

The Clarke Quarterly

November, 2009

WHAT'S IN YOUR MIRROR?



I was amazed to see what I couldn't see in my mirrors!!



In this years fall training session we will discuss - and demonstrate - what you're not currently seeing in your mirrors!

Yes, there is a right way and a wrong way to set your mirrors!

DATES TO REMEMBER

Fall Training Schedule

Halifax:

Nov. 4, 12, 18, 25, 26, 27

Toronto:

November 7th

Montreal:

November 14th

St. John's:

November 28th

Gander:

November 29th



MESSAGE FROM THE PRESIDENT

Seasons Greetings!

2009 is quickly coming to a close and hopefully the economic uncertainty we've endured this year is coming to an end as well. I value the safe and hard work you've all done this year servicing our customers. I remind everyone that our Fall Training Seminars are well under way and we look forward to everyone attending.

We are pleased to have 20 new Freightliner Cascadia company trucks running in our Van and Flatbed Fleets. Keep an eye out for them! Enjoy your time with friends and family this holiday season. I wish a safe and happy 2010 for all!

HAPPY HOLIDAYS EVERYONE!

DAVE'S DIARY



Company drivers and Owner Operators can help control maintenance cost by ensuring pre-trips and post-trips are done on every trailer. When done correctly, pre-trips and post-trips help everyone. An added benefit of reporting all defects is a reduction in the amount of time you have to spend in the shop down the road!

Thanks and remember...

Drive safe in school zones!!

TODD'S TALES



In the coming weeks you will be given a Driver Survey to complete. The challenges to the trucking industry are numerous and certainly not fixed easily or quickly. However most of us are in this profession because somehow "diesel got into our blood" and it is what we love to do. So why not try to improve things as best we can.

Over the past year the economy has taken quite a turn and we have certainly felt the effects. We continue making improvements, such as:

- New fuel surcharge pkg in long-haul van
- New pay package for van O/O's in NL
- Fuel Seminars for Drivers and O/O's
- Safe Driver and Million Mile Awards
- Continuance of Fall Safety Meetings
- Newsletter to enhance communications
- Upgrade of the new Company tractors
- New O/O benefits with decreased rates
- Alternate insurance for ON & PQ O/O's

In making these improvements, we do take your feedback into account. Please take the time to complete the survey so that we can have even more feedback to consider as we continue trying to improve at Clarke Road Transport Inc.

FOND FAREWELL

To:



Mark Trenholm

HAPPY CAMPING!!

MILEMARKERS



John & Judith Marquette celebrated their 40th Wedding Anniversary on August 3rd, 2009. This also marks 44 years of professional driving for John!

Congratulations!!

NAME THAT BABY



Can you guess who this little cutie is? Here's a clue - she is office staff extraordinaire! First one to email the correct answer to:

mgennette@clarkeroad.com wins a Tim's Certificate!

GOOD LUCK!

VAUGHN'S VISION



Retirement--most of us don't think about it. We think even less about saving for it. However, time sneaks up on us and before we know it retirement is a reality. We all have plans for the life we would like to lead when its time to stop working but in most cases government pensions will not be enough to pay for it.

WTMS can help drivers save for those retirement plans. It sponsors an employee Registered Retirement Savings Plan (RRSP) for all Clarke Road Transport Inc drivers. Along with the tax benefits of starting an RRSP savings plan WTMS will match a driver's contribution, to a maximum, as follows:

- 3% of wages upon completion of 2 years
- 5% of wages upon completion of 5 years
- 6% of wages upon completion of 10 years

I encourage every driver to take advantage of this benefit. Even opening their WTMS RRSP account before the matching of contributions begins. To start saving for retirement contact Recruiting or WTMS direct by calling Denise Morrison-Organ, Benefits Administrator, toll free at 1-866-442-7176.

Van loads crossing the border MUST use a High Security Seal!

GLEN'S GARAGE



Maintenance has made some changes! We now do our maintenance in-house. This enables more control over the safety of our equipment, especially with the help of new team member, Mark Gardiner!

Welcome aboard!!

Brokers, don't forget to satellite your maintenance macro! Please note, these **must be sent by the 15th of the following month** or you will be shut down until it is received.

**** Remember ****

TORQUE YOUR WHEELS!!

YUP...

it's coming...

BE PREPARED!!



JOHN'S JOURNAL



IMPORTANT NOTES

Drivers taking Champex or Chantix need to ensure their doctor is aware they operate a commercial vehicle in the United States. Some doctors are disqualifying individuals from operating commercial vehicles in the US due to extreme side effects.

Ontario and Quebec are enforcing the speed limiter law and writing tickets of \$488.00. All commercial vehicles travelling through the two provinces must be governed at 105!

I can not stress enough the importance of pre-trips. Not only are you meeting regulatory requirements, you are protecting yourself from blame if there are any damages to the unit!

PROFILES

Clarke Road Transport Inc.

U.S. Driver Rating: 46.36

U.S. Vehicle Rating: 14.82

ISS: 31

Clarke Road Transport USA Inc.

U.S. Driver Rating: 22.79

U.S. Vehicle Rating: 13.32

ISS: 23



One kind word can warm three winter months!

DION'S DIALOGUE



Collisions between moose and vehicles kill animals and people! Now that the summer is regrettably over and the fall conditions are upon us, bringing with it shorter days and longer nights, please exercise extra caution, particularly in NL. The majority of animal incidents occur at dusk and dawn as moose are most active during this time. Read the warning signs posted in all the HIGH RISK areas! Moose are extremely hard to see at night; the best prevention is to slow down and stay alert!

Be safe!

FESTIVE FEATURES



Pictured here are just two of the fun events that were graciously hosted by our Social Committee this year.

We had a perfect day for our "End of Season" barbeque which was made even more perfect by the attendance of our very own Robin Maclachlan!

Our Halloween lunch was a huge success thanks to characters like the crazy crew pictured above.

A huge Thank You to all the members of the Social Committee for the hard work and heart that goes into hosting such events!

FIT versus FAT

Health Tips for the Road

By Glen Faulstich,
Certified Personal Trainer
and Owner U-Weight Loss Clinic

A recent study placed the occupation of truck driver as one of the top ten most dangerous in the country.

One of the major issues facing drivers is their overall health! It is estimated that 73% of drivers are overweight and 50% are classified as obese. Some of the health issues that drivers face are diabetes, heart disease, hypertension, stroke, sleep apnea and cancer.

One of the most important changes you can make is to trade in the soda and coffee for water. The quick burst of energy from soda and coffee doesn't last, and all that sugar will only be stored as fat on your body.

Equally important is balancing your meals so you get protein, carbs and healthy fat at each meal. You can choose the salad but don't forget the chicken breast. Skip the fatty dressing and pick the olive oil and vinegar dressings.

Every chance you can, get out of the truck and get some exercise. Even a brisk lap or two around the truck will be great for your health and energy level!



Be healthy and safe on the road!!

Thinking of Quitting Smoking?



Bill had lost count of the number of times he'd tried to quit smoking but never lost sight of the fact that a life free of cigarettes was possible. He turned to the Internet and found the Canadian Cancer Society's *Smokers' Helpline*. He hoped that the service would lead to a smoke-free future. With perseverance and hard work, it became the solution Bill was looking for.

"Instead of having a smoke with my morning coffee I would log in and check the forums. I replaced one habit for another" said Bill. To his surprise Bill started believing he could kick it this time. He enjoyed connecting with those who understood his challenges.

"Smokers' Helpline Online made all the difference for me," said Bill. "I found support in the forums, which gave me the strength to keep with it."

Bill has been smoke free for over a year and still checks the *Smokers' Helpline* website every day. He finds himself offering support to those on their quit smoking journey that he once received himself. Hop online or call the toll free number to find out for yourself!

You CAN stop smoking - and we can help!

Support is just a click or call away at

www.smokershelpline.ca

or call 1-877-513-5333

FROM THE BALCONY



Waldorf & Statter's Quarterly Quotation:

Statter: I wonder if there really is life on other planets?

Waldorf: What do you care? You don't have a life on this planet!

KIDS CHRISTMAS COLORING CONTEST

Send to: Clarke's Halifax office, **Attn: Mary** before December 15th

to be eligible to win a **Jolly Surprise!!**

NAME, AGE & PHONE: _____

