

# LRFT newsletter

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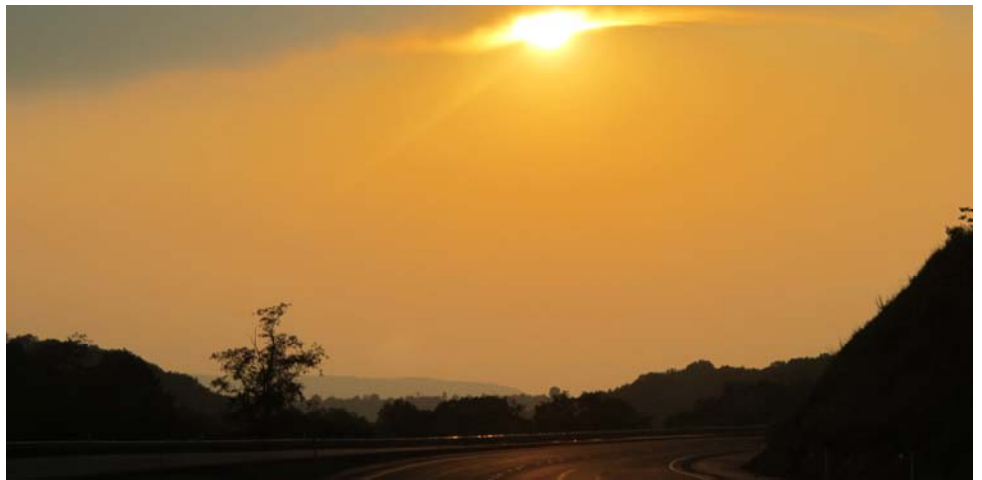
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## Value Added Services

- Satellite Tracking
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- Dedicated Dispatcher
- 24/7 Availability
- Experienced Drivers
- Modern Equipment
- Accurate Billing
- Hard Copy POD's
- CFIA Approved Docs



**Celebrating 30 Years**



Volume 4, Issue 3

Summer 2011

## It is Here ...

*by Mark Reuber*

Summer is officially on us, the days start getting shorter on June 21<sup>st</sup>... isn't that sad? But in fact we still have some summer weather ahead of us. Let's make the best of it while it's here.

Thinking about summer, one would wonder what could be negative in terms of transportation. Long days, warm temperatures and lots of dry roads would make a person think it's all good! But summer weather brings out all those people who won't drive in the winter! You know, grandma and grandpa taking their old cars out of the garage on a warm summer day for a leisurely drive... about 10 mph slower than the speed limit! And what about those families on vacation – you know, the ones with three screaming kids in the van with videos playing while Dad's driving like a lunatic!

So what's a professional driver to do? Yep, you read it right, PROFES-

SIONAL. Act professional. Take your time; if you are getting all revved up over some idiot who is playing havoc with your nerves, slow down or pull off the road for a few minutes...it's just not worth the risk demonstrating your irritation with your vehicle. Don't do it.

The bright sun can really wear a driver out as well. Purchase and wear a good pair of sunglasses. Keep your windows clear of bugs and keep your mirrors clean. This will make you feel more alert and good about yourself. Stopping every two hours and performing a circle check of your equipment when you're feeling worn out revives you and gives you peace of mind regarding the equipment at the same time.

Drive safe and enjoy your summer driving.

## Michael's Final Edition

It has been a great pleasure to have had the opportunity to create the Monthly Newsletters for LRFT. The newsletters take time, pro-active creativity, and an ear low to the ground to know what's rumbling around "The Rock" in order to set the records straight or inform of changes coming ahead. The newsletter will continue in the months / years to come.

## Most Memorable Moment of LRFT

I was team driving with my friend. I am notorious for not wasting food. We had sandwich meats inside our electric cooler and I had known that it stopped several times for extended periods.

The meat smelled fine and was cooled just right when I decided to make a fabulous sandwich.

I had made it down to Louisiana where we were picking up corn to come back. While loading I was starting to feel ill. In a matter of hours, I was in pain and on my back in the bunk, feeling so sick I could only drive for an hour before having to give up. Being team, my friend made up for my ill time and drove hard.

By the time I got to TA in Earle Arkansas, I was a wreck. The white porcelain bowl and I became really good friends!

I knew my body was evacuating so I went to extra precautions (Adult Diapers) because being trapped in a rolling truck when you are sick is a recipe for disaster. Unfortunately, to my horrific surprise the body gave out. It was either double bag the wipes or heave them out the window flying down the freeway.

To my shock, I threw 2 of them out the window and within the vacuum of the aerodynamics of the truck, one circled around and landed on my face. The other circled and stuck to the mirror.

There we are, flying down the freeway with a tissue stuck to the mirror like a flag blowing in the wind. It stayed long enough to get a picture of it.

By Ohio, my friend was exhausted. I



took over the wheel. We were planning on stopping at the Flying J in London. Just after Tillsonburg, my body gave out again.

This time, I had to keep driving because I knew the truck stop was coming and I could

finally get some relief.

By the time I got to the Flying J, I was beyond wrecked. We eventually found parking... I was in so much pain... I smurfed it to the washroom as fast as I could, trying not to open my legs. The bowl before me, and not a second later the body gushed and as I looked to the left... the toilet roll was empty! Sheer Panic!

It is embarrassing to ask the neighbor under the stall for some tissues... and when I did, the guy passed me one sheet!

The picture of me sitting on the LRFT Float was taken a week later. I hadn't been to hospital and during this moment... memories of the week before came back. I left this party early and went directly to Walkerton Hospital where I was quarantined for a week as they finally figured out I had a food parasite. It took me 2 months to get rid of a food parasite I had got from the meat.

With my bags already packed, I left the hospital a week later and headed back to LRFT where I left for another 2 week run.

It was a crappy summer.



## Find Your Way

I am buried under paperwork it seems, I have paper everywhere. I developed a system using my "*Nancy Squares*", nicknamed after a girl named Nancy that I worked with. She felt I should write things down more often to stay on top of my to do lists. She would cut my squares for me. It was her way of organizing herself too.

So you can see I have my "*Nancy Squares*" all over my desk. I write things down chronically and even when Mark needs to tell me something, you will see me grab a pen and a square to take notes.

The system works so well for me as when I write it down, it forces it into my memory and if I am lapsing, I can just find the square on my desk. I don't shred them until I know the issue is resolved.

Leaving them on my desk forces me to read them as I glance across and when I know the issue is done, I place it in my recycling bin. You won't believe how many times I have had to go back into my recycling bin to find a note I had left for myself.

Some people think it's a mess. Dave reminded me "*It's the way you stay organized*". However, I am jealous over Dave Robert's photographic memory. Before meeting Nancy I was a disorganized freak of nature. Now I appear disorganized with my squares, but I have things all under control!

## Make Shippers Pay For Trucker Detention

Submitted by: Sandy MacInnis  
Today's Trucking Article

EUGENE, Ore. – The Department of Transportation would have to establish a maximum number of hours drivers may be detained without being paid and study the problem of industry detention if Rep. Peter DeFazio, D-Ore., gets his way.

The bill DeFazio introduced would require shippers and receivers to pay a fee for detention of drivers beyond the established time and authorize civil penalties against shippers for failure to pay for unreasonable detention time.

"Over the years I've heard anecdotes from truck drivers that detention time is a big problem and contributes significantly to inefficiencies in the supply chain productivity," DeFazio said. "I asked (the Government Accountability Office) to study detention time and quantify the results. It's clear from the report that detaining truckers at loading docks is a significant problem that FMCSA needs to regulate."

The GAO confirmed what truckers have been saying for decades: That detention is a big problem. Of the over 300 drivers interviewed by GAO, 68 percent reported being detained within the past month. It also found that 80 percent of detained drivers had difficulty complying with hours of service requirements, and 65 percent reported lost revenue.

Shippers and receivers control many factors that lead to detention, such as facility staffing, lack of loading or unloading equipment, poor service, and products not ready for pick-up, GAO found. And shippers often disagree with carriers and drivers about the amount of detention time and some motor carriers choose not to collect detention fees from their customers.

DeFazio said the legislation is needed because shippers and receivers are not held accountable for the roles they play in affecting motor carrier safety.

Also, without addressing detention time, hours of service rules do nothing to ensure a driver can make a living even when working a full day, DeFazio said.

The Owner-Operator Independent Drivers Association hailed the proposal.

"In a just-in-time, deregulated industry, trucking has de-evolved to where truckers are donating their time to the benefit of shippers and receivers. The problem persists because it doesn't cost shippers or receivers to squander drivers' time," said Todd Spencer, OOIDA executive vice president.



## Thank You To Little Rock — Michael Sellick's Journey

I have just reached the 7 year mark with Little Rock and I am officially saying good bye to my fellow colleagues.



I met Mark Reuber, in January 2004 when I was thinking about getting my trucking license. Mark was very happy to meet me and I knew I had found a great company to work for. Mark was outgoing and enthusiastic about my own personal challenge to become a driver for LRFT. From the big city, I moved to Elmwood and I travelled in a truck for 4 months with a friend while I trained. I finally secured my license and proudly joined the LRFT Fleet in April 2004.

I chose trucking because I needed to settle down in my life. I had to find myself as a person. The older drivers would remember that my friend and I did a standard El Paso, TX Flower Run every 2 weeks. We had amazing journeys and stories along the way. We made friends at regular stops we had. We were excellent to our customers and rewarded by prompt unloading services.

I have always been in an office role. With this area of Ontario, it's all who you know when it comes to working in offices. I honestly felt I didn't have a hope. Remarkably, Mark extended opportunity again and took a chance on me and offered me a position inside. I was so enthusiastic.

I was never a "Super Trucker". Never had an accident but I was super slow in backing in my truck into docks. Trucking is a hard job emotionally, physically and mentally. My mind is always busy and for me being behind a wheel, I couldn't act upon ideas that I was thinking about. I went stir crazy. I empathize with drivers because I know it's a tough job.

I've never complained about working weekends, in fact, my life has been structured around it. My schedule gave me opportunities to not fight with people who frantically shop on weekends. I've decided to pursue a career using my crochet hook. Sure sounds crazy to many people not interested in creativity; however, it's what I know and love. I needed my weekends to be free so I can go to festivals to meet people and connect with trends. As of May 2011, I am the new Managing Editor of The Crochet Crowd® Online Newsletter with my team of editors and programmers being in Chicago.

I can't be sure if this is the right decision to leave but I will find out fast. I've been telling people I need to jump off the boat and get into the water. It's amazing what a human can do to survive. You can either sink or swim. Knowing myself, I will tread as hard as I can until the next boat comes my way.

I would like to thank Mark & John for all the opportunities that were extended to me. Thank you everyone for your kindness, see you on "The Net"!

## Saying “Hello” and “Good-bye”

We have some new faces around here at LRFT and we are very happy to introduce you to them:



**Chris Harper** is BACK! Welcome back Chris!

**Jason Peiman** is a new to LRFT and has joined our US poultry team. Jason is not new to driving, but new to live poultry transportation. Jason, who has a great sense of humour, is a family man and appreciates having regular home time.

**Ken Ellis** joined the US poultry team near the end of January 2011 – so he’s been “around the block” a few times for us already. Ken has a great personality – a guy you want to get to know!

**Kevin Graham** is new to driving and new to LRFT. Kevin just got his class A license in June of 2011. He ran his first week in the same truck with an experienced driver, and has now stepped up to driving solo while following an experienced driver. If you see Kevin don’t be afraid to give him helpful hints and tips – he will appreciate your support.

**Kevin Guse** (yeah, another Kevin) joined the US poultry team near the end of April 2011. Kevin is new to long haul driving and poultry transportation..

**Kevin Hollinger** (and yet another) joined LRFT in February of 2011. Kevin is a young newly licensed class “A” driver. Kevin has been performing Ontario and Quebec live haul moves gaining experience both by riding with another driver, then following experienced drivers in his dedicated truck.

**Russel Pate** is a new addition to our part-time driver list. Russel, an experienced heavy equipment handler and truck driver currently drives dump truck for a construction firm full time.

**Timothy Francis** joined LRFT poultry team in June of 2011. Tim has plenty of experience working with turkey and chicken, and spent the last number of years working in a meat plant. Tim has lots of exposure to the trucking business as his father has been a live haul poultry driver for many years. Tim is new to driving and has been following an experienced driver during his short time here.

At date of this newsletter two other new drivers are slated for orientation and have start dates near end of June 2011...**Richard Des Roches** and **Jim Langford** – make sure you introduce yourself to these new drivers and make them feel part of the LRFT family.



**On a sad note** — by the time you read this newsletter **Michael Sellick** will have been away from LRFT for a number of weeks. Michael started as a new inexperienced driver for LRFT about 7 years ago. He was then brought into the office as a weekend afterhours support administrator. It became clear early on that Michael was gifted. The more talent he displayed, the more responsibility he was given. Michael performed many roles: trip envelope processing, payroll, WSIB contact, data entry, published the newsletter each month, and worked Friday through Monday acting as after hours on-call “go-to” guy. Michael certainly added a positive energy to our office atmosphere.

When Michael walked out the door for the last time I said to him, “We don’t celebrate when people separate from LRFT, we celebrate when they unite”. It’s true, but on the same token Michael played an important role in the career at LRFT and it’s important that he is recognized for his contributions. We wish Michael well in his new career and all the best in every way possible!

### LRFT PHONE DIRECTORY 800-447-2660

#### Dispatch

Dave, USA Live Haul ext 125  
Daniel, Long & Local Haul ext 124  
Jacquie, Canadian Live Haul ext 207

#### Mechanics Bay

Jim, Parts Manager ext 128

#### After Hours

Dispatch ext 139, Shop ext 9

#### Administration

Sandy, Safety ext 133  
Shelley, Accounting ext 123  
Michael M, Admin ext 139  
Ken C, IT Support ext 139

#### Sales

Mark, Owner ext 127

#### Executive

Mark, Owner ext 127  
John, Owner ext 137  
Theresa, Controller ext 136

LRFT employs over 60 people who include drivers, mechanics, students and administration to serve our customer’s needs.

*If you would like to make a contribution please contact Emily at [emily.reuber@lrft.net](mailto:emily.reuber@lrft.net).*

*We welcome stories, helpful facts, jokes, pictures or what ever else you might have on your heart to share with the Little Rock team.*