



The Distributor

Smokey Point Distributing, Inc.

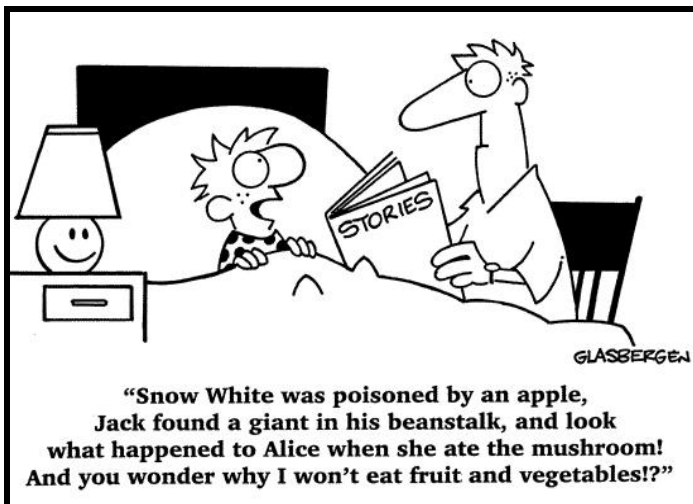


June 2007

Volume IV, Edition VI

Happy Father's Day!

Father's Day is Sunday June 17th. It is a day the let all the special men in your life know just how much they mean to you! Happy Father's Day to all those dads out there!



"Snow White was poisoned by an apple, Jack found a giant in his beanstalk, and look what happened to Alice when she ate the mushroom! And you wonder why I won't eat fruit and vegetables!"

Quote of the Month

It's important, when going after a goal, to never lose sight of the integrity of the journey.

-Andy Garcia

Happy Birthday!!

Looks like we've got more than a few birthdays this month! Happy birthday to all of you; May all your birthday wishes come true!

- ▣ Tim Bogart June 1st
- ▣ Sandy Murray June 2nd
- ▣ Skyland Markin June 2nd
- ▣ Ken DeRocher June 6th
- ▣ Mark Ross June 6th
- ▣ Greg Mills June 7th
- ▣ Terry Long June 8th
- ▣ Randy Haberman June 16th
- ▣ Glen Gildersleeve June 18th
- ▣ Jess Salyer June 20th

Happy Anniversary!!

What dedication! What a trooper! Way to go! Keep up the good work; we couldn't do it without you!

- ▣ Belinda Yeater 1 year
- ▣ Robert Yeater 1 year
- ▣ Ethan Magill 2 years
- ▣ Scott Baldwin 3 years
- ▣ John Geiger 3 years
- ▣ Scott Boersema 3 years
- ▣ Linda Lacount 4 years
- ▣ Rex Kasper 4 years
- ▣ Duane Martinson 6 years
- ▣ Tim Zenger 8 years
- ▣ **Steve Buck 18 years**

Driver Appreciation

We would like to take a moment each month to recognize individuals for their efforts in a job well done. Everyone at the terminal (sales, dispatch, shop crew, and safety) will be looking to catch a driver with a positive attitude, exceeding expectations, or the like that shows that driver's professionalism and dedication.

Please take the time to pat each other on the back or to report a good deed when you witness it.

Each month this space will be used to showcase drivers and why we think they're outstanding.



This month we would like to recognize:

- * Glen Gildersleeve- for stepping up and helping the local fleet. Did an amazing job and begs for more. Dave
- * Ken Milton- for getting a rave review from a customer & always doing a great job! -Steve
- * Tommy Thompson- for always going the extra mile with a positive outlook! -MO
- * Team Lacount- for always being on top of their paperwork and showing enthusiasm for continued training! -Ken

Health Stop

Workplace Stress

WebMD talked to the experts to find out what it is about negative work relationships that can cause so much stress, how our bodies react to chronic workplace stress, and what it takes to find relief.

Patients that reported a "just" workplace were 30% less likely to develop coronary heart disease (CHD). A "just" workplace was defined as a place where a boss was considerate of viewpoints, truthful, and included employees in the decision-making process. Feeling like you haven't been heard ranks as the most stressful aspect of interpersonal work relationships. If you feel like you're not respected, that your opinion isn't meaningful, you're at an increased risk of heart disease. Feeling like you're a meaningful part of the workplace is a meaningful buffer to the health effects of stress.

How stress affects your health:

When your brain perceives stress, you get reactions from the stress-reactive area, and an elevation of stress hormones—cortisol and norepinephrine—increase in concentration in the blood. Each person reacts differently, some with panic attacks, some with headaches. Stress can also make it harder to control diabetes by raising blood glucose levels. This is related to your body's "fight or flight" response, which prompts your body to raise blood sugar levels to help boost energy in response to the stress.

Stress may even raise cholesterol levels. What's the stress-cholesterol connection? Stress may increase the body's inflammatory processes, in turn increasing lipid production.

How to respond to stressful situations:

Make sure you were heard: "I'm not sure that you understood me."

Describe the situation objectively, leaving your feelings and attitude aside.

Express your opinion and ask for what you need.

Finally: Reinforce the relationship. Meaning, show appreciation for the support you've just received.

Be an active part in building a better relationship with co-workers that you may not immediately or regularly get along with naturally.

Stress Relief:

Even if you are spared a severe illness from work-related stress, it can leave you feeling fatigued and run-down, or anxiety ridden. To offset these

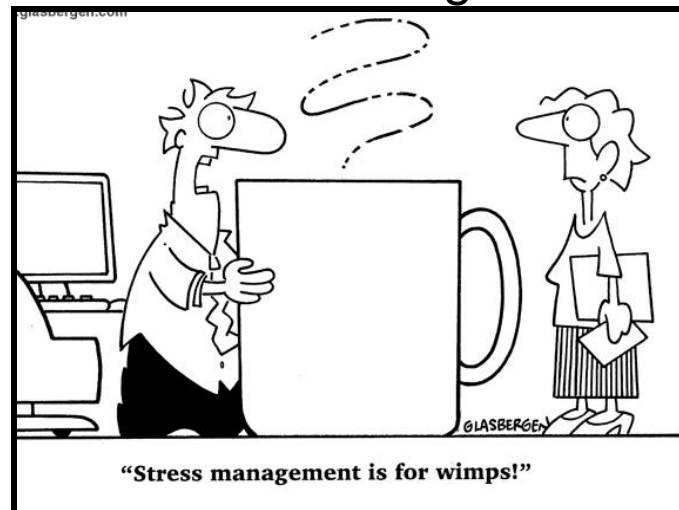
unhealthy, unbalanced feelings, try activities that are considered both "invigorators" and "soothers".

To invigorate, exercise. Schedule exercise, if you treat it like a part of your job, it gets done.

Soothe with relaxation. Try traditional techniques such as progressive muscle relaxation, tai chi or meditation. Stretching exercises are also easy, beneficial ways to relax.

**Adapted from a WebMD article.

Just for Laughs



Sun of a Gun

Over time the sun's ultraviolet (UV) light damages the fibers in our skin called elastin. When these fibers breakdown, the skin begins to sag, stretch, and lose its ability to go back into place afterwards.

Exposure to the sun causes:

- Pre-cancerous and cancerous skin lesions
- Fine and coarse wrinkles
- Benign tumors
- Discolored areas of the skin
- Dilation of blood vessels under the skin

It's never too late to begin protecting yourself.

Follow these tips:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure.
- Wear sunglasses with total UV protection
- Wear wide-brimmed hats
- Avoid direct sun exposure between 10am and 3pm, peak UV radiation hours
- Do self-exams regularly on your skin

If you have any skin concerns, contact your doctor.

**Adapted from a WebMD article.

Safety Corner

ISS Rating & Update

The calculation of our ISS rating was experiencing some changes in April/May. The recalculation resulted in a 30-point increase taking us to 64, only to drop it back down to 34 in a matter of weeks.

All drivers need to be aware that EVERY ticket and inspection affects our ISS rating. Please remember that all the inspections, tickets, and accidents incurred by the fleet can be viewed online by anyone, including current and potential customers. Be thorough, be safe. Let's keep our rating down!

Value-driven Driving

In correlation with Great West Casualty's Value-Driven Driving Training, here are a few protective driving techniques to work into your driving:

- ➔ Maintain a professional attitude
- ➔ Pay attention to other drivers' actions
- ➔ Drive within the posted speed limit
- ➔ Remember who the professional driver is
- ➔ Maintain patience
- ➔ Do not succumb to road rage
- ➔ Drive conservatively
- ➔ Drive to protect the amateur motorist



**Incorporating these practices into your work philosophies and routine will also assist you in reducing your workplace stress.

Out Of Service

Information on our OOS rates for inspections in the previous 24 months:

Insp. Type:	Vehicle	Driver
Inspections:	159	296
OOS:	38	8
OOS Percent:	23.9%	2.7%
Nat'l Average:	22.92%	6.78%

Drivers are doing great! Trucks/Trailers could use some improvement. Make sure that you are conducting thorough inspections and notifying the shop of any needed repairs. It is your responsibility to ensure the truck/trailer is in safe operating condition while on the road. Any maintenance concerns should be directed towards Mike or Ken.

Monthly HOS Recaps

Since the switch to the loose-leaf logs, most drivers have not had a monthly recap available to them. We have printed monthly recap sheets, one style that is a large one-month recap and the other style with two months on one sheet.

These sheets are available to you in the marked files in the driver's room. We will attempt to keep these files stocked, but if you happen to grab the last sheet, please feel free to let us know.

Passenger Ride-A-Longs

All drivers with long-term passengers please check your release packet to ensure that it is not expired.

Please remember: All passengers must be authorized BEFORE getting into the truck. The passenger ride-a-long rules are for the safety of your passenger, all passengers must adhere to them. If you have any questions regarding the rules please refer to your driver handbook. Any questions or concerns should also be taken to the Safety Department.

**We reserve the ability to not grant authorization to drivers/passengers.

Sudoku

Keep your mind sharp by exercising it! Using the numbers provided, fill in the rest of the squares with the numbers 1-9. Complete the grid so that every row, column and 3x3 box contains every digit from 1-9 one time.

Difficulty Rating: ▲▲▲▲▲ (Easy)

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

Extra ! Extra !

Congrats!!

DJ and his wife have just adopted a baby boy, who they have named Elijah öEliö Zechriah. Sending our wishes for a happy, healthy baby your way!



401K Sign-Up

- Open enrollment for 401K is in July for all employees of a year or longer. SPD matches \$0.25 on the dollar, up to \$500.00 per year, of your contribution.
- It's never too early, or too late, to start saving! This is also a great opportunity to talk to the reps while they are here!
- For more information please contact Chris during regular business hours.

Things to Ponder

- * If Barbie is so popular, how come you have to buy her friends?
- * What's the speed of dark?
- * What happens if you get scared half to death twice?

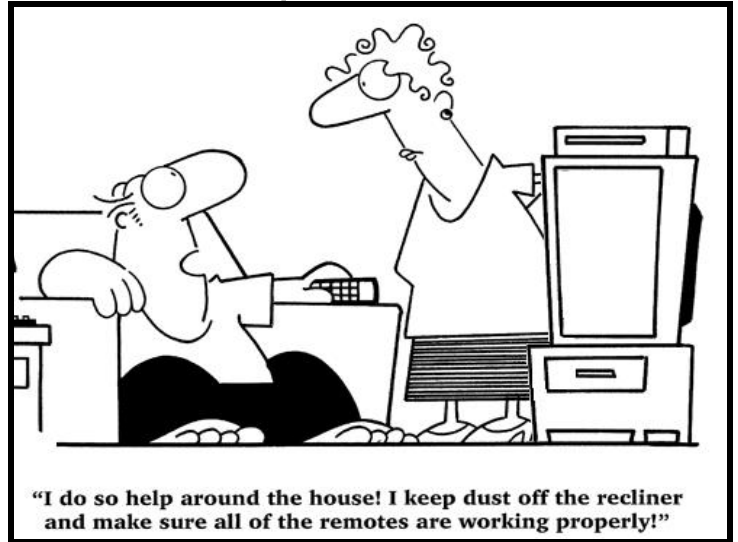


Your Permit Book

When you come into the terminal, please make sure that your permit book is accessible to the mechanics/Permit Dept. by either placing it on your dash, seat, or in the door compartment.

öBased on a change in Federal law and its interpretation by the Federal Motor Carrier Safety Administration, effective immediately, motor carriers subject to the highway use tax imposed under Article 21 of the Tax Law, are no longer required to either display highway use tax stickers or to carry highway use tax permits in their motor vehicles.ö In other words, you will no longer be required to carry highway use tax paperwork in your permit book.

Men's Housework



Smoking



Please make sure that you are putting out your cigarettes completely before leaving them in the disposal cans. These butts are a fire hazard, and have recently started a öcan fireö.

Hold Your Temper

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."