

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

Dec 2005

Volume 2, Issue 4

The Transponder

Forest City Transportation Resources (519) 652-0677
Signature Staffing Group (519) 620-1234

Special Interest :

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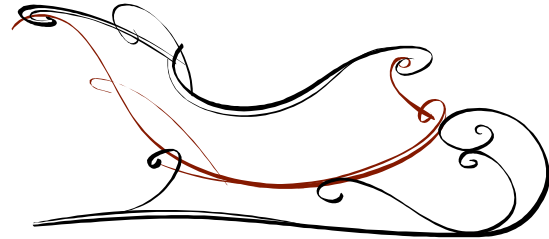
Joint Occupational
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Please note that
**Time Sheets are
required no later
than noon
Monday.** If
received any later,
we cannot
guarantee your
pay will be
deposited on
Friday Morning.

REMEMBER

**COMMUNICATION
IS THE KEY**

Words from Jeff



Over the past year we have seen many changes here at Forest City Transportation Resources. Those changes have been in anticipation of an increase in business over the next year. There are new faces around the office here in London and we have opened a satellite office in Cambridge. In addition we have also undertaken a complete change of our accounting software. This has resulted in many changes in payroll, the most evident being better information being provided on the pay stubs.

I'd like to take this opportunity to thank everyone for their patience during these changes as there were some minor problems.

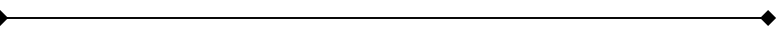
2005 marks the 3rd year that we have participated in the Occupational Safety Group. We have initiated various programs throughout the year that have enabled us to become a safer company.

Our safety rating for 2005 has seen a miraculous 200% turn around. A big thanks to all of you for your help in this.

As a company we are committed to working together so that everyone returns home to their families safe and sound each and every day.

On December 23, 2005 we welcome everyone to stop by our office where we will have refreshments and snacks from 10 am to 1 pm. We look forward to seeing you.

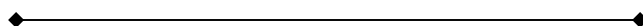
I would like to wish you and your family a Merry Christmas and a Happy New Year. Hope you have a safe and happy holiday.



Merry Christmas & Happy New Year

From

Jeff, Allan, Jaye, Jen, Kathryn, Sissy & Web





Joint Occupational Health & Safety Committee

By Jen Stewart, Employee Co-Chair JHSC

From the Joint Health & Safety Committee (JHSC), we would like to extend our appreciation to each of you for all the useful information and concerns you have contributed to the committee this year. For those of you who have not yet had the opportunity to be involved the JHSC, it consists of employee and management representatives who meet on a regular basis to deal with health and

safety issues.

As part of our effort to promote safe and healthy workplaces, the most important benefit of our committee is that the knowledge of specific tasks is brought together with the larger synopsis of our company policies, and procedures. Another significant benefit is the improvement of a cooperative approach among all parts of the work force toward solving health and safety problems.

An occupational health hazard is any means that can cause illness or injury to an individual. A health hazard may produce serious and immediate affects, or may cause long-term problems. Please remember if you experience a hazard on the job that is work-related; please report this regardless of how insignificant the problem may seem to you at the time. Alerting us to such hazards will allow us to monitor and determine preventative measures to protect against the hazards.

Forest City
Transportation
Resources
4096 Meadowbrook
Drive Unit 122
London, ON
N6L 1G4
PH:(519) 652-0677
FAX:(519) 652-0748

Signature Staffing
Group
36 Corydon Place
Cambridge On
N1R 7L5
PH: (519) 620-1234
FAX: (519) 620-1246

E-MAIL:

admin@fctri.com
vannoord@fctri.com
wressman@fctri.com
ababin@fctri.com
accounting@fctri.com
kathrynb@fctri.com
nitelinefctri@sympatico.ca

We're on the Web!

See us at:

www.fctri.com

Winter Driving – Brake before turning

A skid often develops while braking for a curve or turn. Do your braking well before the turn. Remember to keep all wheels rolling during your turn. A skidding wheel will cause a loss of control. Brakes on an empty vehicle still have all the power necessary for a full load. When your truck is empty, it is very easy to over brake. Use extra caution when braking on slippery roads. Adjust your speed before you get into trouble.

Communication is the Key

By Web Cressman

Communication is very important to our business. Please let us know what is going on. Keep us informed of your availability, any address changes, phone # changes etc. Our goal here at FCTR/SSG is to find meaningful employment for you the driver. In some instances you are successful on your own and have been able to find a

driving job. We ask that you let us know. We really would prefer not to bother anyone when there is no need to.

Thank you for all of your hard work and safe driving over the past year.

Inclement Weather

Remember to turn off your Jake Brakes and Cruise Control at the first sign of inclement weather. If you forget to do so, you may realize too late and notice the placement of your switches while you are admiring the rhubarb from the ditch as you are calling Dispatch for a Tow Truck.

**Drive defensively and
Adjust your Speed to
Road Conditions.**