA: You can also fill these out for shop & office staff you notice doing a great job or that went above and beyond for you or someone else.

"Help others reach their full potential. Catch them doing something right!"

Drivers Wanted!

Recruiting bonus is still in effect! The bonus is: \$1500 for solos and \$2000 for teams. Your recruiting bonus matches their sign-on bonus!

Requirements for new drivers:

1. Clean MVR
2. Two years experience
3. Good work history / attitude

Recruiting bonus must be established during the application process, so be sure to tell them your name!

Bonuses are paid on payday after the new hire's first run, after 90 days, and at 6 months. The recruit must remain employed for the duration of at least six months in order for the full bonuses to be paid. There is not a bonus for recruiting a previous employee.

Shop Talk

Truck Repairs

Please make sure that you are informing Mike of any repairs being made over the road. Also ensure that the **correct** truck and trailer number are recorded on the invoice/repair order. (This helps save time on the office side with maintenance records and such.) Thank you for your help!

Extra! Extra!

B.O.L.s

All drivers need to ensure that all BOLs are fully completed. We have had a larger than usual amount of BOLs that were not signed.

Make certain that the consignee completes the consignee box towards the bottom right of the BOL. Without this area completed, consignees can deny receiving the cargo, and even if they don't file a claim (which would be chargeable to the driver's safety bonus), they can deny the invoice.

Any questions or concerns regarding your BOLs can be directed to your dispatcher. Your help with this is greatly appreciated by all, and is very helpful when billing customers. Examples of a properly completed BOL will be posted in the driver's room.

Things You May Not Know

- ¼ of the bones in your body are located in your feet.
- Besides humans, koalas are the only creatures with unique fingerprints.
- There are 1 million ants to every human in the world.

Cookies

A young lady was waiting for her flight in the boarding room of a large airport. As she would need to wait many hours, she decided to buy a book to spend her time. While in the gift shop, she bought a packet of cookies.



She sat down in an armchair in the VIP room of the airport, to rest and read in peace. Beside the armchair where the packet of cookies lay, a man sat down in the next seat, opened his magazine and started reading.

When she took out the first cookie, the man took one also. She felt irritated but said nothing. She just thought, "What nerve! If I was in the mood I would punch him for daring!" For each cookie she took, the man took one too. This was infuriating her but she didn't want to cause a scene.

When only one cookie remained, she thought, "Ah, what's he going to do now?"

Then, the man, taking the last cookie, divided it into half, giving her one half. Ah, that was too much!

In a huff, she took her book, her things and stormed to the boarding place.

When she sat down in her seat, inside the plane, she looked into her purse to take her eyeglasses, and, to her surprise, her packet of cookies was there untouched, unopened!

She felt so ashamed. She realized that she was wrong; she had forgotten that her cookies were kept in her purse. The man had divided his cookies with her, without feeling angered or bitter... while she had been very angry, thinking that she was dividing her cookies with him. And now there was no chance to explain herself... nor to apologize.

Photo: Red Baldwin truck #80- Ethanol Tank

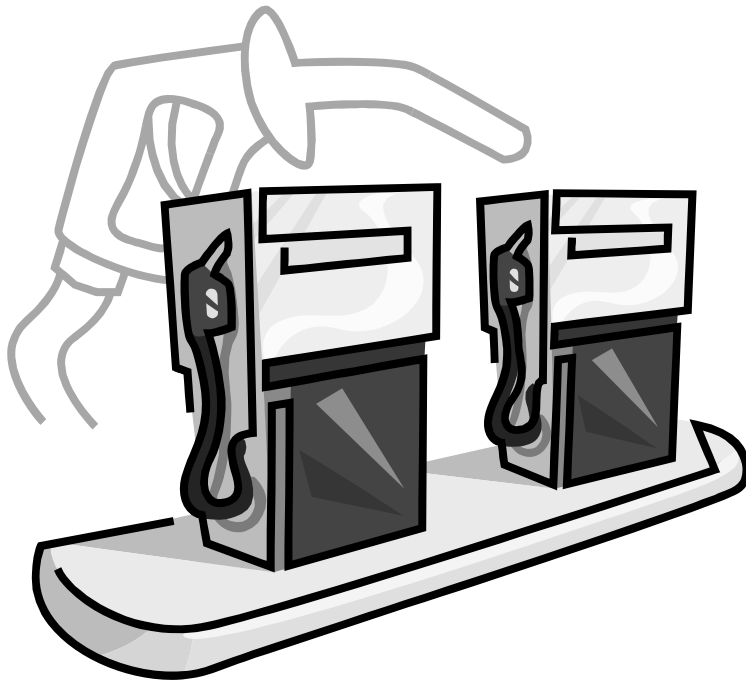


Reminder: Fueling up at Donna's

***Use TCH Cards ONLY = Comdata charges unnecessary fees for fuel purchases.

***Always pay *inside* at Donna's...outside card readers often charge extra.

***Be cautious of which pumps you use, as "Not all pumps are created equal."
Hence, outer Pacific Pride pumps for instance may charge more than Donna's pumps.



Your assistance in helping to control fuel costs is appreciated.

THANK YOU!!!!