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## What a PARTY!

The 2010 YAS Employee Christmas Party was quite the success! With over 150 in attendance, it was our Biggest Ever! Word must be getting out that we throw an AWESOME party because I was really pleased to see so many new faces at the party this year. Many of our employees that had not attended in the past decided that this year they would come and I am sure they were not disappointed!

**The Food:** One of the reasons that we always hold our party at the Delta Hotel in Kitchener is the Fabulous Food! They put on a great spread including Chef Carved Prime Rib (my favourite) and it really is All-You-Can-Eat. Some of our drivers took full advantage of that (read the article about nutrition later....).

**The Staff:** The Delta Hotel Staff are always so good to us. I was told that they love our crowd and have said that we have the most fun of any company party they host (We've always known THAT!). That's because we love to PARTY!!

**The Awards:** Unfortunately, this year, many of our award winners were not able to attend the party because our carriers are So BUSY! We did have a few that were able to make it, so here is the recap: The more "serious" awards that were handed out include Top Newcomer to Richard Newton, Ambassador Award to Doug Seabrook, Rookie of the Year to Tom Cremasco, Boomerang Award for the driver that left YAS and returned went to Mike VandenBussche and the TST Award to Brian Fraleigh. Jim gave out a series of "special" awards including a new award this year named "YO Bitch" that went to Andrew McDonald. That was exactly what Andrew said to Arlene on his first day. Anything that needed to be done...he said, I'm "YO Bitch"! The Rico Suave Award that identifies our Sharpest Dresser was a real tough call this year, but ultimately, it had to go to Ernie Nugent. Not only does he look great but he **Smells Great Too!** The "Golden

Hoop" award was given to Ben Fick for his unique ability to master all sorts of contests from tricycle riding, walking the stage dressed in ladies clothes and heels to the hula hoop. Ben has won more YAS party contests than any other employee in our history! The last of Jim's special awards was the PMS (Perpetual Moaning Syndrome). This is for an employee who's ability to complain about Absolutely Everything reaches the absolute Pinnacle. This year it went to Lawrence MacNaughton. I think I actually saw his wife give a little nod (or was that my imagination?).

**The Auction:** Awesome Prizes! Once again, after months of shopping, I turned everything over to the YAS Elves to Pack and Wrap. On the day of the event, one special elf (Santa?) loaded his sleigh and brought everything to the hotel. Thanks Rick! This year, the prizes ranged from the silly (Screaming Rubber Chickens), to the cool (retro lava lamps) to the spectacular including an Awesome Electric fireplace, complete with a real Cherry Wood Mantle, won by Will Wallace. Congratulations Will! While we all have such fun with the auction, and there are more than enough prizes to go around, we have heard comments from people that would like the auction to be shorter. We've been trying to think of ways that we can speed up the auction so we can start the dance a bit earlier, but we don't want to shortchange the prize table. If anyone has any ideas, please let me know!

**The Games:** In Ohio, it is called Corn Hole. In fact, it is quite the "serious" sport with Tournaments played all over the state. This year, Corn Hole became the "half-time" game for the Auction. We were Shocked with the accuracy of some of the contestants. I think some of you must already have known this game because you were Way Too GOOD!

**The DJ:** Doug Scott, the Absolutely Groovy DJ from London, Ontario makes sure that everyone gets up of their seats and shakes their groove thing. Doug and his crew always bring lots of crazy stuff to make sure that everyone gets to dress up and act silly! I can always tell that a good time was had by all, as I leave the hotel the next morning, I follow a trail of

brightly coloured feathers leaving from the ballroom in every direction! Doug has whispered about retiring....but has promised to be Our DJ....Forever!! Doug is always looking for new ideas for our party. You can check out his website at www.djatwork.ca. Suggestions are Always Welcome!

**The Photo Booth:** Okay, so their first mistake was to tell us that the most people that had ever been in the booth at one time was 7. Not to be outdone, 9 YAS party members, including some not too petite drivers, all climbed in to set a new record! We do have photo evidence, and believe me....it is not too PRETTY! From the copies that I received, it sure looked like the photo booth was a hit! Shall we do it again next year? Let me know what you think.

**Photos:** I have lots of photos from the party, both inside the booth and out! Next time you are by the office, be sure to have a look!

**Special Guests:** Every year, we invite a special guest that does not work for YAS but is a terrific ambassador for our company. This year it was James Taylor (AKA JT) from BLM. Everyone made JT and his wife feel super welcome! Thank YOU!!

**Ideas?:** We are always looking for interesting, creative and above all, FUN new idea for the party. Get in touch with me anytime so we can be sure to work your idea into the party.

**Next Year:** Mark your calendar, get your time-off notices in and don't forget to polish up your dancing shoes.....the 2011 YAS Christmas Party is being held at the same place on Friday, November 25, 2011. Don't Miss It!

Lori Van Opstal CPC



## Great Shot!!

Mountains, Sunsets, Waterfalls and Bears! We're sure all of you have seen some beautiful sites while out on the road and now is your chance to share them! If you get a good one and want to share it with the world, let us know and we can upload it to our facebook group page!

Every year, the YAS employees give so generously to the local food bank for their Annual Christmas Food Drive, and this year was no exception. The day I delivered our load to the food bank, my truck was filled to the top! We have so much stuff you could not see out the windows. It is so wonderful to see so many people that are willing to share with those less fortunate. As I was helping unload the food, coats, boots and other items, I noticed the wide variety of people that were picking up food and clothing. There were young mothers with their children picking up cereal, peanut butter and soup, there was an older woman getting a loaf of bread and an old man that was happy to see a load of coats, hoping there was one in his size. Sometimes we really don't realize how fortunate we are.

## YAS PUZZLE CORNER

P I H S D N E I R F D I P U C A L  
 V D H S U R C A C F B A L E N D O  
 N Y N T I A E A S O L C T O Y M V  
 S R N E N S N L Y E H O I E R I E  
 T L E D I D S F A O N T W S A R B  
 R E Y S L R R E C T C T L E U E I  
 A W S E R I F O N A I A I C R R R  
 E E S E E E L L R D S O O M B S D  
 H J C N S A V T R O N U N T E D S  
 T G D N T O T O P I P O A S F N A  
 E N Y E A A R O L L G C F E H I T  
 E I S D U M R B E L O V E D B I G  
 W L O D R P O A F F E C T I O N P  
 S R E M A L F R R E N T R A P A R  
 E A Y C N A F O R E V E R L I K E  
 R D R O T I U S D N O I T O V E D

ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART

The remaining letters spell a popular Valentine's Day item.

## Social Media:

Do you Tweet or Blog? Are you on Facebook or LinkedIn? Do you Text more than you Talk? Welcome to the new age of communication! And it's not just for kids! Even my dear old dad is a Facebook Junkie, and he was born in the 30's! 500 million users can't be wrong, but there are some things you need to be aware of:

1. Once you "upload" anything, it is out there...that means, anyone, anywhere can see it, and save it, forever! So when you are thinking of posting your favourite video of crazy antics (like our Christmas Party), think again before you click upload! Taken out of context, it can be damaging to your reputation or your livelihood.
2. Be careful how much personal information you put in cyber-space. I have read plenty of reports of burglars that target the homes of people that are known to be far away on vacation because they posted it to facebook.
3. And finally, a word on Internet Dating. While I have very limited experience using internet dating (I am now happily married) the best advice I was given was that when you meet someone online, don't share too much personal information until you check them out. Dating sites should come up with a rating system like Ebay stars. Your thoughts on this idea?

## Who are all these New People? (and what do they do?)

There have been a lot of changes at YAS in the last month. After the hectic Christmas Season, Susan, our Admin Coordinator decided to leave YAS, so Paula McGuinness, our faithful Temporary Receptionist happily became permanent! Sandy, our Co-op student, was offered a job 8 minutes from home, so she took it! Then Tia, our part-time Compliance Clerk decided to become full-time and has been reassigned the position of Administrative Coordinator. Tia will be working on a number of special projects including the optimization of all of our processes and systems. She will be looking for your input so please be candid when she contacts you! The biggest change just happened last week. After 4 1/2 years of working for YAS, Shellie has decided to go "on the road" and become a sales representative with a local "temp" staffing company that provides short term labourers, forklift operators and drivers. We wish her well and look forward to working with her in her new role. Fortunately, an excellent candidate was available to take Shellie's spot. Paul Ellsworth, formerly of McArthur Express and Tri-County, has accepted the role of Driver Coordinator. Paul will be on Full-time as of January 31. Paul's background as both a driver, recruiter and driver trainer will make him a terrific addition to the YAS team! In fact, you can read an article that Paul has written on Relationships below. Be sure to stop by the office so you can meet all the new people, and don't forget to say "hi" to Jim, Ralph and Ruth, while you are at it!

## Relationship Tips for Truckers (and the people that LOVE them)

When Lori first asked me to do a little research for this edition of our newsletter on "Communication – The Key to Any Successful Relationship for our Over-The-Road Drivers" I was thrilled. I learned many years ago that communication is the key to success in all aspects of life. When I first started driving OTR we didn't have the means of communication we have today, technology has grown in leaps and bounds. However since the beginning of time there has always been ways to communicate, communication is a need. To quote John Donne "No man is an island..."

If you are a "newbie" (a new truck driver) to this industry then the key to your success lies in the communication with your home 20. Seasoned truckers may have worked out the bumps in the road already but below are a few tips that may help everyone with the miles ahead.

1. Develop a plan: Murphy's Law (if anything can go wrong, it will). You have to plan for things that may go wrong at your home 20 while you are out on the big road. A driver once told me he and his better half made a list of numbers to call if something should go wrong or break. They keep the list on the fridge and it eases their worries while he's away.
2. Prepare for departure: Most drivers know their dispatch times well in advance, depending on the time of departure plan to have a meal together or attend church, or lay in bed an extra hour. The goal here is to spend those last few moments together enjoying each other's company. Help your spouse pack for the trip; be involved.
3. Technology – it's a small world after all: Technology has grown in leaps and bounds. Today the majority of us have access to the internet, cell phones, laptops, and digital cameras to say the least, and within the budget of the average household. Today we can communicate with our home 20 from bean-town to shaky town and just about anywhere in between. Cell phones are the most popular tools but be careful to purchase an international plan and **don't text and drive**.
4. Support Services: For the better half at home there are a number of support services available on line. I have listed a few: [www.atruckerswife.com](http://www.atruckerswife.com), [www.lifeasatrucker.com](http://www.lifeasatrucker.com), [www.layover.com](http://www.layover.com), [www.marriedtoatrucker.com](http://www.marriedtoatrucker.com), [www.myspace.com/truckerwives](http://www.myspace.com/truckerwives)
5. Welcome home: The hour may be unknown, but depending on the time of arrival here are a few thoughts. If your trucker arrives home around a meal time have something home-cooked planned. Nothing tastes quite as good as a home cooked meal, maybe even a favorite dish. If possible have the day booked off work so the two of you can play catch up. Ask about the trip and take interest in where he/she has been. Share with him/her the events of the week and how you handled them.

There are no secrets to a successful relationship that I am aware of. I have researched everyone from Dear Abby to Dr. Phil and what I can tell you is that communication, love, and trusting that your better half has always got your back door, is a start, 10-4?

## Our Current Openings:

**LOCAL:** We have local positions available based out of Windsor, London, Woodstock, Cambridge, Guelph and Brampton with pay rates ranging from \$16 to \$18+ per hour.

**LINEHAUL:** We have positions available in London and Windsor.

**HIGHWAY:** We have single highway positions based in the KW area running basically a 500 mile radius.

**TEAM:** We are Desperately SEEKING TEAMS! Canada/US and Canada Only

**Don't forget about our \$300 referral bonus!**

## Say I Love You with Good Health

Nothing says "I Love You" better than taking good care of yourself so that you and your mate can live a long and healthy life together. As a Truck Driver, you work hard. The fruits of your labour should be enjoyed, but the only way to do that is to make good health a priority. All too often, we see drivers that have worked hard all their lives, find themselves at retirement age without being healthy enough to enjoy it. You can change that and it is never too late to start. A few simple changes can have dramatic results. Did you know that if you normally drink your coffee with a teaspoon of sugar, by eliminating the sugar or replacing it with sweetener, you will lose up to 10 pounds per year? How about exercise? I know it is tough to get to a gym when you are on the road, but a nice, brisk walk will certainly help increase your fitness level. Try parking further away from your destination then get out and walk. And good health does not just mean physical health. Mentally, all those days away from home can be a strain. Rather than listening to the CB radio or your favourite country station, try tuning into the Comedy Channel. Studies have shown that laughter is great medicine, and you don't have to be sick to enjoy it! Another method of Health Promotion is to learn something new. As we age, we need to stay physically strong, but we also need to exercise our Mental Muscle! We have lots of different books on CD available for you to borrow. Make use of them! You will be Happy you did!

## Introducing: Paul, Paula and TiaMarie

**Paul Ellsworth** is our newest Driver Coordinator, but he is certainly not new to trucking. Paul started in the Transportation Industry 17 years ago. In 1998 he began working as a Highway driver for McArthur Express. He was moved into the office in 2000 where he was a Driver Recruiter, Trainer and Dispatcher. For the past year, Paul has been an instructor at Tri-County, and is certified to teach Defensive Driving, In-Cab Coaching/Instructing, Smart Driver (fuel efficiency), Lift Truck, to name a few. Paul's first challenge will be to take over the management of our Vancouver Team Operation, and to help Jim and Ralph source the drivers we need to help all of our clients. We are delighted to welcome Paul to our team, and hope all of you will stop in and say "Hi".

**Paula McGuinness** is now a full-time part of our team. We are so glad she is here. With her strong background in Health Administration and 11 years of experience in Out Patient Mental Health, she undoubtedly has the skills necessary to keep our team working strong! Paula's exceptional positive energy and commitment to good health are certainly great to have in our office.

**TiaMarie Matheson** is also now a full-time part of our team. For the past 6 months, Tia has worked with us to improve our compliance systems. Now that her role is full time, it has been expanded to include Database Administration, Advertising, Marketing, Document Control and most importantly, she will be Ruth's back up for payroll.

## The Blitz 14 hour Marathon

Doug McLeod is almost a celebrity by now, and his story is one that all of us need to read. Doug was placed at Ryder during the mass hiring we did a while ago. In the summer of 2009, Doug received a health "Wake-Up" call in the form of a blood pressure reading of 200/92. At 55 years old, 5'8" and 230 pounds, he realized that if he ever wanted to get to live out a long and healthy retirement one day, something had to change. Doug joined the Blitz 20 minute total fitness for men. Thanks to his dedication to the program, Doug has seen a transformation in his health. But Doug wasn't satisfied with just improving his own health, he wanted to take that message to all truck drivers whose poor habits were putting their health and longevity at risk. Doug, along with the owners of The Blitz, Fred and Debbie Spitzig launched the 14 hour Marathon named "Keep On Truckin" designed to both raise money for the Cambridge Food Bank and raise awareness of the health concerns of truck drivers. Your Advantage was very proud to be asked to support this terrific event, and Doug was both exhausted and uplifted at the end of it all, and \$1,600 was raised for a really good cause. We still have a few FREE five day guest passes. If you are interested, please call Paula at our office or stop by The Blitz at 50 Hopeton Street, Cambridge. 519-624-0344.

## T-4, TL2, T2200..... *It must be Tax Time!*

On January 1, 2011, the Department of Finance increased the tax deductible portion of meal expenses for long-haul truck drivers to 80 per cent, taking the final step towards fulfilling the commitment the federal government made in 2007 to restore the meal tax deductibility to 80 per cent by 2011. The Canadian Trucking Alliance (CTA) welcomes this change, which will allow Canadian long-haul truck drivers to enjoy the same meal deduction allowances as their US counterparts. CTA is pleased that the Minister of Finance and the Government of Canada are continuing to honour their commitment, despite being under fiscal pressure, said CTA CEO David Bradley. "The government deserves a great deal of credit for continuing to be responsive to the needs of the trucking industry and truck drivers in particular. CTA is proud of the role our 2006-2007 lobby campaign played in achieving this deduction, continued Bradley. The campaign, *End Canada's Lunch Bag Let Down*, featured postcards that truck drivers sent to the federal minister highlighting the need for this tax change. As some of the hardest working individuals in Canada, we are happy that long-haul truck drivers are benefiting from lower taxes as a result of CTA's campaign. In order to be eligible for the tax deduction drivers must generally be away for at least 24 consecutive hours and the purpose of the trip must be to transport goods beyond a 160 km radius from the home location. In addition the vehicle must have a GVWR of greater than 11,788 kg

**PS: The T-4's have arrived and will be out shortly.**

## Women in Trucking

[www.womenintrucking.org](http://www.womenintrucking.org)

Your Advantage is a Proud Corporate Sponsor of Women in Trucking. Their Mission is: Women in Trucking was established to encourage the employment of women in the trucking industry, promote their accomplishments and minimize obstacles faced by women working in the trucking industry. Their Annual Salute to Women Behind the Wheel takes place at the Mid-America Truck Show on April 2, 2011 in Louisville, KY. If you plan to be in the area of the show please stop by rooms C201-C205.

[www.salute2women.com](http://www.salute2women.com)

**WHAT MAKES  
YOUR  
ADVANTAGE  
DRIVERS  
SO GREAT???**

**DRIVE  
DEDICATION**

**GENEROUSITY**

**AMBITIOUS**

**Perseverant  
CONFIDANT**

**SHARP**

**Genuine**

**KIND-HEARTED  
Passionate**

**CREATIVE**

**WITTY**

**Self - Motivated-**

**Professionalism**

**And Most of  
All CHARM!!!**

## **DON'T LET AN INJURY TAKE YOU OUT OF ACTION!**

**GET MOVING** ~ It improves your circulation. Even simple Yoga moves can improve blood flow and keep your muscles warm up. My favourite is the Sun Salute. A modified version can easily be done in the cab of a truck. Make sure you are parked, then raise both hands above your head until they come together. Breathe deeply 6 times as you feel your back extend, then lower your arms to the side slowly. Next, hold the steering wheel and push your back into the seat, and again, breathe deeply six times. Try It!

**DRESS COMFY** ~ The more comfortable your clothing, the easier it is for you to move around. Marks Work Warehouse has a line of jeans with some added stretch, so if you have added a few pounds over Christmas, it might be an idea to invest in a couple of pairs!

**ADJUST** ~ Position your steering wheel, seat height and backrest for maximum comfort, before you head out. Consider it part of your proper pre trip inspection.

**DON'T JUMP** ~ Always use three-point contact when entering and exiting your truck.

**GET HELP** ~ Don't be afraid to ask for help, if your load is too heavy for you to handle safely on your own.

### **Wear it Proudly! Hats, Coats, Toques, Shirts and MORE!**

YAS pays 50% of the cost on all of the Wonderful YAS clothing items that are available! With our TERRIFIC PRICES on exceptional quality items, you'll look sharp, keep warm & be dressed for SUPER CHEAP!! Contact us for more information.

**FINALLY.....The Sticky Calendars are HERE!!**  
**And they are FREE, so stop in and grab a supply!**

### **Staff Directory**

Lori Van Opstal, CPC, President	ext 206
Ruth Somers, Payroll & Benefits	ext 219
TiaMarie Matheson, Administration	ext 240
Paula McGuinness, Reception	ext 202
Jim Taglietti, Driver Coordinator	ext 204
Ralph Kerswill, Driver Coordinator	ext 217
Paul Ellsworth, Driver Coordinator	ext 207
After Hours Dispatch/Recruiter	press 6
After Hours Emergency	press 7

### **HAPPY BIRTHDAY TO YOU:**

#### **February**

Josh M.  
Andrew M.  
Scott W.  
Dhanwar H.  
Rudolf B.  
Walter G.  
Kerry P.  
Zoran M.  
Alan M.  
Linda W.  
Ron W.  
Bryan M.

#### **March**

Gilbert M.  
Palra G.  
Darren O.  
Mike W.  
Patrick W.  
Randall W.  
Bob W.  
Gerald B.  
Tom C.  
Richard N.  
Marty B.

**March 31 is the  
14th birthday of  
Your Advantage  
Staffing!**

**We've come a  
long way in 14  
years and it's  
all because of**

**YOU!**  
(Thanks!!)

**Your Advantage News** is a quarterly newsletter produced by the staff of Your Advantage.  
Comments & Suggestions may be directed to Lori Van Opstal, CPC at:

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