

LRFT newsletter

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Celebrating 30 Years



Volume 4, Issue 1

January & February 2011

It's Time

by Mark Reuber

Do you remember when you were 8, 10, 12 years old? Remember how you wished you were older? I could hardly wait till I was 13, officially a teenager and the perceived perks I believed that age would bring. The next goal was 16—ah!...drivers license and freedom! Then 18, officially an adult and the independence I felt an 18 year old would have.

Here I am this year about ready to go "over the hill", the big 5 0! Would somebody please stop this time machine?

Time doesn't stop for anybody.

Sometimes we're so caught up with the hustle bustle we bring on ourselves we fail to enjoy the things we currently are doing. Many times I've looked at pictures from years gone by with fond memories. You know, different events— family pictures, pictures of previous jobs and places we lived. I look back at those "snapshots" in my life and become aware that I didn't fully *appreciate* and *enjoy* those events and segments of my life like I should have

when they were happening.

Enjoy? Appreciate? These words indicate a "state of mind". Don't be fooled into thinking this state of mind is only possible when our surroundings and circumstances are at their optimum. We each have the power to bring ourselves to a state of enjoyment and appreciation regardless of our circumstances.

I remember touring through the countryside in The Dominican Republic. The natives lived in run down shacks, with hydro lines wrapped around tree branches and no shoes on their feet. Yet I sensed more happiness and appreciation in their beings then many of us here in the land of "well to do".

Shame on you...shame on me!

It's time...it's time to start appreciating what we have right now. Don't procrastinate and plan on better times ahead, you don't know what's around the corner. It's time to enjoy and appreciate!

Have A Safe & Happy New Year

Make this the best year of your life!

Building Resilience

The athlete who bounces back from injury, the patient who remains positive throughout their recovery, the worker who performs throughout a stressful and hectic day — all demonstrate a capacity to handle the stresses that come with everyday life and the workplace.

Resilience is a valuable quality. Through all the challenges and change we experience, we still have to focus at work and take care of ourselves and the people we love. The stronger and more resilient we are, the easier this is to achieve.

The Three C's of Hardiness

Not surprisingly, attitude is key, and people who practice the Three C's of hardiness are the most resilient:

- **An attitude of COMMITMENT** helps you engage fully and maintain your commitment to your job, your family and all your pursuits. Commitment leads to involvement, which leads to meaning and fulfillment.
- **An attitude of CONTROL** Enables you to take direct, hands-on action and affect

change. It gives you confidence in your ability to identify and influence the outcome of stressful situations.

- **And, an attitude of CHALLENGE** Lets you embrace changes as a normal life process. It allows you to take an unbiased view toward change, keeps you motivated in the face of stressors, and helps you learn from disappointments.

Ways To Be Resilient

We all possess varying degrees of resilience. If you find that you aren't as hardy as you'd like to be, there are many ways you can build this important quality:

- **FIND A SENSE A PURPOSE.** If money was no object and you had all the time in the world, what would you choose to do? Take a nice class, volunteer in your community, or spend time with a sick relative? Resilient people turn their dreams into action. Their passion nourishes and sustains them, keeps them feeling strong, and gives them a sense of fulfillment.
- **HAVE A POSITIVE OUTLOOK.** Focus on the part of your life that feels good. Spend time with people you like and do things you like

to do. Use humour to help you see the positive. Plan something today that you can look forward to. Be optimistic and remember that optimism is a learned skill — one that takes practice.

- **TAKE PLEASE IN THE SMALL JOYS OF LIFE.** They renew us, gives us peace, and keeps us feeling strong. They also sustain us during times of crisis and challenge. Make time for small joys such as being outdoors, or being with family and friends.
- **TAKE AN ACTIVE APPROACH TO SOLVING PROBLEMS.** When you study resilient people, you'll see they anticipate problems and actively solve them. Take these steps from hardy individuals.
 1. Clearly identify the problem.
 2. Make a list of "What is difficult for me?"
 3. Seek input from people you trust.
 4. Don't deny or ignore your problems.
 5. Use work skills to manage your personal life.
 6. Simplify and organize you life to make challenges manageable.
 7. Focus on the things you control like your anger.

THANK YOU

Another year passes here at The Rock, another Christmas Banquet came and went. On behalf of the social committee we would like to thank you for attending the 2010 Christmas Banquet. We look forward to seeing you at our next social event! Till then, enjoy 2011!

**Article Source: KC AUTO
November 2010 Edition
Submitted by Brian Palmer**

Us against them? (Always keep an Open Mind)

Bridging the gap between key
decision-makers and the front
line *By: Al Goodhall*

*-Al Goodhall has been a professional long-haul
driver since 1998.*

Roadside inspections and monthly log audits are examples of routine procedures I face on a regular basis that can affect my driver record, my professional certification and my income.

The 'safety through enforcement' approach often leaves me feeling guilty until proven innocent. On one side, I have my carrier's safety department, on the other side I have enforcement officials, both practicing due diligence as they enforce the rules

It is not unusual for me to feel as though I am stuck between a rock and a hard place as I carry out my duties each day. Because of the punitive nature of how the rules are enforced, it is not unusual to have the feeling that someone is ready to pounce on every little mistake I make as I go about my daily business.

Written driver tests every five years, driver physicals every three years (or more), random drug and alcohol testing, CSA 2010, speed limiters, EOBRs, hours-of-service rules and the specter of sleep apnea testing are just some of the major issues that govern a driver's conduct. Our industry is constructed on a foundation that pits us, the drivers, against them, safety and enforcement. Generating a feeling of us against them may not be the intent behind the rules, but it is often the result.

Are we getting the big picture of the trucking industry from the view we have from our cab or is our point of view too narrow? Is it us against them? Are drivers being unfairly targeted as of late? Are there too many rules being introduced as of late? Are added laws and legislation limiting a driver's ability to do the job and to earn a decent living?

I can't answer those questions for anyone other than myself. But I can relate a couple of experiences that helped me to see the bigger picture and open up my mind to a view beyond the confines of the wheelhouse that we all spend our days in.

This past August I had the opportunity to present a driver's position regarding electronic on-board recorders. I attended a meeting with the senior managers of my company and a representative from the Carrier Safety and Enforcement Branch of the Ontario Ministry of Transportation. It was a frank discussion and I was able to present some of the major issues I was facing with the live implementation of an EOBR in my truck.

What impressed me the most about this meeting was learning how little feedback decision-makers receive from individuals on the front line. The users most affected provide the least input into how this new technology affects their daily routine. Think about this: So often we react to decisions that are made and systems that are put into place *after* the fact. We need to participate more in the process and have more of an influence on decision-makers.

When I think about the numerous experiences I have had with enforcement officers throughout North America at various government scales, I have not had a really bad experience.

I have had some equipment issues at a couple of those inspections but have always been treated in a professional manner and I have never had the feeling that anyone is out to get me. I also spent a day observing inspections at an Ontario scale during the annual CVSA spring blitz a couple of years ago and was impressed with the latitude inspectors gave to drivers.

I noted a number of drivers that day that had not received the adequate training or information they needed to do the job to the best of their ability. Inspectors gave these drivers a good bit of leeway and assistance so as not to punish them unfairly.

This came about as a result of changes with the EOBR. It's time to adapt and change in a positive way. We can't continue to do things the same old way with new technologies and systems in place.

So it's not us against them after all. At least, not in my case. This job confines you to your cab for long periods of time. That confinement can result in a narrow point of view on our part. There are many excellent people in this industry with nothing but good intentions.

Those good intentions need information from the front lines to have the greatest impact. More than ever, we need to share our experience and insight with the decision-makers in this industry. It's easier than it has ever been to share information. It builds bridges and your own morale.



Solution, the purpose of this bridge is to switch sides in which the vehicles drive. Each country has a different rule in which side of the road you are supposed to drive on.

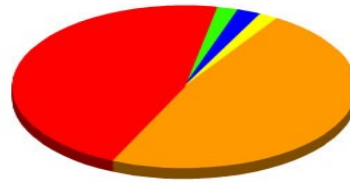
One wonders wouldn't this have been cheaper to do on land verses over the water!?

The 4G's — Geoff Goetz's Gear Grinders —

- A clear conscience is usually the sign of a bad memory.
- To be sure of hitting the target, shoot first and call whatever you hit the target.
- Change is inevitable, except from a vending machine.
- You do not need a parachute to skydive. You only need a parachute to skydive twice.
- War does not determine who is right - only who is left.
- When tempted to fight fire with fire, remember that the Fire Department usually uses water.
- If I agreed with you we'd both be wrong.

Let's welcome Geoff to the monthly newsletter as he shares some of his terrific "Gear Grinder" thoughts us.

Things I Learned From Watching CSI



- How to take a fingerprint sample.
- How to tell which direction the blood splattered from.
- How to think out of the box when faced with problems.
- All female CSIs can double as supermodels.
- You can kill someone with anything.

New Years Resolutions



Are you a New Years Resolution person?

I used to be but I think after a gazillion years that maybe I need to focus on realistic goals that are achievable that make me happy instead of wishful thinking. Reality is that most of us get off the resolution within weeks but some of us have the credit card bill arrive and the new exercise equipment is already substituting as a laundry stand.

I believe what makes us more motivated is raw passion and excitement. Getting on a treadmill doesn't even peak my excitement mojo even though it's what I need to do. However, creating infectious positive ideas and motivating people is something I feel so strongly about that I devote nearly every minute of my spare time to strive for.

I didn't always feel that way... strange as this sounds, I used to walk down hallways with my goal to be as quiet as possible so no body knew I had even passed through. In retrospect, I realize why I was so to myself and had virtually no friends. I created my own environment and would complain about it. The real issue is when you create your environment, you become so wrapped up in it that you can't see that you're the cause of nearly everything you are not lik-

ing.

So this year, try a new approach and make goals that are achievable. Start with goals you know you can achieve and create new ones as the year progresses along. It's good to strive for something that is hard to get, but also realistic and achievable with some changes or mindset alterations.

I have come to learn the following:

You can't measure your life or success without goals in place. You need the light at the end of the tunnel (goal) that you are walking towards. Without the goals, the tunnel remains dark and scrambled. It's more than likely you will get lost and end up heading back in the direction from which you came. Without goals, you will not fully realize all the mini milestones you achieved along the way.

The most successful and people I admire are goal oriented and actually have goals written down to track their own desires on what they want to achieve.

So what are your goals? What do you want in your life that you currently don't have? What is your method to achieving what you want in your life?

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Ken C, IT Support ext 139
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Executive:

Mark, Owner ext 127
John, Owner ext 137
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LRFT employs over 60 people who include drivers, mechanics, students and administration to serve our customer's needs.

The company newsletter is written & produced by Michael Sellick, administrator for LRFT.

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Contributors welcome.