



# The Distributor

Smokey Point Distributing, Inc.



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## Independence Day!

First Tuesday of the month... Let us take a second to remember all those that defend and have defended our country to ensure our freedom.

Happy 4<sup>th</sup> of July everyone! Be careful with the fireworks!

## Happy Birthday!

Happy birthday summer babies! Hope the sun is shining on you on your special day and always!

- ★ Graham Binks #58 5<sup>th</sup>
- ★ Errol Poffenroth 7<sup>th</sup>
- ★ Don Torgreson #95 8<sup>th</sup>
- ★ Kyle Parnell #560 9<sup>th</sup>
- ★ Cindy White #70 15<sup>th</sup>
- ★ Scott Boersema #24 21<sup>st</sup>
- ★ Steve Coultas #23 23<sup>rd</sup>
- ★ Tim Zenger #73 24<sup>th</sup>
- ★ Leonard Logg #513 24<sup>th</sup>
- ★ Mike Young (shop) 25<sup>th</sup>
- ★ Tom Denser #99 30<sup>th</sup>
- ★ Ailton Testa (office) 31<sup>st</sup>

## Happy Anniversary!

I feel a very unusual sensation - if it is not indigestion, I think it must be gratitude! Thanks for all your hard work and dedication!

- Jason Blakeley #94 1 yr.
- Scott Carswell #78 1 yr.
- Sky Markin (shop) 1 yr.
- Rick Romero #90 1 yr.
- Dave Dyke (office) 2 yrs.
- Krystle Johnson (office) 3 yrs.
- **Dan Wirkkala (office) 21 yrs.**



## Weight loss: 6 strategies for success

**1. Make a commitment:** Permanent weight loss takes time and effort. Don't expect perfection — and never give up.

**2. Get support:** Seek support from your partner, family & friends; maybe someone who also is participating in a weight-loss program.

**3. Set a realistic goal:** Be realistic. Aim to lose 1 to 2 pounds a week. You need to burn 500 to 1,000 calories a day through regular exercise. Losing weight more rapidly means losing water weight or muscle tissue, rather than fat.

Set weekly/monthly "process goals," such as eating judiciously and exercising regularly, rather than "outcome goals," such as losing 50 pounds.

**4. Enjoy healthier foods:** Adopting a new eating style that promotes weight loss must include lowering your total calorie intake. To lose weight, talk to your doctor about setting these daily calorie goals:

Your weight in pounds	Daily calorie goal	
	Women	Men
250 or less	1,200	1,400
251 to 300	1,400	1,600
301 or more	1,600	1,800

Very low calorie diets aren't a healthy long-term strategy.

**5. Get active, stay active:** Cutting 250 calories from your daily diet can help you lose about half a pound a week: 3,500 calories equals 1 pound of fat. But add a 30-minute brisk walk four days a week, and you can double your rate of weight loss.

**6. Change your lifestyle:** Change the behaviors that helped make you overweight in the first place. Assess your eating behaviors; ask yourself if you tend to eat when you're bored, angry, depressed or socially pressured. Taught to clean your plate? Eat too fast?

Remember that you're planning to change your life. It won't happen all at once, but stick to your healthy lifestyle and the results will be worth it.

## Just for Laughs



## Safety Corner

### Distracted Drivers

It is important to recognize the signs of a distracted motorist and know how to deal with this type of road hazard before it becomes deadly.

Signs include:

- Movement inside the vehicle: This includes a driver operating electronics, using a cell phone, eating/drinking, tending to children, adjusting climate controls, etc.
- Tailgating: Commonly interpreted as a sign of impatience, tailgating may also be a sign that a driver is too distracted to recognize that he/she is too close to the vehicle ahead.
- Driving too fast/slow or erratically: Not traveling with the flow of traffic may be a distracted driver unaware with their vehicle's rate of speed.
- Cutting-off drivers: May be unaware of the other drivers around them.
- Breaking traffic rules: A driver that runs a stop sign, passes in a no-passing zone, or violates some other rule may have been too distracted to notice.

Ways to safely respond:

- ✓ Maintain a safe distance: Increases your reaction time and space.
- ✓ Slow down: May get their attention or help motivate them to pass you.
- ✓ Move to the right: Increases chances of them passing you.
- ✓ Pull over: Allows them to pass you without incident. (Only at a safe location)

### Joke of the Month:

Q: What did the blonde say when she saw a box of Cheerios?

A: "Neato! Doughnut seeds!"

## OR State Statistics for 2005

- ➔ Truck crashes in OR that involved a fatality, injury, or disabling damage to any vehicle:
  - 1,305
- ➔ Difference in total crashes in 2005 compared with 2004:
  - Up 12.21%
- ➔ Of the total crashes, number considered to be truck-at-fault:
  - 681
- ➔ Percent of truck-at-fault crashes caused by speed:
  - 30.98%
- ➔ Average length of time between truck crashes:
  - 6.7 hours
- ➔ Median age of truck drivers involved in crashes:
  - 45
- ➔ Total property damage resulting from truck crashes in 2005:
  - \$150,397,310

## Bonus Deduction & Warning Letters

As forewarned, safety bonus deduction letters have been handed out. In the past deduction letters have been handed out at the same time as the bonuses. In an attempt to help you plan for your bonus we will be letting you know in advance of deductions. (Example: if you are involved in an at-fault accident a deduction will be taken from your bonus and you will receive a letter informing you.)

We are hoping that this helps elevate any "surprise" deductions you are informed of at the end of the year. We are requiring anyone that receives a letter to sign it and return it. This letter will be kept in your file. When you turn the signed letter in is probably the most optimal time to review the deductions and any questions you may have regarding them and preventing more. We will not have bonuses calculated until the end of the year when bonuses are distributed.

We have also handed out warning letters for some incidents that driver's were not charged for. All warning letters should be reviewed for accuracy and any questions should be directed to Safety for clarification and/or correction.

If you receive a deduction/warning letter in your mailbox, please sign it and return it to the Safety Dept. at that time. Thank you, and please let us know how this is working out for you!