

Check out our
NEW WEBSITE
caravangroup.com

MESSAGE FROM THE GENERAL MANAGER

BY: DEREK KOZA

Here we grow again.....

As many of you have now noticed, the rebranding of the Caravan Group of Companies has now started to hit the street. In the last quarter of 2013 10 brand new 2014 Freightliners joined the fleet along with 20 brand new 2014 Vanguard LCV Plated trailers. These units are the first to wear the banner of our newly marketed name Caravan Group of Companies and helped push Caravan Group to an industry ranked #41 by asset size in the Canadian Transportation market. Additional power units will be added in mid to late summer of 2014 to further back the growth strategy set by the company.

I'd like to welcome Jeff Hamil-

ton and Dave MacKenzie to the Caravan Manitoba family. In the last quarter of 2013 both Jeff and Dave joined our newly launched Winnipeg Manitoba office. Jeff will be managing our Sales in Western Canada and Dave will be managing the Driver Recruitment and Retention of Western Canada. Both Jeff and Dave come with 20+ years of industry knowledge and proven success.

I had previously announced last summer that the 4 acre yard expansion of our Vaudreuil terminal would be completed in the fall of 2013. There were some delays with the project however I am pleased to announce that Caravan will be moving forward with this project in the spring of 2014 once the thaw has completed. We look

to have it completed by August 2014 which will allow for further growth of our Quebec operation.

Finally, no load is more important than your safety and the safety of those on the road with you. This winter has been one we would all like to soon forget. The deep cold temperatures, snow storms, blowing snow have added a lot of stress and risk to all of you. If you feel as if the road conditions no longer allow for you continue, please contact dispatch and find a safe location to park. No load is worth your safety and our customers understand all of this and support you with your judgment and professionalism as do we.

Be Safe, healthy and successful.

SPECIAL POINTS OF INTEREST:

- *Message from the General Manager*
- *The Debate over Low & High Skilled Occupations*
- *Getting to know Rostyslav S*
- *TruckWorld 2014*
- *Safety Tips from Jeff Boyle*
- *Wind Mobile- US Plans*
- *2013 Drivers of the Month*



The debate over Low-skilled and high-skilled

By Sonia Merena

Did you know that truck driving is considered a low skilled occupation?

As a truck driver, your profession comes with many obstacles and challenges. You operate a 50 ton truck and trailer, while navigating throughout North America's treacherous highways and congested traffic. You maneuver through these roads while paying attention to road signs, road conditions and four wheelers, all to make appointment times so that Maslow's Hierarchy of Needs can be satisfied in daily life. The journey from point A to point B, does not come with limited skills and yet the occupation of Truck Driver is considered Low-Skilled profession. Other

low-skilled professions include security guards, or general office workers, for instance.

Operating a 53' foot truck and trailer safely is an achievement that is not learned by sitting in a classroom but by hands-on experience. Yes the basics, the theory part of it are taught in class, but the great part of learning is done by operating a large heavy vehicle on the road with the assistance of professional trainers. Other hands-on professionals are electricians, mechanics and carpenters - **which all qualify as Canada's high skilled professions.** To reverse a vehicle into a tight spot, or to operate a truck 4 car

lengths long, while using state of the art in truck technology to stay in touch with your Driver Manager, receiving shipments, transmitting documents and managing high-tech Electronic Log Books, on top of maintaining your own truck while on the road - this all takes experience and skill.

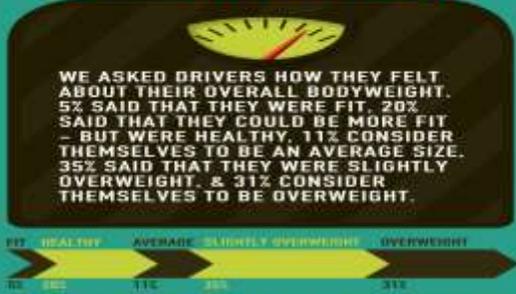
The profession has been stereotyped and the qualification and requirements that come with doing the job are not being upheld by the government. Trucking is a highly skilled profession, just like being a mechanic or electrician. And yet the government seems to think otherwise. Being highly skilled, means... (continued on Page 2)

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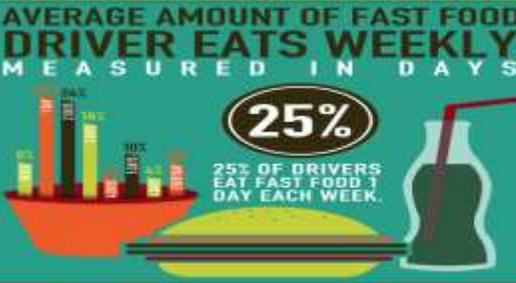
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TRUCK DRIVER HEALTH

HOW DRIVERS FEEL ABOUT THEIR BODYWEIGHT



18% OF DRIVERS EAT FRUIT EVERYDAY



HOW HARD DRIVERS THINK IT IS TO EAT HEALTHY ON THE ROAD



Spotlighting a Driver: ROSTYSLAV SHOSTAK

What made you get into trucking?

My first trucking experience was in Russia in 2000, 14 years ago. I also worked in Portugal as a truck driver, before I started my engineering career. For many years my environment had been offices and computers while I was programming, projecting and managing a small designing team. For a short period I was working at the office from Monday to Friday, and on Saturday and Sunday I was going on trips between Lisbon and Madrid. A couple of years ago, due to the economic crisis in Europe, I started to look back into trucking. In addition, I was feeling a little bit bored at the office and needed a change.

I am proud to have two professions; it helps to adapt myself to different life situations.

What other companies have you worked for (trucking)?

Caravan is the first company that I have worked for in Canada. All previous companies were overseas.

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

Truck driving offers the possibility to visit many interesting places. I love trips to New York. Every time I am there and have to wait for loading I go to Manhattan. In 7 months I have crossed the USA and Canada several times from east to west and from north to south. I visited all the big cities in Canada, Los Angeles, San Francisco, Chicago and others. I saw a lot of beautiful places and took a lot of photos. I enjoy travelling; it is the best part of truck driver job.

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

Have mobile Internet. Nowadays navigation software permits us to observe satellite images of delivery locations, to find the nearest truck stop easily and rapidly and to check traffic, etc. It doesn't cost too much, and saves a lot of time.

What can't you leave home without?

I have to make sure that my family is safe and problem free in my absence.

TRUCK WORLD 2014

In April, Caravan Group of Companies will be taking part in Truck World 2014 at the International Centre in Toronto. If any drivers would like to volunteer and support Caravan while interacting with other truck drivers, we will offer "Recruiting Bonuses." FREE PASSES are available using the VIP CODE: CARAVAN. The event takes place April 10-12th at the International Centre at 6900 Airport Road. For more information or FREE passes ask Sonia at ext.257 or soniam@caravanlogistics.ca



The debate...

(continued from Page 1) having two to three years of post-secondary education at community college, institute of technology or CÉGEP or two to five years of apprenticeship training or three to four years of secondary school and more than two years of on-the-job training, occupation-specific training courses or specific work experience. Most truck drivers have either one of those criteria and yet truck driving is still considered a low skilled profession. Becoming a professional truck driver comes with years of experience and training.

A change must be made to bring the profession to its rightful qualification. It's Caravan's plan to get involved. Stay Tuned!

Safety tips while driving in blowing snow & whiteout conditions

By: Jeff Boyle

As this has been one of the worst winters that we have experienced in quite some time it goes without saying that as the weather conditions worsen the risk of being involved in an on-road incident or collision become greater. Slowing down or pulling off the road to safety **until conditions improve are your best options in these types of conditions. Remember that it's not only your driving experience and attentiveness that will play into the results of an on-road incident.** You must be mindful of other motorists on the roadways as they may not be operating safely and can put you and your equipment in jeopardy. Here are some tips for you to consider:

Tips For Driving In Blowing Snow And Whiteout Conditions

Before you drive - and during your trip - check weather forecasts and road reports. If there is a weather warning, or reports of poor visibility and driving conditions, delay your trip until conditions improve, if possible. If you get caught driving in blowing snow or whiteout conditions, follow these safe driving tips:

DO:

- Slow down gradually and drive at a speed that suits the conditions
- Make sure the full lighting system of your vehicle is turned on
- Be patient (avoid passing, changing lanes and crossing traffic)
- Increase your following distance (you will need extra space to brake safely)
- Stay alert
- Keep looking as far ahead as possible
- Reduce the distractions in your vehicle – Your full attention is required (turn off music and refrain from using your phone – even if it has a hands free headset)
- Keep your windows and mirrors clean (use the defroster and wipers to maximize your vision)
- Try to get off the road when visibility is near zero (pull into a safe parking area if possible)

DON'T:

- Don't stop on the travelled portion of the road, you could become the first link in a chain-reaction collision
- Don't attempt to pass a vehicle moving slowly or speed up to get away from a vehicle that is following too closely

REMEMBER:

- Watch your speed (you may be going faster than you think – If so, reduce speed gradually)
- Leave a safe braking distance between you and the vehicle ahead
- Stay alert, remain calm and be patient
- If visibility is decreasing rapidly, do not stop on the road. Look for an opportunity to pull off the road into a safe parking area and wait for conditions to improve. (...continued on Page 4)

“You only live once but if you do it right, once is enough.”
-Mae West

WIND MOBILE WIND has a brand US new plan! You can get a brand new smartphone with unlimited talk, text and data for Canada (\$50) unlimited data in Canada as long as you are in a WIND area. WIND is the first Canadian carrier to give you true mobile freedom in the USA. BUT for an additional \$15/ month get unlimited data, talk and text while roaming in the continental US, Alaska, Hawaii, Puerto Rico and the U.S. Virgin Islands.

Recruiting Program

Bring a driver onboard & earn \$500 if he stays for 6 month. Pick up your cards from Renata or Reception.



Trip Down Memory Lane– 2013 Drivers of the Month

- | | |
|----------------------------|------------------------------|
| January– Aureliu Bivol | July– Dmytro Zanevskyy |
| February– Jean MacKenzie | August– Hyung Chung |
| March– Namwook Park | September– Marianne Westrope |
| April– Curtis Noble | October– Frank Zeglen |
| May– Christian Schlottmann | November – Marcel Mutombo |
| June– Vitalie Lazaretnii | December – Line Dumont |

Thank You & Congratulations!



From left to right: Bob Workun- VP Operations, Steve Merena– VP Safety & Compliance, The Honourable Glen Murray Minister of Transportation, John Iwaniura– President , & Derek Koza– General Manager

ANNOUNCEMENTS AND MILESTONES....



Dependable Transportation Solutions

CARAVAN GROUP OF COMPANIES INC.

2284 Wycroft Rd
Oakville, ON
L6L 6M1

500 Montée Labossière
Vaudreuil-Dorion, QC
J7V 8P2

68 Bergen Cutoff Rd
Winnipeg, MB
R3C 2E6

Toll Free: 1-888-828-1727
Phone: 905-338-5885
Fax: 905-338-8450
E-mail:

DRC@caravanlogistics.ca

FIND US ON FACEBOOK!

-CARAVAN LOGISTICS

FOLLOW US ON TWITTER!

@CARAVANTWEETS

DEPENDABLE TRANSPORTATION
SOLUTIONS

Birthdays

Sohan S, Gerald H, Jacek M, Vladimir B, Elyas A, Marek N, Mohamed Ahmed A, Kazimierz C, Muhammad N, David M, Alexey D, Curtis N, Vasyl K, Grzegorz J, Mario T, Sharanjeet G, Vitalie L, Andrzej S, Roman M, Leonid C, Brian S, Damian G, Pawel I, Kazimierz W, Mirosław D, Brian R, Sukhwinder K, Roman G, Jeffrey M, Andrei K, Yurii H, Amandeep J, Yannick G, Jae Kwan L, Heratch V, Ravi P, Dinesh R, Bogdan F, Oleksandr N, Igor G, Andrey K, Jaroslaw L, Ron C, Taesoo K, Janusz L, Anatolij K, Mieczyslaw K, Velenka R, Dmytro S, Necati T, Rodney L, Petar R, Jaswant C, Gurdip D, Yong Min K, Normand L, Byong Soon P, Ashfaq H, Yuriy P, Faramarz A, Stanislav K, Igor K, Donald W, Ranjit L, Andrei K, Jeff B, Jerry I, David K, Don L, Lori L, Doug M, Mitch M, Paul M, Paulina M, Eddie P, Samantha T, Tim T, Tomasz W, Mirosław Z, Radeoslaw L.

Years of Service Milestones

13 Years - Serhiy N

12 Years - Yuriy P

11 Years - Andrzej S, Kazimierz C, Oleksandr N

10 Years - Bogdan F, Ryszard P

9 Years - Igor C

8 Years - Ola I

7 Years - Aureliu B, Vladimir B

6 Years - Sergiu C, Eugeniu T

5 Years - Grzegorz J, Janusz L, Norbert T, Boguslaw Z, Daniel C

4 Years - Marek N, Igor M, Dmytro S

3 Years - Roby G, Viktor R, Byong Soon P, Jerry K, Joe P

2 Years - Jean M, Donald W, Randy M, Yannick G, Duckyong M, Alexey D, Leonard F, Robert M, Paulina M, Yaro P

1 Year - Gurdev B, Anatolij K, Alexander B, Kayamba M, Roman G, Andrey K, Mohamed A, Gurdip D, Donna P, Ron C, Jean Paul L, Dmytro Z, Christopher P, John L, Krysztof C, Samantha T

Thank you! & Congratulations.

Safety Tip

(...continuation from Page 3)

- If you become stuck or stranded in severe weather, stay with your vehicle for warmth and safety until help arrives (slightly open a window for ventilation, run your engine sparingly and use your emergency flashers)
- Be prepared and carry a winter driving survival kit that includes items such as warm clothing, non-perishable energy foods, flashlight, shovel and blankets

Operating Around Snow Removal Equipment
Another thing to be mindful of while

operating in winter weather conditions is snow removal equipment and plows. These vehicles are equipped with flashing blue lights that can be seen from 150 metres. A flashing blue light can only be used on snow removal vehicles and they are intended to warn you of wide and slow-moving vehicles. Some snow plows have a wing that extends as far as three metres to the right of the vehicle. On highways, several snow plows may be staggered across the road, clearing all lanes at the same time by passing a ridge of snow from plow to plow. Do not try to pass between them. This is extremely dangerous because there is not enough room to pass safely, and the ridge of wet snow can throw your vehicle out of control.



Don't forget to join our Facebook Page!
Lots of great photos and commentary.



Mario M, January's Facebook Winner!