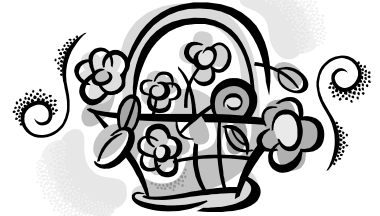




# The Distributor

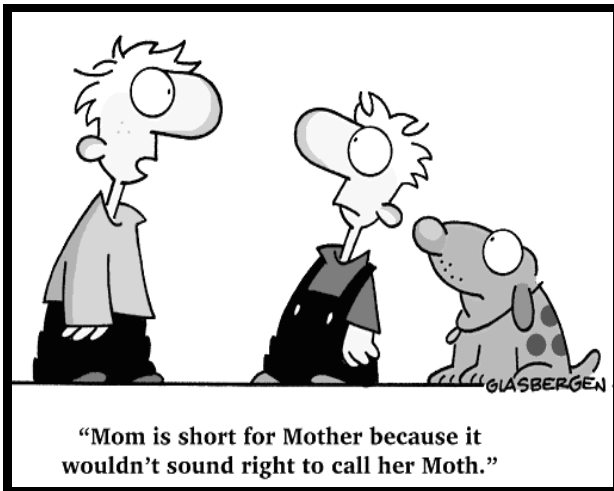
Smokey Point Distributing, Inc.



May 2007  
Volume IV, Edition V

## Happy Mother's Day!

Mother's Day is Sunday, May 13<sup>th</sup>. Don't forget to show your appreciation for the women in your life!



"Mom is short for Mother because it wouldn't sound right to call her Moth."

## Happy Birthday

It's your birthday!! "Do a little dance, make a little love, get down tonight!" Have a blast!

**Happy belated birthday to Glenn Hammarstedt on April 26<sup>th</sup>!!**

- ◆ Bob VanPelt May 13<sup>th</sup>
- ◆ Gordon Estabrook May 15<sup>th</sup>
- ◆ John Hoffman May 15<sup>th</sup>
- ◆ Clyde Northrup May 16<sup>th</sup>
- ◆ Gregori "Dallas" Metzger May 25<sup>th</sup>
- ◆ DJ Vanney May 24<sup>th</sup>
- ◆ Twylene "Cricket" Webb May 28<sup>th</sup>

## Happy Anniversary

Our gratitude and appreciation for your hard work and dedication surpasses words. Thanks!

- ◆ Gordon Estabrook 1 year
- ◆ Greg Mills 1 year
- ◆ Robben Finch 2 years
- ◆ Arden Roley 3 years
- ◆ **Dan Green 15 years!**
- ◆ **Karen Hoeye 20 years!!**

## Good-bye Karen

*"We're Sure Gonna Miss You!"*

Retirement is a special time...  
 It is a time to look forward to fulfilling life's  
 Plans and dreams for your "golden years"  
 It is a time to look back with pride  
 On an era of opportunity which bore countless  
 Contributions and personal accomplishments.  
 It is a time to reflect on the many lives  
 You have touched along the way  
 By your shining example:  
 Those who have stood beside you,  
 Those who have worked with you,  
 Those who have followed your able lead.  
 And, it is a time to bid farewell,  
 Knowing you will long be admired for your  
 High standards, quality work ethics...  
 And for being someone especially nice to know.

Karen,

As your time at SPD comes to a close, we would like to wish you the best of times in your retirement. May you enjoy relaxation, leisurely days, and time with your family and friends.

Those of us left here at work will miss your wit and your charm, your smiles, and... your gum.

Thank you for putting up with our endless questions, phone calls, favors, and everything else we put you through; you are truly a gem.

We hope that you will think of us, and maybe even stop by to say "hello" every once in a while.

Best wishes wherever the wind takes you, be it jet-setting across the country or catnapping in your favorite chair. Here's to hoping that retirement is all that you hoped for!

\*\* Just out of curiosity... how *DO* you plan on living without us? I mean, after all... we are a bunch of really cool cats! :o)

## Arin a.k.a. "Payroll"

With Karen's retirement comes Arin's time of heading the payroll department.

May is Arin's first month doing the entire payroll without Karen, so please be patient with any questions you may encounter.



Arin's extension is 239 if you would like to contact her by phone. She has settled into the Payroll/Computer office if you need to see her in person.

In order to assist her in the most accurate processing of your trips please ensure that you are filling out all of your expenses and anything you

need to be compensated for on your trip pack. Organization of your paperwork and receipts is essential to your proper settlement being issued.

Feel free to stop by and introduce yourself if you haven't yet met Arin or if you have any questions on your settlement.

\*\* Karen may still be in on an occasional basis, so look out!

## Just for Laughs



## In the Industry

### Delta Regional Authority proposes \$18.5 billion for road improvements.

The proposal would include 3,843 miles of highway across eight states in the Delta region, and would have to be approved by congress.

Highway improvements include Interstate 69 in Miss., and the linking of Interstate 55 at Batesville, Miss., with Brinkley, AR, to divert some through traffic around crowded interstates in Memphis.

## Health Stop

### Back Care Basics

Your back bears much of the weight and stress of your body. The first line of treatment for most types of back pain is self-care. You can:

- ✓ **Apply cold and heat:** for the first two days after an injury, use cold compresses on the sore area. On day three, try warm compresses, heating pads, or hot showers for 20 minutes at a time.
- ✓ **Take over-the-counter pain medications when necessary:** Acetaminophen (Tylenol, etc.) may help control pain, while nonsteroidal anti-inflammatory drugs, such as ibuprofen (Advil, Motrin, others), can help relieve pain and reduce inflammation.
- ✓ **Avoid heavy lifting, pushing or pulling, repetitive bending and twisting.**
- ✓ **Do gentle stretching exercising:** ease into and out of each stretch; don't bounce your back up & down or left to right while doing any stretch.
- ✓ **Get a message.**

When back pain doesn't respond to self-care professional treatment is necessary.

**\*\*\*Please always inform the Safety Dept. of any back pain you may be experiencing. All on-the-job injuries need to be reported immediately.**

## Banishing Bad Breath

No one likes to have bad breath, and no one likes to talk to people with bad breath.

To prevent/reduce the problem:

- Brush your teeth after every meal.
- Floss at least once a day to help remove food particles from in between teeth.
- Brush your tongue, too. This removes dead cells, bacteria, and food debris.
- Keep your mouth moist to wash away dead cells. Drink water and/or chew sugarless gum or suck on sugarless candy.
- Clean bridges/dentures daily.
- See your dentist every six months for a cleaning.



\*\*If bad breath does not respond to these self-care measures, see your dentist for underlying problems.

# Safety Corner

## Upset Accidents

*Adapted from COOL Newsletter*

Upset accidents are among the more serious loss types a truck fleet can experience. A single upset accident can easily cost well over \$100,000 not to mention the potential for the cargo to be unsalvageable. Typically, these accidents involve failure to exercise proper safety procedures and techniques during a trip.

Proper positioning of cargo and load management plays the most important part in reducing the frequency of these accidents. A well-positioned load will greatly reduce the chance of a rollover. Help lessen the potential for loss of control accidents by following these simple rules.

**Use proper driving procedures when on the road.** Maintain speed, give your truck a six-second cushion between other vehicles, and brake evenly. Be aware of the existing road conditions. Icy roads, fog, and heavy rain and wind will greatly increase the likelihood of an upend accident.

**Make sure the cargo is positioned properly.** Check to see if heavy articles are positioned on the bottom and not offset to one side of the trailer. Periodically check to see the bracing is still intact and the cargo has not shifted. Maintain proper acceleration and braking to ensure the cargo will not shift.

**Be sure to negotiate corners and turns properly.** Adjust your speed and brake smoothly. Slow down drastically on unfamiliar curves. Also be sure to stay off shoulders to make sure your left or right wheels do not drop or sink.

**Most frequent reasons for loss of control accidents are:**

- ➔ Unable to judge safe speed for conditions
- ➔ Aggressive braking on slippery road
- ➔ Overload of cargo
- ➔ Shifting of cargo
- ➔ Poor negotiation of curve

We are what we repeatedly do.  
Excellence, therefore,  
is not an act but a habit.

**Aristotle**

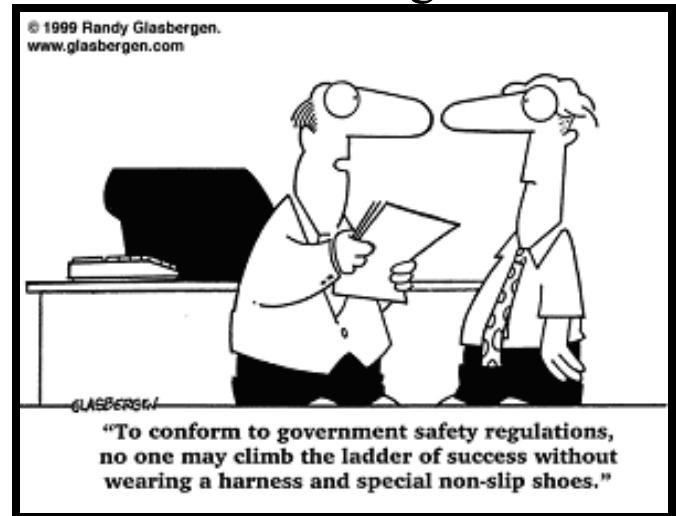
## ISS Rating Update

Our new ISS rating is 34! It just keeps going down! Great work team, you guys are doing phenomenal in this aspect of Safety!

Gordon Trucking has an ISS rating of 25 and Oak Harbor Freight Lines is at 24. (We can be right there with them!)

Keep working towards those clean inspections! Remember that each clean inspection is followed by a \$25.00 bonus! We need to see “no violations discovered” or no comments in the comment section for a clean inspection. The number of bonuses for clean inspections is unlimited!!

## Just for Laughs II



## HOS Violations on the Run!

In the month of February the fleet only incurred eight hours of service violations!! Go Team! What an improvement from 20-25 violation letters a month! Your attention to detail, and legal driving shows and is greatly appreciated by all! Keep up the good work!

## Continuous Training

We received two new training videos at the end of April. Please take this opportunity to stop by the Safety office and participate in training.

Most of the training videos we get in are 7-20 minutes long, so they will not take up much of your time, and the pay-off of getting training will make up for any inconvenience.

Thanks for your participation and time!

## WA's Summer Road Work

This summer, you can expect to see WSDOT crews all over the Puget Sound region. "We are everywhere because drivers are everywhere," said MacDonald, the WA Secretary of Transportation. "We are delivering projects that will relieve bottlenecks and chokepoints, improve traffic flow and increase safety for all drivers no matter where their destination." This summer WSDOT will spend \$168 million on 160 projects in King County. Expect delays, detours, and congestion throughout this summer on Washington roads. You can use the following web address for a listing of planned construction in King County.

[www.wsdot.wa.gov/Northwest/King/Construction](http://www.wsdot.wa.gov/Northwest/King/Construction)

## Roadcheck Blitz 2007

Scheduled for June 5<sup>th</sup>-7<sup>th</sup> this year; pulling into a scale is like walking through a shooting gallery. Fortunately, we have enough advance notice to be prepared and aware of what to expect.

Out of service (OOS) numbers are at 20.3% and 21.7% for Canadian and American CMVs. Thorough pre-trip inspections should catch most of the problems inspectors find, though brake adjustments are still the number one culprit.

U.S. drivers fared slightly worse than Canadian drivers with 57.1% of OOS orders being for HOS violations; 12.4% of those violations were cited for falsification.

The Roadcheck blitz is a good barometer of how the industry is doing from a compliance perspective; though most drivers, stuck between compliance requirements and operation demands, don't see it that way. We need to make complying more to the driver's advantage than not.

(Adapted from an article from Today's Trucking)

\*\*\*\*A reminder will be put out over Qualcomm before the 72-hour blitz begins.

## Things to Ponder

1. How much Healthy Choice ice cream can you eat before it's no longer a healthy choice?
2. Have you noticed that since everyone has a camcorder or picture phone these days, no one talks about UFO sightings like they used to?
3. Does pushing the elevator button more than once make it arrive faster?

## Trip Pack Miles

Please remember to calculate your miles next to your odometer readings on the front of your trip

## Extra! Extra!

### Qualcomm Macros

It is very important for all drivers to use the Qualcomm macros set up for your load information. The Qualcomm program is linked to the system where all your load information is stored, and automatically updates this load information when you use your macros.

Your dispatchers are spending a large amount of time updating load information, because the macros are not being utilized. In order to free up some of their time to better assist you, they are asking that you get into the habit of using your Qualcomm macros as they were intended; for you to communicate to the company database your status (loaded, delivered, etc.). Your effort is definitely appreciated, and your dispatchers are more than happy to assist you in becoming accustomed to using this system if you need guidance.

### Money Draws at "Home"

For most of the fleet, the terminal, or greater area, is "home". For drivers that live in the area, and go to their actual place of dwelling after returning to the terminal (your house or the terminal, if you live in the truck) no cash advances are permitted. For drivers that do not live near, around, or at the terminal... cash advances ARE permitted. Here are a few examples:

1. You live in Burlington, WA. You are not allowed to draw cash while you are at the terminal, because you are "at home".
2. You live in Sioux Falls, SD. You are allowed to draw a cash advance while at the terminal, because you are not "at home".

Get it? Please direct any questions you may have to your dispatcher.