Changing of the guard
Crain follows Floyd at the helm of DeRidder terminal

It wasn’t long after DeRidder Terminal Manager Scott Floyd tendered his resignation when Steven Crain accepted the offer to replace him. Crain has done nearly everything at the terminal since he was first hired as a mechanic 21 years ago and he had even served as interim terminal manager while Floyd was out.

“Scott ran a tight ship and will be missed,” said BCT General Manager Dan Bernert. “The DeRidder Terminal was typically the first to complete monthly safety meetings, employee safety participation achievement, Pro-Tread training and randoms while under Scott’s direction.”

While there were many physical changes at the terminal during his eight years as manager, Floyd is most proud of building relationships with the mill shipping department and helping find ways to give them what they needed.

“We are pleased that his employment with PCA will continue,” Bernert said. He has accepted a position with the PCA Corrugated group as Area Operations Support Mgr.—a home based role with extensive travel. He’ll be covering nearly 100 box plants in the nation.

(Continued on page 8)
Welcome to new and returning drivers who have joined the ranks of BCT, Inc. and Boise Trucking Operations during the past month (by publication deadline)

**Audelino Pimentel** of Pasco, Washington July 2 as a new Centerline driver for Wallula Container.

**Arturo Alvarez** of Benton City, Washington July 2 as a new spotter for Owner Bob Hurley.

**Dale Soulia** of Mead, Washington July 10 as a new Owner-Operator out of Wallula.

**Yojanier Nunez Claro** of Kennewick, Washington July 10 as a new Owner-Operator out of Wallula.

**Armando Avila** of College Place, Washington July 11 as a new Owner-Operator out of Wallula.

**David Lewis** of DeRidder, Louisiana July 12 as a new DeRidder Hostler.

**Elido Garza** of Pasco, Washington July 16 as a new Owner-Operator out of Wallula.

**Kirkland Coker** of DeRidder, Louisiana July 16 as a new company spotter at DeRidder.

**Michael Sanchez** of Whittier, California July 19 as a new Staffmark driver for Industry.

**Rob Riding** of Heyburn, Idaho July 26 as a returning Owner-Operator for the Boise van fleet.

**Jawhar Felton** of Easton, Pennsylvania July 27 as a new company driver at Allentown.

**David Park** of Kennewick, Washington July 30 as a new leased driver for Wallula.

**Alfonso Sanchez** of Salem, Oregon July 31 as a new Centerline driver for Salem.

**Vernon Fay** of Temple, Texas July 31 as a new company driver for Waco.


**Mamie Webb** August 3 as a new driver out of Jackson driving as a team with her husband Brad Webb.

**Damir Juresic** of Beaverton, Oregon August 3 as a new driver for Vancouver Owner-Operator Mavrak.

If you’re an Owner-Operator who knows a driver who would be a good ‘fit’ for BCT 1-800-544-5989, Opt. 5.
Please help me welcome the newest members of the DeRidder team. Randy Smith and Greg Rappold have both come on as mechanics.

Randy is an Air Force veteran and spent 8 years active duty followed by 4 years active reserve and another year of active duty during Desert Storm/Desert Shield. After his stint in the Air Force, Randy got into the trucking business, hauling tankers. He then transitioned to doing mechanic work for a variety of contractors for the government at various military bases around the country.

Randy and his wife, Becky, have two children and six grandchildren. He enjoys hunting, fishing and playing music in his free time.

Greg is a Navy veteran and spent four years active duty. After the Navy, like many Louisiana residents, Greg went to work offshore as an engineer on a supply boat for Tricor Marine. After a slowdown in the oil field, Greg got into the trucking business hauling cross country with everything from flatbeds, tanks and reefers to log trucks. He then came to work for PCA, where he spent four years as a spotter.

Greg and his wife, Misti, have four children, one grandchild, as well as 11 children that they have fostered. He enjoys hunting, fishing, working on old cars for himself and friends in his free time.

Two mechanics added as DeRidder fills gaps in shop

-Steven Crain
DeRidder Terminal Mgr.
Trucking

Pretrip Inspections...

Complete a thorough pre-trip inspection of your vehicle to avoid costly delays on the road and prevent minor mechanical problems from becoming safety hazards.

Start your day right, safely

Watco celebrates 35 years serving mill in DeRidder

Watco Rail hosted a celebration commemorating 35 years of servicing the DeRidder mill last month.

The DeRidder mill was the short line railroad’s first customer, and they now do business in 31 states and 4 countries.

(Photo right) Watco CEO Rick Webb presenting PCA Vice-President Bruce Ridley with a framed original contract from 35 years ago.
One of the MD&W senior mechanics is an avid antique tractor enthusiast and has a passion for restoring 1940’s vintage JD tractors. Each year Larry Hoopman shares his passion with the community during the July 4th parade. This year Larry had another idea that started during the crews’ lunch break.

Would there be interest in creating an MD&W float, as part of his parade of tractors?

The idea grew around a hay wagon with the theme of safety. As additional team members participated the banner message was developed “MD&W Employees Have A Wagon Load Of Reasons Why Safety Is Number 1”.

The wagon included the families of the MD&W employees all wearing T shirts that were JD green with the slogan “Nothing Runs Like Safety At The MD&W Railroad”.

Each of the kids wore an engi-

(Continued on page 6)
Safety on Parade

(Continued from page 5)

...neer’s cap and were equipped with a wood train whistle and a bucket of candy to disperse during the parade.

The precession was led by a 1947 JD tractor with the wagon followed by 4 additional 1940’s JD tractors from Larry’s collection. It was certainly something to remember for the entire team and a testament to family and safety at the MD&W.

-Darwin Joslyn
GM MD&W Railroad

The company short-line railroad out of International Falls, Minnesota took their safety message to the community during the annual Fourth of July Parade this year. Senior Mechanic Larry Hoopman’s restored John Deere tractors were featured along with families of MD&W employees. They built on a John Deere company slogan with the message “Nothing Runs Like Safety at the MD&W Railroad.”

Sources of Unexpected

These four states...
- Rushing
- Frustration
- Fatigue
- Complacency
can cause or contribute to these critical errors...
- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip
...which increase the risk of injury.

Self
- One’s own actions contribute to the vast majority of all incidents/injuries.

Other People
- The behavior of others causes relatively few incidents/injuries.

Equipment
- Injuries are very rare due to something unexpected happening without human involvement (coupling falls, traffic light malfunctions, etc.).

Critical Error Reduction Techniques (CERT)
1. Self-trigger the state (or amount of hazardous energy) so you don’t make a critical error.
2. Analyze close calls and small errors to prevent agonizing over big ones.
3. Look at others for the patterns that increase the risk of injury.
4. Work on habits.

Steps to Less Errors to None Errors
Fatigue is an issue that concerns most professional drivers. It is also a contributing factor in many serious accidents. Learning to recognize signs of fatigue is important. If you begin to notice any of these signs, you may be fatigued and in need of rest.

- Drowsiness
- Frequent yawning
- Desire to sleep
- Head nodding
- Reduced concentration
- Lane deviation
- Erratic shifting
- Frequent mistakes
- Reduced alertness

In some cases, taking a short break, stretching, getting fresh air, listening to the radio, or drinking coffee may help keep you alert.

However, there is no substitute for getting quality sleep each night.

Research studies have demonstrated that for most people getting seven to eight hours of quality sleep each night is important.

Less sleep on a regular basis can lead to chronic fatigue, long term lack of concentration, diminished reaction time, and health problems.

What’s your most important stop?

For Allentown Terminal Manager Shaun Reilly, a Most Important Stop is home and time spent with his family. It’s a great reason to work and play safe 24/7.
Changing the guard

(Continued from page 1)

Floyd and his family have moved to Pensacola, Florida where they will be close to her family.

“Steven Crain is more than ready to fill the DeRidder Terminal Manager position,” Bernert said. “Steven is a well-respected team player with an easy going demeanor and has a half year of Terminal Manager experience already under his belt. I speak for our entire organization when I say we look forward to working with Steven in his new role and have no doubt the DeRidder Terminal will thrive under his direction.

Crain has worked under four Terminal Managers including David Orsch, Grant Zitting Chris Berrett, and Floyd. He first worked outside in all weather conditions until he and his crew cobbled together a shelter to service equipment. Promotions to lead mechanic and shop manager came over the years and he gained experience filling in as dispatcher and load planner. While he has a CDL, he is modest about his driving skill. “I’ve put a trailer to the dock a couple of times,” he said.

BCT is advertising for Crain’s replacement as shop manager and he has recently hired two new mechanics. The DeRidder shop is moving towards two full shifts and providing more services to outside carriers.

While busy now, Crain and his wife Michele find time to participate in the Southwest Louisiana Cruisers car club. They have monthly gatherings and are involved in charitable events. They show up in Michele’s 2002 Thunderbird convertible.

What’s your most important stop?

“Here is why I work and play safe, to have fun with my kids. Being with my kids is worth it. BE SAFE!”

-Scott Floyd
Departing DeRidder Terminal Mgr.

To loved ones and home!
Pictured is Cedric English. I went down to Houston to visit a customer and met up with him at our customer Drake Container. We deliver 3 to 4 loads to them a day.

-Ron Bates
Waco Terminal Mgr.

BCT hands out $600 for clean roadside inspections

Six Owner-Operators from three BCT fleets earned extra money last month for clean roadside inspections.

Chip Owners continue their dominance with three of the six spots.

Several years ago, clean roadside inspections became an important part of a company’s safety performance.

All violations are factored into a carrier’s safety measurements, making clean inspections an important part of a good safety profile for BCT.

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<th>Truck #</th>
<th>Fleet</th>
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## CSA Reports for Owner Operators and Company Drivers

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<th>CSA BASICS</th>
<th>UNSAFE DRIVING</th>
<th>HOURS OF-SERVICE</th>
<th>DRIVER FITNESS</th>
<th>VEHICLE MAINT.</th>
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Inc = Inconclusive  
No Vios = No Violations  
* = Exceeds

**BCT Accident Reporting**

If you’ve been in an accident (minor incident, animal hit, or anything where damage has occurred)...no matter what time of day or night...

Call 1-800-544-5989

## ACCIDENT FREQUENCY

**2018 7-Month AFR**

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<td><strong>TOTALS</strong></td>
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</table>

*Any accident in which our driver failed by defensive driving to do everything reasonable to prevent the accident.

** The number of preventable wrecks per million miles of travel.

Drivers hit ZERO for first time of 2018

July became the first month of 2018 when drivers recorded an Accident Frequency Rate (AFR) of zero. There were no preventable accidents in 1.3 million miles of travel.

March, April, and May were close behind with only one preventable accident each month while logging more than 3.5 million miles.

“July was a great month! No preventable accidents made for a 0.00% AFR, which brings us to 1.50% YTD,” said Cassie Wood, Driver Services and Safety Analyst.
July Accidents

A small bumper scrape was noted when a City of Industry driver was backing to a dock and got too close to a wall July 12.

An odd accident was noted July 13 after a driver pulled to the side of the road to check trailer lights near Jefferson, Georgia. He pulled next to a guard rail but, as he was returning to the freeway, the DOT bumper caught on a metal bar leaning next to the guard rail.

On July 17, an Industry driver was merging to the right after the truck in that lane flashed his lights indicating all was clear.

But a vehicle from the other lane merged from the opposite direction. They made contact in the middle damaging the fender and steps of the company truck.

A company driver was traveling on Highway 363 near Bon Weir, Texas when an oversize vehicle approached from the opposite direction with extended mirrors. Despite his attempt to pull as far right as possible, the mirrors made contact and the other truck did not stop.

A DeRidder driver was pulling from the dock July 19 when the trailer fell from the fifth wheel damaging the rails, landing gear and crossbeams.

A Salem driver was pulling from the dock the afternoon of July 20 when the door swung open and fell off.

A BCT Owner was stopped in heavy traffic on I-85 near Maulding, South Carolina the afternoon of July 16. Another vehicle was unable to stop and hit the BCT van in the rear. There was no damage to the BCT equipment but the 2013 Honda had significant front-end damage.

On July 23, a company driver was in Redding, Pennsylvania when the exhaust stack of his truck hit a low-hanging wire while backing to a customer’s dock.
Preventing Dehydration in the Workplace

Facts About Dehydration:
- Most heat illnesses are caused by dehydration.
- A person can sweat about a liter an hour doing heavy work.
- Most workers exposed to hot conditions drink less fluid than needed because their thirst response is insufficient and lags behind the actual level of dehydration.
- By the time a person is thirsty, he or she is already two to three percent dehydrated. Once this occurs, it’s difficult to make up for the lost hydration.

Symptoms That Require Emergency Care (even if only one symptom is present) Include:
- Altered behavior, such as severe anxiety, confusion, or not being able to stay awake.
- Faintness that is not relieved by lying down, or light headedness that continues after standing for 2 minutes.
- Weak, rapid pulse. Cold, clammy skin or hot, dry skin.
- Little or no urination.
- Loss of consciousness.

Good Indicator of Dehydration – Urine Color
- The darker the color of urine, the more dehydrated the person is.
- Normal colored urine is pale yellow.
- The urine of a person who is a bit dehydrated is bright yellow. The person should drink at least a cup of water or two.
- The urine of a person who is very dehydrated is orange. The person should drink at least a liter of water or more.

Prevention of Dehydration:
- Instead of depending on thirst, workers should drink cool water, 5 to 7 ounces, every 15 to 20 minutes.
- Drink 8 to 10 glasses of water each day. Sports drinks (Gatorade or Powerade) are also good rehydration choices.
- Do not consume caffeinated drinks, such as coffee and cola. They increase urine output and make you dehydrate faster.
- Do not consume alcoholic beverages. They only increase dehydration and make it difficult to make good decisions.
- Stop working outdoors or in the heat at the first sign of dizziness, lightheadedness, or fatigue.
- Wear one layer of lightweight, light-colored clothing when you are working or exercising outdoors. Replace sweat-saturated clothing with dry clothing as soon as you can.
- Drink before, during and after physical labor to replace body fluid lost through perspiration.
- Anticipate conditions that will increase the need for water, including high-temperature, humidity, wearing of protective clothing and difficulty of work.
Earn an extra $1000 in just six months!

BCT's Driver-to-Driver Recruiting Program

Recommend a new Owner-Operator to BCT and earn cash!

- $500 when they sign on
- $500 after six months

One cent for every mile they run

Openings now available!

Call Recruiting Manager
Pat Robinson
800-544-5989, Opt. 5

“Finding good Owner-Operators is important to BCT. We feel our own drivers are the best source of new people who meet our safety and service standards.”

-Pat Robinson

ALL FLEETS
Kudos
One way we thank others for their help making our business work and better serving our customers safely.

Matthis fills gap as co-worker is away

From Steven Crain
DeRidder Terminal Mgr.

I would like to thank Jimbo Matthis for stepping up and covering mechanics duty while Mike Stewart is out. Thanks, Jimbo, for all you do.

IT folks dig in to fix problems

From Mike Hayes
BCT Operations Mgr.

I'd like to acknowledge the folks in our IT department for prioritizing Trucking issues and digging into problems with a sense of urgency (and we have many).

Just lately they have fixed TMS issues, fuel import questions, edi mapping, computer logins, satellites, the list goes on. Special thanks to Annette, Jenny, Suzi and Melodee Joy, I appreciate all of your efforts.

Karen Sparks joins BCT with many years of accounting work

Karen Sparks, is our new Accounts Payable Accountant. She comes to us from our White Paper Finance group and has 23 years of experience with the company. We are looking forward to utilizing her PeopleSoft knowledge and have already benefited from her addition to our team.

Malais spends hours testing A/R modules

From Kimberly Erickson
BCT Controller

To Danielle Malais, who helped test and implement our Accounts Receivable module in PeopleSoft.

She put in many after work and weekend hours to help with testing. I appreciate her cheerful "can do" attitude!

Several help get new shop ready

From Steven Crain
DeRidder Terminal Mgr.

I would like to thank Jimbo Matthis, Cory Collins, Randy Smith and Scott Floyd for their help in getting the shelving put up in the new parts room while continuing to do their regular work as we have been transitioning to the new shop building. The help is greatly appreciated.

Three positions currently open at BCT terminals

Service Manager
Based in DeRidder, LA
https://usr54.dayforcehcm.com/CandidatePortal/en-us/pca/Posting/View/151

Load Planner
Based in Waco, TX or Boise or DeRidder
https://usr54.dayforcehcm.com/CandidatePortal/en-us/pca/Posting/View/145

Spotter
Based in DeRidder, LA
https://usr54.dayforcehcm.com/CandidatePortal/en-us/pca/Posting/View/113

Submit a Kudo to the newsletter?
Someone make you job easier, make a special effort for PCA/BCT customers, display their concern for safety?

Send it to: Craiglockwood@packagingcorp.com
BCT controller sings, dances and ‘swings a club’

By day, BCT and Boise Transportation Controller Kimberly Erickson runs the financial side of the company.

But when she gets a chance, she takes a different set of skills to the big stage.

“Some of us like to be on stage,” she said of the June production of “Chicago” with a local community theater group.

“I especially liked belting out ‘when you’re good to Mama … Mama’s good to you.’”

Erickson’s character was the well-know Mama Morton, a tough and sassy warden of the Cook County Jail. While she treats inmates under her watch like family, when she does something for them, she expects something in return. Reciprocity is her motto…thus her special song.

“Anytime I can sing and dance wearing a feather boa AND swinging a billy club, I’m all in,” she said, “especially since that is not something I get to do at work very much.”
Thirty-five years after joining BCT at the Portland, Oregon terminal (now Vancouver) General Manager Dan Bernert (left) is honored for those years of service during a brief ceremony led by PCA Transportation Director Ross Corthell.