



Rock & Roll'n

LITTLE ROCK FARM Trucking



Food Drive

Little Rock Walkerton has a bin in reception. We have collected 10 boxes already and delivered them to Operation Care. We are at 20% of our goal already!



What's Your Plan?

LRFT provides at no cost to all employees who want to contribute to their own RRSP Plan.

LRFT can deposit a portion of a paycheck directly to the TD FUTURE BUILDER RRSP. The employee can decide the amount that is comfortable for them and it can be changed at any time.

We are providing a way to help you save money. There is no reward for LRFT, nor do you lose any money should you decide to leave.

See Theresa for a special form for TD BANK to start this. You will need a TD FUTURE BUILDER RRSP PLAN



Marks Message – Appreciation

We humans are funny little creatures aren't we? We get so accustomed to living in a land of luxury we begin to assume entitlement. In other words, we think its our *right* rather than our *privilege*.

A good example of this is our government and the related social services it provides. Recently I was told of a person hurt in a truck accident in the United States. He was severely injured and had been

hospitalized for 3 months racking up a bill for almost \$200,000. In Canada, we wouldn't have even been made aware of the costs surrounding such an incident.

How about considering your drivers license? How it would affect you should that "privilege" be taken away?

I'm just as guilty as anyone and often tell my wife we need a long trip

to a 3rd world country as therapy in bringing us back to reality!

Think about what you take for granted...start appreciating things that really are a privilege, not a right.

Today is a gift... that's why it's called "The Present".

A short list:

- Family
 - Country
 - Food
 - Health
- etc...etc...etc.

T'is The Season

Is it just me, or is the span between Christmas's getting shorter?

Christmas and all the surrounding events can affect people in two very extreme ways. To some, its an exuberant joyful time celebrating

and sharing gifts with family and friends. To others, the stress and anxiety of a family get-together and the spending of money are enough to drive them "over the edge".

We all play to a different drummer, so

don't stress out when your feelings fail to align with someone else's. Likewise, don't judge others who may not get the same "high" or "adrenaline rush" you do.

Celebrate Christmas for all the right reasons.

Last Minute Update

Little Rock has already delivered 10 boxes of food to Operation Care. We are chugging away at trying to get 50 boxes before Christmas. The food donations have been greatly received. Thank you for your continued support as we make our way to the holiday.

The guest list is now in for our Christ-

mas Banquet. We are expecting over 90 Guests this year.

This is the last newsletter of this format. Next month we are introducing a whole new look and concept. It's like going from DOS to Windows. We will even be featuring a new classified buy and sell section. Stay tuned...

Business Etiquette Quiz partment scheduled for

- You pass a co-worker in the hallway and he asks "How are you?". You respond by:
 - Telling him that your back has been hurting you and you have a cold
 - Saying "Fine, thanks".
 - Explaining that you are tired and stressed out in your job
- Canadians value closeness and friendliness. It is appropriate to stand close to a business contact and frequently touch his/her arm while talking.
 - True
 - False
- A co-worker comes to your office to introduce you to a friend of his. You:
 - Smile and nod.
 - You stand up, establish eye contact, smile and shake his hand.
 - Wave and tell him how happy you are to meet him.
 - Give him a "high five".
- You have a meeting with a colleague from a different de-

- 10:00am. You've spoken to the receptionist and you have been waiting outside the colleague's office for a while and it is now 10:05. You want to make sure the person knows you're there. You:
- Peek your head in the doorway and say "Excuse me".
 - Stand near the door where your colleague will see you
 - Continue to sit and wait
 - Enter the office confidently, introduce yourself and remind them you have a 10:00 am meeting.
5. After a meeting with a contact, in order to express your thanks, it is appropriate to:
- Send him/her a small box of chocolates with a note.
 - Drop by the office and give him/her a hot cup of coffee.
 - Send a dozen red roses to his/her home.
 - Send a thank you letter.

From The Sales Desk
 Charlie
ANSWERS ON PAGE 4

Ideas For Operation Care

- | | | | |
|--------------|--------------|------------------|------------------|
| Spaghetti | Toilet Paper | Lipton Sidekicks | Mash Potato Pack |
| Kraft Dinner | Juice Mix | Peanut Butter | Canned Corn |
| Jam | Tetra Packs | Salad Dressing | Canned Peas |
| Cereals | Lunch Snacks | Dish Soap | Canned Fruit |
| Cookies | Chips | Tooth Paste | Tissues |
| Cake Mixes | Pasta Sauce | Bar Soaps | Water |
| | Rice | Shampoo | |

Look for sales to increase your buying power!

Ray Pennington Retires

Our very own Ray Pennington retired in November. You know Ray, he always has a joke on hand to make you laugh and an experience of a lifetime to reflect upon. You will have always learned something while being in his presence.



Ray & Donna Pennington

Ray has been a huge supporter of the LRFT Newsletter from the start. He always submitted his portion of mind control sayings and more. More importantly, he gave our drivers something to think about on the road.

Thank you Ray for wonderful contribution to LRFT. It has been a pleasure working with you and wish you well into your retirement years.

From All Of Us

It's A Girl!

Chris Cran-
 nie & his
 lovely wife,
 Paolina, have
 e x t e n d e d
 their family by
 having a baby
 girl.



Be sure to congratulate him when you see him next.

Christmas Banquet

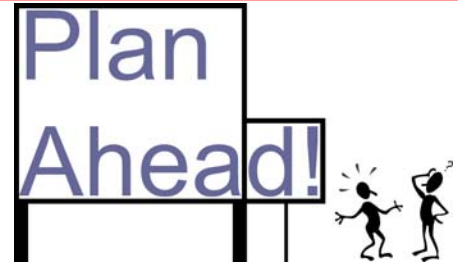
See you at the Christmas Banquet on December 5, 2009 starting at 6:30pm.

By now, everyone who is coming has committed to coming to the banquet. Please don't forget to bring a non perishable food item

to drop in the bin when you arrive.

We have a surprise in store for you and are taking professional photographs of you and your guest.

Directions are available upon request. See you there.



The world of trucking is about scheduling and looking toward the future.

- How does your current plan affect what's ahead of you?
- Does your plan coordinate with someone else without you realizing it?
- Have you asked the right person the information you need to be successful?

Weekends

Keep in mind that **ON CALL on weekends is for dispatching emergencies that cannot wait.** We provide this service so that our drivers and customers have someone for those **"JUST IN CASE"** emergencies.

For example, calling at 11:30 PM on a Saturday Night to find out who is going to the same location is not an emergency call.

While on call, Michael carries only the chicken schedule with him at all times. The schedule doesn't reveal addresses or directions.

On Call means that Michael continues to answer the phone around the clock but he isn't always near a computer to look things up. Many drivers have got used to this and waiting till the last minute to get information about their trips.



Many drivers assume Michael is going to have information at his finger tips. Though he tries to be, he is **ON CALL** with the flexibility of continuing his home life which includes shopping, walking or anything else where a computer may not be handy. Please plan ahead and ask your dispatcher the questions ahead of time.

Security Issues

Just a gentle reminder to not leave any valuables in your truck while parked for extended periods of time. This is especially important for items that are visible such as computers, cell phones, and any other valuable gadget.

Each driver is assigned a security access code for our Milton Location. If you don't know what your personal number is, be sure to speak with your dispatcher. All previous generic access codes have been removed from the system.

If you are given a generic access code, please note that after it is used, the number will no longer be valid. It's imperative you remember your code. If you are using a method of memory, please be sure to leave it in a place where you have access to it. Many after hours calls are made from drivers who left their reminders in a safe place at home or in their truck. This won't help you and will cause you to waste time making a call to LRFT Walkerton for a one time use generic code.

Please plan ahead.

A Driver's Point Of View

Heading out on the open road. Got a good tune going, it's nice weather, a full tank of fuel, and making good time... when suddenly all three lanes of traffic have turned into a parking lot. Four miles ahead there's construction that is only passing on the shoulder.

I started dreaming...

I thought about when I finally get to the construction area to go 75 KM instead of the 50 KM that is posted to prove how inconvenienced I am. **BUT THEN LOGIC KICKED IN...**

Speeding that 25 KM over would then double to 50 KM because I am in a construction zone. That increase would change from a simple "speeding charge" to licence risk of "reckless racing".

So many driver are hollering on the CB to ask where the bears are so they can gauge what speeds they will do. **EVEN**

MORE LOGIC KICKED IN...

These people doing the road construction are there to make the roads better for us. They have families and are putting their lives at risk though the average driver doesn't take into consideration what it must be like to be standing within feet of a moving vehicle, let alone speeding.

They've been cracking down on "racing truckers" through construction zones in Ontario that may include impounding of vehicles.

Sympathy and excuses do not apply in these situations as every driver knows they are breaking the law. Good luck explaining your reason to your boss as your truck is being towed to the impound lot and you need to swallow your pride to get a ride.

Brian Snyder — Live Haul Driver

Celebration

This month is my second year anniversary of writing the monthly company newsletter for Little Rock. It is my pleasure and something I thoroughly enjoy.

This year has been an accomplishment to try and find regular submissions from people to help fill the gaps. I'm not here all the time to know what's happening. I welcome input from drivers and office staff with things that are important to them.

You will have seen fundamental changes this year, including adding the monthly newsletter to the LRFT website. Also, we capped the newsletter at 4 pages. With technology changes, I have learned how to use the software to make the newsletter more visually appealing. Going into the New Year, expect a whole new look.

One of my biggest downfalls is that I am too detailed with topics. I have to learn to simplify the issue and get to the point quicker. It's something I am continually trying to work on.

Have you ever done a job and you don't know what you are doing it for? You just know it has to be done a certain way.

I'm the kind of person to ask **WHY** and to share the details of the answer. I believe that when people understand the reasons behind decisions it causes two things to occur.

Firstly, if people understand why they do what they do... they will do it with pride and know where they fit into the process.

Secondly, if you understand why you do what you do... you may be able to shed light on a new way to do the same thing. **This encourages changes and growth. Something I believe strongly in.**

Thanks so much for everyone's continued support and continuous feedback.

Michael

The Little Grocery Shelf

Have you seen Walkerton's Dispatch Central this holiday season. A team of people have come together to transform Little Rock Walkerton's Dispatch Central into a winter wonderland.

The main focus is not the gorgeous decorations, it's all about Operation Care this holiday season. **We are focused to help feed 108 Families.**

Operation Care is a program that runs all year round. It's not just a food hamper at Christmas. There are many of us who have purchased food over the past year in cans and dry goods that we have never got around to using yet.

A person might not even have to shop for this, simply go through the cupboards at home and see what you can part with. You will be surprised on what you find.

Many people have fallen flat on their backs during this current recession, they need people like us to give a little bit of care in the form of a food donation.

Michael is gladly accepting cash donations that are going 100% to the purchase of food. Michael has

been collecting pizza money and donations for the snacks since November. With this money, we have already collected nearly \$200 which Michael has gone shopping with and purchased sale items at the grocery store to make the food go a long way.

The food donations stay local and feed people you may know.

Will you help us this year by being a humanitarian in helping others get through this rocky time? We all know our own schedules have been reduced but we are still fortunate to remain employed. Others haven't been so lucky.

We hope to get 50 boxes filled with food for a mass delivery to Operation Care just before Christmas.

Please continue to drop off food at your convenience to our dispatch office and add to our growing pile of food.

We need everyone's help here... more importantly, other people need our help in our community. This program allows you to quietly sponsor someone else. Feel good and proud knowing you helped someone else. After all, that's the true meaning of this holiday season.

A list of suggested items have been provided on page 2.

Rock'n & Roll'n is produced by Michael Sellick, administrator for Little Rock Farm Trucking. Michael can be contacted at michael.sellick@lrft.net Check out our YOU TUBE Channel named **littlerockfarmtruck**. **Contributors Welcome!**