

## Professional Driver Tips

### ONE LONG-HAUL COMBINATION TRUCK IDLES OVERNIGHT

OFTEN BETWEEN 5 AND 8 HOURS PER DAY, OVER 300 DAYS PER YEAR, COSTING:



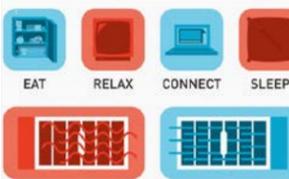
## Dumbbell Workout for Truck Drivers

- 10 Standing twists
- 10 Crunches
- :30 Bridge
- :30 Side planks
- :30 Front plank
- 10 Wood chops
- 10 Shoulder presses
- 10 Squats
- 10 Bent over rows
- 10 Tricep extensions
- :30 Wall sit
- 10 Hammer curls
- 10 Shoulder shrugs
- 10 Toe raises
- 10 Stiff-legged deadlifts
- 10 Upright rows
- 10 Lunges
- 10 Bench presses
- 10 Butterflies

**The Healthy Trucker**

www.TheHealthyTrucker.net  
AboutTruckingJobs.wordpress.com

### AFTER A FULL DAY OF DRIVING, DRIVERS NEED TO



## Fall/Winter Forecast 2014/2015

### GET READY FOR SILLY MUSTACHES THIS NOVEMBER!

If you wish to join the Caravan 3PL MoGrowers Team and plan on Growing a Moustache and collecting donations, please visit: [moteam.co/caravan-3pl-mogrowers](http://moteam.co/caravan-3pl-mogrowers) and sign up and join the team!!! If you do not wish to collect donations, but wish to help and support the cause, you can make donations on any of the following link: [moteam.co/caravan-3pl-mogrowers](http://moteam.co/caravan-3pl-mogrowers)  
Here are our staff participants for November 2012 and 2013:



## SATURDAY NOVEMBER 15<sup>TH</sup> @ 9AM



### Pre-Parade Meeting for Participant and Volunteers

Wednesday, November 5 in the Atrium at Town Hall. Registration begins at 6:30 PM -- meeting begins promptly at 7:00 - 8:30 pm. If you are a new participant, failure to attend this meeting will result in your entry being disqualified. No exceptions. If you are a returning participant, we recommend you attend to get any new information and pick up the parade package being distributed that evening.

### What time does the parade begin? Where does it go?

The parade will begin promptly at 9:00 a.m. at the corner of Lakeshore and Reynolds. The first float should arrive at Lakeshore and Navy at about 9:20 a.m., the next at Lakeshore and Kerr at 9:30 a.m. and finally at Kerr and Stewart at about 9:55 a.m. These times are approximate, but give you some idea of the time of the Parade will reach any given point. The further along the route you sit, the later it will actually start for you.

### What happens if it rains?

The next parade date is on Saturday, November 15, 2014 at 9:00 a.m. **rain or shine.** So dress for the occasion.



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OCT/NOV/DEC 2014

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## Say "Hello" to Zoriana Workun

Zoriana is a familiar face at Caravan and if you haven't met her yet as a driver, you certainly will soon enough.



Blessed with a knack for resolving problems, and keen instinct when it comes to business needs as well as the needs of the driver; her hands-on approach is ideal for someone taking on the role of Senior Operations Manager here at Caravan. Here is what Zoriana has to say about the coming winter season and 2015:

*"Driver manager assignments have been shuffled to streamline the specific driver services.*

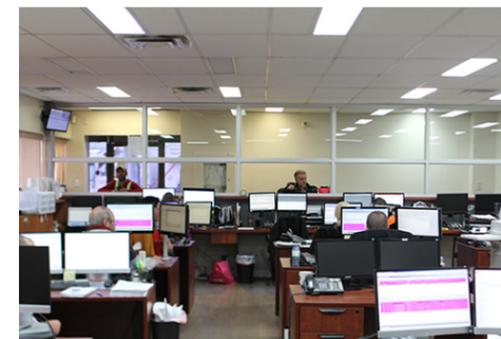
*Call your DMs to be scheduled into our next Winter Training Session.*

*Remember to get your vacation requests in for the upcoming holiday season as it won't be guaranteed.*

*I'm excited to be in this position and take on the challenges that come with it. I am going to do my best to make Caravan's operations a well-oiled machine for the drivers and staff alike."*

## Renovations in Oakville

You've probably been walking around our Oakville terminal seeing bright yellow signs forewarning of construction. Interruptions of the driver coffee service, stepping over dusty floors, yelling over the sounds of drills and hammers; these are all necessary inconveniences to make Caravan a better place for everyone.



### Dispatch Facelift

First on the to-do list was to knock down the walls between customer service and dispatch. We merged the departments into one area, extending the driver windows so drivers can better communicate with Driver Managers. We thank you kindly for your patience and hope you like our new look.



### Washroom Reno

Heeding to the requests of our female drivers, Caravan has updated our unisex washrooms. Dividing the men's and women's facilities to each have a shower and toilet and vanity were key concerns that drivers had raised, and we are thrilled with the results of the renovations.



## FRESH FACES

Get familiar with our new staff:

Oksana Zadarko



Receptionist

Mitch Farkas



Logistics / 3PL Brokerage

Kalie McCormack



Customer Service Coordinator

Michael Ross



Customer Service / Invoicing

Andrew Practicante



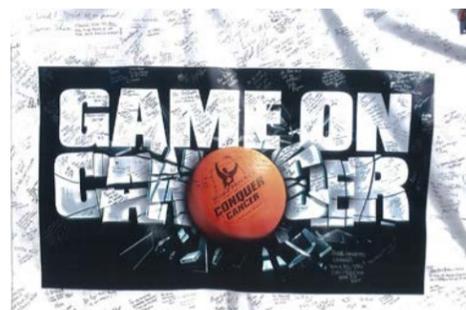
Customer Service / Invoicing

Corrine Hanes



Driver Manager - Corridor & East Coast

## Conquering Cancer



**Over the last few months of the summer, the Caravan Group of Companies staff members greatly supported the fundraising efforts of our very own Caravan Logistics Coordinator, Mike Zelek. Mike was raising money for someone very close to him, a 24 year old girl named Liz who is battling brain cancer.**

Fighting cancer at any age is a monumental task and it is only with the support of others that makes living with the disease more bearable. It would be easy to let negativity take over your life when you are diagnosed with cancer and are forced to undergo chemo and radiation at such a young age. Liz never let that bring her down and the care she received from Princess Margaret Hospital was a very big reason for her remaining so positive.

Throughout June, July and August almost two dozen staff members combined to donate over \$1500.

All of the proceeds went to fund research and development for cancer at the Princess Margaret Hospital.

These generous donations were then matched by the owners at Caravan, bringing the company total to almost \$3100. This helped Mike reach a total of \$8623 which made him one of the top 20 fundraisers in all of Ontario for the Road Hockey to Conquer Cancer tournament.

This demonstrates what a special place Caravan is to work for and Liz was truly overwhelmed with all the kindness from people that she has not even met.

Liz and Mike presented Caravan Group of Companies with a picture frame that holds a photograph of the two of them from the Road Hockey to Conquer Cancer fundraiser, as well as hand written thank you notes from both individuals. This will proudly be on display at the office once all the renovations are complete.

Liz said it best in her thank you note, "It's times like these that you can often feel very alone; but when you receive amazing support from such great people, you realize you're not".

So a heartfelt thanks to everyone at Caravan who not only donated their money, but who also showed great compassion and concern for a beautiful young girl who is in a fight for her life.

## GOT A SMARTPHONE?

LOOKING FOR A SCALE STATION?

catscale.com  
Select 'mobile app' link

GOT AN ANDROID PHONE? TRY THE FUELBOOK APP

fuelbook.com  
Search Diesel Prices at over 6,000+ Truck stops, Live Parking Status, GPS Check-in, Fuel Savings and more...

# The Caravan Bleacher Report

**Last night wrapped up the Summer season for the Caravan Crusaders softball team.**

Caravan had already won the Spring season and after a 4-2 regular season, and after a gutsy win in the semi-finals, they found themselves in the Championship Game versus their rivals the Indies.

After exploding for 6 runs in a first inning mercy, the bats quieted down leading to a tie game heading into the last inning, 9 to 9. The near sell-out crowd, (approximately 12 people) were on the edge of their seats and the atmosphere was tense as the Crusaders took to the plate in the top of the 7th.

With one out, West stroked a single against the power shift that the defense was playing. This set the stage for Zelek who hit an 0-2 pitch for a two run Home Run and an 11-9 lead. After the Indies led off the bottom of the 7th inning with a single, the stingy Caravan defense retired 3 straight batters to win the game and their second straight championship. Filling in for Mookie "the hockey



coach" Kosziwka, the ever versatile Chris "fan favourite" West took over the lead-off responsibilities and responded with two key singles. West scored both times thanks to the strong hitting of Mike "Ga-Zelek" who pranced around the bases much like the antelope to which his nickname is based on. The 3<sup>rd</sup> and 4<sup>th</sup> spots in the order were occupied by two young ladies who are bound to play a key part in the future of Caravan softball, Christine "Beet Soup" Borszcz and Leah "lil Betty" Roth who combined for four hits and two runs scored. Wily veterans Jeff "goes both ways" Boyle and Keith "rook" Michie demonstrated their years of experience with excellent play calling and flawless defense. And the heart and soul of the team, Peter "the Greek god of striking out... looking" Katsoulis continued to be a positive source of energy and his contributions to the team cannot be understated. Lori "the 'Blonde' Bomber" Lehner was her usual steady self, playing well in the field and having an RBI single in the big first inning mercy.

Derek "blue steel" Koza smashed a triple in his first at bat and followed it up with a double to end his evening with 3 RBI. Anika "the Jamaican sensation" Mattrasingh had a great game and the controversy surrounding her 4th inning single really seemed to rally the team. And let's not forget Zoriana "the bunt" Workun who laced a couple of singles up the middle in what one can only assume was the first two-hit game of her career. Finally, we've got last week's hero, Danny "last week's hero" Chicago. Danny pitched a gem of a game and made several big catches as he patrolled centerfield to help secure the win. That wraps up another successful season in Caravan history and will add a new Championship T-Shirt to the Caravan Sports Hall of Fame (CSHF), also known as the Logistics Room. A big thanks to the Caravan Group of Companies for sponsoring another season. Thanks to the generous support of the company, we are able to bond with one another outside of a work setting and add some excitement to our Thursday nights.

## BIRTHDAYS

### October

Guy Villeneuve  
Jagsir Singh  
Suhrob Ruzikulov  
Hasan Raja  
Ismail Mohammad  
James Meeds  
Bogdan Mazur  
Sun-Jung Sunny Kim  
Nussrulla Khan  
Igor Jvicov  
Asif Eshauq  
Hyung Chung  
Stanislaw Borecki  
Mark Behan  
Dino Bassi  
Sukhwinder Bains  
Zafoor Akbar  
Christopher Monaco  
Kim Evelyn  
Jerry Kennington  
Tyler McDermott  
Rachel Kelly  
Mercedes Ballesteros  
Lynn Bryden

### November

Rene Nkubito  
Kayamba Muzaliwa  
Pierre Lemonde  
Cory Kirstein  
David Kim  
Raja Fawad Khan  
Reynaldo Juen  
Syed Aqeel Haider  
Gurpreet Gill  
Alexander Barenboum  
Kulwinder Athwal  
Akbar Ali  
Darek Borowski  
Ken Alexander  
Belinda Burgess  
Nicole Green  
Ola Iwaniura  
Robert Meisel  
Troy Millar  
Bohdan Workun  
Zoriana Workun

### December

Dmytro Zanevskyy  
Tomasz Zalewski  
Chuck York  
William Yarysh  
Marianne Westrope  
Jeffrey Wahlman  
Dragan Simic  
Nikola Serafimovic  
Nicholas Romanko  
Zoran Ristanovic  
Wojciech Pinkowski  
Sharfuddin Patel  
Maxim Osadchiy  
Jan Martyniuk  
Jean Mackenzie  
Tomasz Lukasik  
Jacques Leger  
Jong Myung Lee  
Elisabeth Egloff  
Milorad Durdevic  
Alain Bertrand  
Imran Ali  
Naveed Akbar  
Muhammad Zaheer Ahmad Shad  
Keith Michie  
Bogdan Mielnik  
Krzysztof Cyganik  
Jeffrey Hamilton  
Mike Hawkins  
Anne Marie Melville