



Team Lil' Rascals

Especially for You

Especially for You is an annual 5k Race/Walk Against Breast Cancer held in Cedar Rapids, IA each October. The event helps support free mammograms and other breast-care services to area individuals in need through the Especially for You fund.



FirstFleet driver Teresa Zimola began participating in Especially for You following the loss of her cousin, who was also her best friend, to breast cancer in 2002. Teresa states she had a very hard time dealing with the loss but managed to find peace after she began participating each year to help the cause. In the beginning Teresa participated with her son and daughter but along the way other family members, friends and co-workers joined to form Team Lil' Rascals.

Teresa is also a cancer survivor who was diagnosed in September 2014 with DCIS, ductal carcinoma in situ. Teresa states after the initial shock of the diagnosis she began thinking why not me instead of why me? Teresa underwent surgery and 6 weeks of radiation therapy, she states along with great family support and her belief that God only gives us what we can handle she overcame and has remained cancer free!

Especially for You 2016 was held on October 1 which marked the 26th year, with over 16,000 participants \$480,000 was raised! Team Lil' Rascals was 26 members strong including 12 FirstFleet employees! More information can be found @ www.especiallyforyourace.org

We'd like to thank Teresa Zimola for sharing her story and for her devotion to the

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Wellness continued

fight against cancer! Many of us have lost loved ones, we've supported friends and family in their battles against cancer and various other disease and disabilities. Many like Teresa are survivors while others support various non-profit organizations to raise awareness. We want to hear your stories, please share with us by emailing wellness@firstfleetinc.com so that we may share with others to promote wellness and encourage others to get involved.

Did You Know...?

The American Cancer Society recommends women of all ages perform breast self-exams at least once a month. Johns Hopkins Medical center states "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important".

The following is recommended for women at average risk:

- Ages 40 to 44 should begin annual breast cancer screening with mammograms if they wish to do so.
- Ages 45 to 54 should get mammograms every year.
- Age 55 and older should switch to mammograms every 2 years or have the choice to continue yearly if they choose.
- All women should be familiar with the known benefits, limitations and potential harms associated with breast cancer screening. They should also be familiar with how their breasts normally look and feel and report any changes to a health care provider right away.

While breast cancer in men is rare, about 1 percent of all breast cancer cases in the U.S. occur in men. The most common sign of breast cancer in men is a painless lump or thickening in the breast or chest area. Men should never delay in seeing a health care provider upon discovery of any change in the breast or chest area.



Lt to Rt: Scott Ransom, Tracy McChane (back), Teresa Zimola, Haley Young



Spotlight on Delaware, OH

FirstFleet, Delaware, OH opened for business in July 2006 with a small staff and 5 drivers delivering general grocery, frozen and perishable items to Kroger stores in Michigan and Ohio. Growth came quickly and soon FirstFleet locations in Findlay, OH, Columbus, OH and Weirton, WV were consolidated into the Delaware location. Today FirstFleet Delaware employs 120 drivers and is extremely proud to be the Lead Carrier for the Kroger Great Lakes Regional Distribution Center servicing Kroger stores in Ohio, Michigan and West Virginia!

David Margolis, Regional Manager, is very pleased with the ability of the Delaware drivers and staff to work as a team, communicating with each other in an open, honest and respectful manner. He has great confidence in this team and delighted that former Delaware employees Richard Miller, Gina Maier and Dan Siemer advanced to Fleet Managers of other FirstFleet locations. David states "Delaware achieved the lead carrier position by committing to excellent customer service with safe, on-time and error free deliveries."

Mike Doyle, Fleet Manager, began his career with FirstFleet in 2005 in Findlay, OH and relocated to Delaware in 2006. Mike reflects on the tremendous growth throughout his time in Delaware and credits the unsurpassed dedication of the drivers and staff. Mike states "Our drivers are safe, reliable and productive, they provide outstanding service through courteous interaction with our customer and the public".

The Delaware crew also includes Steve Cooper, Assistant Fleet Manager who began his career with FirstFleet in 2009. Four Transportation Supervisors: Don Arbogast, Sean Coleman, Josh McBeth and Joe Zinn who are primarily responsible for interfacing with the customer, drivers and coordinating loads. Marty Newcomb serves as Delaware's Safety and Training Supervisor working directly with drivers and the Safety Department. Four Administrative Assistants: Jason Patterson, Mary Troesch, Andrew Jones and Jeff Dye who provide support and handle various other tasks. David Margolis says, "Working in a fast paced environment with many balls to juggle can be a real challenge but the Delaware staff do it very well and make it look easy".



Mike Doyle, Fleet Manager



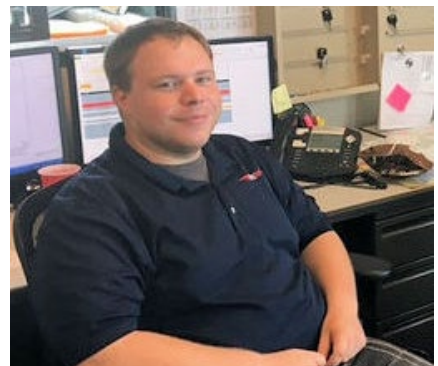
Steve Cooper, Asst. Fleet Manager



Lt to Rt: Marty Newcomb, Safety Supervisor; Don Arbogast, Transportation Supervisor



Driver Ken Roy performing a pre-trip inspection



Josh McBeth, Transportation Supervisor



Andrew Jones, Administrative Asst.



Lt to Rt: Josh McBeth, Trans. Supervisor; Bill Anderson, Driver; Andrew Jones, Admin. Asst.



Joe Zinn, Transportation Supervisor



Jason Patterson, Administrative Asst.



Sean Coleman, Transportation Supervisor; Jeff Dye, Administrative Asst.



Did you know?

Congratulations to HR Assistant, Deborah Regan and husband Terry who were married on July 24, 2016!

Maintenance

Spotlight on FirstFleet's Delaware, OH Maintenance Dept.

The 92 power units in Delaware are maintained by Greg Braskett, Area Maintenance Manager and Lloyd Angel, Maintenance Assistant.

Lloyd Angel has been with FirstFleet since 2006, previously as a driver and Safety Supervisor before deciding to shift over to Maintenance. Greg states "You can always count on Lloyd, he's been a tremendous help, he's dedicated and always works hard".



Greg Braskett, Area Maintenance Manager

Greg Braskett began his career with FirstFleet in 2009, performing hands-on maintenance in Delaware without the convenience of a shop. He and Lloyd often work in extreme conditions from the heat of summer to harsh Delaware winters full of ice, snow and freezing temperatures. Greg is also responsible for overseeing contract maintenance in Delaware and other FirstFleet locations in Ohio and Michigan.

When asked, Allen Caldwell, Manager Maintenance Technology, says "Greg is a valuable asset to our maintenance team who is always willing to get involved no matter the task at hand. He's knowledgeable and courteous while interacting with drivers and vendors, he does a great job and we're glad he's a part of our team".

FirstFleet, Inc. is very proud of the Delaware Team and appreciates their commitment and dedication to keeping the wheels safely rolling!



Lloyd Angel, Maintenance Assistant



Greg Braskett, Area Maintenance Manager

Did you know?



Congratulations to Lester Packard, Driver Trainer, Auburn, ME who was named Maine Motor Transport Association (MMTA) Driver of the Month for August 2016! Lester is also in the running for MMTA Driver of the Year which will be announced in January 2017! Best of Luck Lester!



PVT Jonathan Bryan Cousineau, son of Debbie Cousineau, Cleveland, TN Administrative Asst., graduated on September 16, 2016 from Marine Corps Basic Training, Parris Island, SC. Congratulations Jonathan, we Thank You for your service!

Then and Now...

Safety Director John Cole has a whole lot of history with FirstFleet and is excited to share photos of some of the trucks he drove over the years. The 2017 is brand new and ready to roll!



John Cole pre-trip inspection, 1989 Peterbilt Cabover



1989 Peterbilt Cabover and 1990 Peterbilt Conventional



1990 Peterbilt



1991 Peterbilt



2008 Peterbilt



2017 Peterbilt 579

2,000,000



Safe Miles

Tony Reeves 2,000,000 Safe Miles!

Tony Reeves has been driving for FirstFleet, Inc. out of our Portland, TN terminal for 20 years. Tony attributes his safe driving accomplishment to always taking his time and never getting in a hurry, getting out to look as often as needed, watching his mirrors and always being aware of his surroundings. Tony is following in his Dad's footsteps who is a 4 Million Mile Safe Driver! **FirstFleet, Inc. is extremely proud of Tony Reeves, Two Million Mile Safe Driver!**

Leonard Burton 2,000,000 Safe Miles!

Leonard Burton has been driving for FirstFleet, Inc. out of our Portland, TN terminal for 20 years. Leonard attributes his safe driving accomplishment to defensive driving and always watching out for other motorists. Leonard states he always conducts a thorough pre-trip inspection on the equipment which is the first step to a safe trip. **FirstFleet, Inc. is extremely proud of Leonard Burton, Two Million Mile Safe Driver!**

Charles Smith 2,000,000 Safe Miles!

Charles Smith has been driving for FirstFleet, Inc. out of our Cleveland, TN terminal for 17 years. Charles attributes his safe driving accomplishment to never getting in a rush while driving, being aware of what is going on around your vehicle and always looking out for others. Charles says he never takes anything for granted and always expects the unexpected. **FirstFleet, Inc. is extremely proud of Charles Smith, Two Million Mile Safe Driver!**

FirstFleet, Inc. is very proud of our Two Million Mile Safe Drivers!

1,000,000



Safe Miles

Andy Dennis 1 Million Safe Miles!

Andy began his career with FirstFleet in 2008, he drives out of the Portland, TN terminal. Congratulations Andy!



Art McKinney 1 Million Safe Miles!

Art began his career with FirstFleet in 2007, he drives out of the Fountain, CO terminal. Congratulations Art!



Chad Wiersma 1 Million Safe Miles!

Chad began his career with FirstFleet in 2008, he drives out of the Delaware, OH terminal. Congratulations Chad!



Thomas Henschen 1 Million Safe

Thomas began his career with FirstFleet in 2008, he drives out of the Cleveland, TN terminal. Congratulations Thomas!



David Ricketts 1 Million Safe Miles!

David began his career with FirstFleet in 2007, he drives out of the Cleveland, TN terminal. Congratulations David!



Edward Heard 1 Million Safe Miles!

Edward began his career with FirstFleet in 2008, he drives out of the Cleveland, TN terminal. Congratulations Edward!



Greg Parker 1 Million Safe Miles!

Greg began his career with FirstFleet in 2007, he drives out of the Bluffton, IN terminal. Congratulations Greg!



Hilario Hernandez 1 Million Safe

Hilario began his career with FirstFleet in 2008, he drives out of the Newton, NC terminal. Congratulations Hilario!



Josh Stephens 1 Million Safe Miles!

Josh began his career with FirstFleet in 2007, he drives out of the Cleveland, TN terminal. Congratulations Josh!



Shaun Manchester 1 Million Safe

Shaun began his career with FirstFleet in 1999, he drives out of the Fountain, CO terminal. Congratulations Shaun!



Steve Briley 1 Million Safe Miles!

Steve began his career with FirstFleet in 1999, he drives out of the Portland, TN terminal. Congratulations Steve!



FirstFleet, Inc. is very proud of our One Million Mile Safe Drivers!

500,000



Safe Miles

Bradley Coulter 500,000 Safe Miles!

Bradley began his career with FirstFleet in 2012, he drives out of the Newton, NC terminal. Great job Bradley!



Brian Giles 500,000 Safe Miles!

Brian began his career with FirstFleet in 2011, he drives out of the Portland, TN terminal. Great job Brian!



Darius Bostic 500,000 Safe Miles!

Darius began his career with FirstFleet in 2011, he drives out of the Elkton, VA terminal. Great job Darius!



Ed Dresser 500,000 Safe Miles!

Ed began his career with FirstFleet in 2012, he drives out of the Fountain, CO terminal. Great job Ed!



Michael Messenger 500,000 Safe Miles!

Michael began his career with FirstFleet in 2012, he drives out of the Portland, TN terminal. Great job Michael!



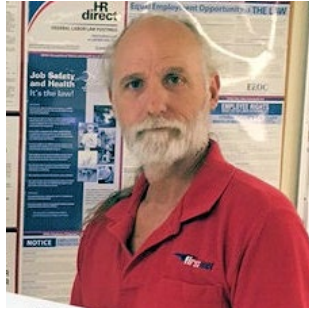
Patrick Jones 500,000 Safe Miles!

Patrick began his career with FirstFleet in 2012, he drives out of the Fountain, CO terminal. Great job Patrick!



Thomas Gouker 500,000 Safe Miles!

Thomas began his career with FirstFleet in 2012, he drives out of the Fountain, CO terminal. Great job Thomas!



FirstFleet is pleased to share the accomplishments of these 500,000 Mile Safe Drivers!

Boro Dash

Murfreesboro, TN associates participated in the 2016 Borodash on Thanksgiving morning. The Borodash is held annually, the mission is to bring glory to God by raising money for charitable purposes.



Benefits

Now that Open Enrollment has completed, if you have any questions or issues regarding medical coverage please contact BlueCross Blue Shield at 1-800-565-9140 Monday – Friday between 8:00am – 6:00pmEST or online at <https://www.bcbst.com/secure/public/login.asp>. For additional assistance please contact Human Resources at (615) 890-9229 or via email at benefits@firstfleetinc.com.



Driver Appreciation

National Truck Driver Appreciation Week, September 11-17, 2016, was a week of honor for the 3.5 million professional truck drivers who proudly tackle one of America's most demanding and important jobs. FirstFleet, Inc. is proud to employ thousands of the best drivers in the industry, thank you ALL!



Delaware, OH



Greenville, TN



San Antonio, TX



Ames, IA



Ames, IA



San Antonio, TX



Ames, IA



Austin, MN



Austin, MN



Austin, MN



Austin, MN



Austin, MN



Austin, MN



Austin, MN



Austin, MN



Cleveland, TN



Cleveland, TN



Bluffton, IN



Cleveland, TN



Cleveland, TN



Circleville, OH



Cleveland, TN



Circleville, OH



Cleveland, TN



Cleveland, TN



Cleveland, TN



Kansas City, MO



John Hellige, VP, takes a turn in the Delaware Dunk Tank!



Delaware, OH



Mooreville, NC



St. Louis, MO



Mooreville, NC



Winston Salem, NC



Grottoes, VA



Winston Salem, NC



Grottoes, VA



Winston Salem, NC



Cleveland, TN

Meet Recruiting

Our Recruiting Dept. commits each workday to filling FirstFleet trucks with safe, professional drivers. From the Application to the Driver Code, Recruiting is there to walk applicants through the hiring process, striving to make the onboarding experience as efficient and pleasant as possible. Recruiting's six dedicated employees are proud to be part of the FirstFleet family!



Lt to Rt: Kevin Pilgrim, Coordinator; Samantha Osborne, Specialist; Andrea Presley, Specialist; Donnelle Bell, Specialist; Laurie Brooks, Specialist; Mike Francis, Manager

Did You Know?



FirstFleet Bluffton and Peyton's Northern enjoyed another annual Bluffton Street Fair! Distributed this year along the route was oatmeal, maple syrup and the parade favorite Kroger Peanut Butter!



Lt to Rt: Kenney Mims, Don Wilhelmi and Rod Reid



Transportation Supervisor, Haley Young and Buford

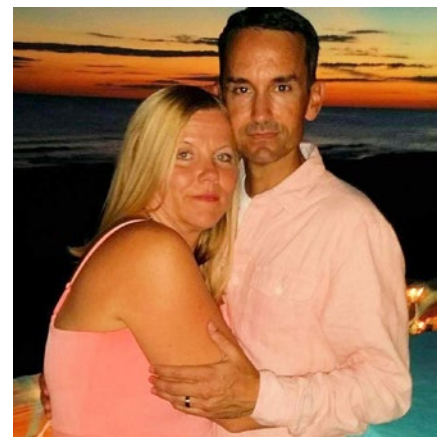


Kenney Mims, Service Technician and Buford

Each October the FirstFleet Cedar Rapids crew looks forward to "Buford" showing up to lend a helping "hand"!



Thanks to these FirstFleet Murfreesboro associates who graciously prepared and provided breakfast for the entire office!



Congratulations to Recruiting Specialist, Donnelle Bell and husband Chris who were married on October 5, 2016!



Regional Manager / Grill Master, Mike Radford preparing for the Jamestown, NC Fall Safety Meeting.



Congratulations to Denver Fleet Manager, Stacy Pasquale and husband Victor who were married on August 19, 2016!



Lt to Rt: Mark McKnight, Controller, Christian Snow, Accountant and Dan Lamont, Asst. Controller enjoyed a recent tour of the Knoxville, TN Flowers Bakery.



Safety is always Job One and driver Michael Morgan is proud to have completed Portland, TN's Fall Training! Lt to Rt Michael Morgan, Driver; Mark Carrigan, Transportation Supervisor.



A Group of Cleveland, TN Safe Drivers!

Retirement

Happy Retirement Bill Wehmiller!

After driving for FirstFleet out of our Omaha, NE location for over 12 years Bill Wehmiller has decided it's time to retire! Fellow Omaha driver, Chris Springer shares "Bill and I have been friends and worked off and on together for over 35 years. Bill is one of my oldest friends and a great person, Happy Retirement my friend!". Bill will be missed around Omaha, he's well known as a hard worker and pleasant person with a great sense of humor.

We wish you safe travels on your motorcycle Bill Wehmiller, thank you for everything, happy retirement! – Your FirstFleet Family



Bill Wehmiller

In Memoriam

In Memory of Doug Buzzard, Bluffton, IN Driver, 2001-2016. Doug will be greatly missed by all who knew him, he will be remembered by his co-workers as "one of a kind", the type of man who would always lend a hand to anyone in need. Doug was a professional driver who was dependable and enjoyed his job. Doug passed away on August 16, 2016, we at FirstFleet extend our sympathies to his "other half" Margaret Barry, his mother, children and family.



In Memory of Cory Lynn, Jamestown, NC Driver, 2016. Cory will be greatly missed by all who knew him, he will be remembered by his co-workers as a very positive gentleman who was always pleasant, ambitious and determined. Michael served as a Deacon at his church, he loved to fish and was a true family man who loved his mother and children. Michael passed away on September 8, 2016, we at FirstFleet extend our sympathies to his wife, mother, children and family.



Anniversaries

5 YEAR SERVICE AWARDS

McGlothlin, Kelly, Amarillo, TX
Brey, Richard, Bardstown, KY
Slentz, Matthew, Bluffton, IN
Scott, Kenneth, Bluffton, IN
Loggins, Kyle, Cleveland, TN
Qualls, Terry, Cleveland, TN
Goins, Jack, Cleveland, TN
Thurman, Darlene, Cleveland, TN
Blackwell, David, Cleveland, TN
Pirkle, Joseph, Cleveland, TN
Hayes, John, Cleveland, TN
Bostic, Darius, Elkton, VA
Clare, Kelly, Fountain, CO
Stevenson, Coulter, Fountain, CO

Dosdall, Schuyler, Fountain, CO
Hartman, Bruce, Fountain, CO
Gutchak, Kenneth, Fountain, CO
Carreras, Paul, Fountain, CO
English, Samuel, Goldsboro, SC
Gilmore, Christopher, Jamestown, NC
May, Paul, Kansas City, MO
Hellige, John, Murfreesboro, TN
Mayes, James, Newton, NC
Stevens, Krista, Philadelphia, PA
Greaves, Owen, Philadelphia, PA
Elliott, Max, Philadelphia, PA
Kurtz, Ronald, Philadelphia, PA
York, Edward, Philadelphia, PA

Dabney, Gilbert, Philadelphia, PA
Sedliak, Kenneth, Philadelphia, PA
Shaw, Joseph, Philadelphia, PA
McShane, James, Philadelphia, PA
Hernandez, Guillermo, Phoenix, AZ
Zepeda, Mario, Phoenix, AZ
Goodyear, Kenneth, Phoenix, AZ
Mullins, Gary, Phoenix, AZ
Gesell, James, Phoenix, AZ
Case, Jimmy, Portland, TN
Woodard, Walter, Portland, TN
Gentry, Joey, Portland, TN
Schoenekase, Rob, Ringold, GA
Martinez, Pedro, Tampa, FL

10 YEAR SERVICE AWARDS

Eltzroth, Terry, Bluffton, IN
McChane, Tracy, Cedar Rapids, IA
Ballew, Larry, Cleveland, TN
Angel, Lloyd, Delaware, OH
Hammond, Arthur, Fountain, CO
Dolan, Colleen, Fountain, CO
Johnson, Willie, Goldsboro, NC
Pennington, Aaron, Jamestown, NC
Barton, Timothy, Jamestown, NC

Johnson, William, Jamestown, NC
Denson, Wendy, Murfreesboro, TN
Regan, Deborah, Murfreesboro, TN
McGreevy, Shannon, Murfreesboro, TN
Alexander, Emily, Murfreesboro, TN
James, Paul, Newton, NC
Hatcher, Lloyd, Phoenix, AZ
Cutten, Robert, Phoenix, AZ
Aragon, Lorenzo, Phoenix, AZ

Ball, James, Phoenix, AZ
Williams, David, Phoenix, AZ
Hill, Kevin, Phoenix, AZ
Espinoza, Francisco, Phoenix, AZ
Holloway, Justin, Phoenix, AZ
Lizer, Kenny, Phoenix, AZ
Pace, Richard, Portland, TN

15 YEAR SERVICE AWARDS

Deboy, Rick, Bluffton, IN
Shields, Kim, Cleveland, TN
Rogers, Otis, Cleveland, TN
Talbot, Andrew, Phoenix, AZ

Van Nattan, Steven, Phoenix, AZ
Hoffman, Brian, Plant City, FL
Garrison, Bryan, Portland, TN
Homco, Peter, Portland, TN

Funnell, Gene, Portland, TN
Hoffman, Ricky, Portland, TN
Cosgrove, Gregory, Portland, TN

20 YEAR SERVICE AWARDS

Drumm, Leonard, Bluffton, IN
Lively, Bobby, Cleveland, TN
Goodwin, William, Cleveland, TN
Oliver, Patricia, Cleveland, TN

Steele, Kevin, Murfreesboro, TN
Patrick, James, Portland, TN
Shields, Timothy, Portland, TN
Collins, Forrest, Portland, TN

Glass, Randell, Portland, TN
Gardner, Louis, Springdale, AR
Rosenblum, Gene, Springdale, AR

25 YEAR SERVICE AWARDS

Hardy, Randy, Bluffton, IN
McConn, Terry, Bluffton, IN

Thornburg, Steve, Bluffton, IN
Ruth, Michael, Cleveland, TN

Dattilo, Larry, Portland, TN
Elliott, Wayne, Portland, TN