Behind The Wheel

Newsletter of the Maine Professional Drivers Association



Volume XIV, No. 11

"Committed to Safety, Courtesy, and Professionalism"

November 2004

BLOOD PRESSURE

WHY IT SHOULD BE CONTROLLED

In light of recent developments with the new DOT policy con-

pressure for most adults is less than:

cerning the new blood pressure guidelines that have been implemented as of September 30, 2004, MPDA will be looking into this in | 2 more depth.

The Board of Directors has agreed to look further into the issue of the new Blood Pressure Regulations. Letters are being sent and inquiries are being made to the proper authorities. The results of this research will determine what action, if any, should be taken on this issue. Watch for updates in future newsletters, on the website and at our general meetings.

Just to make sure you have the new '3 Step Blood Pressure Guidelines', we have included them here again as they were published in the August 2004 issue of Behind the Wheel'. They are as follow:

- **Stage 1** Covers 140/90 mmHG through 159/99 mmHG, which is a 20-point change in the systolic pressure from the current threshold of 160. If a driver tests at this level, a driver can be certified for only one year. After that, if readings stay within that scope, the driver will be issued a one-time, three-month recertification, during which the hypertension must be treated so that it remains at or below 140/90 mmHG.
- Stage 2, If a driver's blood pressure is 160/100 mmHG to 179/109 mmHG, the driver will be issued a one-time, three-month certification. Once the hypertension is under control - at 140/90 mmHG or less - a driver will be issued a one-year certification from the date of the initial exam, and thereafter be recertified on an annual basis as long as blood pressure remains at or below 140/90 mmHG.
- **In Stage 3** If blood pressure is above 180/110 mmHG, a driver will be disqualified until he is treated and his blood pressure remains at 140/90 mmHG or less. He will then be given a six-month certification from the date of the initial examination and recertified every six months.

NEWS FROM THE ROADTEAM

Can you believe we are going into the Thanksgiving and Christmas holiday season already? Where did the year go? Of course that also means we are going into the winter driving season. So it is time to prepare ourselves for the many challenges that come with driving in the snow and ice. Some things we will have to remember are as follows:

- The morning fog and misty rain can cause black ice when the temperature is hovering at 32 degrees and below.
- Bridges freeze before the road surface does in most cases.
- Shaded areas on the road may not thaw as quickly as those that are exposed to the sunlight.
- Areas of the road that are covered with leaves may be slippery.
- 5. Do you have a good scraper and snow brush in your vehi-
- Be sure you clean your windows and mirrors before you head down the highway.
- Clean as much snow and ice from your vehicle as possible to keep it from blowing onto other vehicles you will be sharing the road with.
- On cold mornings be sure all your wheels and tires are turning when you start moving so you don't end up flat spotting or ruining your tires by dragging them down the
- Reduce your speed and increase your following distance when driving on snow or ice covered roads.

- 10. Be prepared for extra traffic and distracted drivers during the Holidays.
- 11. Carry some extra clothing, a hat that will cover your ears, and some warm gloves with you just in case you should break down and have to walk for help or have to wait in the cab without the engine running to keep you warm.
- 12. Always remember to buckle. It is the law and the safe thing to do.

Well there are a few tips to help keep you safe this winter. Thanksgiving and Christmas are the most heavily traveled holidays of the year so don't let the increased traffic get the best of you or catch you by surprise, be prepared and expect it.

I was thinking this week about how Thanksgiving leads us or points us to Christmas. It is a time to give thanks and that leads us to a time of giving, which is Christmas.

With that in mind I want to thank God for all the blessings he has given me this past year. He has given me a lovely wife Diane, a beautiful daughter Judith and son-in-law Jesse, health, our families, finances, jobs, food, clothing, and a roof over our heads, just to mention a few.

I say thank you to all those who serve in our military and are laying their lives on the line each and every day to keep our nation free and are fighting for the freedom of others around the globe.

I say thank you to all the truck drivers out there who never get any recognition or fanfare for the great job they do. They don't

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get their picture on the news

or win a truck driving

championship. They don't

serve on safety committees

or focus groups. They're

not the driver of the week,

month, or year. They are

away from their families at

times while on a long trip.

They are up at all hours of

the night 24-7, holidays, and

365 days a year. They are

the ones who know what the

job is and they get it done.

They provide for their fami-

lies without complaining or

asking anything in return.

Some of them have never

had anyone come along side

and just say you are doing a

great job and I appreciate it.

How



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easy it is to forget those men and women who are drivers and owner operators. The fact is without them our economy would come to a standstill. My hat is off to all of you and again I say with all the respect you are due

THANK YOU and God Bless vou!!

In closing I want to thank all of the MPDA members for allowing me to serve as Captain of your ROADTEAM for so long. As we move into the new year I will be stepping down as ROADTEAM Captain.

I am sure the new leader of your ROAD-TEAM will take over with energy, enthusiasm, and leadership skills, allowing him or her to take your ROADTEAM to a higher level.

God Bless all of you throughout this Holiday season and in the coming year. And as always drive safely, courteously, and be professional out there on the highways.

As the "old" truckers say, "Keep the shiny side up and the greasy side down and I'll see you on the boulevard."

MPDA ROADTEAM Captain, Fred Thompson

FROM THE DESK OF DICK BROWN

Since the last newsletter the MPDA has been involved in so many things that I'm not sure if I can get all of them into this article.

This past month I was invited by MPDA member **Roger Sproul** to attend a meeting at the Maine DOT office in Augusta. This meeting was to gather information about a new up to date and modern heating and air conditioner for sleeper cab trucks when you lay-over at truck stops around the country.

There isn't enough space in this newsletter to cover all that was presented to Roger and I that day, but if you would like to learn more about this system I'll be showing a DVD and giving out more information at the first meeting of 2005. Check your newsletter for time and date, this new service is called *IdleAire* and it is

the coolest thing since air conditioning.

Now, lets talk about the Convoy for Kid's parade and get together. This year the Convoy started and finished at Scarborough Downs, you will read more about the convoy itself in this newsletter, but I would like to tell you about the people that I had the pleasure of working with that day.

The people that I worked with were the food booth people, that would be **Dave** and **Terry Stuart**, **Mona Costa** (she was Mona Low before **Jim Costa** swept her off her feet this past year) and Sue Worcester from the

Maine Motor Transportation Association





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or visit us at www.mmta.com

Convoy

for Kid's Committee.

As we all know Dave and Terry are the most amazing members the MPDA has, the morning of the convoy Dave and Terry where at the food booth starting the coffee pots and getting the booth ready for the day at 5:00am. At 7:00 Dave started cooking the pancake breakfast, and it was not only a good breakfast, it made a lot of money, as did the food booth.

The next day after the convoy **Ron Hutchins**, Dave and Terry Stuart and Roger Chasse from **Ryder Truck Rental** in Lewiston and myself went to Federal Distributors in Lewiston, Me. to put on their first ever company Driver Competition. Federal has 17 drivers and all 17 competed. This was Federal Distributor's annual Safety Day for the whole company and everyone in the company was involved in different safety activities.

The competition was a great success. Federal Distributors made a nice donation to MPDA, and they are going to become a sup-

porting member of the MPDA in the near future.

Well that brings me up to the latest item that I have been involved in as E.D. of the MPDA - the opening of the last five mile section of the **Maine Turnpike** widening.

I was invited to the line stripping ceremony to paint the final ten foot section of the last completed section of the widening. I was there to represent all the members of the MPDA. The last ten foot section of white line that we painted was divided into ten one foot sections. MPDA members can be proud to say that we where part of that celebration.

Although Gov. Baldacci got to paint the last one foot section, the MPDA section was much neater, clearer, smoother, and I stayed within the lines.

So when you traveling north bound on the pike and you see the white line on the side just before mile marker 27, you can tell

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BACK WHEN... IN 68...

In 1968 Cumberland
Farms introduces the
now famous
"Clover Tree' into our
new logo

"The Stop That Keeps You Going."



(Continued from page 2)

yourself as a member of the MPDA that you had a hand in making the Maine Turnpike a safer, easier, more user friendly highway.

Dick Brown Executive Director MPDA

MAINE TRUCKING 4 KIDS CONVOY

October 10th was the day and Convoy was the word of the day! Nearly 60 trucks and other vehicles convoyed through Scarborough and South Portland to raise funds for local kids. Maine State Police, South Portland Police and motorcycle riding officers from Windham, Falmouth and York Police Departments escorted the Convoy through the street and roads around Scarborough and South Portland. This year's event started at Scarborough Downs, went around the Maine Mall, over to Route 1 and then back to Scarborough Downs.

The proceeds from the 7th Annual Maine Trucking for Kids Convoy totaled \$6600.00.

These funds will be presented to Camp Sunshine, Operation Lift-off and the local D.A.R.E. and Officer Friendly programs in greater Portland at MPDA's 15th Annual Meeting on November 13, 2004. Representatives from each organization will be on hand at the Old Country Buffet Restaurant at the Maine Mall for the official presentation of the funds.

All MPDA members are invited to attend.

Breakfast will be served from 8:00am to 9:00am and the presentations will be held at 9:00am sharp.

South Portland Police Officer **Kevin Battle**, who is also chairperson of the event, did the honors of emceeing the event, which included plenty of things to do.

Chris Broderick and the crew from Northeast Technical Institute put on the Charlie Mansfield Memorial Truck Driving Competition before the Convoy started and continued after the Convoy ended. Winners of that event were: 1) Chris Bolduc of Troianno Waste, 2) Mark Nielsen of Central Maine Transport, 3) Everett Macmaster of FedEx, and Randy DeVault of Roadway Express. While this was going on, Charlene Gendreau and other members of the Convoy Committee were doing the registration of drivers.

Dave and Terry Stuart were cooking at the Scarborough Downs site all day, starting with a terrific pancake breakfast ready at 7:00am for all the setup people as well as those who arrived early for the event. They also had a huge barbecue to feed all the drivers when they arrived.

An auction and raffle were held at the event to help raise funds. A couple of items were also raffled off to raise additional funds. One of those items was a beautiful afghan donated by the New Hampshire Professional Drivers Assn. It was decorated with the logos of the New England Drivers' Associations as well as the logos from the Convoys around New England and the Northeast Charity Challenge.

It should be noted that all the money raised from driver pledges, driving competition, food sales, raffles, auctions, 50/50 and any other donations go directly to the charities. Sponsors pay all expenses so that we don't have to take any of the funds that the drivers bring in. For example: Maine Motor Transport Assn. sponsored the trophies, Northeast Technical Institute sponsored



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the porta-potties, **Shaw's** sponsored the tent, **Hanscom's Truck Stop** sponsored door prizes, **Hannaford, Sysco** and **Hood** sponsored some of the food, **Cumberland Farms** helps sponsor the event booklet, etc.

The event, again this year, was a joint endeavor involving the Maine Professional Drivers Assn., the Lions Club of South Portland, the Thornton Heights Lions Club, Scarborough Downs and the South Portland Police Patrolmen's Assn. all working together. The Committee would like to specifically thank the families of the committee members for supporting the activities and putting up with all the time the members put into making this event a huge success. Next year's event will be held in the first part of October 2005. This will be decided at the first meeting for next year's event on January 11^{th.}

The Maine Motor Transport Assn. sponsored all the awards for this event, with Northeast Technical Institute taking care of the competition awards. Besides having trophies for

the best looking trucks, **Terry Stuart**, **Dick Brown** and Northeast Technical Institute were presented with special awards for their years of service to the event.

An award was given to the most patriotic vehicle in the convoy, which went to beautiful red, white and blue waste truck of Troianno Waste Services driven by Jason Fitzpatrick. **Sysco of Northern New England** was given an award for having the most vehicles (5) in the event and Robert Richard in the Auburn Concrete truck was presented with the Kid's Choice Award. Other winners were as follows:

		_
Class	Driver	Company
Bobtail		
2nd Place	Armand Banville	Casco Bay Transport
1st Place	Corey Crawford	McCain Transport
Straight		
2nd Place	James Shunk	Oakhurst Dairy
1st Place	Chris Bolduc	Troianno Waste
		Services
Tractor-Trailer/Van		
2ndPlace	Clarence Thompson	Thompson & Thompson Trans.
1st Place	Mark Searway	Troianno Waste
	-	Services
Flatbed		
1st Place	Rick Thurston	Yarmouth Lumber
Tanker		
2nd Place	Gerald Bell	Irving Oil
1st Place	Don Mitsmenn	Cumberland Farms
Heavy Equipment		
2nd Place		Northeast Concrete
1st Place	John Chretien	Bob's Garage
Antique		
2nd Place	Fred Thompson	D&F Trucking
1st Place	Gary Pitt	Bone-Idle Trucking
Most Unusual		
1st Place	Greg Kipple	Reed & Reed
Pick-up Truc	k	
1st Place	Marc Maggs	New England Power
		Wash
Wrecker		

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2ndPlace Ron Bozzuto Maietta Construction 1st Place Bubba Stewart R. Stewart Trucking

Alternate Mode

2ndPlace Mickey Rafael NHPDA

1st Place Dick Lamb Custom Land Yachts

Awards and prizes were also given to those drivers who raised



Andrew W. Holmes

General Securities Representative

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the most funds for the event. Recognized as the top three fundraisers were: Dian Audette, Jewell Williams and **Martin Jordan**. Jordan won the XM Satellite Radio provided by the Committee for raising the most funds while Williams got a Cobra CB radio donated by **Hanscom's Truck Stop** and Audette won the Trucker Goody Bag provided by the Committee.

Vendors set up during the morning to provide some extra interest for those attending. **Ed Fernald**'s booth was a big hit as he sold his toy truck collection. A number of people left with empty wallets and arms full of Winross and other collectible trucks.

Special thanks go to **John Gendreau** for acting as DJ for the day, playing popular tunes for the crowd all day. National truck driving champion Everett Macmaster was in attendance, trying out the driving competition (finished 3rd!) and also providing the stage trailer from FedEx.

It was gratifying to see so many MPDA members show up for this event. Thanks to efforts of the Committee, two TV stations carried very positive trucker news stories on the 6 o'clock news and at least three newspapers did stories or had pictures of the event.

We accomplished our three goals that we set forth for this event: To raise funds for children's charities, to have some fun, and generate some positive publicity for truck drivers in the mean time!



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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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We salute all truck drivers for the safe and professional driving you all do.

Without "Professionals" like yourselves, this great country of ours would not be what it is today

Thank you for all you do, Hutchins Trucking Company

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We would like to thank all the Professional Drivers for keeping our streets and highways safe.

Have a Safe and Happy Holiday Season from your friends at Wal-Mart.

"SAFETY, WHAT WE'RE DRIVING FOR IN 2004"

Because of space limitations this month in our newsletter, we are sorry to say we have had to omit the "Regulation of the Month". Please accept our apologies.

Upcoming MPDA MEETINGS

MPDA GENERAL & ANNUAL MEETING – NOVEMBER 13TH
OLD COUNTRY BUFFET - MAINE MALL, S. PORTLAND, ME @ 8:30AM
FMI - CONTACT RON HUTCHINS AT 623-4128 OR <ronh@mmta.com>
15TH ANNUAL MPDA AWARDS BANQUET
LOCATION TO BE ANNOUNCED
FMI - TERRY STUART AT 207-727-3704 OR <tstuart@mainepda.org>

2004 / 2005 MPDA CALENDAR OF EVENTS

(As of October 28, 2004 - includes events that our members are involved in, or are of interest to our members)

NOVEMBER 2004

- **13 -** Trucking 4 Kids Convoy Proceeds Presentation Breakfast Old Country Buffet Rest., 9:00am (Breakfast 8 9:00am) Maine Mall contact Dick Brown at 207-318-7395 or <rboxerom>@maine.rr.com> or <trucking4kids@aol.com>
- **13 MPDA General & Annual Meeting -** Old Country Buffet Rest., Maine Mall 9:30am contact Ron Hutchins at 207-623-4128 or <ronh@mmta.com>(<u>note date change</u>)

DECEMBER 2004

MPDA Officer's & Budget Meeting - Yarmouth Lumber - Gray, Maine - 6:00PM - contact Ron Hutchins at 207-623-4128 or <ronh@mmta.com>

JANUARY 2005

- **8 MPDA ROADTEAM Meeting** MMTA Office Augusta, Me 9:00AM FMI contact Fred Thompson at 582-1343 or <Tfthomp5349@aol.com>
- **11 - So. Convoy Committee Meeting -** Old Country Buffet Rest., Maine Mall 6:00pm contact Dick Brown at 207-318-7395 or <rbox/rbrown9@maine.rr.com> or <trucking4kids@aol.com>
- 22 15th Annual MPDA Awards Banquet Location to be announced contact Terry Stuart at 207-727-3704 or <a href="tel://tel:/tel://tel:

MARCH 2005

13 - Tentative MPDA General Meeting - Time & Location TBA - contact Ron Hutchins at 207-623-4128 or <ronh@mmta.com>

APRIL 2005

28 - 30 - Boston truck Show - Boston Convention & Exhibition Center - Boston, Ma. - FMI contact Jim Costa at 207-727-5349 or <jcosta@sacoriver.net> - http://naexpo.com/truckshow/

MAY 2005

- **13 TDC Set up Day -** Dysart's Truck Terminal, Hermon Noon contact Cliff Gray at <grayc@mmta.com> or 207-623-4128
- **MPDA Hospitality Get-Together** (for everyone involved in competition) Room 230, Bangor Motor Inn `contact Everett MacMaster at 207-797-6330 or <emac@maine.rr.com>
- **14 Maine State Truck Driving Championships** Dysart's/Bangor Motor Inn 5:30am contact Cliff Gray at <grayc@mmta.com> or 207-623-4128

JUNE 2005

- **6 Northern Convoy for Kids** (Tentative) Bangor/Brewer contact Dick Brown at 318-7395 or rbrown9@maine.rr.com
- 16-19 Trek Across Maine Lung Assn. Rally, Sunday River contact Fred Thompson at 582-1343 or