Behind The Wheel

Newsletter of the Maine Professional Drivers Association



Volume XIV, No. 7

"Committed to Safety, Courtesy, and Professionalism"

July 2004

NEXT MPDA GENERAL MEETING

July 17 - MMTA - Augusta, Maine - 9:00AM - FMI contact Dick Brown at rr.com or 207-318-7395

FROM OUR PRESIDENT

I hope this newsletter finds everyone well and enjoying the summer months. On that subject, lets talk about being healthy and avoiding injuries. Let us start off with the health issue. As you all know, the Federal Motor Carrier Safety Administration has come up with some new guidelines for **blood pressure** testing and I stress that these are **Federal Guidelines**. These guidelines are in Part 391.41 of the Federal Motor Carrier Safety Regulation. They state your blood pressure should be lower than 140/90. The point I'm trying to make here is, as drivers we need to be more aware of our health and not wait until it's time to have our physical to find out we have a problem.

My father and mother had diabetes, so I have to keep an eye on my blood sugar. I now have a blood sugar and a blood pressure monitor at home so I can keep a check on both (I don't like surprises).

Now lets talk about injuries. Contrary to what might be expected only about 6% of all injuries to truck drivers are caused by vehicle accident. Slips and falls, back strains, and improper lifting techniques cause the vast majority of injuries to drivers. We all know we should use the **Three Point System getting in and out** of our trucks, but do we use it? We all know how to lift, but do we take the time to do it correctly?

It's hell to get old! Because all the things I have talked about come back to haunt you when you get older if you don't take care of yourself when you're young. I think back to all the times I jumped off a loading dock or out of the back of a truck, now I feel it every morning when I get up. Please Think! Take control of your future; don't let your health or an injury take your job.

Remember! The world is run by those that get involved!

Regards, Ron Hutchins , President MPDA

NORTHERN CONVOY FOR KIDS

The Northern Convoy for Kids had a very successful event on June 6th. It was blessed, with the presents of beautiful trucks, wonderful people, and a sunny day.



One of the super trucks there was the Show Time truck from Epping NH owned by Bob and Jean Raymond. Bob and Jean are very special people to care so much about a children's fund raiser, that they would bring their unique truck, a Flame throwing Mack that will get up and go like a work horse in a hurry to get back to the barn for some grain.

Nancy Dysart spoke to the people about the importance of the N. Convoy and the part it has in raising over \$ 500,000.00 for CMN. Nancy informed everyone that the money stays local and provides for those in need of help. During the raffle drawing Nancy won a die-cast NASCAR 1:24 scale, and said she would put it in the children's room at EMMC.

Bob Philbrook came to the N. Convoy to do a Flag Folding ceremony with the help of six young volunteers from the crowd. Lisa Mclaughlin read what each fold meant as the flag was folded. When the folding was completed Bob Philbrook, a representative of Veteran Affairs, presented it to a young child, because his grandfather. Ed's grandfather had passed away and was a twenty year veteran of the Air Force.

(Continued on page 2)

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(Continued from page 1)

The Fed Ex district manager and a lovely assistant had a crash course on the mass production of hamburgers and hot dogs, as they broke in the new stainless steel Convoy for Kids BBQ grill, which raised about \$400.00 in a couple of hours. Community organizations like the Brewer Eagles Club and the Bangor Lions Club are to be commended for their involvement to make the N. Convoy for Kids a success.

Ron Hutchins and Cliff Gray came with the MMTA truck, and had a tough job judging the trucks. Mrs. Boynton of E. C. Boynton and sons collected almost \$1200 on the pledge sheet and then contributed even more money while at the event. The N. Convoy will surely be successful as long as good people like the ones mentioned plus all the VIP's that make the N. Convoy. It seemed quite apparent that all the children were having a very good time. The work for next years N. Convoy has already begun. Soon the web-site will have this years updates and pictures so check out www.northernconvoyforkids.org

Stan Mclaughlin

News From the Roadteam

Well I have missed getting anything in the last couple of issues of *Behind the Wheel* so I have some catching up to do.

First of all, good job to all who participated in the State



Driving Championship and congratulations to the top scorers of each class. Good luck to those who will be going on to both the ATA

Nationals and the Professional Drivers Championship.

We had our first coffee break on Friday May the 28th at

the York weigh station. Considering the rainy weather conditions I think we can consider our efforts a success. We had about 50 to 60 people stop by which isn't bad considering the



weather. We also had visits from the Maine State Police and the Maine DOT Good Samaritan patrol. Ron Hutchins went down with the MMTA Mobile Training Unit, Dick Brown went down in his Jeep Wagoneer to help set up our signage and spend the day. My lovely wife Diane went down in our car to help out all day and to keep me on track as usual. I took the MPDA trailer down with the Old Macomber One Stack Mack. We also had Dave and Terry Stuart and Denis Litalien ready to come down if we needed them but due to the poor weather conditions the four of us had things under control. I hope we can do this again next year as a service to the motoring public.

The Northern convoy was a huge success thanks to the efforts of **Stan McLaughlin** and his family, the Bangor/Brewer Lions club and **Ray Rogers** and family and many others whose names I do not know but who helped with this very worthwhile charitable event. I think there were around 80 trucks that participated and raised somewhere between \$4500.00 to \$5000.00 dollars for a couple of different charities.

Dave Stuart has been doing some more drivers ed classes this summer. I have missed a few classes this summer because of my work schedule and the fact that **Mike Shepard's** classes are during the day for the summer months. I do still supply him with materials about sharing the road with large trucks though. Well that is the long and the short of it for this issue so I'll see you on the boulevard. Keep the shiny side up and the greasy side down and drive safe.

Fred Thompson, MPDA ROADTEAM Captain

New Hampshire's TDC Results

3 AXLE

	3 AXLE						
1ST	Rick Wickman	Roadway Express					
2ND	Jose Rivas	Fed X					
3RD	Ronald White	CCX					
4 Axle							
1ST	Tom Hartt	Roadway Express					
2ND	George Orchard	Walmart					
3RD	Jasmin Hasanovic	CCX					
5 AXLE							
1ST	Robert Gaudette	Fed X					
2ND	Laurier Dumont	Roadway					
3RD	Daniel Allard	Penske Logistics					
FLATBED							
1ST	Paul Robichaud	Fed X					
2ND	Paul Bullard	RSD					
3RD	Fred Varney	Wal-Mart					
SLEEPER							
1ST	Steven Cochran	Fed X					
2ND	Mike Cloutier	Wal-Mart					
	STRAIGH	T					
1ST	Joseph Martin	CCX					
2ND	Robert Provost	Waste Management					
TANK							
1ST	Chris Lemauk	PS Marston					
2ND	Wayne Farmer	Wal-Mart					
3RD	Dennis Memmolo	PS Marston					
	TWINS						
1ST	Jason McCarthy	Wal-Mart					
2ND	Daniel R. Roy	CCX					
3RD	Andrew Worster	CCX					

(Continued on page 4)







CONGRATULATIONS TO ALL THE 2004 TDC COMPETITORS

As a Supporting Member of Maine Professional Drivers Association since 1989, and being a family owned business based in Maine, Hutchins Trucking Company has always been concerned about all aspects of trucking industry safety.

We support the MPDA in all their efforts to help make, not only our industry a safer one, but an industry to be proud of as well.

~ We're please to be part of such an organization ~

RYDER TRANSPORTATION SERVICES NAMES STATE OF MAINE DRIVER OF THE YEAR

Bruce "Bear" Simpson, (pictured on left, beside Andy Reed) a professional driver for Huttig Building Products of Saco, Maine was recently selected as the **Ryder Transportation** 2003 Driver of the Year from the Portland, Maine Customer Business Unit. Mr. Simpson was also nominated as a finalist for the Ryder Northeast Region Driver of the Year.

Bruce has logged over 2, 400,000 safe driving miles in his 25 years as a professional truck driver. He has also been employed at Hutting Building Products since 1979. He and his wife, Karolyn and son James, reside in Scarborough, Maine.



The criteria for nomination includes accident free miles, length of service, overall driving record, DOT and regulatory compliance and community service .

Congratulations to Bruce Simpson for his professionalism and outstanding achievement as

Ryder's Driver of the Year and to the Huttig Building Products Company for their commitment and support of Transportation Safety.

TRUCKING TRIVIA

Answers on page 5

- #1 Truck manufacturer Peterbilt was founded in what year?
- #2 What city was Sanborn's Express based in?
- #3 Carl Subler Trucking was a truck load carrier. Who were they purchased by?
- #4 P.I.E. Trucking Company What did P.I.E. stand for?
- #5 Sanborns Express was bought by who and in what year?

Maine Professional Drivers Association's Behind the Wheel Newsletter & Board of Directors

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MPDA is a nonprofit organization dedicated to promoting courtesy, safety and professionalism in the field of commercial driving. Articles of interest to members, advertising copy, inquires, payments, change of address, comments, and newsletter submissions should be mailed to:

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Email – mpdainfo@mainepda.org Website - www.mpda.org

2004 MPDA CALENDAR OF EVENTS

(As of July 3, 2004 - includes events that our members are involved in, or are of interest to our members)

July

- 10 MPDA Officers Meeting MMTA Office, Augusta, ME - 9:00AM - contact Ron Hutchins at 623-4128 or ronh@mmta.com
- 17 MPDA General Meeting, MMTA Office, Augusta, ME - 9:00AM - contact Ron Hutchins at 623-4128 or ronh@mmta.com

August

- 1 August Newsletter Deadline All submissions must be emailed to behindthewheel@mainepda.org>
- 17 Southern Convoy Meeting Old Country Buffet Maine Mall - 6:00PM contact Jim Costa at 727-5349 or jcosta@sacoriver.net
- 17-24 ATA National Truck Driving Championships
 Salt Lake City, Utah FMI Cliff Gray at
 <grayc@mmta.com> or 207-623-4128

September

- 4 Sept. Newsletter Deadline All submissions must be emailed to

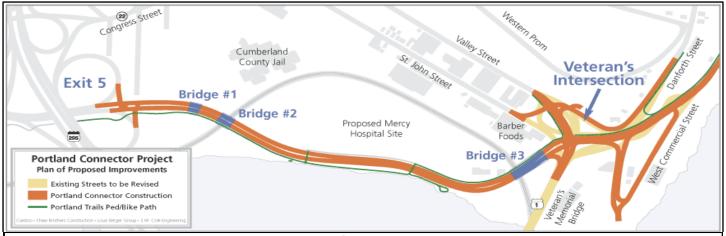
behindthewheel@mainepda.org>
- 4 Tentative 2004 Charity FunDrive Virginia
- 9 "Wishes on Wheels" Convoy Willington, CT. contact Roland Bolduc at 413-525-0764 or <roadeo@charter.net>
- 23-25 US Professional Truck Driving
 Championships Wisconsin Center District,
 Milwaukee contact Cliff Gray at
 <grayc@mmta.com> or 207-623-4128

October

- 9 Trucking 4 Kids Convoy Set-up Day 9:00am Portland - contact Jim Costa at <jcosta@sacoriver.net> or 207-727- 5349 or <trucking4kids@aol.com)
- 10 Maine Trucking for Kids Convoy, 7:00am Portland/So. Portland FMI Jim Costa at <jcosta@sacoriver.net> or 207-727-5349 or <trucking4kids@aol.com>
- 20 10th Annual N. H. Truckers Drive for Kids
 Steeplegate Mall, Concord, NH to Hopkinton
 Fairgrounds, Hopkinton, NH 7:30am Contact
 Linda Rafeal at 603-435-6366 or
 <LndaRfl@nhpda.com>

(Corrections or additions should be sent to Pete Mortensen at morty@maine.rr.com or 284-4933)

Ron Hutchins Denis Litalien



THE PORTLAND CONNECTOR PROJECT

SCOPE OF WORK	Start Date	End Date
Veteran's Intersection Utility Relocations	03/01/2004	05/01/2004
Veteran's Intersection Construction	05/01/2004	12/01/2004
Commercial St. & Industrial Drive Construction	03/01/2004	06/01/2004
Connector Roadway Construction	04/01/2004	11/18/2005
Bridge 3 Construction	09/01/2003	12/15/2004
Bridges 1 & 2 Construction	04/01/2005	11/01/2005
Portland Trails	04/01/2005	11/18/2005

ANSWERS TO TRUCKING TRIVIA

Ouestion #1

Question #2 Dartmouth, Nova Scotia.

By Munson Transportation who was Question #3

latter purchase by Heartland

Express

Question #4 Pacific Intermountain Express

By A.P.A. in 1986. and on Question #5

February 20, 2002, APA closed



Maine Motor Transportation Assn.

You have trucking industry questions. You have trucking industry concerns. You can get trucking industry answers by giving us a call today at 207-623-4128 or visit us at www.mmta.com







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BACK WHEN.... IN '56...

In 1956 Cumberland Farms opened its' first store in Bellingham, MA. It was the first of its' kind to offer new "Jug Milk".



"The Stop That Keeps You Going."



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2004 Maine State Truck Driving Championship Contestants

				_	_	
	Straight Truck			Five Axle Flat		
301	Roger Scott	FedEx Freight	301	David Gagne	Clifford W. Perham/Shaw's	
281	Edward Abbott	Downeast Energy	248	Joseph Lovejoy	Wood Structures	
231	Derek Armstrong	FedEx Ground	232	Daniel Leighton	Pottle's Transportation	
	Harold Sherwood, Sr.	Pottle's Transportation		Rick Magnuson	Hannaford Trucking	
				Rick Labonte	Wood Structures	
	Three A	vlo Von		Rodney Gerrish	Hartt Transportation	
242	Three A			mouncy Gerrisi	Turt Tunsportation	
342	Randy Devault	Roadway Express		Eivo Av	zla Tank	
257	Adrien Doyon	Sysco Foods of NNE	225		kle Tank	
233	John J. Dionne	Sysco Foods of NNE	325	Robert Fernald	Fowlers Express	
	William G. Butland	Sysco Foods of NNE	281	Scott Crane	Superior Carriers Inc.	
	Pernell Gilliam	Con-way Central Express	250	Scott Carter	J&S Oil Inc.	
	Jason King	Sysco Foods of NNE		Roger Martin	Webber Oil	
	Clifford MacDonald	Hutchins Trucking		Mark Morrow	Boc Gasses	
	Lester Lord	FedEx Freight		Richard Hill	Hannaford Trucking	
	Frank Smith Jr.	Overnite Transportation		Jeffrey Grass	MBNA	
	George Lavioe	FedEx Freight		Shawn Withee	J&S Oil Inc.	
				Guy Currier	Webber Oil	
	Four Ax	de Van		David Glendenning	H.O. Bouchard Inc.	
343	Denis Litalien	Clifford W. Perham/Shaw's		David Crockett	Currier Trucking Corp.	
266	Kevin Smit	Clifford W. Perham/Shaw's				
256	Timothy Estabrook	Hartt Transportation		Twin 7	Frailers	
	Eric Foster	Land Air Express	267	Terrence Record	Con-way Central Express	
	Michael Swallow	Overnite Transportation	195	Fern Richard	USF Redstar	
	Kevin Carroll	Sysco Foods of NNE	194	Raymond Rogers	FedEx Freight	
	James Vatter	Yellow Freight	1/7	Gregory Deterding	Overnite Transportation	
	Mark Fillion	Yellow Freight		Michael Saucier	FedEx Ground	
	Wark I mion	Tenow Troight		Gregory Hemmings	Overnite Transportation	
	T2 A	1. 37		Gregory Hemmings	Overmite Transportation	
•••	Five Ax					
294	John Labonte	International Paper Co.				
267	John Ellingwood Jr.	FedEx Freight	~VERMONT~			
265	Thomas Pooler	Hannaford Trucking		Straigh	<u>ıt Truck</u>	
	Wade Flood	Sysco Foods of NNE	401	David Fountain	FedEx Express	
	Ronald Round	Pottle's Transportation	251	Carroll Bean	FedEx Custom Critical	
	Mike Frith	A.G. of Maine	219	Dora Bean	FedEx Custom Critical	
	Wayne Berube	Clifford W. Perham/Shaw's			Axle Van	
	Patrick Carroll	Central Maine Transport	290	William MacDonald	Roadway Express	
	Clinton Wakefield	Currier Trucking Corp.	256	Warren Henderson	Con-way Central Express	
	Greg Cater	A.G. of Maine	192	Brian Moody	Overnite Transportation	
	Ed Fernald	Emery Waterhouse	192	•	•	
	Ed Conners	Maine Commercial Tire			<u>xle Van</u>	
	Douglas Martin	Hartt Transportation	277	David Blanchette	Yellow Freight	
	Robert Campbell	Hutchins Trucking	253	Raymond Gandy	Yellow Freight	
	David Porter	A.G. of Maine	252	Kevin Sherman	FedEx Freight East	
	Eric Bickford	Overnite Transportation		Kenneth Black	FedEx Freight East	
	Randy Garcia	A.G. of Maine		Five A	xle Van	
			258	Chris Goddard	FedEx Express	
	Five Axle	<u> Sleeper</u>	227	Christopher Novack	FedEx Express	
225	Jeffrey Reutter	Currier Trucking Corp.	173	Zeb Lemieux	Mike Lemieux Trucking	
220	Roland Dubois	R.F. Chamberland, Inc.	175			
216	Ransford Begin	R.F. Chamberland, Inc.	22.5		<u> Frailers</u>	
	Lenny Landry	R.F. Chamberland	226	Steven Dunn	Overnite Transportation	
	Gregory Johnson	Hannaford Trucking	145	Stephen Slack	CCX	
	Charles Deveney	Hartt Transportation			_	
	James Ouellette	R.F. Chamberland		A 11	1 (6:11)	
	Carl Woodbury II	Central Maine Transport		Note: All contestants are listed in order of finish. Anyone wanting		
	Roy Handran	Central Maine Transport	their in	idividual scores should conta	ct Cliff Gray or Denis Litalien.	
	-					
	James Harmon	Hutchins Trucking		Rolded names a	re members of the	
	James Harmon Kevin Seavey	Hutchins Trucking Hartt Transportation			re members of the Drivers Association.	

Currier Trucking Corp.

Leonard Young Jr.