



CARAVAN XPRESS PRESS

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from: the editor



Welcome to the New and Improved edition of the Caravan Xpress. How can something be new AND improved you might ask; well I guess technically it cannot... but new and improved sounds better than old and improved.

The goal for the new version of the Caravan Xpress is to captivate the readers with what is going on at Caravan with material that is interesting, fun and informative. We want to get more people involved, recognize significant achievements and help everyone get to know one another better.

As the company continues to grow there are hundreds of staff members working at terminals throughout Canada and driving all throughout North America. While it is impossible for everyone to meet each other, it is possible to make some introductions so that you can put a face to the name or voice.

Some changes that you can see in this edition (and hopefully in future issues) include:

- * Driver of the Month
- * News from the Shop
- * Updates from other terminals
- * Photos of the Month
- * Spotighting a Driver
- * And much more!

So there are some really cool things happening with the Caravan Xpress so please take some time to read it and become more involved. And since we are always looking at ways to improve, if you have any suggestions please email them to caravanxpress@caravangroup.com

And if you have any complaints, about this publication please consult a doctor because this is AWESOME and you would be crazy to complain about such a fantastic news publication!

Enjoy!
Michael Z. Zelek

HAPPY ANNIVERSARY CALGARY!



April 1st marked one year of the Caravan Calgary Terminal.

The year was successful with many new friendships and acquaintances made as we added a great group to the Caravan Family!

The root was planted to help grow a prosperous relationship and Caravan looks forward to the future!

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phone	306.584.1001	fax	306.584.1081
phone	403.278.8845	fax	403.278.8888



Program Revision

Driver of the Month

Caravan has made a change to the Driver of the Month program in order to make it more appealing to our drivers. Both company and Owner-Operators are now eligible to win. In the past the decision was based on statistics from our Performance Program such as idle time, fuel consumption, safety record, etc and only company drivers were eligible. While these are still very important factors for determining the Driver of the Month, the new system takes into account the nominations from the Driver Managers, Planners, and the Safety Department. When considering DoM the following are major factors:

- o use of macros
- o co-operation/non-refusal
- o customer reviews
- o on time performance
- o miles
- o safety rating
- o fuel performance

The Driver of the Month receives a \$100 gift card, their picture on our Wall of Fame, Caravan Gear (hats, shirts etc.), a feature in the Caravan Xpress and recognition from the Owners. And of course bragging rights throughout the fleet! Congratulations to the January, February and March winners:



January

Bob Zhou

Successfully executed a new run with a new client without error. Easy to work with, and a dependable driver,



February

Jozef Peszel

Professional driver, dedicated to his run. Takes runs consistently and makes sure he is on time 100% every time.

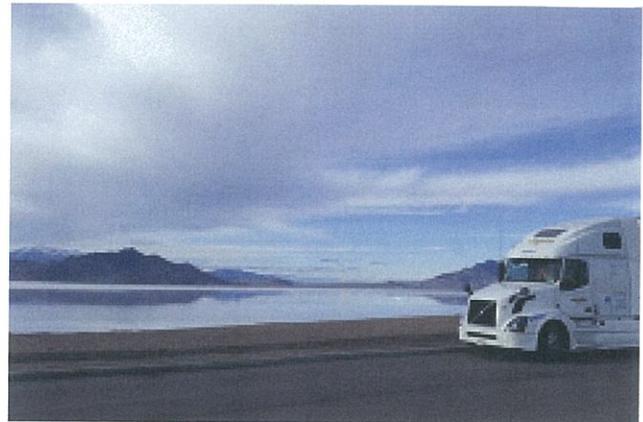


March

Michael (Maoxing) Wang

Clean safety record, submits logs on time, is reliable and on-time, runs where we need him to.

Dmytro Sokolovskyy "When Time Stood Still"



Dmytro Sokolovskyy "Utah-kin to me?"



Jeff Wahlman "Untitled"



* All Photography by winners of the Facebook Photo Contest!



from dispatch: **Incentives**

Save Money and Time While Improving Your Health! The Caravan Group Incentive Plan (CGIP) was created to encourage our drivers to live a healthy and affordable lifestyle.

Caravan has set up discounts/incentives with many local businesses that are exclusive offers for Caravan staff members. Many of these places are covered in full or in part by the benefit program while others are every day purchases.

We are looking to add to this list as the program develops; please look for updates in the Driver's Lounge and in Dispatch. For the full list of discounts/incentives please check your mail box or the flyers posted around the office. As the table below indicates, all businesses are close to the Oakville Terminal.

The deals are open to all Caravan staff members (including office staff). Whether you live in the area, are doing a reset in the yard or having some work done on the truck, feel free to support these businesses to get great service at a great price.



No longer will you have to take time off of work to go to the dentist or go for a checkup at the chiropractor (something that all drivers should do on a regular basis).

We are working hard to add more businesses to the list. You can expect to see a barber, optometrist, pizza place, and veterinarian in the near future.

** If you have any questions or suggestions regarding the program, contact Mike Zelek mzelek@caravanlogistics.ca*

Business Name	Service	Address	Benefits	Distance from Caravan
Bronte Road Family Dental	Dental	2544 Speers Road	Yes	1.5 km
CRS Automotive	Automotive	2219 Wyecroft Road	No	0.5 km
Foot Fitness	Orthopedic, Podiatrist	2408 Lakeshore W	Yes	3.5 km
Glen Abbey Community Centre	Fitness	1415 Third Line	No	3.6 km
Nick's Bistro & Grille	Breakfast/ Lunch	2345 Wyecroft Road	No	0.5 km
Oakville Chiropractic Life Centre	Chiropractic	1500 Heritage Way	Yes	4.0 km
Oakville Naturopathic Wellness Centre	Naturopath, Osteopath	2172 Wyecroft Road	Yes	0.6 km
Sheddon Physiotherapy	Physiotherapy	1300 Cornwall Road	Yes	10.6 km
TTA Rehab & Spa	Massage, Acupuncture	630 Ford Drive	Yes	10.9 km



From Under the Hood: Truck Maintenance

As a freight carrier, you're in the business of moving the world's business. Time and money are equally important. And, like any business transaction, unexpected costs often make the difference between cash in or cash out of pocket.

Next to fuel and equipment, maintenance is one of the costliest aspects of the trucking industry. Merely keeping up with repairs and reacting to issues as they arise gives us a run for our money... literally.

In order to minimize your expenses as much as possible, it is helpful to take proactive maintenance measures. Not only will this reduce your costs directly related to fixing the equipment, it will also provide additional savings in helping you avoid safety regulation violations, as well as unnecessary delays in getting the job done on time. Here are a few suggestions to keep your maintenance costs, stress levels, and time management in check:

1. Set Up a Calendar for a Personalized Preventative Maintenance Plan
2. Keep an "Every Trip" Checklist Handy Wherever You Go
3. Don't Wait! Take Action When Something Needs Service

Regardless of what type of equipment you work with as a driver, being proactive in your maintenance routine can lead to big savings in terms of time, money, and stress.

Q&A

What is a Layover?

Here are our rules for layovers:

1. Must have driven less than 1500 miles to destination.
2. Delivery appointment must be before 3pm.
3. Driver is given a load for pick up the next day that is less than 250 miles from delivery point.

Caravan
Across Canada



Q: How long have you worked for Caravan?

A: Nearly two years

Q: What is the most difficult part of your job?

A: Not getting the answers when I need them

Q: What is the most rewarding part of your job?

A: Dealing with new challenges every day and overcoming them

Q: Who is your celebrity crush?

A: Betty White - aging like a fine wine

Q: What is something that no one at Caravan probably knows about you?

A: I have a twin brother named Ritch

Q: You enjoy impersonating celebrities; what is your best impression?

A: tie between Ah-nold Schwarzenegger and Vito Corleone, baby!

Q: Which celebrity would play you in Mitch Farkas movie?

A: George Clooney as he looked in Syria

Q: If you started a transport company, what would you name it?

A: On-Time Sometimes Transport. And the slogan would be "relax, it'll get there".

Mitch Farkas

Logistics Coordinator, Oakville ON



TRUCK WORLD 2016 April 14-16

International Centre, 6900 Airport Rd., Mississauga, ON, Canada

Caravan Group of Companies was at this year's Truck World at booth #1310. Here are some of the photos from that week-





hot off the press News & Events

The Caravan Group of Companies has broken ground at the **Vaudreuil-Dorion, Quebec** terminal where construction has begun on our existing yard lot.

Expansion of the parking lot will undergo over the course of the summer months, and although it just looks like dirt now, when its finished, the Quebec yard will be nothing short of delightful.

Here are the photos commemorating the first day of construction, and here's to a new yard in Quebec! Its been a long time coming.



UPCOMING EVENTS FOR SPRING/SUMMER

Oakville Driver Appreciation BBQ every last Wednesday of the summer months.

Wednesday June 29/16

Wednesday July 27/16

Wednesday August 31/16





spotlighting STUART MACPHERSON

Q: How long have you worked for Caravan?

A: About 4 years

Q: What is the best part about being a driver?

A: The freedom. When you are behind the wheel you are in control and are in your own world.

Q: What got you into trucking?

A: The sound and smell of a nice truck. Mind you they aren't the same after all these years

Q: If you could change anything about Caravan, what would it be?

A: To have a better system for the trailers in our yard. Trailers that are being used for a next day delivery should have designated parking spots to make it more time efficient and to reduce wasted time looking/shunting trailers



Q: What is the best advice you can offer your fellow drivers?

A: A clean truck is a happy truck. If your truck is clean on the inside and out it means less maintenance and it will go a long way when it comes to getting through the weigh stations quicker

Q: Any big summer plans?

A: Heading up to the cottage most weekends. It is a great place to relax and kick the feet up; maybe even enjoy the odd beverage

*Want to be interviewed for "Spotlighting"? Talk to Mike Z *355 or visit him in dispatch.*