

HUB ADVISORY

NTB INITIATES NEW DRIVER TRAINING PROGRAM

We are excited to announce that beginning July 1, 2006 NTB will start a new driver training program. This program is an interactive internet based program that will be valuable as continued training for experienced drivers and will also provide great initial training for our trainees.

As stated above, this is an internet based program which will allow drivers to complete their lessons while on the road if they have a laptop computer, in the comfort of their own homes or at our terminals. Because of the very flexible nature of this training, our drivers can complete the training at their leisure, as long as they complete it during the month they are assigned to do the training.

The process is very simple. Drivers will be notified in advance and will be given one month to complete their training. You will be given a web address and password to enter the program. Each lesson will take 30 to 45 minutes to complete. As you complete a section of the lesson, you will be required to answer questions regarding the material just covered. If you answer the questions wrong the program will go back to the previous section so you can review it again to answer the questions correctly. As you complete the lesson, it will close and automatically post your completion so we have records of all drivers' training.

We have chosen this method of training because of the quality of the training and the convenience of the training. This training is required and our insurance company will allow this training to be substituted for Driver Safety Meetings so our drivers will not be required to take off work or give up home time to attend the group meetings. We will still attempt to have one group meeting each year to give out Safety Awards.

You will receive more information as your turn for training comes up so be watching.

July 3, 2006



Tires

Did you know that the biggest cause of tire failure is low tire air pressure? Every 2lbs of air PSI loss can increase the temperature of a tire by 5 degrees and with the road temperature increasing during the summer months it's a recipe for disaster such as Blow outs, downtime, late loads etc. Low air PSI can also cause more side wall fluctuation causing additional tire damages, as well as higher rolling resistance in the vehicle thus reducing fuel economy.

You can save yourself and NTB trouble and inconvenience by simply checking your tires before you leave on the road, Look for:

1. Nails or other foreign material in the tire
2. Low or soft tires - visual or tire thumper
3. Deep cuts or injuries
4. Missing tread or tread separations
5. Tire injuries that may be severe

Report any unusual tire problems before you leave to help avoid failures during your run. It may take less time to repair it now before it fails and will definitely cost less Money. It only takes a few moments to look the tires over and your time could be well rewarded.

For those of you that have checked tires and reported problem that have saved tires... Thank you ! Brian Pratt

PROCEDURE FOR HOOKING TO A DOCKED TRAILER

- A. Back up to the trailer so the 5th wheel is just ahead of the trailers.
- B. Get out of the truck, walk to the back of the trailer and look up underneath, between the trailer and the dock to see if the dock plate is pulled and the dock door is closed
- C. Back up underneath the trailer **(at Meijer complex, when green light is on)** and finish hooking both air lines and light cord. Perform your "pull test" to check for proper 5th wheel lock.
- D. Get out and do a visual 5th wheel check by looking to see if the handle is fully engaged and the 5th wheel is flat against the bottom of the trailer. Then look under the trailer into the "jaws" of the 5th wheel to see if it is fully locked and the plunger is visible. This may require the use of a flash light.
- E. Crank up the dolly legs completely.
- F. Pull the wheel chock out from under the trailer tire.
- G. Look under the trailer again to make sure the dock plate is still removed and the dock door is closed.
- H. Pull the trailer away from the dock and complete a pre-trip inspection. **(See Maintenance Section of the Driver's Manual)**

Reminder: Once this procedure is complete, before doing any paperwork, pull the trailer away from the dock to keep anyone from putting the dock plate back in the trailer or entering the trailer.

***Failure to Follow Procedure:* Possible termination of employment.**

Anniversary Dates:

Name	Date	Yrs
Doug Phipps	7-03	9
Mike Walsh	7-07	11
James Stradtner	7-19	4



FROM Debbi & Jennifer

GOLDEN PAPER CLIP AWARD: For outstanding neatness of paperwork, proper signatures on fuel slips and toll receipts and promptness turning in documentation—the Golden Paperclip Award for week ending July 1, goes to *Billy Dover*. Thank you and keep up the great work!

FUEL PURCHASES for Period 12

	Percent	Gallons
Total Fuel Purchases Data	100.0%	242,606.51
NALT FUEL CENTER	23.9%	57,946.26
NATI FUEL CENTER	43.9%	106,573.48
Total Terminal Fuel	67.8%	164,519.74
Total Non-Terminal Fuel	32.2%	78,086.77

Timeless Truth...



Righteousness exalts a nation, but sin is a disgrace to any people. Proverbs 14:34

Wk Ending	Total Miles	Loaded Miles	Efficiency
July	450,436	377,619	83.8%
June 24	462,689	398,832	86.2%
June 17	452,553	389,210	86.0%
June 10	456,926	389,834	85.32%



Thanks to everyone who played the Trivia Contest. The winner of the Trivia Contest is Edna Holdridge. Edna's name was drawn from the entries. Congratulations Edna!

WHERE WORKERS PRESENT

45

ROAD CONSTRUCTION AREAS

Sanilac County: M-53 between M-46 and Severance Road.

Resurfacing and drainage improvements. Single lane closures beginning July 5th. Closures will be restricted to two miles. Completion, October, 2006.

Thanks to Dave Vick for the additional DOT information!

Watch for Operation Clean Truck contest coming in July.



Congratulations

Jenni Kotrch was recently promoted to Supervisor NAGR Business office. She will supervise the business office staff, assuring the staff is cross trained. In addition, she will work closely with Vice President of Finance, Mark Brame, assisting him with accounting functions.

Jenni brings with her, experience in office management, accounts payable and Human Resources. She recently attained a degree from Davenport University in Business Management.

Please congratulate Jenni on her recent promotion.

NTB WOULD LIKE TO WELCOME THE FOLLOWING NEW DRIVERS:

Tammy Eiking—NATI
Doug Lewis—NACF

CONGRATULATIONS AND WELCOME TO THE NTB FAMILY!

NTB Bingo is coming in August!



Driver Notes from Edna

FYI...Customer - Gordon Foods in Brighton uses CB Channel 1.

BARGAIN CORNER III



FOR SALE:

Computers

350 mhz 64mb ram, NIC, speakers, keyboard, mouse, monitor—with or without operating system. \$25.00

266 mhz, 128mb ram Laptop—Dell wireless with operating system. \$100.00. Laptop has **NO** battery charger.

Call Tyler George (Tractor 1123) 937-216-9904.

Driver Notes

Lear Walker has a strict policy regarding wheel chocking and jack stands. All Drivers are to comply with their policy. If you have any questions, please call the Dispatch Coordinator on duty.

As it relates to Target



If you are a non-dedicated Target driver that has a Target key or lock, please contact Chris Schomberg at extension 1155. **These need to be turned in.**

From Fuel Desk Debbi

Reminder: When swiping your fuel card at a Terminal and it comes up as “cannot read or invalid” and it prompts for a card number, REMEMBER to add “560017” to the front of your card number. You may then continue inputting the number on your card.

How to survive a heart attack when alone?

Let’s say it’s 6:15 pm and you’re heading home (alone of course) after a hard day at the office or a long week on the road. You’re really tired, and frustrated, stressed and upset. Suddenly you start experiencing **severe pain** in your chest that starts to radiate out into your arm and up into your jaw. You are only five miles from the hospital nearest your home or terminal, but unfortunately you don’t know if you’ll be able to make it that far.

You have been trained in CPR, but the person that conducted the course did not tell you how to perform it on yourself!

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing conscious. **What do you do???**

Answer: Do not panic, but start coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every 2 seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get **oxygen** into the lungs and coughing movements squeeze the heart and keep the blood **circulating**. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this. It could save their lives!!! Don’t ever think that you are not prone to heart attack as your age is less than 25 or 30. Nowadays due the change in the life style, heart attack is found among people of all age groups.



The stresses of being a professional driver can take its toll on one's body. Being a driver requires taking care of yourself for both physical and emotional well being. An article in the **Pilot Challenge** magazine gives some ideas on physical activity while on the road. **Before beginning any exercise, be sure to check with your doctor.**

18 Wheeler Workout—15 minutes a day can make a difference

The responsibility of being on the road transporting cargo from point A to point B and then back again, not only has some time pressures, but also puts some pressure on your body. Sometimes the only thing that breaks your day is a long awaited bathroom, shower, food or fuel break. Truck driving can have its physical challenges, but now YOU can fight back by taking 15 minutes a day to burn calories, increase and improve circulation and add some fitness back to your road warrior lifestyle.

By spending as little as 10 to 15 minutes a day, each day you drive, can prolong your career and perhaps add years to your life. Spending this little bit of time on yourself will make a difference, especially as you begin to see results and begin to build upon your exercise routine. You can perform these exercises before you hit the road, during a fuel or bathroom break, or at the end of a 500 mile day—it's up to you! Any investment in exercise for your body is a smart choice and due to the limited amount of space and time, as well as a challenging road environment, this 15 minute a day plan can yield big results.

Here are 4 basic exercise and guidelines with which to begin a program:

- ◆ First, commit that everyday you drive your rig, you take the time to fit in the 15 minutes. The 3 or 4 exercises introduced here can be spread throughout your day. For example, on your first stop, do one 3–4 minute set, on your second, do another 3–4 minute set and repeat.
- ◆ For each exercise, complete 4 sets of 10 repetitions.
- ◆ If you feel any abnormal strain or pain, cease exercise immediately.
- ◆ Any soreness that lasts more than 24 hours from doing these exercises may be a sign of other health related issues. If so, see your doctor.
- ◆ You will begin seeing results in 7 to 10 days if you stick with the 15 minutes a day routine. As you become stronger and more flexible, you can add new components. After several months, you should be able to pick and choose different movements and rotate exercises for each 15 minute routine.

THE 4 BASIC BEGINNINGS:

- 1. STANDING PUSHUPS**—builds and tones chest, arms, shoulders. Stand and face any wall or the side of your truck. Stand 3 feet from surface in front of you. Lean forward with your palms at shoulder height. Lean all the way into the wall, pause and push back to stand straight upright. You can increase the intensity by stepping further away from the wall. Complete 4 sets of 10 push-ups.
- 2. GALLON JUG RAISES**—builds and broadens shoulders. Use recycled gallon jugs from water or milk. Fill jugs with sand, water or cat liter. In a standing position, hold jugs in your hands at your sides. Lift jugs at the same time from your sides to a "standing T" position; hold for a count of 2 and then lower the jugs. Complete 4 sets of 10. You will feel the burn! If you do not feel your muscles tensing, simply slow down the movement.
- 3. SQUATS**—the old favorite, but still tough. This exercise may leave you sore the next day, but after all of the driving day in and out, your legs and lower body circulation will thank you from the first squat to the last. Place your feet shoulder width apart, squat down slowly with your chest up until you are almost in the sitting position (tip: place a chair behind you and act like you're about to sit down, pulling up before you actually do). Complete 4 sets of 10 squats per set.
- 4. CALF RAISES**—Last exercise of the day. Standing on a step or floor, holding on to a rail or a chair or any surface for balance, slowly push up onto the tips of your toes contracting (squeezing) the calves. Slowly lower your feet back down to level. Complete 4 sets of 10 raises.

These are four simple exercises that will take a total of 15 minutes either all in one quick workout or spread throughout the day. Two of these exercises focus on the upper body and two focus on the lower body. Both will improve your balance. If time permits, try doing all four of the exercises 2–4 times per day. Start today and you will see and feel results in 7–10 days.