



SPECIAL POINTS OF INTEREST:

- Farewell to Arnie—a member of the Triton Family
- The Safety & Compliance team at Triton
- Names in the news highlights
- iPhone tip to ensure you are not exceeding data usage
- Dave Mills retires



Welcome to Triton's new virtual newsletter

We are excited to be adding another new dimension to the way we communicate and interact with our employees and owner operators. Keeping in touch with around 100 people who are never in the same place at the same time is a challenge at the best of times. We hope that this newsletter will complement our website, Facebook and Twitter to make everyone feel closer to the company and to each other. We welcome contributions from anyone on a wide range of topics—not necessarily trucking related.

In the past few weeks we have been very saddened by the passing of Arnie Eakins, one of our senior Chilliwack based drivers. We had a very

large turn out on February 13th to remember his life and I am proud that we managed to raise over \$7,500 to help look after his son, Arnie Jr. On February 20th, Dave Mills, our Safety Manager for the past 5 years retired on his 65th birthday. The size of his birthday cake in the Edmonton office matched the contribution he has made to our company but pales in comparison to the impact he and his wife, Linda, have made to their local community through many years of fostering disadvantaged children. I would encourage everyone to continue Dave's legacy by keeping safety at the forefront of everything we do.

Thank you to everyone for your hard work in difficult times. We have weathered the start of the current downturn well and I am confident that by working hard, and together, we will come through the next challenging period stronger and smarter.

We look forward to your feedback and all the best for 2015.

Murray Scadeng



Newest members of Triton

In Chilliwack we welcomed some new faces recently! Lisa McConnell is our new Safety & Compliance Manager located in Chilliwack (see inside article for more details). Averi DiGuistini, Service Writer/Operations Admin will be kept busy entering trip

info, doing mechanics work orders and organizing the parts department. Averi comes to us from Freeway Heavy Duty Services Corp. so she is no stranger to this type of work. We have some new drivers and owner/operators too—

welcome to Nathan Stevenson, Mirko Sarich and Kim Carnegie.



Farewell to our friend Arnie Eakins

Arnie passed away on January 21st doing what he loved ... driving.

Arnie came to Triton in July 2006 from Ranger Transport. He was a devoted father to Arnie Jr. and a true friend to many. Arnie was well respected throughout the industry, which was clearly visible at a recent Celebration of Life & Memorial Bench dedication held in Chilliwack on Feb-

ruary 13th. The response was overwhelming and heartwarming for Arnie's son, his brother Doug and sister-in-law Valerie, as people from all sectors of this industry gathered to remember him and share their stories. Donations collected to help his family with expenses totaled over \$7,500. We say a special thanks to not only Triton staff and Alumni, but also to

Always on Time Pilot Car, CLAC Union, Port of Tacoma and Lens Transport. Of course there were also lots of anonymous donations from people throughout the industry that he clearly touched.

Arnie could always be counted on to help out wherever he was needed and he would do it with a smile. The Triton family has definitely lost a good man.

Our Safety Team—Lisa and Sarah



Lisa

Lisa McConnell, our new Safety and Compliance Manager based in Chilliwack, rounds out our safety team. Lisa joined our team in February and came to us from Clariant Canada Ltd. She was born and raised on a farm in Saskatchewan and spent the last 30 years working in Safety & Compliance in the oil patch and gas industry. After a year of travel and backpacking through Europe, Lisa and her husband Ray moved to BC. Lisa joins the Triton team offering a wealth of knowledge and is excited to meet and

work with the drivers and staff.

The other half of our safety team is Sarah Schiewe, Assistant to the Safety Manager. Sarah is based out of Edmonton but has been supporting of all the safety and compliance needs for both Chilliwack and Edmonton during Dave Mill's absence and has done a tremendous job! She completed the Occupational Health and Safety diploma program at the Northern Alberta Institute of Technology and has been conducting shop inspections,

safety meetings and working with senior management to make sure they are well informed about any injuries or accidents.

Without safety professionals like Lisa and Sarah, Triton would not be successful in building positive relationships with the large companies that hire us!

Together Lisa and Sarah will ensure we continue to comply with safety requirements and educate our clients of our excellent safety record & programs that enable us to provide the highest level of service within the industry.



Sarah

Feeling under the weather?



Remember that line in an old song, “a teaspoon of sugar helps the medicine go down”? Hog-wash, raw honey is the key! Swallow a teaspoon a day for its’ anti-bacterial, anti-viral and

A spoonful of honey is all you need!

anti-fungal benefits. Not only that, raw honey will help strengthen your immune system and protect you from a cold or flu. Of course, you can always chop up a clove of garlic, add a dash of honey, put it on a cracker and munch away, but you might not be very popular with your co-workers.

Other preventative tips for cold/flu season:

- ◆ wash hands often, use hand sanitizer when you can’t
- ◆ drink lots of water
- ◆ use a humidifier or keep the air moist around you
- ◆ Disinfect surfaces, like your steering wheel and truck handle, regularly

Names in the news

In the November 2014 issue of *Today’s Trucking* magazine the annual 20 Under 40 editorial was released and featured a number of professionals in the transportation industry including our very own **Jared Bragg!** Every year *Today’s Trucking* narrows down a large group to those top individuals under the age of 40 who are having a posi-

tive impact on the trucking industry and there is some pretty stiff competition. One of the attributes that all the featured individuals seem to share is a love of trucking and they all have ideas they are eager to share with their colleagues. Jared

quotes “I believe that to truly take a company to the next level you have to be prepared to challenge the status quo.” Be sure to check out the full article on page 34!



“Jared wants the world to know that our west coast is definitely open for business.”

Do you have a Company iPhone?

Were you issued a company iPhone? It seems many users aren’t aware that we have a shared plan and need to be mindful to use data in WIFI mode as often as you can; try to limit data usage without WIFI.

If you have another device on

the company iCloud account please be sure to follow these steps to delete it from iCloud so that you don’t use up valuable data on our group plan.

1. Sign in to our iCloud
2. Click “Devices” & wait for the app to attempt to sync with the device you want to delete. If it’s successful,

the “Delete” icon will display next to the device name.

3. Click the “Delete” icon to remove the device.
4. Tap the “settings” icon on the device’s menu & select “iCloud”
5. Move the Find My iPhone slider to “off” position.



For assistance with your iPhone contact Michele da Silva

Dave Mills Retires!



Dave Mills, our former Safety & Compliance Manager had a double celebration on February 20th —not only did he turn 65 but he retired from his position with Triton. Dave was a highly respected Safety Professional in the industry and had accomplished several published articles and papers. He has been a valuable member of the Triton team and will certainly be missed. What many don't know is that in addition to his busy professional life, Dave and his wife Linda have been foster parents for decades and a few years ago were named Foster Parents of the Year with the Alberta Foster Parent's Association. In fact, the Government of Alberta recently made a video featuring one of their foster children and the family. Dave has been a great role model, both here at Triton and with his family. We will miss his British humour, cheery smile and overall loving nature (except for when he's lecturing us for not following procedure). Congratulations Dave!

Tire Safety by Jeremy Scott

The most important thing that keeps you on the road is your tires, so their condition is critical to safety!

Tires are one of the critical pieces of equipment on your truck, that's why they need to be checked regularly. A driver has the ability to increase safety, improve tire life, and increase fuel mileage just by checking the tires condition during pre-trip inspections and throughout the trip. Some things that a driver needs to look out for are:

- Tread depth & condition: there are wear markers that will show when your tire is worn.
- Damage or foreign material in the tire: cuts in the tread or sidewall, imbedded rocks or other sharp objects.
- Tire separation: bulges or bumps in the sidewall, tread caps coming loose from the casing.
- Tire inflation: check & correct tire inflation several times a day.



Should you have any questions about your tires condition, or need more training please contact Triton's shop and we will be glad to help!

What do you think of our newsletter

In the opening article Murray mentioned that we are always looking for new ways to communicate and this launch issue of *The Swoosh* is designed to be something you see of value, that helps to keep you informed and that you find interesting.

In order to ensure we continue to develop great newsletters please take a moment to share your

feedback with us and, of course, you are more than welcome to submit story ideas by emailing to the two publishers—Michele da Silva and Tamara May or by returning this page to either of them.

Next issue date is July 2!



Cut this page out and return with your feedback and ideas to:

Michele da Silva (Chilliwack) or Tamara May (Edmonton)