

# Rollin' On

A GARNER TRANSPORTATION GROUP  
PUBLICATION FOR ASSOCIATES & FRIENDS

MAY 2016



## MISSION STATEMENT

Garner is a highly skilled network of professional drivers and staff who have made the commitment to exceed customer expectations.

## Celebrations for May

### Happy Birthday      Years of Service

|      |  |                 |                                 |
|------|--|-----------------|---------------------------------|
| 5/9  | Robert Downing                                 | <u>1 Year</u>   | Jeffrey Bowman<br>Prentiss West |
| 5/11 | Vance Downey                                   | <u>2 Years</u>  | Taren Coleman<br>Jason Meisner  |
| 5/14 | Matt Ritchie                                   | <u>4 Years</u>  | Anthony Howard                  |
| 5/17 | Justin Romick                                  | <u>5 Years</u>  | Jack Petrick                    |
| 5/19 | Logan Hanel<br>Tim Sigworth                    | <u>8 Years</u>  | Michael Martie                  |
| 5/22 | Max Anderson<br>Eddie Cardona<br>Isaac Cardona | <u>11 Years</u> | Tim Sherman                     |
| 5/26 | Linda Swartz                                   | <u>19 Years</u> | Tim Chruslki                    |

### Happy Anniversary

5/29    M/M Ed McKinley



If you see we have missed your celebration, please forgive us and contact the office to help us make the correction.

## CVSA ANNUAL ROADCHECK WILL TAKE PLACE JUNE 7-9, 2016

International Roadcheck is a 72-hour period when approximately 10,000 CVSA-certified local, state, provincial and federal inspectors in jurisdictions across North America perform truck and bus inspections. International Roadcheck is the largest targeted enforcement program on commercial motor vehicles in the world, with nearly 17 trucks or buses inspected, on average, every minute in Canada, the United States and Mexico during a 3-day period.



During International Roadcheck, inspectors primarily conduct the North American Standard Level I Inspection, which is the most

thorough roadside inspection. It is a 37-step procedure that includes an examination of both the driver and vehicle. Drivers are required to provide items such as their license, endorsements, medical card and hours-of-service documentation, and are checked for seat belt usage and the use of alcohol and/or drugs. The vehicle inspection includes checking items such as the braking system, coupling devices, exhaust system, frame, fuel system, lights, safe loading, steering mechanism, drive line, suspension, tires, van and open-top trailer bodies, wheels and rims, windshield wipers.



In 2015 there were 69,472 total inspections that were conducted:

- 44,989 were North American Standard Level 1 Inspections
- 21.6% included Out-of-Service (OOS) vehicle violations
- 3.6% included Out-of-Service (OOS) driver violations



**If you are not confident that you could pass a thorough DOT Inspection, please contact Safety or the shop for instructions.**



| Report for March 4 through April 1, 2016 | LOADS       | LATE     | ON TIME %      |
|--|-------------|----------|----------------|
| Roehl Transport, Inc (Van)               | 2           | 0        | 100.00%        |
| Miilan Express Co                        | 2           | 0        | 100.00%        |
| JB Hunt Intermodal                       | 3           | 0        | 100.00%        |
| Schneider National                       | 3           | 0        | 100.00%        |
| Swift Transportation                     | 6           | 0        | 100.00%        |
| West Side Transport                      | 13          | 0        | 100.00%        |
| Crete Carrier Corp                       | 38          | 0        | 100.00%        |
| Hyway Trucking                           | 67          | 0        | 100.00%        |
| Hall Brothers                            | 182         | 0        | 100.00%        |
| Spader Freight Services                  | 237         | 0        | 100.00%        |
| <b>Garner Trucking</b>                   | <b>406</b>  | <b>0</b> | <b>100.00%</b> |
| Roehl Dedicated                          | 556         | 0        | 100.00%        |
| Cardinal Freight Carriers                | 932         | 1        | 99.89%         |
| <b>TOTALS</b>                            | <b>2447</b> | <b>1</b> | <b>99.96%</b>  |



**Our scores are trending down ↓!**  
 Pay attention to Speed Limits, Pre- & Post-Trips Lane Changes, Backing and all other areas of Safety!  
**Inspection Selection System: 32**  
 Our ISS Score indicates "PASS"

| BASICS OVERVIEW                                  |               |       |            |
|--|---------------|-------|------------|
| Based on a 24-month record ending March 25, 2016 |               |       |            |
|  | GTG Rating    | Trend | Thresholds |
| Unsafe Driving                                   | 50%           | ↓7%   | 65%        |
| Fatigued Driving (HOS)                           | 17%           | ↓3%   | 65%        |
| Driver Fitness                                   | 0%            |       | 80%        |
| Controlled Substances and Alcohol                | 0%            |       | 80%        |
| Vehicle Maintenance                              | 27%           | ↓4%   | 80%        |
| Cargo-Related                                    | No Violations |       | 80%        |
| Crash Indicator                                  | Not Available |       | 65%        |

## Lowe's **Gold Carrier Award**

Kudos to our Garner team for being recognized with the Lowe's Gold Carrier Award for another straight year!

To achieve Gold status, carriers must exceed an overall 99.5 percent on-time performance, shipment status compliance and freight acceptance.

In addition to carrier metrics, Lowe's also factors in outstanding customer service and value-added supply chain solutions provided by carriers.

Great job and **THANK YOU** to our drivers who consistently provide excellent service!!



### Safety & Performance Bonus Review **THINK SAFETY!**

| Month                        | Jan-16             | Feb-16             | March-16           |
|------------------------------|--------------------|--------------------|--------------------|
| <b>Total Drivers</b>         | 93                 | 104                | 105                |
| <b>Warning/Citations</b>     | 0                  | 1                  | 0                  |
| <b>Stability Control</b>     | 0                  | 0                  | 0                  |
| <b>Hard Brakes</b>           | 0                  | 0                  | 0                  |
| <b>Fuel Solutions</b>        | 0                  | 0                  | 0                  |
| <b>Preventable Accidents</b> | 7                  | 3                  | 0                  |
| <b>Late Loads</b>            | 4                  | 4                  | 8                  |
| <b>% Receiving Bonus*</b>    | 80%                | 77%                | 82%                |
| <b>Total Bonus Paid Out</b>  | <b>\$10,475.52</b> | <b>\$12,477.63</b> | <b>\$14,418.99</b> |

\* The % total reflects the actual drivers who are paid their Safety & Performance Bonus. The incident numbers reflect only those drivers who have lost their bonus beginning the month indicated.

Thanks to those of you who shared stories of the special moms in your life. It's great to be able to recognize those who did so much for you!



Happy Mother's Day

My senior year of high school, I participated in PSO. At first I didn't mind it but when I realized how different it was from high school, I hated it. I cried to be allowed to drop out and go back to Elmwood fulltime but my mom encouraged me not to quit and helped me succeed. Throughout college, she helped me study and get through the online tests and homework. If it weren't for my mom's love & support, I wouldn't be where I am today. She truly is the best. <3 - Julie Dean, Accounting



Some of my fondest memories are that of my mother loading my four sisters and myself into the car, driving into town to take us to the library every week during the summers. We were expected to check out at least five books for the week. She would set aside time for us to read. If she saw one of us reading, she would sit with us and we would read together. As a developing reader, there were many times when we would get stuck on a large or new word.

"*Sound it out,*" she'd always say. "*Sound it out.*"

Years later, she read a passage out of a magazine to me. She was unaware that I had already read the article. As she read it aloud, the passage was not the same as I had read. She used different words and she added words. I questioned her about her reading.

She explained to me that when she went to school, rather than being taught phonics, she was taught an experimental way to read, called "sight reading." Because of that, she never became a good reader and she constantly struggled to get through school.

From her own personal shortcomings, she had made a determination that she would make every encouragement to have her children be strong readers because reading is such an important skill to master. She raised all five of us to be strong readers, and her legacy is being passed on as we teach the younger generations to be strong readers also.

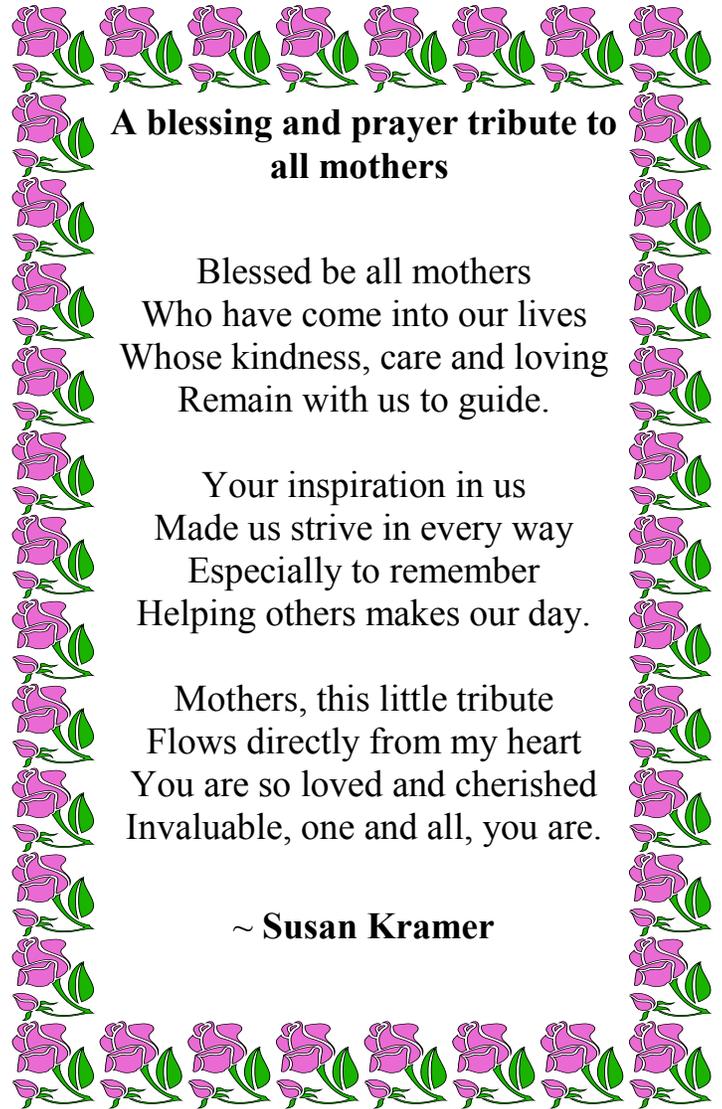
- Brad Lucius,  
Operations



I am writing this to make sure my mom, Emma Gelacek, knows how loved and amazing she truly is. Growing up I was so unbelievably proud that my mom was a truck driver and to this day I am still very proud.

I can't believe how strong and impressive you are. You wake up ready to tackle any problem life has thrown at you and I admire that so much. Having you for a mom was the best beginning life could have given me. Without you as my beginning, I don't think I would enjoy my middle this much!:) You make me laugh so hard I have literally peed my pants! I could go on and on but I just really want to let everyone know how much I love my badass truck driving mom!!!!

- Kendra Harwood, daughter of Garner Driver Emma Gelacek



**A blessing and prayer tribute to all mothers**

Blessed be all mothers  
Who have come into our lives  
Whose kindness, care and loving  
Remain with us to guide.

Your inspiration in us  
Made us strive in every way  
Especially to remember  
Helping others makes our day.

Mothers, this little tribute  
Flows directly from my heart  
You are so loved and cherished  
Invaluable, one and all, you are.

~ Susan Kramer

**celebrate!**

In June's newsletter we like to highlight the exciting things happening with the Garner team.

If you've got something you want to celebrate we want to include it!! **Fathers Day Tributes, Graduations, Engagements, Weddings, New Babies...** whatever **YOU** want to celebrate!!

If you have something you want to include please send it to Jenny, [jschaub@garnertrucking](mailto:jschaub@garnertrucking) or Sonja, [sonjawalsh@garnertrucking.com](mailto:sonjawalsh@garnertrucking.com) by **MAY 20** to be included in our June newsletter.

# Welcome Aboard



Tyrone Allen  
2702 Trainee



Mark Carlton  
2657



Charles Dardi  
2634



Gloria Faust  
2643



Michael Geddes  
2687 Trainee



Tina Hammock  
2657



Alex Hollenbach  
2645



James Kayser  
2660



Eli Yoder  
2636



Mark Zolman  
2704



## GARNER SHIRTS

Short sleeve T-shirts are fully stocked!!  
*High Visibility shirts are available by pre-order.*

See the front office to place your order.

### SHORT SLEEVE T-SHIRTS!

Some styles/sizes in stock  
(Others need to be ordered)

**SELECT BLACK OR GRAY**

**Short Sleeve  
No Pocket**

**Short Sleeve  
with Pocket**



**No Pocket**

**S-3XL—\$10.50**

**4-6XL—\$11.50**

**With Pocket**

**S-3XL—\$13.50**

**4-6XL—\$14.50**

*Tall Sizes*

**ST-3XLT—\$13.50**

**4XLT—\$14.50**

*Tall Sizes*

**ST-3XLT—\$14.50**

**4XLT—\$15.00**

**SEE FRONT OFFICE TO ORDER**

# Clean Inspection

## Congratulations!

### Michael Martie

### Jay Bloom



# GPS . . . WHICH IS BEST?

There are all kinds of GPS units on the market. Have you ever tried to decide which is best?

It may not matter which brand you buy if the GPS directions take you on a wrong route!

Your **DISPATCH** gives you directions to new locations.

GPS is not reliable and if you choose to follow it:

- ✗ You may be too heavy for the route.
- ✗ Too tall for overpasses.
- ✗ Too long for safe turns.

**NO MATTER WHICH GPS YOU HAVE, YOU MUST CONSTANTLY USE YOUR OWN BRAIN POWER TO AVOID IMPOSSIBLE PLACES!**



## BRAIN POWERED GPS



## THE BEST GPS

## OTA DRIVER OF THE YEAR

The Ohio Trucking Association completed its annual search for the OTA Driver of the Year.

Dave Walsh (2689) was selected as one of the twelve finalist from over one hundred nominations. That speaks of the skill, safety and character of drivers that Garner has on the road. Another example of Garner P.R.I.D.E.!

Dave will be celebrating 24 years at Garner in July. With previous experience, he has had 37 years on the road and 2,600,000 safe driving miles. This year's award was the 2015 OTA Award. Dave was also an OTA Driver of the Year finalist for the years of 2011, 2012, 2013. **Great Job Dave!**



Jim Newsome  
Garner Dir of Safety

David Walsh  
Driver of the Year  
Finalist

Dan Dorn  
OTA Chairman



2015 DRIVER OF  
THE YEAR FINALISTS



# WELLNESS TIP

## IN-CAB TRUCK DRIVER WORKOUT

**35 Minutes—291 Calories**



1. Bodyweight King Deadlifts

3 sets, 6 reps



2. Knee Hug Crunches

3 sets, 6 reps



3. Dumbbell Upright Rows

3 sets, 15 reps



4. Ski Squats

3 sets, 15 reps



5. One Arm Dumbbell Rows

3 sets, 15 reps

6. Dumbbell Shoulder Press

3 sets, 15 reps

7. Push-ups

2 sets, 15 reps

8. Bodyweight Good-mornings

2 sets, 6 reps

9. Toe Touch Crunches

2 sets, 15 reps

10. Kneeling Ab Plank

2 sets, 35 seconds

## Can you tell what this is a picture of?

Be one of the first three DRIVERS to guess the riddle and win a Subway gift card!

Contact the front office with your best guess!  
Watch June's Rollin' On for the correct answer!



## APRIL RIDDLE



Answer: Take me out to the ball game!

Congrats to April winners: Jeff Martin, Dan Holtzaple and Alan Arthur!

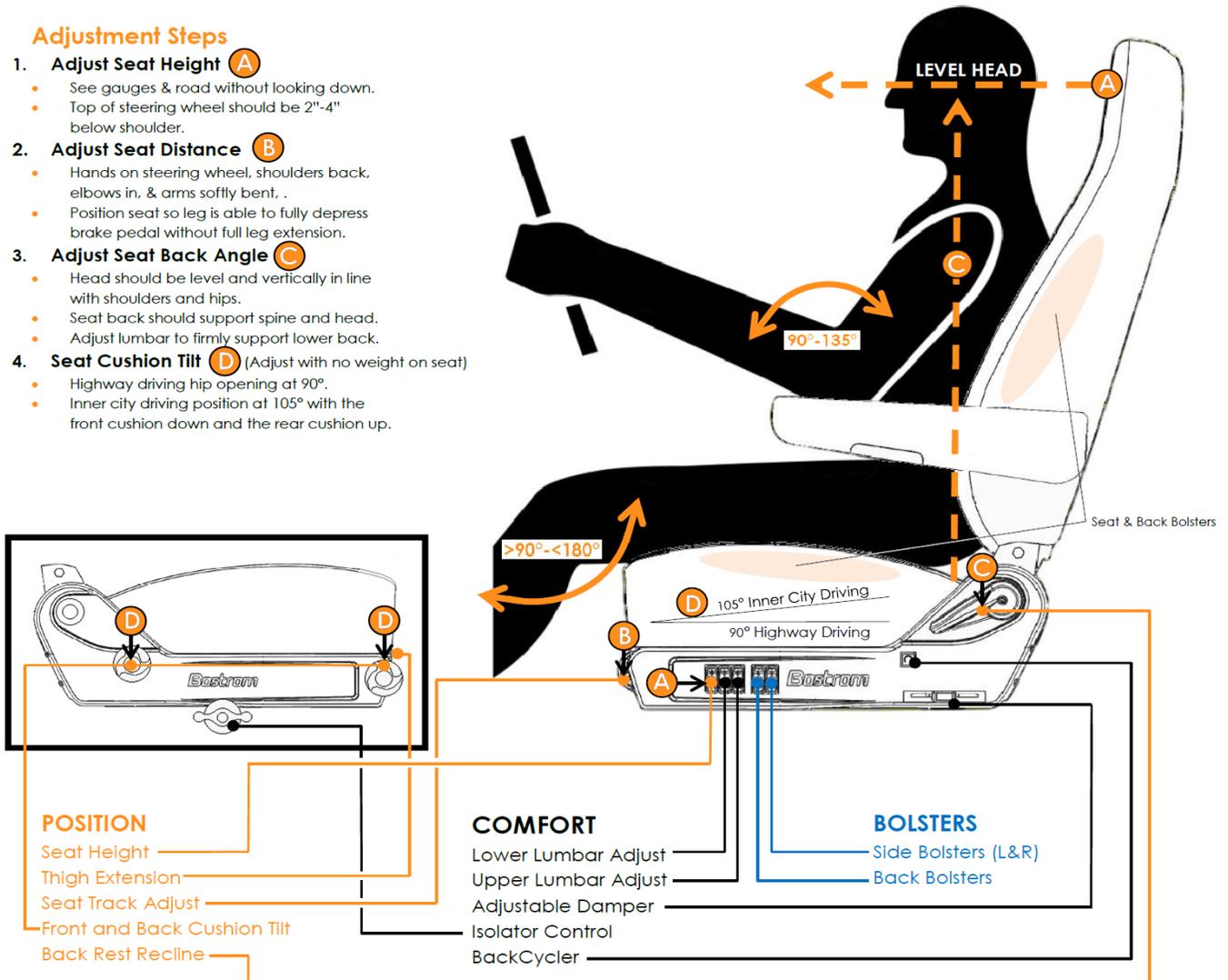
# SHOP TIPS

## A PROPERLY POSITIONED SEAT REDUCES:

NECK PAIN | LOWER LUMBAR PAIN  
DISC COMPRESSION | HIP & LEG PAIN  
HAND, LEG, & FOOT NUMBNESS

### Adjustment Steps

- 1. Adjust Seat Height (A)**
  - See gauges & road without looking down.
  - Top of steering wheel should be 2"-4" below shoulder.
- 2. Adjust Seat Distance (B)**
  - Hands on steering wheel, shoulders back, elbows in, & arms softly bent.
  - Position seat so leg is able to fully depress brake pedal without full leg extension.
- 3. Adjust Seat Back Angle (C)**
  - Head should be level and vertically in line with shoulders and hips.
  - Seat back should support spine and head.
  - Adjust lumbar to firmly support lower back.
- 4. Seat Cushion Tilt (D)** (Adjust with no weight on seat)
  - Highway driving hip opening at 90°.
  - Inner city driving position at 105° with the front cushion down and the rear cushion up.



#### POSITION

- Seat Height
- Thigh Extension
- Seat Track Adjust
- Front and Back Cushion Tilt
- Back Rest Recline

#### COMFORT

- Lower Lumbar Adjust
- Upper Lumbar Adjust
- Adjustable Damper
- Isolator Control
- BackCycler

#### BOLSTERS

- Side Bolsters (L&R)
- Back Bolsters

