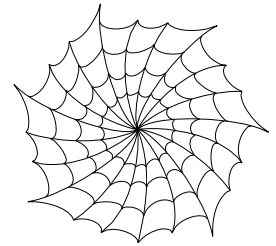




The Distributor

Smokey Point Distributing, Inc



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Happy **HOW**loween

While most all SPD drivers will not be participating in annual trick-or-treating festivities, everyone should receive a little treat! So, be on the lookout for a little Halloween delight in your mailbox this month! Happy Halloween to all!

Happy Birthday!!

Happy birthday to you! Happy birthday to you! You look like a monkey! And you smell like one, too!

- 🍀 Dick Paice Oct. 8th
- 🍀 Red Baldwin Oct. 16th
- 🍀 Nolan Osborne Oct. 25th

And an apology and a Happy Belated Birthday to:

- 🍀 Mike Orr Sept. 15th

Happy Anniversary!!

Your hard work, cooperation, and dedication are noticed by many, and appreciated by all!

- 🍀 Tim Bogart 1 year
- 🍀 Bill Clark 1 year
- 🍀 Jared Johnson 1 year
- 🍀 Al Martinez 1 year
- 🍀 George Gaimster 3 years
- 🍀 Joe Speak 5 years
- 🍀 Troy Fuller 7 years
- 🍀 **Tom Thompson 11 Years!!**

Driver Appreciation

- 🍀 Jess Salyer- for rescuing a load and making the delivery on time! Way to go! –Buck.
- 🍀 Ray “Cash” Larson- Very friendly and easy to work with! –Fahey Machinery (customer)
- 🍀 Sandra Strampher- for ensuring her timely arrival in Wichita as to assist in getting three other trucks out on time! –Rex Kasper

Quote of the Month

“It’s never too late to be who you might have been.”
-George Eliot

Information Updates

Moving? Changing your phone number? Please make sure to update Safety and Payroll of your new information so that we can keep your records up to date. Thank you!

Just for Laughs



Smokey Point Construction

Be looking for some major construction projects beginning soon on 172nd. The following projects are on the schedule:

- Construction of a new fire station will begin in the summer of 2008. The new facility will be located at the intersection of 172nd and 43rd Ave.
The new site will also house a community meeting room, an office for patrol officers, and space for other law enforcement related incidents.
- Wal-Mart ground breaking will occur soon for the new 204,000 sq. ft. store. The store will be located across from Weston High School in Smokey Point, on your left if you are heading towards I-5, in the area that is a field right now.

Health Stop Your Doctors Appt.'s

We have compiled a list of local (Arlington) medical facilities for you. Please keep in mind that it is the responsibility of each driver to ensure that their medical cards are renewed in a timely manner, and to make any & all other medical appointments. (Your safety department and dispatchers will not schedule appointments for you.) Remember: You do not have to wait until your medical card/license expire to renew it.

Here are a few local Group Health providers and contact numbers for your reference:

Medical Diagnostics: (360) 653-5690

** DOT physicals offered, however there is not a full-time doctor on staff, so appointments should be scheduled as far in advance as possible

Smokey Point Family Medicine: (360) 653-4569

** Walk-in clinic in Smokey Point

Peterson Chiropractic: (360) 435-9200

** Arlington Chiropractor

Smokey Point Family Dentistry: (360) 658-3000

** Next to McDonald's in Smokey Point

Just for Laughs II



Joke of the Month

Top four benefits of Alzheimer's:

4. You never have to watch reruns on television.
3. You are always meeting new people.
2. You don't have to remember the whines and complaints of your spouse.
1. You can hide your own Easter eggs.

Never Be Tired Again!

Sounds too good to be true, right? Well, according to WebMD.com it's possible, if you do all the right things, of course! Here are their suggestions to live a tired-free life:

Energize Your Diet

- ➔ **Have breakfast, ever if you don't feel hungry.** A bowl of breakfast cereal every morning is associated with lower levels of the stress hormone cortisol.
- ➔ **Eat every three to four hours.** Three smallish meals and two snacks a day keeps your blood sugar and energy levels stable.
- ➔ **Stay hydrated.** Water makes up the majority of your blood and other body fluids. To gauge your hydration, monitor how often you urinate; should be every two to four hours and clear or pale yellow.

Energize Your Spirit

- ➔ **Suit up in a "power" outfit.** Fight the tendency to throw on sweats when you're feeling sluggish. Dressing for success will give you a big mental boost.
- ➔ **Turn on some tunes.** Listening to music is one of the most effective ways to change a bad mood and decrease tension.
- ➔ **Take belly breaths.** When you breathe in, your belly should round and fill like a balloon. This is relaxing breathing.

Get a Restorative Rest

- ➔ **Cut back on TV and computer time after 8 pm.** Light suppresses the production of melatonin, a hormone secreted at sunset that tells the brain that it's nighttime.
- ➔ **Hide your alarm clock.** Watching the clock to see how long it's taking you to drift off or how long before the alarm goes off can result in a poor night's sleep.
- ➔ **Give your pet his own space.** 53% of pet owners who sleep with their pets have some type of disrupted sleep every night.
- ➔ **Lower the thermostat.** This ensures your environment is in sync with your body's internal temperature, which drops at night. Ideal sleeping temperature is between 54 and 75 degrees.
- ➔ **Skip the nightcap.** The sedative effects wear off as your body metabolizes the alcohol, which could cause you to wake up prematurely.

Safety Corner

Cargo Theft

**Great West Casualty SMART Newsletter

The incidence of cargo theft and hijacked rigs is on the rise. In fact, Great West incurs nearly 1,000 of these losses annually. Typically, theft losses can cost many thousands of dollars per occurrence. Although, most of equipment and cargo theft losses occur in large metropolitan area, small town cargo theft claims are steadily increasing.

Below are some tips for exercising protective driving, but remember, report all theft immediately! Time is of the essence!

- ➔ Remove keys and lock your rig whenever parked or unattended.
- ➔ Do not park in low-lit areas.
- ➔ Be on the lookout for anyone who looks suspicious.
- ➔ Never tell anyone what you are hauling.
- ➔ Maintain good communication so that your dispatchers and safety department know of any concerns you may have.
- ➔ Plan your trip thoroughly. Plan for traffic and give yourself time to get through any trouble areas so you can rest in a safe place.

Hats & Tumblers

All drivers that have not yet received their Driver Appreciation Week hat or coffee tumbler please feel free to stop by the Safety office to pick them up! (They are waiting for you!)

We hope that everyone that has picked theirs up is enjoying them! Remember: We're always taking suggestions for next year, so let us know your likes, dislikes, and needs! Thanks and enjoy!

ISS Rating



Our ISS rating is holding steady at 33. Good job! Remember that all of our inspections, tickets, and accidents will reflect on this rating.

Continuing on, let's strive for clean inspections and accident-free miles, and see how low we can get our rating!

Arkansas Parking

Big rigs and other vehicles are no longer allowed to stop along interstate shoulders or controlled-access highways in Arkansas- including on and off ramps- except during breakdown and other emergencies. The new state law went into effect in September.

Speed Increase in KY

Be on the lookout for 70 mph signs going up all over Kentucky! Bill 83 was signed, allowing increased speed limits on rural interstates and parkways throughout the state.

Keep in mind, the company speed limit is always 3 below the posted; watch your speed and practice defensive driving always!

Logs! Logs! Logs!

Lets revisit a previously hot topic... driver's daily logs. In recent months we have been experiencing an upward trend of the amount of logs coming in with form and manner violations; and while HOS violations began decreasing over the summer, they are rising again.

Form and Manner Violations: Take the time to double check all your logs before turning them in.

HOS Violations: Each month drivers dispute HOS violations, and more often than not the violation is traced to the sleeper berth period before the shift. In order to restart your shift, you must have 10 hours in the sleeper; 9.75 hours will not cut it. While this is a minor miscalculation, it is a chargeable HOS violation, which will count toward your HOS levels. For the past few months, each HOS letter has been accompanied by an HOS quiz. These quizzes are follow-up reviews to help refresh you on your HOS regulations and to show that there has been training done, per company policy. This training will also help protect you, and SPD, in case of an accident where your skills and training are called into question. Each driver that receives a violation is required to review, sign and return the violation letter, as well as complete the attached training.

Any questions regarding violations or training material should be taken to safety. Please remember to remain collected and respectful when asking for a review of an HOS violation. No one is out to get you or target you. All requests for violation reviews will be honored. Thank you for your cooperation!

Extra! Extra!

Phone Etiquette

Practice phone etiquette like you practice defensive driving; each opportunity you take to practice, the closer you will get to it being habitual. Here are some tips to help you:

- ☛ Know whom you need to talk to and what you need to say before you call.
 - Compile things that you need to say to avoid excessive phone calls to the same person.
- ☛ Assume your telephone voice. Be polite, respectful, and smile (it can be heard).
- ☛ Say hello and be brief when you need to be transferred. (All receptionists have multiple lines and usually can't chat)
- ☛ Get to the point. You called for a reason, give/get information, and release the person you are talking to.
- ☛ Be prepared for the person you are trying to reach to be unavailable. This is important especially when calling a company. Most people are being pulled in many directions while working and aren't always available to answer their phone line.
 - If you can't reach them at that time, leave a message and wait for them to get back to you. Try the next business day if you haven't received a response.
- ☛ If you have to be transferred back to a receptionist, try using phrases like:
 - "Frank was unavailable do you mind if I hold for him?"
 - "Frank did not pick up his line can I speak with Tom instead?"
 - "I couldn't reach Frank, and I would really appreciate either holding or seeing if you could locate him for me. Is that possible?"
- ☛ If it can wait, skip the phone call.

Remember to also practice safe driving while using your cell phone. Pull over whenever possible before making and/or receiving phone calls. Ensure that you have a quiet environment to hear and be heard (i.e. roll up your window or turn off your radio) And remember, you want something from the receptionists... it is in your best interest to be nice to them!

Parachutes

**Submitted by Virgil Perry

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands; he was captured and spent six years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk, you were shot down!"

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied.

Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!"

Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell bottom trousers.

I wondered how many times I might have seen him and not even said 'good morning' because, you see, I was a fighter pilot and he was just a sailor."

Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now Plumb asks his audience, "Who's packing your parachute?"

Everyone has someone who provides what he or she needs to make it through the day.

He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory- he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

** Sometimes in the daily challenges that life gives us, we miss what is really important.

We may fail to say hello, please or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

As you go through this week, this month, this year, recognize people who pack your parachutes.