

# LRFT newsletter

**Little Rock  
Farm Trucking**  
www.lrft.net

**519-881-4055  
800-447-2660**

7 Industrial Road, Box 1357  
Walkerton, ON N0G 2V0

Department	Ext
Sales	127
Live Haul Dispatch	125
Long Haul / Local	124
Safety	133
Milton Office	207
After Hours Dispatch	139

## Value Added Services

- Satellite Tracking
- Instant Messaging
- Track & Trace
- Dedicated Dispatcher
- 24/7 Availability
- Experienced Drivers
- Modern Equipment
- Accurate Billing
- Hard Copy POD's
- CFIA Approved Docs
- Bio Security Aware
- Ace Manifests



**Celebrating 30 Years**



Volume 4, Issue 4

Late Summer 2011

## Our Roller Coaster Ride with Fuel Prices Continues

by Mark Reuber

Date	HS PPG	CR PPL
Monday, January, 03 2011	3.3800	1.129
Monday, January, 10 2011	3.3300	1.137
Monday, January, 17 2011	3.4000	1.154
Monday, January, 24 2011	3.4500	1.172
Monday, January, 31 2011	3.4500	1.182
Monday, February, 07 2011	3.6100	1.190
Monday, February, 14 2011	3.6300	1.204
Monday, February, 21 2011	3.6700	1.201
Monday, February, 28 2011	3.7200	1.219
Monday, March, 07 2011	3.6700	1.277
Monday, March, 14 2011	3.9000	1.280
Monday, March, 21 2011	3.9000	1.285
Monday, March, 28 2011	3.9300	1.289
Monday, April, 04 2011	3.9700	1.291
Monday, April, 11 2011	4.0700	1.301
Monday, April, 18 2011	4.1000	1.301
Monday, April, 25 2011	4.0500	1.299
Monday, May, 02 2011	4.1200	1.300
Monday, May, 09 2011	4.1000	1.291
Monday, May, 16 2011	4.0800	1.275
Monday, May, 23 2011	3.9700	1.270
Monday, May, 30 2011	3.9400	1.270
Monday, June, 06 2011	3.9400	1.240
Monday, June, 13 2011	3.9500	1.244
Monday, June, 20 2011	3.9000	1.260
Monday, June, 27 2011	3.8800	1.260
Monday, July, 04 2011	3.8700	1.227
Monday, July, 11 2011	3.8500	1.204
Monday, July, 18 2011	3.8200	1.257
Monday, July, 25 2011	3.9000	1.244
Monday, August, 01 2011	3.9000	1.205
Monday, August, 08 2011	3.8700	1.232

Drivers play a key role in controlling fuel costs. The company puts a great effort in providing the tools for increased efficiencies but it is in vain if drivers do not utilize them.

What have we done to control fuel costs?

- Properly speed trucks, i.e. aerodynamics, engines, transmission and rear end ratios
- Speed in trucks is limited to 105 kms
- 60% of our fleet is outfitted with top of the line auxiliary power units (APU's) aiding driver comfort while truck motor is off
- Periodically provide regions to purchase fuel controlling our cost per gallon

Here is an illustration of how even small improvements in fuel economy helps LRFT remain competitive and profitable:

If mileage was increased only by 0.5 mpg, the savings for that unit would be almost \$6,500 every year!

MPG	US PPG	Annual Mileage	Fuel Cost
5.50	3.897	110,000.00	77,900.00
5.75	3.697	110,000.00	74,551.30
6.00	3.597	110,000.00	71,445.00
6.25	3.497	110,000.00	68,587.20
6.50	3.397	110,000.00	65,463.23
6.75	3.297	110,000.00	63,306.67
7.00	3.197	110,000.00	61,738.57

**Please be aware drivers, your decisions each and every mile make a difference!**

### ~ SANDY'S REMINDERS ~

1. Drivers wanting their vacation pay should request the Sunday before payroll.
2. There should be Accident/Damage Reports in all Permit Binders. Please fill one out for all incidents and hand in with your envelope.
3. All trucks should have a camera, if you do not have one please ask for one!
4. All inspections from any Road Inspection Stations need to be handed in with the drivers' envelope.

## Care for Your Body and It Will Return the Favor -

How do you treat your new F-250 or Porsche? You're not going to put the cheapest gas in these high class vehicles - you're going to use the highest grade to make your car run efficiently so the engine runs at its best (although, with gas prices you may choose the cheaper alternative, but you know what I'm getting at). Treat your body like your well oiled truck so that it runs its absolute best!



Since you're on the road all day the most cost effective and best thing to do to eat healthy and maintain a healthy diet is:

1) Buy a cooler and a few ice packs to keep your food from spoiling. Make sure it's big enough for breakfast, lunch, dinner, and snacks.

2) Make your meals – enough that will last throughout the week or at least prevent you from having to eat out ALL the time.

There are quick and easy meals you can make for several days or healthy alternatives when ordering at your favorite restaurant to nourish your body:

Grill or bake lean chicken or fish, enough for lunches or dinners until you have a day off again to cook. It is good to start your meal off with protein so your body recognizes it is full before it's too late.

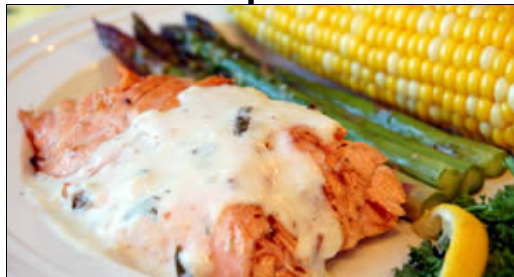
Hardboiled eggs, although smelly, provide your body with good fats and of course proteins to maintain your muscle mass!

Look for unsweetened peanut butter - it's packed with protein, fiber and nutrients sustaining your hunger; it also tastes good on celery.

Eating legumes like beans, chickpeas and lentils helps to balance your amino acids. They are also a good source of iron which maintains blood oxygen levels, in other words, it keeps you alert when driving down the road.

Choose multigrain breads for your toast or sandwiches. This will help you feel full longer and provides more healthy calories than your average white bread.

Snack on raw, unsalted nuts: walnuts, cashews and or



### THE TRUCKERS' DINER:

One morning a young man at his first job as a waiter in a diner has a large trucker sit down at the counter and order.

"Gimme three flat tires and a couple of headlights," said the truck driver.

Bewildered, the waiter goes to the kitchen and tells the cook, "I think this guy's in the wrong store. Look at what he ordered!"

The cook says, "He wants three pancakes and two eggs sunny-side up."

The waiter takes a bowl of beans to the trucker. The trucker looks at it and growls, "What's this? I didn't order this!"

The young man tells him, "The cook says that while you're waiting for your parts you might as well gas up!"

- www.loadedtruck.com -

almonds and of course assorted veggies like carrots, cucumber and celery. Choosing organic products lowers the amount of chemicals you're consuming which in turn helps to keep your metabolism up providing your body with more good energy.

Low fat yogurts make a tasty treat. Add some fresh fruit for extra flavor and fibers to quench that hunger. Blueberries, strawberries and raspberries are 'antioxidant rich' which help fight against disease!

Try to get some cardio. Take a walk around your trailer or go for a short run when you manage to stop; every little bit helps. Not only is it healthy but the fresh air and increased heart rate give you a little extra nudge when you find yourself sleepy.

Making changes is difficult especially when you're in a rush and driving down the road. Providing yourself with healthy snack foods and eating smaller meals will keep your metabolism, strength and even mental attitudes at healthy levels. Make a good choice, it's your body,

it's your life ... it's your health.

If you have a yummy dish that is either easy to 'eat on the go' or gets devoured at summer picnics, share it with us and we'll spread the word!

Most of these helpful facts were found at [answers.yahoo.com](http://answers.yahoo.com)

ATTENTION ALL EMPLOYEES - STRIVING TO BE GREEN -



## DIRECT DEPOSIT OF GROUP BENEFIT PAYMENTS

July Billing Notice, 2011

### To Employees Receiving Direct Deposit Benefit Payments

If you are currently receiving your claim benefit payments (Extended Health and/or Dental) through Electronic Funds transfer (EFT), you may or may not be receiving your Explanation of Benefits (EOB) electronically.

#### New Procedures for Explanations of Benefits!

RWAM is moving to electronic-only delivery of EOB statements for those receiving claim payments via EFT.

This marks another enhancement in RWAM's ongoing efforts to maintain our commitment to reduce our environmental footprint, while continuing to improve service to our clients.

#### No need to wait on postal delivery.

For Direct Deposit recipients, our EOBs will be accessible via two methods:

- 1) Provided RWAM has your e-mail address, you will receive a notification via e-mail once your claim has been processed.
- 2) If RWAM does not have your e-mail address on file, your EOB statement will be accessible on-line via the **Plan Member Services website**. For details on registering for the Plan Member Services, see below.

#### RWAM's Plan Member Services Website

**Did you know?** Any insured employee can register for on-line Plan Member Services provided by RWAM.

Your on-line Plan Member Services provides you with easy access to your recent and past claims information, coverage information, dependant details, access to Benefit Booklets, and more...

Visit RWAM's website at [www.rwam.com](http://www.rwam.com) and follow the links to register!

**RWAM Insurance Administrators – committed to customer service and the protection of the environment.**

For questions, contact RWAM's Group Administration Dept.  
49 Industrial Drive, Elmira, Ontario N3B 3B1  
Tel. 519-669-1632 1-877-888-RWAM (7926) Fax: 519-669-1923  
[www.rwam.com](http://www.rwam.com)

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### Did you miss any newsletters?

Archived newsletters are available for you access anytime via web.

Check out Little Rock's website at [www.lrft.net](http://www.lrft.net).  
Under the HOME tab click on NEWSLETTERS.

If you have questions or concerns about the benefit payments please see Theresa. She is always willing to help!

## TO THE MEN AND WOMEN OF THE CANADIAN TRUCKING INDUSTRY IN CELEBRATION OF NATIONAL TRUCKING WEEK 2011

National Trucking Week 2011 is being celebrated from September 4th to 10th. What started as an idea from the Canadian Trucking Alliance in the latter part of the 1990's, National

Trucking Week has been embraced by the industry as a way to spotlight the contributions of the hundreds of thousands of men and women of the Canadian trucking industry who keep the country's freight moving, 24 hours a day, seven days a week. During National Trucking Week, various events will be occurring across the country where the trucking community in Canada – and we hope others – will come together to celebrate a job well done, to recognize those who make it happen and to promote the industry's dedication to safety – not only of our own but that of the people with whom trucks share the roads and highways – and to environmental enhancement.

The industry is emerging from the depths of the recession. And, while we are far from out of the woods yet in terms of the economy, it is a testament to the hard work, the dedication and the perseverance of everyone in every company that there is every reason to believe that the industry is poised for new growth and new opportunity. As I have said before, the



glory years of trucking are yet to come. We have the best people, providing the best possible service.

Trucking is more than a job to most people in the industry; it is a way of life – one that gets into your blood.

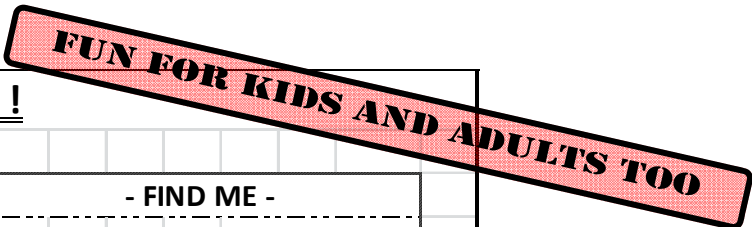
So, to all those people who make the industry -- drivers, mechanics, dispatchers, or if you work at any one of the hundreds of other jobs that keep our economy moving, I thank you on behalf of the Canadian Trucking Alliance and the provincial trucking associations. It is surely a privilege and an honour for me to be associated with such a remarkable group of individuals.



Most of the people of the trucking industry are unsung heroes. While you may feel you toil in anonymity, be proud of what you do, know that you are appreciated and enjoy National Trucking Week 2011.

Sincerely,  
David H. Bradley  
President and Chief Executive Officer

A message from: The Canadian Trucking Alliance - [www.cantruck.ca](http://www.cantruck.ca)



### SECRET CODE !

H	G	P	O	T	S	Y	I	K	4
V	T	S	A	F	E	T	Y	C	0
E	M	R	L	N	I	L	E	U	1
Y	L	L	O	D	L	I	C	R	R
R	E	M	N	W	F	B	H	T	E
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F	F	D	A	G	M	T	K	S	U
E	O	A	U	G	P	E	E	L	S
R	C	R	L	C	A	P	N	R	D

- FIND ME -	
10 4	PETERBILT
CHICKEN	RADIO
COFFEE	REEFER
DOLLY	RIG
EGG	SAFETY
FLIES	SLEEP
KENWORTH	STOP
LONG HAUL	SUMMER
MONEY	TRUCK

*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 mind to share with the Little Rock team.*

**Spell out the secret code with the unused letters from the wordsearch**  
**You think you figured it out? Bring it into Theresa and she'll grade it for you.**

**Awards given to the first 5 submissions.**