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MESSAGE FROM THE PRESIDENT

WRITTEN BY: JULIE TRUDEL

We never experience a prouder moment than when we receive a phone call from a customer thanking us for our efforts and fantastic service. Recently, we have received several calls from customers expressing their thanks regarding specific drivers and their level of professionalism and courtesy. Caravan has many moving parts, Dispatch, Logistics, Customer Service, Safety, Accounting, Garage, Warehouse and the list goes on. We all work exceptionally hard in order to give our customers

what they need, when they need it. However, regardless of the work that we do in the back ground, it takes our drivers executing our plan to make it a success.

We don't always take the time to say a personal thank you to all of you. So here it is... "thank you!". Today's driver has many obstacles in his/her path... **traffic, weather, defective equipment, a slow economy resulting in a lack of freight, regulatory guidelines, etc.** Only a true professional driver can

make a success of themselves in this day and age of trucking and we are happy to say that Caravan's **driving force is one of the most successful** out there. Our **customer's feedback says it all**. The fact that the loads are still running, that we have long time customers (some have been with us since the inception of Caravan!) and that the company continues to grow is a direct reflection of the hard work of all Team members involved. Thank you for your hard work, your dedication and your professionalism!

Introducing JOBS Training School

By: Ola Iwanura

You may have seen the JOBS Training logo splashed about in the photos from our Truck World booth, you may have heard something about a driving school, and you heard right! JOBS Training is launching with the help of a newly acquired TTSAO-approved training curricu-

lum, the cooperation of our safety department and some good old elbow grease to keep 'er rollin'.

JOBS Training does exactly what the name says – it trains you for the workforce. JOBS truck training school is opening in the midst of an overwhelming driver shortage within this industry. The goal is to scoop up new hopefuls and show them the ropes

without glamorizing the profession, only simplifying the processes and paperwork, this and practical in-cab vehicle training.

If you see the JOBS truck and trailer in the yard, keep in mind **it's probably being driven by a student**, so go easy on them. More importantly if you have friends who have a genuine interest in becoming professional truck drivers, let them know about JOBS Training and ask front desk about the program.

SPOTLIGHTING A DRIVER: BRIAN LUZNIK

What made you get into trucking?

My father was a truck driver, he would take me on day trips with him to Fort Erie. We would meet other drivers at the truck stop and in the yard, I realized that with all the freedom, traveling and friends that I could have. That's what I wanted to do, was be just like my dad and drive a truck.

Was this your first career choice or did you enjoy a career previous to this?
Driving was my first job, and it will probably be my last.

SPECIAL POINTS OF INTEREST:

- *Thank You Driving Force!*
- *JOBS Training School*
- *Top 5 Apps for Drivers*
- *Getting to know Brian Luznik*
- *Introducing e-Logs*
- *Truck World 2012*



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Caravan Logistics Helps Make a Wish Come True

TORONTO - Caravan Logistics Inc. matched a \$2000 donation to Trucking for Wishes in their money machine game challenge on Friday, April 20th at Truck World 2012.

Caravan Logistics owner-operator Brian Luznik, and marketing maven Sonia Merena, jumped inside the Trucking for Wishes money machine, and tried to capture as much money as possible in 30 seconds each. The whopping total was \$2000, and Caravan Logistics matched the money collected, and donated to the cause.

"We are so thankful to receive this huge donation from of Caravan Logis-

tics. It was truly unexpected and greatly appreciated. Its companies like Caravan that have helped us raise over \$200,000 for the Make A Wish Foundation in the past 5 years." Aaron Lindsay, Event Coordinator, Trucking For Wishes.

The program, "Trucking for Wishes" raises money for the Make a Wish Foundation, which grants wishes to children with life-threatening medical conditions. In partnership with the trucking industry, Trucking for Wishes has made dreams come true and Caravan Logistics is proud to have worked with and be a continued supporter of Trucking for Wishes in making a difference in these children's lives.

Introducing E-Logs

By: Mike Allen

Caravan Logistics will be implementing a new Electronic Logbook system (E-logs) into the fleet. Caravan was subjected to an MTO compliance audit this April, and failed the Hours of Service portion of the audit. E-logs are the way of ensuring that we are compliant while at the same time, lessening the burden on our drivers.

E-logs are not such a bad thing. It relieves the driver from having to manually draw and tally up hours on the grid day-to-day. E-logs will improve driver and carrier productivity and compliance while decreasing drivers workload & stress.

Because the logs are electronic, you don't carry any paper with you except for your pre-trip inspection form. If an inspector requires a copy of the past two weeks worth of logs, you press "send fax" to their fax line and they receive them immediately. You as the driver can long into your account and print your logs at home for your own records.

It may take a few slow steps to get used to the E-log system, but you will come to see that in time, other companies will follow suit and do the same, and that electronic really is the simple and easy way to go. e-Logs will make drivers aware of their own available driving time and at the same time puts pressure on Operations to ensure that shippers and consignees meet their appointment commitments. E-logs should not be seen as a deterrent but as a way for Operations and drivers to work jointly in ensuring all loads are completed within Hours of Service regulations.

Caravan Logistics will be helping drivers meet these compliance regulations by training them on the SHAW MCP 100 and MCP 200 satellite units to produce E-logs in place of paper logs. Drivers will no longer be able to falsify their logs allowing for better control of the number of hours they legally work. The implementation of E-logs will be gradual with the entire fleet being on E-logs within 24 months.

The Volvo Group's vision is to become world leader in sustainable transport solutions. We're convinced that efficient transport is crucial for societal and economic development. We have the skills, resources and global reach to shape the future of transport.

Read the full report www.volvogroup.com/sustainabilityreport

Environmental Responsibility
Environmental care is at the heart of our business. By continuously introducing safer and more energy efficient transport solutions, the Volvo Group reduces the environmental impact of the use of our products. We also strive to improve efficiency and minimize the negative impact from our own production.

In 2011 ...

- Volvo Construction Equipment and Volvo Buses joined the WWF Climate Savers program
- The Volvo Trucks plant in Tuve, Sweden, became CO2 neutral, powered without any fossil fuels

Economic Responsibility
As a Group, we are driven by the conviction that it is possible to run a financially sustainable business while contributing to sustainable development and creating long-term value for our stakeholders.

In 2011 ...

- The Volvo Group reached its highest net sales, operating income and operating margin
- The Volvo Group once again qualified for inclusion the Dow Jones Sustainability World Index (DJSI World)

Social Responsibility
We work to improve traffic safety and minimize injuries in the event of accidents. Our ultimate goal is zero accidents with the Volvo Group's products. We strive to be an attractive and responsible employer.

In 2011 ...

- Volvo do Brasil was chosen as the best employer in Brazil
- The Brazilian Transform program was awarded the Volvo Group Internal Safety award for its 20 years of efforts in preventing accidents.

Did You Know?
After five days without truck transports, drinking water is depleted, and garbage is piling up in the streets.

Did You Know?
The CO2 emissions in a Volvo truck has been cut by 40% since 1975.

Did You Know?
Since the early 1980s, emissions of nitrogen oxides and particulate matter from a Volvo truck has been cut by more than 90%.

Did You Know?
The Volvo hybrid bus cuts fuel consumption by up to 37%.

Did You Know?
According to the UN, greenhouse gases must decrease by 50-60% between 2000 and 2050.

Did You Know?
In 2011, 50,107 Volvo Group employees were trained on anti-corruption issues.

Did You Know?
Since 2008, more than half of the world's population lives in cities. They have a growing need for safer, more efficient and environmentally adapted public transport solutions.

We believe that responsible business is long-term successful business. In the Volvo Group CSR and Sustainability report 2011 we present our strategies, activities and achievements so far to reach our vision. Read the full report www.volvogroup.com/sustainabilityreport

TOP 5 ESSENTIAL SMARTPHONE APPS FOR TRUCK DRIVERS

BY: SONIA MERENA



DriveSafe.ly
(Free)

A fantastic application for individuals who spend a lot of time in their cars; truck drivers, sales staff, long distance commuters. DriveSafe.ly features real-time out loud verbal dictation of your text message and emails as you drive. Hands-free with no need to touch the phone while operating a vehicle, with one-touch activation and un-complicated setup.

DriveSafe.ly helps to eliminate texting and e-mailing while driving and helps reduce distracted driving, while keeping your hands on the wheel and your eyes on the road. DriveSafe.ly features an array of customization options

with respect to volume, language, and voice speeds.



Fuelbook (Free)

A money saving application for all professional truck drivers searching for competitive diesel prices, truck stop services and parking status across the United States and Canada. Fuelbook has saved drivers an estimated \$25,000,000 million in fuel purchases already and they are just getting started! Fuelbook allows locations with current fuel prices, reports parking status, lists services and creates real time specials anytime from your mobile phone.



Instagram (Free)

Every driver needs a photo application to be able to share postcard-like photos while on the road away

from friends and family. Instagram allows you to snap a picture, choose a filter to transform its look and feel, then post to Instagram to share with friends and family. Share to Facebook, and Twitter. It's photo sharing, and it's as easy as pie.



Calorie Counter
by FatSecret
(Free)

An essential application to simply find nutritional info for the food you eat, and easily keep track of your meals, exercise and weight. It is a multifaceted tool for tracking caloric intake. The calorie counter considers your average fitness level and calculates your daily intake of food to help you to lose weight. The

calorie counter is easy to use and even offers a barcode scanner that reveals the nutritional value of the food through a search function. The search function even includes foods from fast-food restaurants, such as McDonald's, KFC, Taco Bell, etc. The application keeps your own personal food diary, while tracking your exercise to show your progress.



Cat Scale Locator
(Free)

Easily locates CAT Scale locations from anywhere and saves the locations based on your current GPS location or custom search!

....CONTINUATION OF DRIVER Spotlight: Brian Luznik

What other companies have you worked for (trucking)?

Over 25 years I have worked for many, but the larger ones include Maritime Ontario, Trimac, TNT logistics, Carmen cartage, Buffalo group, and Luznix Inc.

What is the most interesting thing that has happened to you while driving a truck?

I was put in handcuffs at the Detroit border by customs back in 1989, because I wouldn't break the seal on a mail load. I don't know about now, but back then, the only person that could break that seal was a U.S. mail inspector.

Do you have any tips or tricks for the road to share with our other drivers?

If you get sleepy, pull over take a nap. Driver fatigue is a killer, no freight is worth dying for, and the life you save may be your own. Also, I love this saying and I think it is huge for the trucking industry "How you treat someone today will determine how they treat you tomorrow."

What can't you leave home without?

My cell phone, just leave it at home for a day and see how lost you will feel, no text, email, internet or talking to your friends and family.

"I WORK OUT"

Working out when traveling can be next to impossible unless you know which moves are quick, easy, and get results.

1. Prone Plank: Lie on stomach, propping up on elbows. Raise body up off bunk onto toes and elbows only. Hold position for 10 seconds. Repeat 3 times, for 10 seconds each. Progress by holding for 15 seconds, then 20 seconds. Also, progress by holding position while alternately lifting legs upward, keeping knees straight.
2. Sitting Dips: Sit near the edge of bunk with feet firmly on the floor. Place
3. Push Ups: Standing. Stand with hands against truck, with elbows straight. Holding stomach in (without holding breath), complete a push-up against truck. Progress to diagonals, placing hands on cat walk. Complete 10x, increase to 3 sets of 10.

"Success is the sum

*of small efforts,
repeated day in and*

day out."

-Robert Collier



CARAVAN LOGISTICS INC.

2284 Wycroft Rd
Oakville, ON
L6L 6M1

500 Montée Labossière
Vaudreuil-Dorion, QC
J7V 8P2

Phone: 905-338-5885
Fax: 905-338-8450

E-mail: DRC@caravanlogistics.ca

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-CARAVAN LOGISTICS

FOLLOW US ON TWITTER!

@CARAVANTWEETS

DEPENDABLE TRANSPORTATION
SOLUTIONS

ANNOUNCEMENTS AND MILESTONES....

Birthdays

John M, Bogdan C, Milford H, Duckyong M, Denys M, Oleh V, Igor K, Ihor M, Sooh B, Dongho N, Sergiu C, Aureliu B, Mark D, Alexandre C, Logan C, Lech Z, Donald W, Vladimir S, Oleg L, Viktor Z, Gontes U, Marcin W, Gary S, Waldemar D, Piotr T, Tomasz G, Kazimierz G, Alan K, Christopher W, Jan M, Heungrai K, Vasyi C, Bogdan S, Yang Choon Y, Hakan S, Vladimir T, Leszek R, Natalya G, Derek K, Norbert T, Farukh G, Igor C, Kuldeep S, Peter D, Marcel M, Serhiy N, Roby G, Heather E, Kerry M, Anna W, Peter I, Anika M, Dave M, Joe P, Julie T, Darren P, Denis I, Steve M, Bill K, Renata U, Kevin J, Valentyn P

Years of Service Milestones

11 Years— Bob K

10 Years - Yurii H, Anna W

8 Years - Bogdan C, Viktor Z, Leszek R, Logan C, Lech Z, Tomasz G, Gontes U

7 Years - Julie T, Valentyn P

6 Years - Vasyi C, Nicolas R

5 Years - Sungmok Y, Grzegorz B, Jeffrey M, Steve S, Sooh B, Darek K, Mike P

4 Years - Sergiy K, Oleh V, Shawn B, Betty P, Mieczyslaw P

3 Years - Bill K, Jeff B

2 Years - Maxim O, Yang Jun K, Arkadiusz, Volodymyr B, Tomasz W

1 Year - Corrine H, Milford H, Mark B, Christopher M, Yuriy B, Kuldeep S, Marek C, Pavlo M, Erick M, David M, Edmond B, Carol T, Krzysztof C, Troy M

Thank you! & Congratulations

TRUCK WORLD 2012

The Caravan Truck World Team would like to thank everyone who attended the show and helped support Caravan Logistics official ‘coming out’ into the industry. The Truck show was an overall success and a meeting place for individuals involved in the industry young or old, to network, educate, and sightsee. **Truck World is Canada’s largest event and caters to over 20,000+ skilled professionals. Since the show’s beginnings in 2000, the event has become a must-see by all trade members with an interest in sus-**

tainability and the future of transportation.

Celebrating 15 years as a dedicated transport carrier, Caravan Logistics has been a long standing member of the industry, and wanted to let people know that we are here to stay. Caravan showed off its true colors and officially introduced itself to the world of transportation as an innovative leader in its field. We would like to thank you the Caravan Truck World Team which included Jayne Gunn, Ola Iwaniura, Sonia Merena and Caravan’s dedicated drivers, Helen Thorpe, Brian Luznik, Caroline O’Brien, &

Mycull Bourque.

Next Stop ExpoCam 2013
in Place Bonaventure,
Montreal, QC.

