



The Distributor

Smokey Point Distributing, Inc.
July 2010 Volume VII, Edition VII



Happy Birthday

*"Our birthdays are feathers in the broad wing of time."
~ Jean Paul Richter*

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|-----------------------|-----------|
| ◆ Terri Pygott | July 4th |
| ◆ Don Torgerson | July 8th |
| ◆ Cindy White | July 15th |
| ◆ Drew Van Tyul | July 18th |
| ◆ Scott Boersema | July 21st |
| ◆ Anthony Linde | July 23rd |
| ◆ Steve Coultas | July 23rd |
| ◆ Michelle Ilgenfritz | July 23rd |
| ◆ Tim Zenger | July 24th |
| ◆ Mike Young | July 25th |
| ◆ Micah Stroud | July 29th |
| ◆ Tom Denser | July 30th |
| ◆ Ailton Testa | July 31st |



Happy Anniversary

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs, is people who have come alive." ~ Howard Thurman

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|------------------|--------|-----------|
| ◆ Ian Bagshaw | 3 Yrs | July 30th |
| ◆ Jason Blakeley | 5 Yrs | July 29th |
| ◆ Rick Romero | 5 Yrs | July 18th |
| ◆ Dave Dyke | 6 Yrs | July 14th |
| ◆ Dan Wirkkala | 25 Yrs | July 7th |



Bravos!

A big thank you to: Pat & Sandy Murray truck 529, Tommy Thompson truck 28, Michael Kelley truck 73, Dana Haugstad, Ethan Magill, Jim Whitaker, and Mike Young. Michael Kelley had a recent breakdown on the road, and there was one hurdle after another to get his truck fixed. All of these people communicated well with each other, and worked as a team. The needed parts were found and delivered to the repair shop. Every one of you helped out with this and went above and beyond. You made a bad situation work out well. Way to Go!!!

Bravo to the following drivers for having their trucks serviced while on the road:
Russ in truck 70: for being proactive and having his batteries checked and serviced.
Scott in truck 12: for having a much needed ABS issue checked.

A bravo to Dave Dewey truck 67 for helping out a driver in Bloomsburg NJ at a truck stop. Dave went out of his way to help a fellow driver who works for Louvito Trucking back into a tight space. The driver complimented Dave on his help and overall great attitude!! Kudos to Dave for representing SPD in a positive light!

Bravo to Drew Van Tyul, on the Nicholson Manufacturing load, which he delivered to their customer in Isle, MN. Their customer, Tom Hawkins, was very complimentary in regard to the condition of the machine, the truck used and assistance/co-operation of the driver. Great Job Drew!

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Saying 'Good Morning' should not be difficult.

Yet, there is an increasing trend, almost a rebellion, against saying these two simple words to our co-workers. It is not as we were required to salute, bow, kneel or courtesy. Even a casual nod and mumble would be a lot better than the nothing that is now occurring at far too many work sites. Do not become part of this alarming trend. Experience the power of 'Good Morning.'

1. It maintains the standards of basic civility that we are all entitled to at work. Like 'Please' and 'Thank You', these two little words also go a long way towards improving communication and the overall atmosphere.
2. 'Good Morning' humanizes our co-workers. We are real people, not just cogs in a pointlessly spinning wheel. Show some humanity.
3. Provides for a more democratic environment, where everyone from the CEO to the mail clerk gets to share in a friendly two-second exchange.
4. It is quick (and relatively painless). If it is painful, you should probably be looking for a new job or scheduling time for some serious self-reflection.
5. It is free.
6. Acknowledging the mere presence of someone is interpersonal communications 101. Do YOU not want to be noticed? You might tell yourself otherwise, but at the end of the day, we all want to be recognized.
7. Saying 'Good Morning' makes things less awkward when you inevitably have to address your co-worker later in the day. Start the day off on the right foot and avoid potential stresses later in the day.

Whether we like it or not, we all partake in some semblance of this daily routine, no matter who we are, what we do or where we work. Making the words 'Good Morning' part of that routine is part of the process to Make Work Better. If we cannot make even the measliest effort with our co-workers, it says a lot more about you than you might care to admit.

It's Summer Time and the Weather is Hot!

It is very easy to become over heated while working outside during the summer. Everyone should recognize and care for heat related emergencies.

Heat cramps are muscular pains spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.

Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids.

Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.

Heat exhaustion typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.

Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.

Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet clothes or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.

If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

Heat stroke (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.

Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.

Recognize heat related emergencies Cont:

Heat stroke is life-threatening.

Call 9-1-1 or the local emergency number immediately.

Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

Another Reason to NOT eat while driving:

FedEx truck crashes near Blaine after driver chokes on pork rinds

ISABELLE DILLS - THE BELLINGHAM HERALD

BLAINE - A 42-year-old Mount Vernon man suffered minor injuries after losing control of the FedEx semi-truck he was driving Monday, July 12, on Interstate 5 near Peace Portal Drive.

Edward Sutherland was driving a 2005 Freightliner truck with a 40-foot trailer southbound shortly after 11 a.m. from Blaine to Burlington, said Washington State Patrol Trooper Keith Leary. As he neared the exit, Sutherland began choking on some spicy pork rinds he had bought at a store, Leary said.

The choking caused Sutherland to lose control of the truck, which veered from the southbound lanes of the freeway and crossed the median into the northbound lanes. The truck jackknifed and came to a stop in a muddy ditch. It didn't hit any other vehicles.

One northbound lane was closed for about an hour and a half, and all of the lanes were closed intermittently for about a half hour for the tow truck.

Sutherland suffered a sore foot and back but did not require hospitalization. He will be charged with driving with wheels off the roadway.

Flying J Reorganizes

In two separate moves related to Flying J's Chapter 11 bankruptcy reorganization, the Truckstop chain has moved from its proprietary scanning service to Transflo Express at 164 locations and received approval for its plan to repay creditors in full. Just last week, the company announced that it was merging operations with Pilot Travel Centers, but would retain the Flying J name at its 275 locations.

In a sale of non-core assets to help refinance the Flying J debt, Pilot sold the Flying J Scan & Go business last week to Pegasus TransTech, the owner of the Transflo Express scanning network. In addition to the 164 converted locations, Pegasus said that by the end of the month it will install its system in 50 more Flying J locations that did not have the Scan & Go service.

Transflo Express is now the largest truck stop scanning network with over 700 locations in the U.S. and Canada, including all Pilot Travel Centers, Love's Travel Stops and many independent truck stops, according to the company.

Flying J's reorganization plan, which included provisions to repay in full \$1.4 billion owed to creditors, has been confirmed by the U.S. Bankruptcy Court for the District of Delaware, according to the company. Payment of allowed claims is expected to begin before the end of the month.

"We have had to make some very difficult decisions over the past 18 months to maximize value and pay back our creditors," said Flying J CEO Crystal Maggelet. "Like many companies in today's economy, this meant job loss for some employees, many of whom have been with us a very long time.

Impact on employees has been the most difficult part of the restructuring process. We are now poised for a bright future. Moreover, I am very happy that the Flying J brand will not just survive, but thrive into the future."

Attention all Drivers!!

Dear Drivers,

There is a lot of missing paperwork lately. Shipper's BOL's are not being turned in with the SPD BOL's. Please remember that all of the paperwork needs to be signed and returned. Some of our customer's will not pay unless we have the shipper's BOL. Thank you for all of your help.

Teresa Dahl
Accounts Receivable Specialist

Okay, one last time: This is not a urinal.



Please do not leave bottles of human waste in the trash containers in the yard. Please dispose of any waste in the restroom toilet, and then throw empty containers in trash. Thank You