



July

Monica Fernandez—7/2
 Anthony Macias—7/2
 Matt McDonald—7/3
 Kris Salas—7/8
 Victor Franco—7/10
 Juan Leal—7/16
 Rick Simpson—7/17
 Genevieve Lopez—7/20
 Chris Goble—7/22
 Nicholas Baldwin—7/24
 Tracy Cox—7/25
 George Fernandez—7/25
 Juan Ibanez—7/26
 Salvador Martinez—7/31
 Jose Sandavol—7/31

August

Alfonso Cortez—8/1
 Ricardo Sambrano—8/1
 Ray Jackson—8/3
 David Choate—8/7
 Gerardo Contreras—8/8
 Jeovany Melendez—8/9
 Elizabeth Wells—8/11
 Miguel Nevarez—8/13
 Chris Rose—8/13
 Scott Dieringer—8/15
 John Gosse—8/15
 Hugo Hernandez—8/18
 Joey Rayon—8/19
 Timothy Coggins—8/22
 Hugo Trujillo—8/22
 Michael Battle—8/23
 Ernesto Garcia—8/30

September

James Tran—9/3
 Matthew Gross—9/8
 Luis Fonseca—9/9
 Curtis Christy—9/11
 Willie Nelson—9/11
 Ryan Guillen—9/12
 Jimmy Williams—9/13
 David Ankenman—9/14
 Albert Lee—9/15
 Daniel Barajas—9/17
 Brian Runstad—9/17
 Omar Vasquez—9/26

Congratulations



Driver Of The Year 2009



It's that time of year again and we have selected the driver of the year for 2009. It's always a hard process to select just one person from the great driver corps that we have at Pacific Tank Lines. We feel that the driver who has been chosen has shown all of us, management and drivers, that he is the right choice. We would like to congratulate San Diego Driver/ Trainer, **Larry Fischer**, for being selected as the 2009 driver of the year.

Larry has proven on a day-to-day basis his commitment and professionalism to our company. Not only is Larry a great person to work with, but he also has an outstanding work ethic. Larry is a driver who always will go the extra step in helping out when asked. He has proven to everyone that he is a team player and accomplishes all his tasks safely and correctly within legal limits.

Larry has been with the company for almost four years and performs many different functions for the company. Larry is one of our top trainers and is dedicated to getting new drivers informed and ready to perform at a top level.

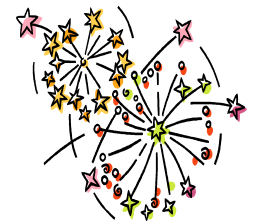
Many other drivers were considered for driver of the year. Several others are definitely worthy of congratulations. Please know that *all* of our employees have our admiration and appreciation for the quality of work that they perform safely and reliably each and every day.

Please join me in recognizing **Larry Fischer** as the 2009 driver of the year.

Matt McDonald, C.O.O.



Newsletter 3rd Quarter, 2010



Anniversaries

July

Bob Stressling—6yrs
 Apryle DeCastro—6yrs
 Salvador Martinez—5yrs
 Hugo Hernandez—5yrs
 Ronald Van Vleet—5yrs
 Brian Runestad—4yrs
 Norman Arendas—3yrs
 Samuel Abram—3yrs
 Albert Onzures—3yrs
 Miguel Nevarez—3yrs
 Larry Green—1yr
 Corrina Williams—1yr
 Philip Gersscheid—1yr
 Willie Nelson—1yr

August

Mathew Gross—6yrs
 Gary Mitchell—6yrs
 Chris Taylor—6yrs
 Steven Reed—5yrs
 Dean Elledge—5yrs
 Scott Dieringer—4yrs
 Daryl Gaudette—4yrs
 Larry Fischer—4yrs
 Charles Holdren—4yrs
 Audra Martinez—3yrs
 Alfonso Arroyo—2yrs
 Jason Pennington—2yrs
 Jennifer Everett—1yr
 Rick Simpson—1yr

September

Jonathan Christy—3yrs
 Rogelio Rodriguez—3yrs
 Doreen Asuncion—2yrs
 Jacob Cadmus—2yrs
 Timothy Hudson—2yrs

*You are greatly
appreciated*

Heat Stress Prevention

Summer is here! which brings up the topic of "hot weather". We should all be aware of some tips to prevent heat stress. Remember that physical activity at high temperatures can directly affect your health and can indirectly be the cause of fatigue and accidents.

What is Heat Stress?

It's a signal that warns the body that it is having difficulty maintaining its narrow temperature range. The heart pumps faster, blood is diverted from internal organs to the skin, breathing rate increases, sweating increases, all in an attempt to transfer more heat to the outside air and cool the skin by evaporation of sweat. If the body can't keep up then the person suffers effects ranging from heat cramps to heat exhaustion, and finally heat stroke.

Dry clothes and skin doesn't mean you're not sweating! In dry climates you might not feel wet or sticky, but you are still sweating. On a warm day you can lose as much as two liters of fluid.

Beat The Heat! Help prevent the ill effects of heat stress by:

Drinking water frequently and moderately (every 15-30 minutes – about a glassful). Due to the fact that most of us already consume too much salt; salt tablets are NOT recommended.

- Resting frequently.
- Eating lightly.
- Doing the more strenuous jobs during the cool morning hours.
- Utilizing the ventilation or fans in enclosed areas.
- Remembering that it takes about 1-2 weeks for the body to adjust to the heat; this adaptation to heat is quickly lost – so your body will need to adjust after a vacation too.
- Avoid alcohol consumption. Many cases of heat stroke have occurred the day after a "night on the town."
- Wearing light colored cotton clothes and keeping your shirt on – desert nomads don't wear all those clothes for nothing.

Fatigue Can Be Fatal

How many times have you caught yourself staring fixedly at the road ahead, hypnotized by the monotony of the highway? You suddenly realize that you have passed your turn off. Good drivers who spend long hours on the road realize that fatigue can be fatal. Extreme fatigue attacks a driver's mental ability and muscular coordination. Fatigue hampers a driver's ability to judge distances, speed, or driving conditions. These circumstances can lead to a serious accident.

All drivers should be aware of the signs of fatigue so that they may take measures to combat it. While you are still alert, you will sit relatively quietly in your seat. As you begin to tire, you become restless, squirm in your seat, stretch, and rub your eyes. A driver may experience short lapses of attention, but as fatigue sets in, you pay less and less attention to the instrument panel and the rear and side mirrors. A driver may even stare fixedly ahead, actually appearing to be in a trance. It is, at this point, that the driving pattern change. There is less steering, irregular or erratic speed changes, weaving back and forth, and finally, crossing the center line or drifting off the road entirely. This is the time when a fatigued driver is a hazard to himself as well as others.



Attention PTL Employees:

Please visit the Paychex Time and Labor Online Website to view your payroll hours @

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timeandlabor.paychex.com/
secure/login.asp](https://timeandlabor.paychex.com/secure/login.asp) .

If there are any discrepancies, please contact me via email

lmorales@pacifictanklines.com
or fax (951)329-3153.

Lesley Morales
Human Resource Manager
Tel: (951)680-1900 Ext. 406



Fuel Relief Fund

On Easter Sunday, a 7.2 earthquake struck Baja California, Mexico, the strongest earthquake to rock Southern California in at least 18 years.

George Makedonski, a Pacific Tank Lines driver in San Diego and a great supporter of Fuel Relief Fund, gave away fuel cards to Rosa Hernandez, Deputy Coordinator for

Imperial County Office of Emergency Services, Roberta Burns, President of Kiwanis Club of El Centro and Tony Rouhotas, Fire Chief and O.E.S. Coordinator, to distribute to people who were affected by the earthquake and in great need of assistance.

The previous month we donated fuel cards to people in Oklahoma who lost everything when the tornadoes hit there. Every month we give fuel cards to those in immediate need of assistance and we also put money aside to be ready to act when a major disaster occurs.

Pacific Tank Line employees are largely responsible for Fuel Relief Fund's success. We thank you for your continued support. We are the only non profit in the world that gives free fuel, and you are a part of making this possible.

If you are not donating to Fuel Relief Fund and would like to, I have enclosed the form you need to fill out and fax back to us. Did you know that Pacific Tank Lines matches every dollar their employees donate? Every donation no matter how small will help someone in need!

Fuel Relief Fund is also recruiting other companies that would like to be a part of a network.

These companies can start a Fuel Relief Fund within their company. They would be able to give fuel cards to those in need in their local communities and be a part of our larger network in case of a disaster. ALL TAX DEDUCTABLE

