

The Distributor

Smokey Point Distributing, Inc.

Happy Birthday

“ Fly free and happy beyond birthdays and across forever, and we'll meet now and then when we wish, in the midst of the one celebration that never can end.” ~ Richard Bach

❖ Clay, Tommie	Nov 01st
❖ Jackson, Robert	Nov 01st
❖ Lagozzino, Jake	Nov 04th
❖ Pepper, Roger	Nov 04th
❖ Murillo, Dennis	Nov 05th
❖ Hamilton, Jeannette	Nov 06th
❖ Lee, Gerard	Nov 07th
❖ Lacasse, Lisa	Nov 08th
❖ Thomas, Justin	Nov 11th
❖ Green, Mike	Nov 12th
❖ Dahl, Teresa	Nov 13th
❖ Ricketts, Daniel	Nov 13th
❖ Pilon, Mitchell	Nov 14th
❖ Sesby, Leif	Nov 16th
❖ Scott, Mark	Nov 16th
❖ McAtee, Frank	Nov 17th
❖ Matthews, Erik	Nov 18th
❖ Dietrich, Derek	Nov 19th
❖ Lamar, Savannah	Nov 22nd
❖ Sims, Steve	Nov 23rd
❖ Thompson, Laura	Nov 23rd
❖ Carsner, Rodney	Nov 24th
❖ Macho, Richard	Nov 24th
❖ Witter, Jennifer	Nov 24th
❖ Spindola, Michael	Nov 25th
❖ Kelley, Scott	Nov 26th
❖ Gadotti, Tricia	Nov 27th
❖ Shepard, Lynnea	Nov 27th
❖ Delcamp, Sherry	Nov 29th

Happy Anniversary

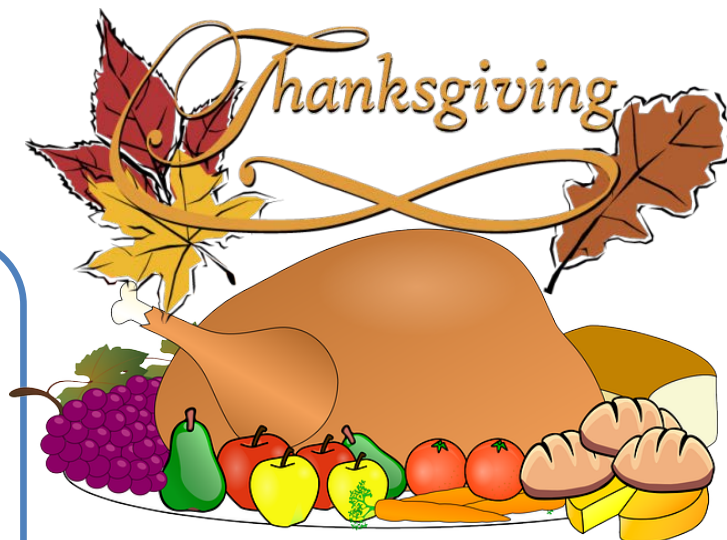
“Excellence is not a singular act, but a habit. You are what you repeatedly do.”
~ Shaquille O'Neal

❖ Leidal, Dan	01 Yr	Nov 06th
❖ Thompson, James "Chip"	01 Yr	Nov 20th
❖ Winston, Keith	01 Yr	Nov 20th
❖ Artim, Jennifer	02 Yrs	Nov 18th
❖ Hurst, Mia	02 Yrs	Nov 20th
❖ Hurst, Steven	02 Yrs	Nov 20th
❖ Shipman, Leslie	02 Yrs	Nov 21st
❖ Shipman, Ted	02 Yrs	Nov 21st
❖ Elliott, Dolores	03 Yrs	Nov 21st
❖ Shepley, April	03 Yrs	Nov 27th
❖ Facklam, Lee	04 Yrs	Nov 15th
❖ Dewey, Chris	04 Yrs	Nov 01st
❖ Vane, Steve	04 Yrs	Nov 21st
❖ Hoffman, John	06 Yrs	Nov 17th
❖ Cortez, Ramon	07 Yrs	Nov 18th
❖ Haugstad, Dana	08 Yrs	Nov 26th
❖ Dahl, Teresa	09 Yrs	Nov 14th
❖ Denser, Tom	12 Yrs	Nov 04th
❖ Schmitt, Ronda	12 Yrs	Nov 04th
❖ Torgerson, Donn	12 Yrs	Nov 10th
❖ Dewey, Dave	13 Yrs	Nov 25th
❖ Wallace, Russ	13 Yrs	Nov 25th
❖ Rasmussen, Liz	22 Yrs	Nov 09th

Visit the SPD Facebook Page

For up to the minute information check out our updates on Smokey Point Distributing Facebook page:

Have any pictures from the road, news, events, happenings, recipes or anything else you would like to submit for posting, send them to social@spdtrucking.com



Leaders of the Road!

The following lists the SPD Drivers with **Exceptional & Perfect Logs and no CSA Violations**: No form and manner problems, no fueling errors, and complete and legible billing paperwork submitted within 48 hours of delivery. Keep up the awesome work.

Bales, David	Bales, Judith	Bohren, Donald	Brock, Sheldon
Bullard, Herbert	Carsner, Robin	Carsner, Rodney	Chelius, Thomas
Clay, Trudy	Colestock, Kevin	Cortez, Ramon	Crites, Shannon
Currier, Tony	Davenport, Steven	Dean, Jim	Deas, Thomas
Denser, Tom	Denton, Walter	Dewey Jr, David	Dewey, Dave
Dill, Jesse	Douglas, Randy	Echols, Teena	Elliott, Dolores
Elliott, Steve	Erzen, Daryl	Erzen, Kriss	Fitzgerald, Kyle
Forsythe, Echo	Forsythe, Eric	Foss, Kimberly	Foss, Randy
Funderburg, David	Galvan, Jimmy	Garcia, Ron	Gates, Bridgit
Green, Mike	Green, Sheryl	Hall, Tad	Hanson, Byron
Hearn, Albert	Heath, Cary	Heath, Laura	Heidel, Colette
Henthorn, Paul	Hopkins, James	Houghton, David	Howland, Steven
Hurst, Mia	Hurst, Steven	Jackson, Robert	Jamar, Hollis
Jones, Richard	Junker, Kyle	Kelley, Scott	King, Aaron
Koder, Terry	Kramer, Gary	Larson, Douglas	Lee, Gerard
Legare, Felix	Legare, Helen	Lynch, Velvin	Lyons, William
Macho, Mirela	Macho, Richard	Mansfield, Donald	Matthews, Erik
Mcatee, Frank	Meredith, Scott	Miller, Mitchel	Miller, Wendy
Minter, Barry	Morrow, Elizabeth	Morrow, Richard	Murillo, Dennis
Nichols, Arlene	Osborne, Nolan	Pena III, Carlos	Perry, Jeremy
Perry, Virgil	Presley, James	Prosperi, Joseph	Ricketts, Daniel
Robarge, Leslie	Robertson, Kelly	Rodriguez, Bobby	Roth, Terry
Salyer, Jess	Schmitt, Ronda	Shepley, April	Short, Robert
Smith, Dawn	Solano, Kim Oliver	Sprague, James	Sprague, Leann
Terflinger, David	Terletter, Richard	Terpenning, Leslie	Thomas, Paullette
Thomas, Terry	Thompson, Laura	Thompson, Tom	Tow, Brian
Turner, Martha	Tyler, Robert	Vehrenkamp, Roger	Warren, Willie
Wert, Archie	White, Cindy	White, Lenny	

Thanks to each Driver for doing a **Superb Job!** We hope as time goes on this list will continue to grow. We look forward to adding your name to this list!

Each month we will post a list of SPD Drivers with great logs and no CSA Violations. Please remember to turn in your Trip Packs within 48 hours of delivery, in a complete and legible manner with all billing documents.

SPD in Pictures

Nate Moran, Driver of Truck 478, sent in this picture.



Happy Birthday
Greg Hirsch!

Scott Meredith, Driver of Truck 400 took this photo of his truck.



Lisa Leoso
with
Sheldon
Redenbaugh

Jeannette Hall sent in a picture of 390 – "Here is our stunning truck 390 after being washed, waxed, hand dried, and tire treatment. It's worth the extra money to take pride in my truck and company!!! "





Lowest Idle Times for a 30 day period

Requirements are:

Team over 16,000 miles

Solo's over 8,000 miles

Local over 2,000 miles

Ran time for September 15th through October 15 2015

TOP 5 TEAMS ARE:

Unit 342 - Rahman @ 1.20%

Unit 401 - Warr @ 2.99 %

Unit 444 - Geringswald @ 3.04%

Unit 312 - Blakeley @ 5.02 %

Unit 187 - Hurst @ 5.65 %

TOP 5 SOLO DRIVERS ARE:

Unit 104 - David Dewey JR @ .67%

Unit 477 - Brian Tow @ 2.25%

Unit 418 - Paul Marshall @ 2.36 %

Unit 021 - Kyle Fitzgerald @ 3.06 %

Unit 111 - Michael Walters @ 3.15%

TOP SOLO DRIVER IS:

UNIT 050 - James Presley @ 2.33 %

GREAT JOB TO ALL YOU ALL

"You must expect great things of yourself before you can do them."

Mike Young

Fleet Efficiency Specialist



Most vitamins are totally useless — here are the ones you should actually take:

Business Insider
ebrodwin@businessinsider.com
(Erin Brodwin)

It seems like simple, obvious advice: Eat your vegetables, get some exercise, and — of course — take your vitamins. ~ Or not.

Decades of research has failed to find any substantial evidence that vitamins and supplements do any significant good. In fact, recent studies skew in the opposite direction, having found that certain vitamins may actually be bad for you.

Here are the vitamins and supplements you should actually take — and the ones you should avoid:

Multivitamins: Skip them — you get everything you need with a balanced diet.

Vitamin D: Take it — It helps keep your bones strong and it's hard to get from food.

Antioxidants: Skip them — an excess of these has been linked to an increased risk of certain cancers, and you can eat berries instead.

Vitamin C: Skip it — it probably won't help you get over your cold, and you can eat citrus fruits instead.

Vitamin B3: Skip it and eat salmon, tuna, or beets instead.

A probiotic: Skip it — the science isn't advanced enough yet for them to have a significant benefit, and you can eat yogurt instead.

Zinc: Take it — it's one of the only ingredients linked with a shortened cold.

Vitamin E: Skip it — an excess has been linked to an increased risk of certain cancers, and you can eat spinach instead.

Folic Acid: Take it if you're pregnant or if you might want to get pregnant.

Peoplenet/Qualcomm Automated Workflow

As you likely have seen in recent fleet messages, we've begun to raise awareness around the mobile communications workflow and are asking for your help in utilizing these tools to the fullest.

Our customers are asking for more and more data from us. The information that comes from you is very important in terms of measuring our service levels and providing real time, accurate data for pickups, deliveries and other load information.

I've been asked what a good target rate is. We do know there are some loads (multiple stops or loads that have stops added after dispatch) that do not work as we'd like. Considering those exceptions, I believe a fleet wide success rate of 80% or above is achievable.

At the time of our first measurement, our fleet wide rate stood at 54.8%.

Since that time our average increased to 61%!

Below is a list of the top drivers and their percentages. You will also see postings in our terminals listing drivers who are at 80% or above. If you would like to know your rate, we can supply that at your request.

If you need additional training or help, please feel free to ask. We want to work together for the benefit of the customer's needs and to make your job easier.

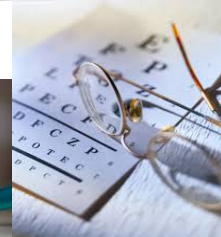
Thank you

Matt Cacace
Vice President – Business Systems

Top 25 Automated Workflow Drivers

JUERN, CARL	97.62%
CRITES, SHANNON	97.30%
GORE, WESLEY	93.33%
DEAS, THOMAS	92.50%
GAIMSTER, GEORGE	91.75%
BENJAMIN, JEFF	90.91%
SOLANO, KIM	90.57%
DEAN, JIM	90.24%
FUNDERBURG, DAVID	89.66%
SPINDOLA, MICHAEL	89.61%
DAVENPORT, STEVEN	88.71%
RAHMAN, HAROLD	88.06%
WALLACE, RUSS	87.80%
HEARN, ALBERT	87.27%
SHORE, PERRY	87.14%
MEREDITH, EARL	86.89%
MAHONEY, THOMAS	86.67%
TORGERSON, DONALD	86.49%
NICHOLS, ARLENE	86.44%
ROGERS, JAMES	86.36%
SPRAGUE, JAMES	86.36%
MARTIN, DWAYNE	85.71%
ROBARGE, LESLIE	85.12%
PERRY, VIRGIL	84.75%
JONES, RICHARD	84.51%

Open Enrollment
November 9 – December 1, 2015



MetLife

