

Jan. – Mar. 2009



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**Our employees are the best!**

**Attitudes**

A healthy mind will mean a healthy body. There are many people out there and many different schools of thought. However, it seems that most agree that the mind is a very powerful tool. Our minds are the key to good health and happiness. If our minds are filled with good thoughts we can't possibly be unhealthy. Disease and sickness can strike us all; however, a healthy outlook generally means good health all around. It is important we watch what we think. Humans have a never ending supply of thoughts that come through our minds. Some are good and some are bad. It is our job to get rid of the bad ones and focus on the good ones. If we do this on a constant basis we will bring into our lives what we think and hopefully this is good stuff. Therefore if we are thinking generally healthy thoughts we should generally have a healthy life and outlook. If you are thinking healthy thoughts you are making better decisions to create the healthy kind of lifestyle many of us seek. All we need to do is start with one thought at a time. If it's a good one keep it and if it's a bad one get rid of it. After awhile this process will become a habit and we are on our way to healthy thoughts and outlook. Remember it takes about 90 days to form a habit. So keep up the good spirits.

**Safety!**

While most people dismiss the idea of a 'new years resolution', such as quitting smoking, getting back to exercising, eating right and losing weight, maybe one important target is to be positive and be grateful for what we have. After all, if we have our health, we have the most important thing; we are able to work and enjoy our life, keep a roof over our heads, clothes on our back and food on our table. It is amazing how all the little problems in life get put aside when there is something really important like a health issue or a loved one's passing, that makes us appreciate that we have. While the economy woes are the top story in the media, we have seen hard times before and we will not have hardship for very long. Stay positive, stay optimistic and if you really want to enjoy a long healthy life, try to stop smoking, eat right and exercise to stay healthy and fit. Happy New Year!

**JOBS, JOBS, JOBS !!!!**

**AZ Shunters with ottawa/capacity experience.**

**Full/part time** in Brampton, Etobicoke, Concord & Mississauga locations. Varied shifts & days available.

**AZ drivers with 53' trailer and flat bed skills.**

**Full/part time** Local pick up & delivery and some line haul with a dedicated client. Some positions offer group benefits, flexible shifts, and start times. Work available in Mississauga, Brampton, Etobicoke and Concord.

**DZ drivers for straight truck and flat bed loads.**

**Full/part time** Local delivery, hand bomb involved, steady work available Clients located in Mississauga, Brampton, Etobicoke, Concord, Scarboro, Markham and Richmond Hill.

**Dispatchers and Transportation Clerks.**

Experience required for trucking companies. Extensive computer skills, knowledge of dispatch software, hours of service, geography, customer service and customs required.

**If you, or someone you know, are interested in any of these positions please contact our office.**

**We offer a \$150 referral bonus after 100 hours of service have been completed.**

\*\*\*Call office for details\*\*\*

**EMPLOYEE OF THE QUARTER**

Quarterly we will select one AZ and DZ driver to be named as outstanding employees of the quarter.

Selection criteria will include but not be limited to:

- Attendance & reliability
- Flexibility
- Timely submission of hours
- Incident free
- Any other outstanding accomplishments

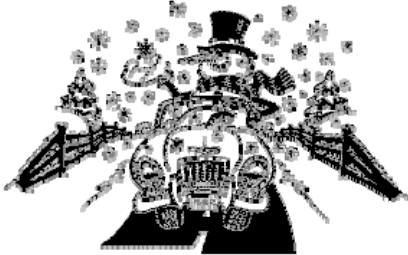
**AZ = Lorenzo Tapia**

**DZ = Marderos Daniel**

## Mandatory Truck Limiters

Electronically limiting truck speeds will promote a cleaner environment, safer roads and a stronger economy in Ontario and Quebec. Starting January 1, 2009, most large trucks driven in Ontario will be required to use electronic speed limiters that cap their speed at a maximum of 105 kilometers per hour. Studies conducted through Transport Canada have demonstrated environmental, safety and cost saving benefits of speed limiters. Obviously reducing speed will lower fuel consumption that will help reduce greenhouse gas emissions and save money on fuel purchases. Also driving at a lower speed will reduce the risk of collisions. Please keep in mind that if you are on a secondary highway (two lanes undivided) and a tractor trailer is passing please slow down and allow the pass as it may take longer to overtake you and be very careful if you are overtaking in the same situation. Do not expose yourself to the risk of a collision, stay within the posted speed limit and drive safely. There will be an educational enforcement period of six months to allow carriers to have the vehicle speed limiter set during the normal course of maintenance avoiding unnecessary additional costs to comply with the legislated requirement.

# WINTER



... and how to survive it

## Winter Driving - Be Prepared

Think Safety when driving this winter. Cold temperatures, slippery roads and decreased visibility make driving in winter conditions challenging. Canadian drivers can be prepared for winter driving conditions by following a few simple tips.

*Slow down* - Black ice, slush or snow covered roads can make stopping dangerous. Drive slowly and leave plenty of distance between vehicles.

*Proper tires* - Traction is the key to good movement, turning and stopping on wet, slushy or icy surfaces. Check tires and tire pressure at least once a month when tires are cold and remember that tire air pressure decreases in colder weather. Winter tires provide additional traction in colder weather.

*Windshield wipers and fluid* - Fill up on winter washer fluid and replace wiper blades that streak. Make sure there is enough windshield washer fluid in the reservoir and that it is rated in the -40C temperature range. Carry an extra jug in the vehicle.

*Keep the gas tank topped up* - When driving in bad weather, think caution, plan ahead and make sure you have enough fuel. Keep the fuel tank at least half full (in your personal vehicle).

*See and be seen* - clear all snow from the hood, roof, windows and lights. Clear all windows of fog. If visibility becomes poor, find a place to safely pull off the road as soon as possible.

*Carry emergency equipment* - Have the appropriate safety and emergency winter equipment always stored in your car (and truck if possible). This should include: *shovel, extra warm clothes, blanket, booster cables, ice scraper & brush, first aid kit, flashlight & flares, food, candle & matches.*

For more information, please visit: [www.caa.ca](http://www.caa.ca)



## Payroll

A new year also means new income tax forms. Please contact us if you need to make changes to your deductions.

## Congratulations!

Our "Seasonal Celebration" open house raffle winners were Steve Lynch, Venu Nair, Muhammad Shah, Pira Veerasingam and Gary Wilm. Their names were drawn randomly from all of our active employees and each received a wonderful gift.