

Pacific Tank Lines



Birthdays

A New Attitude for the New Year

Anniversaries

January

Sean Wheeler—1st
 Librado Nunez—3rd
 Joe Guevara—4th
 Miguel Cuevas—5th
 Manh, Le—5th
 Todd Preston—7th
 Ted Honcharik—9th
 Troy Hill—10th
 Alfonso Arroyo—11th
 Jess Coronado—12th
 Larry Green—17th
 Larry Woods—19th
 Nicholas Rich—21st
 Benito Villanueva—25th
 Mark Dudley—29th
 Monica Gomez—30th
 David Jentzsch—30th

February

Laulaa Lau—2nd
 Harry Porter—3rd
 Joseph Toledo—3rd
 Dorian Cole—8th
 Jacob Cadmus—9th
 Steven Reed—10th
 Jason Pennington—11th
 Lesley Morales—11th
 Audra Martinez—12th
 Lloyd Welliver—12th
 Robert Stressling—13th
 Santos Osornia—28th

March

Corena Kanoho—1st
 Carl Harris—2nd
 Jon Tarverdian—2nd
 Joe Keith—5th
 Anthony Caldwell—7th
 Kathleen Biber—11th
 Jose Angel Moreno—13th
 Mauricio Hernandez—19th
 Jose Salazar—21st
 Charles Holdren—26th
 Ellis Lynch—27th
 Robert Brown II—29th

As 2012 is upon us, Pacific Tank Lines, has taken on a new attitude on how to be more profitable and stay ahead of the game in the industry. This past December, PTL was able to roll out the new Computer System TMW. This new system allows PTL to take on more work as well as meet the needs of customers. Management at PTL understands the importance of technology and is willing to utilize it to the fullest to increase sales, as well as retain current customer base. Some of the features on TMW that will benefit customers is the automatic updates via web portals. Customers will have information regarding the loads via website within an hour after the load is complete. Not only will this system benefit customers, it will also benefit the different departments of PTL. Scheduling has a program called the optimizer. The optimizer feature takes in all orders for the day and creates the schedule. This minimizes human error and increases the profitable routes that can be made. TMW also will be communicating directly with CADEC. All information that drivers enter into CADEC, will be directly added to TMW. This includes, loading information, times, mileage, unloading information, and any demurrages that may incur.

Another new attitude for the new year will be promoting health and wellness. It is vital and very important to take care of yourself properly. PTL will be sending out health and wellness information along with quarterly activities that can be done as well as making healthy choices when eating on the go.

This is just the beginning of our new year and new attitude.

January

Alfonso Cortez—4 yrs
 Rodrick Hawkins—3 yrs
 Alpar Kajtor—3 yrs
 Hugo Trujillo—3 yrs
 Joe Guevara—3 yrs
 Joe Toledo—3 yrs
 Demetrius Mitchell—2 yrs
 Frank Erskine—2 yrs
 Jeovany Melendez—2 yrs
 Jesse Jackson—1 yr

February

Eddie Oyos—7 yrs
 Larry Woods—7 yrs
 George Fernandez—6 yrs
 Ernesto Garcia—6 yrs
 Ryan Chapman—5 yrs
 Corena Kanoho—4 yrs
 Omar Vasquez—2 yrs
 Jerry Reyes—2 yrs
 Luis Fonseca—2 yrs

March

Mark Mendoza—8 yrs
 Manh Le—5 yrs
 Juan Rivera—3 yrs
 Monica Fernandez—3 yrs
 Librado Nunez—2 yrs
 Benito Villanueva—2 yrs
 Ellis Lynch—2 yrs
 Mark Sumpter—2 yrs
 Alfredo Lozoya—2 yrs
 Fernando Hernandez—2 yrs
 Marcus Sherwood—2 yrs
 Placet LaRose—2 yrs
 Angel Estrada—1 yr

Pacific Tank Lines



Fitting Healthy Habits Into Your Pacific Tank Lines Lifestyle

There just doesn't seem to be enough hours in the day to accomplish everything you need to do. And it can feel like an added stressor when you are trying to integrate healthy habits into your already hectic schedule. But if you make time for healthy habits, you'll find yourself with extra reserves of energy that will lower your stress and help you get through life's challenges.

Here are a few things you can start doing right now to make healthy habits a relatively painless part of your routine:

1. Drink water throughout the day. It's great for your skin, your digestive system, and circulatory system, and aids in weight loss and cellulite reduction. If you feel fatigued during the day, it's often because you aren't hydrated properly. Drink water throughout the day, sipping from a large bottle or glass.
2. Cut back on the amount of soda and coffee you drink. Sugar and caffeine dehydrate you and create energy rushes followed by crashes, which are ultimately energy-depleting. Substitute with drinks like green tea or 100% fruit juice.
3. Stock up on healthy, portable snacks. When you are grocery shopping, pick up bags of baby carrots, string cheese, nuts, fresh and dried fruit, single serving packs of applesauce, yogurt, wholegrain crackers, peanut butter, turkey jerky, etc. Having healthy portable snacks around will help you avoid bad vending-machine, convenience store and fast-food options.
4. Pack your lunch the night before. You'll have given yourself the gift of extra time in the morning and you will assure that you have a healthy meal during the day. Don't forget to pack snack items so you can avoid the vending machine.
5. Take a walk break during the day. Even 20 minutes can make a difference in your energy level, plus it gives you time to clear your head. If you walk with a friend or colleague, it also gives you time to socialize.
6. Whenever possible, walk. Increase the amount of time you can walk, versus sit or drive. It doesn't take that much extra time to park a bit farther from the store entrance, or to make a personal visit to a colleague rather than phoning, instant messaging or e-mailing.
7. Get enough sleep. Even if you gain more time in your day by cutting back on sleep, you will be less effective throughout the day, as your energy level and cognitive functioning will be reduced. Insufficient sleep also makes you more susceptible to illness. By getting enough sleep, you become more efficient during the time you are awake.



Begin integrating some or all of these habits today. Make them part of your normal routine. You'll be surprised at how little time is involved and how much better you'll feel!

Pacific Tank Lines



FREQUENCY ACCIDENTS

Reducing frequency accidents

Frequency accidents are a “constant irritant” at most carriers. They happen frequently, but usually have low consequences, although high consequences are possible. They are the minor accidents and they seem to be “unavoidable.” “Rubbing” another vehicle at a station, truck stop, or loading rack when backing or maneuvering is an example of a frequency accident. Another example is hitting a curb or sign when turning. These accidents tend to happen in constricted areas. What they all have in common is a lack of attention to detail at a critical moment, and they are preventable.

Newer drivers

Newer drivers tend to be involved in frequency accidents because of a lack of experience with the company. In most cases the newer driver was not maneuvering correctly and/or was “looking the wrong way at the wrong time” due to their lack of experience. This can apply to even experienced drivers that a carrier hires. The unfamiliarity with the vehicles, routes, and customers at a new carrier can lead to even the most experienced driver having a frequency accident.

Experienced drivers

Experienced drivers tend to be involved in frequency accidents because of overconfidence. The overconfidence can lead to excessive speed and not checking their mirrors properly when maneuvering. They believe they do not need to check the mirrors during turns because they “know” where the vehicle is. They also believe they do not need to “get out and look” when backing.

All drivers

Fatigue, distraction, the urge to rush through a difficult maneuver, and laziness can strike any driver, at any time. These issues are not unique to any one driver group. All of these can cause the driver to “forget” a detail such as turning the wheel or checking a mirror at the right time.

A sign of problems

While a frequency accident may not seem to be a major event, the lack of attention to detail that led to the accident can be a sign of a major problem. If the driver is not “paying attention to details” in a high-risk environment, where else might he/she not be paying attention to details?

To prevent newer drivers’ involvement in these accidents, Pacific Tank Lines, Inc makes sure to “give them a good start.” We have a new driver orientation and training program that includes training and evaluation on basic skills such as observation, mirror use, vehicle control (steering and speed) when maneuvering, and getting out and looking when backing.



Pacific Tank Lines, Inc Helpful Contacts

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DOT Physicals/Renewals

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Uniforms / Certifications

Contact: Erica Baraglia

Carding Classes / Fuel Cards

Contact: Erica Baraglia

Hours of Service

Contact: Compliance Department

Training Hours

Contact: John Gosse

Tickets/Citations

Contact: Sandra Chanon

Maintenance

Contact: Jason Pennington

Vacation Requests

Contact: Carl Harris

Reimbursements/Per Diem

Contact: Louise Duarte

ID Badges

Contact: Lesley Morales

Health Benefits/401K

Monica Gomez

Welcome

January

Sedg Sanchious
Joseph Sullo
Kenneth Hershensohn
Arthur Reyes
Jose Campana
Jess Coronado
Anthony Tomassi

February

Jose Briseno
Anthony Caldwell
Jose Angel Moreno
Harry Porter
Saul Correa
Michael Langston
Robert Brown II
Dale Elmore

Earlier this month, Dandee Transportation lost one of their drivers. It is suspected that the driver fell asleep behind the wheel. The driver was 35 years old married with children. A memorial fund has been set up for the family. If anyone is interested in donating to the Doug Parent Memorial fund. Please contact Lesley Morales in the Human Resources department for more details. Tel: (951) 680-1900 Ext.408