

Williams Tank Lines

Tanker Times

2008 Truck Driving Championships

Williams Tank Lines has pledged our support with equipment and participants in the upcoming 2008 California Truck Driving Championship in the newly formed Truck and Trailer Tanker division. For those driver's who wish to compete for the title of the "Best of the Best", please contact the Safety Department as soon as possible for more information (deadlines apply).



Health Awareness

It's time to check into your 2008 New Year's resolutions. How are you doing? Did you set realistic, achievable goals? Are you following the habits that will help you reach those goals? Here are some realistic goals to shoot for and habits to adopt - habits that can and should become part of your lifestyle for the long term.

HABITS TO KEEP:



1. Eat more fruits and vegetables

- Have fresh fruit or a side salad instead of french fries or chips at restaurants.
- Have lettuce and tomato on your sandwich – even better if it's a dark green lettuce such as romaine. The darker the leaf the more nutrients it packs.
- Choose a low-sodium tomato juice or orange juice mixed with sparkling water instead of soda.
- Pack a baggie of cut-up fruit and/or veggies and bring to work to snack on when you get the late-morning or afternoon munchies. For added flavor and protein use a little peanut butter or bean dip such as hummus.

2. Eat less "junk food" and more of what's good for you

- Keep healthy snacks in your desk drawer and office refrigerator. Healthy options include dried fruit and nuts, baked corn chips and salsa, all-natural nutrition bars, non-fat or 1% fat plain or low-sugar yogurt, low fat string cheese, and low-sodium vegetable juices.
- Read food labels! Watch out for foods that are made with high fructose corn syrup, hydrogenated oils and lots of artificial ingredients that you can't pronounce.



3. Engage in regular physical activity

- Take the stairs instead of the elevator
- Park your car farther away from the entrance to work or the mall to add some walking time to your day.
- Walk 20 minutes or more at least 3 times a week.

Ergonomics Behind the wheel

Typical problems from frequent driving include neck, back and shoulder pains; cramps; poor circulation in the legs and buttocks. The first step to preventing pain and injury is recognizing the risk factors in your daily activities. These risks could include:

- Awkward postures
- Excessive force
- Vibration, and
- Repetition or long duration of exposure

To identify whether you are at risk, ask yourself these questions:

1. Do you slouch when you drive?
2. Does your low back get good support?
3. Do you stay in the very same position for long periods of time?
4. Is your seat at the right height?

Habits to Break

1. Smoking

- Chew a piece of gum when you get the urge to smoke.
- Join a stop-smoking support group.
- Talk to your doctor about options such as a nicotine patch.

2. Turning to sugary, high-fat food to help relieve stress

- It won't make the stress go away and could lead to weight gain and other unwanted health effects.
- Instead, take a walk or call a friend.

3. Thinking you are too busy and/or too tired to exercise

- You can fit in 20 minutes a few times a week.
- Exercising will actually give you more energy and provide a number of physical and emotional health benefits.

4. Giving up on your healthy eating plan because you had a piece of cake last night

- It happens to all of us. You're allowed to indulge from time to time. Just don't overdo it and get right back on the wagon the next day.

5. Skipping on sleep.

- Not getting enough sleep can lead to weight gain, moodiness, stress, forgetfulness and an inability to work at your best.

Make 2008 a healthy, happy new year by doing your best to maintain healthy habits and ditching those that are not doing you any good. Check in with yourself every few months to monitor your progress and keep yourself honest. Come 2009, you'll be glad you did!

Wow!!! 10 or more years of Service

Terminal	Employee's Name	Years of Service
Stockton	Mike Williams	32
Stockton	Marlys Williams	32
Long Beach	Lewis Allen	22
Chico	Brett Roberts	21
Sub-Hauler	Walt Barros	19
Martinez	Rance Fluker	17
Las Vegas	Steven Slagle	14
Bakersfield	James Turner	13
Chico	Steve Bumgarner	10
Stockton	Daniel Clemons	10
Bakersfield	Douglas Vasquez	10

4 - 9 Year Anniversaries

Terminal	Employee's Name	Years of Service
Paso Robles	Grant Matthewson	9
Bakersfield	Mike Kirkendall,	9
Stockton	Doug Jones	9
San Jose	Carlos Amaya	9
San Jose	David Gonzales	8
San Jose	Candelario Ansaldo	7
Stockton	John Criswell	7
Sparks	Robert Barnett	7
Bakersfield	Fred Levitt	7
Stockton	David Luna Jr	7
San Jose	Mohinder Singh	7
San Jose	Alan Szarek	7
Bakersfield	Mary Bailey	6
San Jose	Jose Hernandez	6
San Jose	Jorge Oliveira	6
San Jose	George Mcnew	6
Sacramento	Hardevinder Singh	6
San Jose	Luis Diaz	6
Chico	Tom Macdonald	6
Las Vegas	Rick Lewis	6
Sacramento	Gerald Eckman	5
Bakersfield	Vance Heintz	5
Stockton	Parminder Khatrha	5
Bakersfield	Chester Forsythe	5
Long Beach	Derrick Washington	5
Stockton	Daljit Grewal	5
Long Beach	Richard Wopschall	4
Sparks	Raymond Barker	4
Stockton	Richard Laster	4
Long Beach	Richard Saunders	4

"People forget how fast you did a job, but they remember how well you did it."
-Howard W Newton



To all the employee's mentioned for reaching their anniversary mark (January to April). Williams Tank Lines appreciates your dedication and hopes that your name makes it on this list every year.

2 & 3 Year Anniversaries

Terminal	Employee's Name	Years of Service
Las Vegas	Robert Goodrich	3
Long Beach	Adriana Ramirez	3
Sacramento	Kenneth Edwards	3
Chico	David Walton	3
Stockton	Christina Mora	3
San Jose	Jessica Ruvacalba	3
San Jose	James Young	3
Stockton	Kanwarjit Sidhu	3
San Jose	Felipeneri Silim	3
Sacramento	Mark Mick	3
Sacramento	Manminder Singh	3
San Jose	Venzie Fagasau	3
Bakersfield	Rafael Viveros	2
Long Beach	Victor Wanguhu	2
San Jose	Saul Gomez	2
Sacramento	Lewis Van Alst	2
Stockton	Angel Morales Jr	2
Sparks	Tipton Moser	2
Sacramento	Dennis Brown	2
Martinez	Michael Harper	2
Stockton	Floyd Bruce	2
Stockton	Earl Griffith	2
Sacramento	Erik Delp	2
Bakersfield	Kevin Thomas	2
Long Beach	Javier Carrillo	2
Bakersfield	Thomas Keehbauch	2
Las Vegas	Tony Hernandez	2
San Jose	Mike Hernandez	2
Martinez	Allen Davis	2
San Jose	Moez Bensaad	2
Bakersfield	Todd Preston	2

Employee Recognition from Customer

Stockton driver, Chong Cha received high praises for always making a perfect delivery at Quik Stop # 120. Specifically the owner of this station stated that Chong pulls in perfectly and never blocks his pumps. Williams would also like to thank Chong for his outstanding work.

1 Year Anniversary

Terminal	Employee's Name
Sacramento	Timothy Perkins
Sacramento	Chad Victor
Las Vegas	Carlos Guerra
Bakersfield	Dale Lee
Sparks	Jeffrey Veradt
Sub-Hauler	Wayne Grigsby
Las Vegas	Chanel Lujan
San Jose	Rusty Scott
Stockton	Thai Xiong
Stockton	Kou Her
Bakersfield	Damon Smithen
Martinez	Hector Contreras
Sacramento	Frank Tisdale
Bakersfield	Joe Olea
San Jose	Ruben Aldama
San Jose	Danny Trevino
Martinez	Ronnie Brooks
San Jose	David Lopez
Sparks	Tracy Kidman

Employee Spotlight

Las Vegas Employee of the month

Jim McGaughey		Jan 2008
Dale Olsen		Feb 2008
Joshua Huff		Mar 2008

Long Beach Terminal Employee of the Month

Congratulations to Anthony Aualitia for being nominated for employee of the month for March, 2008. Anthony has been with the company since June 24, 2003 and is currently a Shell dedicated driver. His fellow co-workers and terminal manager describes Anthony as having a positive attitude and is willing to go out of his way to help others. Anthony has never turned down extra loads and is always on time.



NOTE: First quarter Incident and Accident Summaries will be posted in your driver's room.