



Fort Report



APRIL 2016



Fort Says Farewell To One Of Its Finest *John Humphrey 1948-2016*

On Wednesday, March 2nd, 2016, Fort Chaplin, Dale Kyle spoke during the funeral services of John Humphrey. John drove for Fort for over ten years and was the epitome of professionalism and courtesy. Frank Hamilton drove John's truck ahead of the hearse during the procession and seven Fort drivers were pallbearers.

Dale spoke about the hardships that truck drivers face with being gone a lot, and asked the large crowd to thank a truck driver for the sacrifices he/she makes every day. John was getting ready to move into dispatch, but as Dale said in his message, "I guess the Lord needed a dispatcher up there" and if that's true, he found a good one in John. He has driven every foot of interstate highway and almost every two and four lane highway in this nation. He also delivered to nearly every chemical plant there is. John has driven millions of safe miles and leaves a legacy of professionalism for all of us to follow. John will be greatly missed.

Fort Support-New Service Offerings

We would like to share with everyone two new offerings that will be available to you and your family free of charge, starting within the next 30 days.

- Extended Chaplain services with 24 hour availability
- Dave Ramsey's "Smart Dollar" - a tool to help you with your financial wellness

We will also be introducing ATBS (tax/accounting experts) to I/C's that are interested. Our partnership will offer a discounted rate and settlement deduction opportunity. Please visit their website at www.atbsshow.com for additional information.

We hope you will find these new services of value, and we will be sending you all of the details in the coming weeks.

Fort Business/Sales Update

It's finally spring! This means warmer weather and the start of herbicide season. This year we are anticipating a strong season with Syngenta- putting over 40 meter trailers into their service. We also have been working on some fairly large RFQ's (request for quotes) from some very large shippers. We are fielding many of these new opportunities based on our service levels and reputation with exiting customers.

We are continuing to assess our footprint with food grade. As part of this, we are moving our food grade trailers to St. Gabriel to support the opportunities that we have identified in that market. We will continue to assess this business, and ensure that we do it right- which means doing it safely and profitably while providing high levels of service. Please continue to be at your best every day and thank you for all that you do!

Driver of the Month-Bobby Rousell

Residence: Vacherie, LA
Family: Wife of 48 years-Sheila, 3 daughters, 1 granddaughter, 4 grandsons, 2 great-grandkids
Free Time: He enjoys old western movies and spending time with his family
Drives: Company Truck #267

Safety Message

ROLLOVERS

Rollovers are the single greatest cause of truck driver deaths and are a major cause of cargo and vehicle damages. Though rollovers can happen on a straight load (for a variety of reasons), most occur on curves or exit/entrance ramps. Many factors can have an influence on a rollover; high crosswinds, amount of traction on the roadway, type of cargo/trailer, arc of curve/bank of roadway, but the biggest influence of all is **SPEED!**

What can drivers do to avoid rollovers? **SLOW DOWN** 10 mph below the posted speed limit on ramps or curves (the posted speeds are for cars), ensure tires are properly inflated (Pre-trip), and be aware of the road conditions (wet, snow, ice, high winds, etc.) If you feel unsafe, pull over and notify dispatch, then continue on your trip when the weather clears. Stay & Arrive Safe!



Fort Family Anniversaries

1 YEAR-	DAVID HENEFIELD	NORMAN PAXSON
2 YEARS-	JOHN WORLEY	KENDALL ROTHMAN
3 YEARS-	RICK HUDSON	
4 YEARS-	MARK NEEDHAM	KEENA SKAGGS
6 YEARS-	JACK DAGG	
13 YEARS-	MARK NESBIT	
14 YEARS-	ROBERT HOOD	

Fort Family Birthdays

JIM DODSON 4/2	DANNY ROUSSELL 4/19
JASON EBERLE 4/5	FRANK HICKS 4/21
JONATHAN DUBOSE 4/8	JON ROBERTS 4/24
RABBIT EMFINGER 4/10	FRANK FERRARA 4/26
RONNIE BUSH 4/12	REAGNOLD RICHARD 4/25
JOE BLAKE 4/16	RICHARD AMES 4/27
ROBERT SEILING 4/16	ROBERT MILLER 4/30

Health Tips & Wellness

I hope you jumped on board with last month's tips, but if not, there's no better time to start than now. The weather is warming up, so get outside and get moving. Shoot for 20 minutes a day, but at least 10.

This month we are going to focus on portion size. Pre-packaged foods and restaurant foods often provide servings that are larger than recommended. When eating out, like at a buffet, it can be easy, even tempting, to overeat. Focus on eating slowly and only until you are full. Use smaller salad plates to ensure proper portion sizes and focus on choosing healthier items. Choose salads, fruits and vegetables more often than fried, gravy loaded anything, creamy sauces, or desserts.

If it were easy, it wouldn't be worth it. I know it's hard, but with time you'll see the benefits.

HEALTHY RECIPE LINK!

<https://www.pinterest.com/pin/550565123167685391/>

**12 DELICIOUS AND
HEALTHY SNACKS**

(Pssst! They're all under 100 calories too!)

www.FortTransfer.com

New and Returning Members of the Fort Family

We would like to welcome the following drivers and support team members who started with Fort in February and March.

- Jeremy Muse, company driver - 3/28/16
- Thomas Kerr, company driver - 3/21/16
- Robert and Deena Miller, team company drivers - 3/7/16
- Kenneth Gunnell, company driver - 3/7/16 (Welcome Back!)
- Chris Aldridge, I/C - 2/22/16
- William McCurdy III, I/C - 2/1/16
- Tommie Riley, I/C - 2/7/16 (Welcome Back!)
- Eric Tarmann, I/C - 2/29/16 (Welcome Back!)
- Kevin Underwood, I/C - 2/8/16
- Bill Whitlock III, I/C - 2/15/16
- David East, St. Gabriel Dispatch - 3/7/16
- Darryl Cook, St. Gabriel Shop - 2/10/16
- Michael Caballero, St. Gabriel Shop - 3/21/16

