



“Your Transportation Specialist”

MEANWHILE, BACK AT THE FARM...

May, June, July (5th) Edition

DONNELLY FARMS LTD NEWSLETTER:

BIRTHDAYS!!!!

- Scott Donaldson-June 2nd
- Paul Cole-June 3rd
- Bev Marshall-June 8th
- Len Joy-June 14th
- Richard Clark-June 17th
- Robert Colson-June 17th
- Brian Brake-June 23rd
- Ginelle Martin-June 25th
- Dave Davenport-June 26th
- Tina Thibodeau-July 1st
- Bill Donaldson-July 4th
- Jon Van Montfort-July 10th
- Corey Thomas-July 14th
- Jim McIntosh-July 15th
- Allison Godreau-July 25th
- Danny Turner-August 7th
- Sheldon Aucoin-August 13th
- George Janes-August 16th
- Dave Johnston-August 17th
- Willie Rattray-August 23rd

Donnelly Farms Ltd would like to extend a warm welcome to the new members or our team...

- Grant Alexander
- Tom Kennedy
- Ed Hammond
- Tony Bennett
- Allison Godreau
- Jon Van Montfort
- Paulie Doherty

Welcome back Dalton Foster, Gary Siddall & Dwayne DeMerchant!

If you have not met these drivers please take a minute to stop and introduce yourself!!!

Occupational Health and Safety:
We are proud to report that No time was lost due to injuries of DFL employees in the months of March and May!

Winners of Door Prizes at Drivers Meeting....

- Larry Brown-DFL T-Shirt & Hat
- Eric Cyr-DFL Cotton Casual Shirt

NOTICE: NY State Thruway

*There are different plazas that strictly enforce their 5 mph speed limits. If you are clocked going more than 5 mph they issue a speed violation notice. This comes to us by fax right away and they mail the original. We will address each notice on an individual basis.

- 1st notice-Warning
- 2nd notice-Warning
- 3rd notice-They will suspend your tag; you will be required to stop and pay cash for all tolls during the 90 days the tag is suspended.

- ### **INSIDE THIS ISSUE:**
- Birthdays
 - Jokes
 - Employee of the Quarter
 - Minutes of Driver Meeting
 - Complete Paperwork
 - Accident Procedure
 - Fuel Incentive Program
 - Customs Paperwork
 - Dropping Trlr @ DFL
 - Trailer Damage
 - Pallet Trlr @ Bestway
 - Driver Comments

Drivers Meeting June 18th, 2005:

Accident Procedure: All drivers are responsible to familiarize themselves with what to do if they are involved in an accident. You are also responsible



“Your Transportation Specialist”

to be sure that the truck you are driving has an accident kit that includes accident procedure, reporting form and camera.

If you are involved in an accident you are responsible to:

- 1) Take thorough Pictures; try to take pictures of every vehicle involved in relation to concrete objects in the surroundings (light pole, street signs etc.)
- 2) Gather all information:
 - >Third Party Info.
 - >Witness Info. & statement
 - >Police Info.
- 3) Contact DFL (Ginelle, Dwayne or Larry) before moving your vehicle
- 4) When returning to DFL turn in your diagram and written detailed description of what happened with your camera and all other information.

Over Weight Fines: We have had 6 over weight fines since the beginning of the year resulting in over \$1300.00 worth of citations. Please know your gauges, if there is any chance that you are over weight have it weighed before leaving the customer so that we can take some product off if necessary. Be sure and weigh your load as soon as practicable after loading, if you are over weight notify dispatch and they will instruct you what to do. Our US Carrier Profile is slowly improving, keep up the good work with regards to HOS!

C-TPAT Certified / CSA Approved for FAST Shipments: Please remember that we are a FAST Certified Carrier, this does not only mean that we can haul FAST Shipments it also means that we have signed an agreement with both Canadian and US Governments that we promise to report anything suspicious (ie:if you see people hanging around truck stops that look like they may be planning to steal or if your seal has been tampered with or if the customer asks you to take a package that you don't know the contents of etc.)

Complete Paperwork: We are still having a problem with POD's (Proof of Deliveries) not getting turned in. As per your drivers manual (attached) all paperwork must be turned in to the office before we complete your pay. We have not strongly enforced this in the past but due to the increasing amounts of paperwork not being turned in we will be holding pay from this point forward for anyone who does not turn in all paperwork.

Complete Paperwork includes:

Signed POD's with Freight Bill #s written on the top right hand corner of all related documents

- Custom Papers
- Weight Slips
- Unloading Slips
- Fuel Slips
- Completed Envelope with trip report completed (reefer & truck fuel must be clearly distinguished)
- Log Sheets

When necessary drivers will be responsible to call the customer and have a copy of the paperwork faxed to our billing department.

New Fuel Incentive Program: This incentive program is in addition to the original incentive program that began last year. You can choose to stay on the original program and receive 4¢ per mile (minus 1¢ for both over speeds and idle time) or you can chose the new incentive program which is based on MPG (miles per gallon).

Peterbuilt / Average MPG = 6.15	
Increase to:	Bonus:
6.65 MPG	2¢/mi
7.15 MPG	4¢/mi
7.65 MPG	6¢/mi

International / Average MPG = 6.46	
Increase to:	Bonus:
6.96 MPG	2¢/mi
7.46 MPG	4¢/mi
7.96 MPG	6¢/mi

Freightliner / Average MPG = 6.28	
Increase to:	Bonus:
6.78 MPG	2¢/mi
7.28 MPG	4¢/mi
7.78 MPG	6¢/mi

Kenworth / Average MPG = 6.79	
Increase to:	Bonus:
7.29 MPG	2¢/mi
7.79 MPG	4¢/mi
8.29 MPG	6¢/mi

This bonus will be paid at the end of every month for the month prior. The shop has been instructed to download your truck every time it arrives here but it will be the responsibility of the driver to be sure that it gets done. It is especially important if someone else (ie: spare driver) happens to take your truck that you download it when you get out then again before you get back in the truck.

It was suggested that we copy the download for the driver, Dwayne agrees that it is a good idea, we will copy the graph as well.

DONNELLY Farms Ltd

"Your Transportation Specialist"

Border Crossing Paperwork: We have been notified that effective immediately the US Customs will no longer allow border crossing locations to be changed on shipments once the prior notice has been sent. They are saying that if a truck arrives at Sarnia and the border crossing paperwork was set for Houlton the truck will have to go back to Houlton with no exceptions. As drivers please be sure you know exactly where your load crosses.

Dropping Trailers @ DFL: Please be sure that when dropping trailers or containers at DFL that the dolly legs are on the cement pad. If you get out of the trailer and notice that the legs are going to be off the pad make sure to get back in your truck and line trailer up properly.

Trailer Damage: Company Trailers are getting beat up really bad. It is in your best interest to report all damage when hooking to a trailer because we will be tracking it, when damage is reported we will be tracing back to the last driver who had that unit and we will be charging them.

Pallet Trailer @ Bestway: Effective immediately we will no longer be leaving pallets at the trailer in Bestway's yard. All pallets will now be taken to Diamond State Warehousing.

Directions: When leaving the Port, take Terminal Avenue and turn LEFT onto Pigeon Point Road, go for about ½ mile and Diamond State Warehousing is on the right side of the street. Their phone number is (302) 425-0802.

When dropping pallets you will need to complete a pallet slip. You will be required to enter your truck #, trailer#, name and signature.

If a customer is giving you pallets back and they are complete junk please notify dispatch as we may decide it is not worth it to take them back.

Comments: We received a suggestion that we pay extra for the breakdown of freight at Peabody. We currently pay 2 drops (\$50.00) if you have to breakdown the pallets and if it is more than 3000 cases. Apparently other companies pay \$100.00 for this drop, we decided that the pay for picks and drops at times when you have to do nothing but back in then get the bills signed averages out with the times that you have to do partial breakdown of the load.

We have an on going problem with waiting time. Some customers, in particular-Hunt's Point, are not keeping appointment times. Dispatch will try to monitor this better.

It has been suggested that Ferry Pay for Marine Atlantic be increased to \$50.00 plus paid berth. Thank you for this suggestion; we will have a closer look at this then get back to you.

Reminder: If traveling through Colorado you are required to have the last 8 digits of your Serial Number posted on your truck. Some trucks only have 5 digits posted. If your truck only has 5 digits posted and you are heading through Colorado it is sufficient for you to write the VIN on paper and post it in both windows. You can not be fined for not having it but if you don't have it they will pull you in at every scale!

There are applications available to any driver who would like to join the Canadian Trucking Human Resource Council in the Professional Driver Recognition Program. Come see Ginelle for details.

You will receive a letter of appreciation from the council as well as a certificate, wallet card and window sticker which all recognize you as a professional driver and show that you meet the high standards of your profession. As a CHTRC Certified Professional Driver you will be kept up to date on the skills upgrading modules that the council offers and CTHRC publications will be sent to you on a regular basis.

We encourage you to pursue professional and personal development so you can continue to be a professional in the industry.

Currently CTHRC Certified: Brian Brake, Regis Deschenes, Rick O'Brien & Aaron Jones

DONNELLY Farms Ltd

"Your Transportation Specialist"

SLOW DOWN FOR WORK ZONES

Those hot, sunny days of summer are almost here. However, summer also means increased road construction and increased danger for motorists and workers. Work zone activity is increasing because many of our highways are over 30 years old and they need repairs. Much of the construction is occurring on roads that are already congested from high traffic, which causes delays and frustration for drivers.

Over the last five years, the number of persons killed in motor vehicle accidents in work zones has increased from 872 in 1999 to 1028 in 2003. With nearly 50 percent increase in work zone fatalities between 1997 and 2003, work zone safety is a growing concern.

The Federal Highway Administration recommends the following tips for driving safely in work zones:

1. Expect the unexpected
2. Slow Down
3. Don't tailgate
4. Keep a safe distance between you and the car ahead of you
5. Pay attention to the signs
6. Obey road crew flaggers
7. Stay alert and minimize distractions
8. Keep up with traffic
9. Schedule enough time to drive safely-check radio, TV and websites for traffic information
10. Be patient and stay calm
11. Turn on the headlights so workers and other drivers can see your vehicle
12. Be ready for rough roadways that can affect your driving

A Nuisance to a Truck Driver

Written by Gary Mcully

Another day is just dawning
For that Truck Driver who is Yawning
As he knows he must get on the road
And get to destination with that load
But first he must get out and stretch that body
And perhaps a little coffee for a hot toddy.
And yes, the log book must be done
For it's summer and the DOT are on the run.

If not the DOT, it could be the State Police
And if the log book is incorrect, the truck driver they
would cease.

His destination for that day he would not make
A large fine would be imposed and all his money they
would take.

It makes you wonder why anyone would want to drive truck
As it takes a lot of patience and much good luck.
As for log books, DOT & State Police, I salute
With a very much-needed steel toed boot.

Fuel Prices & Fueling Notice:

As you know fuel is one of our largest expenses and one that can be controlled by you the driver. I spend a considerable amount of time getting fuel prices out to you in a timely manner, most of you are fueling at the best places but there are a few that are not. Since this is one of the items that we emphasize as a new driver and have instructions in our Drivers Manual, we have no choice but to charge back to you (thru your bonus) the difference in fuel prices when you **choose** to fuel at a higher priced station.

Here are a few reminders on where to fuel in the USA; Dysarts (at the cardlock using their card) & Carneys Point, NJ are our cheapest places in the North East. As a general rule Flying J's in the USA are the cheapest place to fuel. DO NOT fuel in New



"Your Transportation Specialist"

Hampshire as their fuel tax is very expensive. Use ONLY your T-Chek card for fueling in the US, the Irving card is being shut off for US purchases due to misuse.

Thanking you in advance for your cooperation, Ellen Armour

Carrier Update from the APTA:

Transport Canada Marine Safety Drills

Attention Marine Atlantic Inc. Commercial Users:

Please be advised that Transport Canada Marine Safety are asking that all Canadian Ferry Operators implement additional safety drills to what they do presently. All Canadian Ferry Operators are being asked to do this as part of the MOSH safety code requirement. Please be advised that Marine Atlantic Inc. will be performing Boat and Fire Drills with Passengers onboard, on a periodic basis. (minimum of 1 per week)

Notice to Brokers:

If you are a Limited or Incorporated company and travel through the state of New Jersey, you are required to pay the New Jersey Corporate Business Tax or face impoundment of your equipment at roadside. You are not covered under DFL's filing and payment of the NJ Corporate Business tax. However, if you are a broker and have not incorporated your business you are not required to pay these taxes. To register, please call (609) 292-9292. See me with any questions. Thanks, Andrea.

EMPLOYEE OF THE QUARTER TO FOLLOW BY SPECIAL BULLETIN!!

Staying Fit on the Road:

Are you dying for a burger?

The two main things that determine what you eat are money and time. You may not have much of either! That's why your diet on the road is probably high in Fast Food Fat and low in Fresh Fruits and vegetables. Which leads to shortages in the vitamins and nutrients you need to keep healthy, alert and fit.

As a trucker, your focus is on getting the job done, so you're probably not paying enough attention to

your health but it shouldn't take a heart attack to change your eating and exercise habits.

Following a healthy diet and exercising reduces stress, prevents illness and injury, and makes you a safer driver. Here are some simple ways to start getting fit. These small changes have a big impact.

Eat to the Beat:-your heartbeat, that is!

Start with a breakfast of eggs (not fried!), whole grain toast or cereal and fruit. Even a little bacon now and then is OK. Stock up on healthy, snacks before hitting the road, such as low-fat/high-fibre

energy or cereal bars, nuts or whole-grain crackers. Remember; always carry bottled water, because keeping hydrated is important.

At the truck stop for lunch or dinner? Choose lean protein to help fuel your pump, such as omelettes, lean meat choices or sandwiches, such as grilled chicken, and a salad on the side. Ask for low-fat milk with your burger or whole-wheat bread for your sandwich. Add some fresh fruit for dessert.

Reving Up: How can you possibly stay fit when you have no time, you are cooped up in your cab all day (and night), and you pass every fitness center doing

"Your Transportation Specialist"

100km/hr? Check out Fitness memberships at national chains so you can visit a branch wherever your travels take you.

Try keeping hand weights or resistance bands in your cab. Resistance work helps you increase strength while shedding pounds, keeping up muscle mass, maintaining bone density and revving your

metabolism. You can even try products like "The Truck Gym: that lets you perform more than 22 exercises from your truck seat. (visit www.thetruckgym.com for details)

Getting the Move On: Poor eating habits and minimal exercise lead to numerous problems, including heart

disease, obesity, high blood pressure, cancer and diabetes. Studies show that overweight people who lose as little as five percent of their body weight by eating better and exercising lower their risk for many of these killers.

Taken From Truck Magazine, May edition

Joke of the Quarter

Little Old Ladies

An older lady gets pulled over for speeding...

Older Woman: "Is there a problem, Officer?"

Officer: "Ma'am, you were speeding."

Older Woman: "Oh, I see."

Officer: "Can I see your license please?"

Older Woman: "I'd give it to you but I don't have one."

Officer: "Don't have one?"

Older Woman: "Lost it, 4 years ago for drunk driving."

Officer: "I see...Can I see your vehicle registration papers please."

Older Woman: "I can't do that."

Officer: "Why not?"

Older Woman: "I stole this car."

Officer: "Stole it?"

Older Woman: "Yes, and I killed and hacked up the owner."

Officer: "You what?"

Older Woman: "His body parts are in plastic bags in the trunk if you want to see."

The Officer looks at the woman and slowly backs away to his car and

calls for back up. Within minutes 5 police cars circle the car. A senior officer slowly approaches the car, clasp his half drawn gun.

Officer 2: "Ma'am, could you step out of your vehicle please!" The woman steps out of her vehicle.

Older woman: "Is there a problem sir?"

Officer 2: "One of my officers told me that you have stolen this car and murdered the owner."

Older Woman: "Murdered the owner?"

Officer 2: "Yes, would you open the trunk of your car, please."

The woman opens the trunk, revealing nothing but an empty trunk.

Officer 2: "Is this your car, ma'am?"

Older Woman: "Yes, here are the registration papers." The officer is quite stunned.

Officer 2: "One of my officers claims that you do not have a driving license."

The woman digs into her handbag and pulls out a driver's license and hands it to the officer.

The officer examines the license. He looks quite puzzled.

Officer 2: "Thank you ma'am, one of my officers told me you didn't have a license, that you stole this car, and that you murdered and hacked up the owner."

"Your Transportation Specialist"

Older Woman: "Bet the liar told you I was speeding, too."

MORAL: Don't Mess With Little Old Ladies

IMPORTANT NOTICE:

Newfoundland Quarters

Hang on to any of the new Newfoundland quarters. If you have them, they may be worth much more than 25 cents.

The Canadian Mint announced today that it is recalling all of the Newfoundland quarters that are part of its program featuring quarters from each province.

"We are recalling all the new Newfoundland quarters that were recently issued," Canadian Mint Deputy Minister Jack Shackelford said Monday. "This action is being taken after numerous reports that new quarters will not work in parking meters, toll booths, vending machines, pay phones, or other coin-operated devices."

The quarters were issued in the order in which the various provinces joined Confederation and have been a tremendous success among coin collectors worldwide.

"The problem lies in the unique design of the Newfoundland quarter, which was created by a team of Newfoundlanders," Shackelford said. "Apparently, the duct tape holding the two dimes and the nickel together keeps jamming."

EMPLOYEE OF THE QUARTER:



Alvin Kettle

We are pleased to announce Alvin Kettle as our first Employee of the Quarter for March, April May. Alvin has been with DFL since March 2000.

Alvin is proudly from the big city of Port Aux Basques, NL. He and his wife Annette have a son Brian, a daughter Tina and a grandson Nicholas.

Although he doesn't have much time for his favorite hobby these days he used to enjoy riding motorcycles, and was known to have put his wife off it a few times for driving so fast.

This wild man tells us that one day while driving an oil truck with about 15 000 gallons of fuel it caught on fire. Alvin kept his cool and just put it out with a fire extinguisher.

In addition to his calm behavior one of the reasons Alvin has been nominated because he is quick to assist other drivers and willing to help all employees of Donnelly Farms. Alvin's 36 years of experience and excellent demeanor makes him a great candidate for employee of the quarter!

DONNELLY Farms Ltd

"Your Transportation Specialist"



Len Joy

Len was born and raised in BC. He then spent 35 years in Calgary and 5 years in Brantford before he and his wife Phyllis decided to retire to NL, where they now reside in Musgrave Harbour. Between them they have 6 children and 10 grandchildren. They also have 2 dogs - Len has Cimeron and Phyllis has Tess; 2 cats – Shoncee and Patches; and 2 birds – Oscar and Millaya.

Len's retirement lasted 3 months before he started going stir-crazy and he realized he had to find something to do. Friends told him to call Donnelly Farms as they were a pretty good outfit; he was hired in May of 2002 and the rest is, as we say, 'history'.

Other than driving truck for 41 years Len has done some construction work and for hobbies he likes photography but his real passion is reading. Len has been nominated for his calming influence, mentoring attitude & more.

When asked if he had any comments about DFL he said it was one of the better outfits on the east coast. It is like working for one big happy family because they care and they have bent over backwards to help him out.

Congratulations to you both!