



The Distributor

smokey point distributing. inc.



February 2007
volume IV. edition II

happy valentine's day!

February 14th is on a Wednesday this year. For those of you with a special someone, remember that something with thought in it will be more appreciated than a gorilla that dances and sings "I've Got You Babe" when you squeeze his finger. (Hint: A woman can never resist flowers and a piece of jewelry. Even if she says, "I told you not to get me anything. You shouldn't have!" Yes, you should have.) For those of you that are unattached... sucks to be you. **JUST KIDDING!!** Take Valentine's Day to be grateful that you don't have the drama of relationships, and about buying a present with just the right amount of mushiness! (See the upside of being single now?) Regardless, Happy Valentine's Day everyone!

happy birthday!

Your birthday is here! Hope that this one is filled with happiness, loved ones, and a great attitude for another year to come!

- ♥ Krystle Johnson Feb. 1st
- ♥ Joe Speek Feb. 7th
- ♥ Pat Murray Feb. 13th
- ♥ Debbie Blakeley Feb. 14th
- ♥ Dave Dewey Sr. Feb. 18th
- ♥ Bob O'Neal Feb. 18th
- ♥ Tom Thompson Feb. 25th

happy anniversary!

Another year has passed, and we are more grateful than ever to call you part of the team!

- ♥ Kyle Parnell 1 year
- ♥ Graham Binks 2 years
- ♥ Ray Larson 3 years
- ♥ Mike Young 6 years (returned)
- ♥ Team Murray 6 years
- ♥ Dick Paice 13 years!
- ♥ Lamont Killian 14 years!
- ♥ Bob O'Neal 16 years!!

U.S. Pets & Canadian Borders

You must carry a vaccination record identifying **each** of your pets, from a licensed veterinarian. This certification must also show that your pet has been vaccinated against rabies within the previous 36 months.



Certification for two puppies or kittens less than three months of age is not required. **Most pet food is not allowed to cross the border.**

The matchmaker game

Listed below are fears and their proper phobia names. All of the phobias listed somehow coincide with the upcoming Valentine's Day and fears that could prevent someone from enjoying it. Draw a line between the fear and the phobia to match them; look for the answers later in the newsletter! Good luck!

<u>Fear</u>	<u>Phobia</u>
1. Blushing	A. Arotophobia
2. Commitment	B. Gamophobia
3. Flowers	C. Gynophobia
4. Jealousy	D. Ereuthophobia
5. Marriage	E. Hedonophobia
6. Physical Love	F. Zelophobia
7. Having Fun	G. Orintho-Apiphobia
8. Touching	H. Obligaphobia
9. Girls	I. Androphobia
10. Guys	J. Haphephobia
11. Birds & the Bees	K. Anlophobia

TRIP PACKET REMINDER

All drivers please ensure that you are recording the highway you use to exit the states in the "highway exit" field (Local guys, this includes you, too). This is very important to help us report and pay the proper fuel taxes. Thank you to those that are already doing this, and thank you in advance to the drivers (the rest) that are going to begin to.

health stop

15 ways to live longer

1. Don't Oversleep- A 2002 study found that people who sleep more than eight hours per night had a higher death rate than normal. People who sleep between six and seven hours were shown to live the longest.
2. Be Optimistic- People who maintain a positive outlook on life are probably less stressed, better equipped to deal with adversity and healthier. Optimists also tend to have lower BP levels.
3. Be More Intimate- Being more intimate means you are less stressed, happier and better rested; all factors that can lower blood pressure and protect against stroke and heart disease.
4. Get A Pet- Pet owners, especially dog owners, have been shown to be less stressed and require fewer visits to their physicians than non-owners. Mostly because owning a pet decreases loneliness and depression, encourages laughter and nurturing, and stimulates exercise.
5. Get a VAP- VAP tests measure important metrics that traditional cholesterol tests miss. VAP tests detect 90% of heart disease patients, compared to 50% found with regular testing.
6. Be Rich- 24% of Americans whose family income is less than \$20K are "limited" by chronic disease, whereas only 6% of people with an income of \$75K have this problem.
7. Stop Smoking- Middle-aged men who are long-term, heavy smokers face twice the risk of developing more aggressive prostate cancer.
8. Chill Out- Men with a high level of anger in response to stress makes you over three times more likely to develop premature heart disease.
9. Eat Antioxidants- Antioxidants scavenge free radicals (which age our cells and can lead to atherosclerosis, Alzheimer's and cancer).
10. Marry Well- Well, not rich. Longevity genes can be inherited, which could help your kids.
11. Exercise- Helps maintain weight, improves cardiovascular health, and strengthens bones.
12. Laugh- Laughing reduces levels of stress hormones and releases endorphins that work as pain killers and also boosts circulation.
13. Lose Weight- Carrying extra weight around increases your chances of heart disease, several types of cancer, and developing type 2 diabetes.

14. Manage Stress- Constant stress produces high levels of cortisol, which impairs cognitive functioning and weakens the immune system.
15. Meditate- Fifteen minutes of meditation has been shown to produce a much more relaxed state of mind than one hour of the deepest sleep.

valentine's day scramble

All you have to do is unscramble the letters to make Valentine's Day words or phrases. Fill in the blanks below the scrambled word to unscramble it!

O E S R S

I P C D U

M E I B E N

C R O N E M A

S I R B O L D E V

safety corner **training 2007**

We have created a training file for each driver. It is our goal to fill these files up this year with an abundance of training paperwork.

We have access to a large variety of JJ Keller videos through Great West Casualty's video library. The plan is to always have one or two videos checked out at a time for constant training.

Each driver is asked to take the time to watch as many videos as possible throughout the year. Your training file will serve as record of your training sessions, and would help defend you in case of a large accident. Any training you receive will also improve your chances of preventing/avoiding the large accident that we do not want to deal with, because, while the paperwork is important, it's the training you receive that helps us avoid needing to use it.

If you have any requests for training please let us know; we will attempt to accommodate each request.

EXPIRATIONS ♥ RENEWALS

We are attempting to put out reminder letters in driver mailboxes one month in advance of your expiration date, however it is still your responsibility to know your expiration dates and renew accordingly. Please let your dispatchers know if you need to be home for a renewal.

It is also your responsibility to make sure that you *personally deliver* a copy of your new document to the Safety Department; failure to do so will result in your information in the system not being updated properly, and could interrupt your dispatch.

LITTLE BLACK... BOXES?

“Two Strikes and it’s in!” FMCSA administrator John Hill announced the new proposal for electronic on-board recorders (EOBRs).

Carriers and independent owner-operators deemed “most likely to be a safety hazard on the road” will be required to install the EOBRs. This will primarily be determined by company compliance reviews. If a carrier is charged with two serious HOS violations (violation rate greater than 10%) in a two-year period, they will have to equip their entire fleet. Based on current FMCSA records, about 930 carriers and 17,500 drivers would be affected if this rule kicked-off today.

HOS problems spotted at roadside inspections will be fed into the system, which could trigger a company review.

Black boxes will remain voluntary to all carriers not issued an order to implement, although the agency is introducing incentives to encourage their use.

The current proposal will require the devices to identify the driver, duty status, date, time and location of the vehicle as determined by GPS.

An executive for the Canadian Trucking Alliance believes that and EOBR regulation is a good idea because the technology would even out the playing field between compliant carriers and truckers who think they can get an edge by violating the rules. His colleague is on record as calling paper logs “a joke.”

Hill would like to stress that this is still in the proposal phase and still has the ability to improve upon, but that this is a good starting place. Public comments will be accepted until April 18th, 2007.

**For full article, visit:

<http://www.todaystrucking.com/news.cfm?intDocID=17272>

FLASHLIGHTS

If you have not yet received an SPD flashlight (we know who has, so don’t get any ideas), please come pick one up in the Safety office.

USELESS FACTS

1. Beavers were once the size of bears.
2. The average person’s left hand does 56% of the typing.
3. Dragonflies have six legs but can’t walk.
4. On a Canadian two-dollar bill, the flag flying over the Parliament building is an American flag.
5. Honeybees are the only insects that create a form of food for humans.

here driver driver driver

We need you to help us find **qualified** drivers! The recruiting bonuses are still out there:

Recruit a Solo: \$1500

Recruit a Team: \$2000

You are our best contact to the driver population... we need you, and we know you would love that bonus. :o) We also have the sign-on bonuses up for grabs, the sign-on is equal to your recruiting bonus (\$1500 to a solo driver & \$2000 to a team).

Here’s what a **quality** driver possess:

- Clean MVR
- Flatbed experience
- Minimum 2 years driving experience
- Good history (not a lot of job hopping or criminal discrepancies)

Remember, when you refer a driver you want to put your name behind a good person; this person has the possibility of reflecting the company, and what image do you want attached to the company you work for? (See Safety for bonus installment info)

news in the industry

\$1 Million Settlement for motorist and 3 Injured passengers

A young couple, infant son, and 60 year-old mother were rear-ended by a tractor-trailer. Both the wife and mother suffered spinal injuries, while the infant had a closed head injury and the husband suffered connective tissue injuries in neck, back, and hip.

Both the truck driver and his employer were sued; the motorist and passengers settled for \$1 million.

ASK KEN

Q: If I drive two hours to the receiver, then wait for them for three hours to unload me, can I count that as the first split in a split sleeper and extend my 14-hours?

A: No. A split sleeper pattern must be established on your first shift after a 34-hour reset; it cannot be done on the fly. Once the pattern is established it cannot be broken until a 34-hour reset has been taken.

If you have already established your split-sleeper pattern, you may use this as your first sleeper period, if you spent two hours in the sleeper; this however does not extend your 14-hour shift.

Injuries!!! Ahh!!!

2007 Goal: Injury-free year

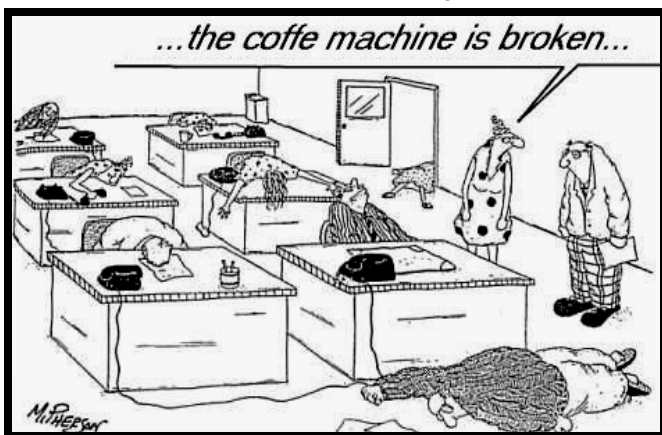
We have had one relatively minor L&I injury this year. We have had also had a few minor cuts and bruises, which thankfully haven't progressed into anything too serious. In the case of a minor injury remember to notify Safety as soon as the office opens, or immediately if the office is already open. If you suffer a minor injury during the weekend, please call Ken on his mobile (at a decent hour).

Attached to this newsletter is another copy of the driver injury report. We are requiring this injury form to be completed for each injury that causes swelling, bruising, bleeding, or severe pain.

Please make sure that you are scanning for hazards, wearing the proper shoes, and taking other necessary precautions to help avoid injuries.

While we are unable to make our injury-free goal, we can still halt the injury tally here. No more injuries. If we can help you in any way, let us know.

JUST FOR LAUGHS



ISS Rating

We've dropped our ISS rating to 37! Great job team! This was our goal for the end of last year, and we made it before the end of January! Keep it up, I'm talking clean inspections people, and you will continue to bypass those scales!

I'm thinking of a number... 35? How about we get it down to 35 by the end of March? C'mon, YOU CAN DO IT!!!

Office Changes

As most of you have seen by now, we've done some rearranging in the 2nd office. We've added a second desk in the center room in order to do some moving around.

Arin (currently in the Accounting Dept.) has moved her office out to the 2nd office building in order to fully train in Payroll. The plan is for Arin to take over for Karen when she retires in May.

Arin's desk is the one next to Karen & Liz's office. She will begin to be available for your payroll questions and woes soon.

We have moved the Trip Packet tray to on top of the filing cabinet by the door and your log box will be on the shorter filing cabinet next to that.

Thank you Team!

I wanted to take a moment to thank all of our drivers for doing a wonderful job this winter! I am sure that you are all too aware of how severe this winter has been and continues to be. All of you have done a great job avoiding accidents, cargo claims, and L&I injuries for the last few months; although the L&I claims still leave a little room for improvement.

Lets remember to think ahead on what were doing and be aware of our surroundings when securing loads, tarping, etc. You all have demonstrated your professionalism this winter, so please keep good safety practices in effect through the rest of the year.

You guys and gals make me proud to be your Safety director. Keep it up!!

-Ken DeRocher