

If you are unable to go into work, call Forest City dispatch (24/7) first. We will call the client and make necessary arrangements.

March 2005

Volume 2, Issue 2

The Transponder

Special Interest Articles:

Progressive Shifting Page 2

Red Tree Contract Carriers Page 3

Employee Referral Program Page 4

Please note that our Phone # is (519) 652-0677 and not (519) 657-0677. The people that are being mistakenly called at (519)657-0677 would appreciate not getting woken up for a wrong number.

Forest City Transportation Resources (519) 652-0677

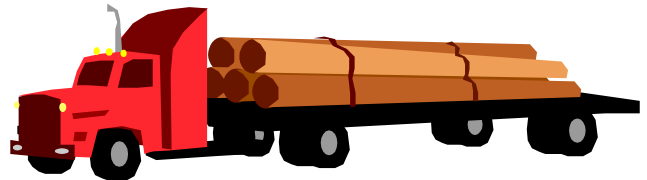
A New Face in the Forest City Office

From: Jeff Vannoord

As President of Forest City Transportation Resources, it is my pleasure to welcome Jen Stewart as a new member of the Forest City Transportation Resources Team.

Jen's role here at Forest City Transportation is as our Team Support Worker. This position is an integral part of the Forest City Team because Jen is usually the first point of contact for you our employees and for our customers.

"Please feel free to stop in and say hello to Jen if you have not already done so. Jen's e-mail address is admin@fctri.com



Points of Interest

From: Jeff Vannoord

- We have been asked by one of our existing customers to recruit drivers for them in the Cambridge, Kitchener, Waterloo Area. We expect to open an office in that area in the very near future.

- The winter blaws are behind us now. The piles of snow are quickly disappearing and we are looking forward to great weather coming soon. Please put in your holiday requests early so we can schedule everyone.

- Canada Cartage has acquired

Mel Hall Transport effective 11 Mar 05. As many of you know, we have serviced the needs of both these companies in the past and look forward to meeting their needs in the future.

- Red Tree has hired all drivers that were working through us. Effective 4 Apr 05 we will only recruit for them. Once drivers are qualified they will be hired directly by Red Tree.

- Any information that you may hear out on the streets please let us know. Most of the time, the drivers are the first to hear. We appreciate your input and feedback..

The Transponder will now be produced on a bi-monthly basis. Please continue to submit your articles and ideas.



*“One person alone is fully responsible for making sure that the braking system is in safe operating condition before the vehicle moves:
The Driver is responsible*

Top 10 Unacceptable Driver Excuses for Not Checking Brakes Daily:

1. Other drivers don't check their brakes either.
2. I don't know how to check for brake adjustment
3. The last driver probably checked the adjustment
4. A good driver doesn't need brakes
5. It's not the driver's responsibility to ensure the vehicle is safe.
6. Self-adjusting slacks don't need to be checked.
7. It's too wet and dirty to crawl under the units to check the brakes
8. The brakes were checked just yesterday.
9. Drivers are paid to drive, not check brakes
10. I don't have time.

“Professional drivers DON'T make excuses, are NOT lazy, and DO check their brakes daily”

Health & Safety Inspectors allowed to Ticket



Ministry of Labour Health & Safety Inspectors have been given the green light to issue tickets for unsafe work practices. Measures such as stop-work orders, order to comply and other prosecution processes under the Provincial Offences Act, remain available as alternatives to ticketing.

Employers, supervisors and workers can be issued tickets for certain violations of the Occupational Health & Safety Act's industrial regulations. Depending on the offence, if issued a ticket, the party can choose to either pay the fine or appear in a provincial court to dispute the offence.

“ Did you know that by late 2005, the Government of Ontario will have 430 health & safety inspectors on staff”

For Sale:
Cobra 29 NW ST
CB Radio
\$ 125.00

Includes: Mic, Speaker, quick release antennae and carrying case. If interested call Forest City. CB can be viewed at our office

Progressive Shifting

Progressive shifting refers to the technique of shifting before you reach max governed rpm. With this method you shift when the engine has accelerated to the point where it can handle the load easily in the new gear. Whenever possible, you should avoid revving the engine to its max speed. This wastes fuel and is

not an effective way to reach the highest gear quickly. Testing has shown that progressive shifting can reduce fuel consumption by 8% or more compared to shifting at max governed rpm. It also reduces equipment wear and lowers noise levels.

Spring is Here (finally)

With spring finally making a presence, there are new distractions for us to deal with, Bicyclists, Children playing, Roller Bladers, etc. Most of them are distracted and not paying attention to traffic. Please exercise caution while in residential areas. **Drive defensively and expect the unexpected.**

To contact Allan - e-mail ababin@fctri.com

From the desk of Web Cressman, General Manager wccressman@fctri.com

Customer Profile

Each month we will profile one of the many customers that we conduct business with. If you are interested or know someone who is, simply contact us.

Name:

Red Tree Contract Carriers (Wilson Logistics) London Terminal

Years in Business:

Wilson Logistics has been in business since 1937

Company Head Office:

Mississauga Ont

On-Site Dispatch:

London Ont

Total Number of Runs:

110 Runs/day of operation

Type of Runs:

Dedicated Waste runs to Carlton Farms Michigan

Type of Equipment:

Volvo Units with 48 ft Specialized Waste trailers

Length of Runs:

8-10 hours/run

Average Hours/wk:

5 runs/week

Terms of Employment:

Direct Hire

Minimum Requirements:

3 year driving experience
Clean Abstract & CVOR
Able to cross into the US

Contact:

Jeff, Web or Allan

Are You Ready to Work!!

Once you hang up the phone after you have been dispatched, what do you do? Do you have a routine? Before heading out the door you should consider the following:

- have you eaten?
- do you have your lunch or money to buy it?
- are you wearing CSA rated safety footwear?
- do you have your drivers bag with:
 - sturdy gloves
 - hard hat & high visability vest
 - Log book & Vehicle Inspection Report
 - Flashlight
- Map of South Western Ont and the GTA.
- Are you dressed in a manner that reflects positively on you, Forest City and the customer?
- Most important of all, be a **Professional Driver with a positive, safe and courteous attitude.**

On Call Drivers

It is extremely important that you keep in contact with the office. Let us know when your circumstances change. It is important that we know when you are available to work.

We do not enjoy calling you at 3am and waking you up only to find out that you are not available.

“Communication is the key”



The Drive Line

The recent passing of Alan Browett has left us without a driver representative for the Transponder. Do you sometimes have the literary urge? Would you like to provide a view from the road? If so please contact Allan or Jeff at the Forest City Office.

Forest City
Transportation
Resources
4096 Meadowbrook
Drive Unit 122
London, ON
N6L 1G4

PHONE:
(519) 652-0677

FAX:
(519) 652-0748

E-MAIL:
admin@fctri.com
vannoord@fctri.com
wcrossman@fctri.com
ababin@fctri.com
cindym@fctri.com
nitelinefctri@sympatico.ca

We're on the Web!
See us at:
www.fctri.com

The Last Word

Have you been guilty of looking at others your own age and thinking surely I cannot look that old?

You may enjoy this short story.

While waiting for my first appointment in the reception room of a new dentist, I noticed his certificate, which bore his full name.

Suddenly, I remembered

that a tall, handsome boy with the same name had been in my high school class some 30 years ago.

Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate.

After he had

examined my teeth, I asked him if he had attended the local high school.

"Yes," he replied.

"When did you graduate?" I asked.

He answered, "In 1971. Why?"

"You were in my class!" I exclaimed.

He looked at me closely and then asked: **"What did you teach?"**

Employee Referral Program

In an ongoing effort to recruit quality transportation personnel such as yourself, we are implementing a referral program. If you know a person that you feel would be a fit within the Forest City Transportation Resources Team then we ask that you refer them to us.

To assist in doing this we have included a few driver referral cards with your pay statement. All you do is write your name on the

front of the card and have the person you referred present it to us during their initial interview. Once they have been continuously employed with us for 90 days or if they are hired by one of our customers we will present you with a \$50.00 gift certificate to Canadian Tire or to a restaurant of the Swiss Chalet Group.

If you require more cards or did not receive them, stop into the office and we would be glad to provide you with them.

FOREST CITY TRANSPORTATION RESOURCES

4096 Meadowbrook Drive Unit 122
London, ON
N6L 1G4

