K & J CONVOY

A Newsletter for the Drivers of K & J Trucking, Inc.



Showplace Straps & Bungees

Showplace continues to send out notifications that they need their straps and bungees back. I certainly don't think we're the culprit, but if you're on a Showplace load, here's a reminder to please make sure they stay in the trailer. They'll ride in their until the trailer goes back down to Showplace.



Seaboard Continuous Runs

Seaboard has requested that their loads are on continuous run for the remainder of the summer. Please do so. Its hot out! Our trailers need to be cold. Please be diligent to check your bills for the requested temperature on your load, and monitor it like crazy throughout the shipment to avoid any temperature problems.

Free Health Coaching

Hello all, we are revamping our partnership with The Trucking Fitness Company! They have a mobile app and are designed specifically for the trucking industry. K&J is covering the cost for this!

The app includes one-on-one coaching with one of their coaches, personalized exercise programs that fit each individual's needs and abilities, and can be done either inside or outside the truck. They also have meal plans with great tools and coaching to help you on the road, including restaurant and truck stop eating guides!

This time around, office and shop staff are free to join in as well! Feel free to talk to me about this if you have any questions or want to get started, thanks!

Dan Schipper

A Note From Dispatch

Happy 4th everyone. By the time you read this, it will most like be over. Thank you for all those who worked! I hope it was relaxing and pleasurable for those who were home for it. Now, we're back to trucking.

The new Tyson package is in play, and will be effective 07/11. We have maintained Dakota City to Amarillo and Ottawa. We have maintained but lost some volume from Dakota City to Sherman. As I write this, I have yet to learn what the shipping schedule will be, meaning what days each will be shipping and delivering. More to come on that.

We have maintained Lexington and Holcomb to Huron, and have added Lexington, Holcomb, and Amarillo to Ottawa, which will be a good outlet for our midwest drivers, as well as others coming into those areas. We have lost ND runs. Rogers to ND and MT, and Ottawa to ND. This is a concern for me, as we need trucks to service Baker Boy out of Dickinson. We don't have a set plan to cover those losses at this time. We may have to do some silly things with company trucks to get up there to get the freight until we establish a new pattern.

Lastly, our volume on Holcomb to Amarillo's has been reduced significantly. This happened on the last go round with Tyson as well. So my hope is that they love K & J enough to get us back in the mix with stronger volumes.

Have a great rest of the summer!

Mike & Wisportch

Rewards for Good Driving

Starting in July every driver that has one of the Netradyne cameras will be able to pick out and receive gift cards from a variety of places thru a company called PrizeOut.

The big plus is that a lot of the vendors give bonus dollars. If your reward is for \$30 you might get \$36.30 if you pick a gift card it at REI or \$38.10 at Bass Pro Shop.

Here is just a small sample of the list: Bass Pro Shop, REI, Foot Locker, JCPenny, Chipotle, Taco Bell, Best Buy, Dunkin' Donuts, Starbucks, Sam's Club, Home Depot, Olive Garden to name a few. I have them working to onboard a few more "trucking related" spots as well.

With the Netradyne system you can see your good and not so good videos. The AI technology frees up a lot of my time, but it isn't perfect. Thankfully I can change negative events like Hard Braking to positive if the reason was legitimate (avoiding a collision, etc.)

Everyone starts with 1,000 points for the week. Slowing to create space, moving to the next lane to make room for some one on the shoulder, correct stops all add points to the weekly score. Whereas hard braking, following too close, cornering too hard and speeding all take from the score.

Here are the requirements:

- 8,000 minutes of driving time in that month (this is doable for local drivers too)
- · No accident that month chargeable to you

Once those are met the following scores will be awarded with gift cards of your choice.

- 850-900 points \$10
- 901-950 points \$20
- 951-1,000 points \$30
- 1,000 + points Give us suggestions!

You can choose to redeem the points immediately or let them accrue so you can redeem for larger gift cards later! We are excited to reward positive driving!

