



DISTRIBUTION

*Pierce Distribution Services Company*

## Kevin Hogan Writes...

I live on Rich Pass in the State of Washington. All Navy vessels based out of the Puget Sound Naval Base in Bremerton Washington have to go by our house on the way out to sea or back to the base. I never get tired of watching the magnificent ships and submarines go by. I have a ferry horn mounted to my house and I always give them the 3 horn salute as they pass if I am at home. The first picture is of an unnamed submarine heading out to sea. The second picture (next page) is of the CVN 68 USS Nimitz heading to the base. Our salute of the women and men

serving this country with the US Navy, Marines, Army, Airforce and Coast Guard. The keep vigilance to insure our freedom.

As I write this article, it is still my intention to visit ICP this month (September). Also my plans have been made to attend the 3rd Quarter Manager Meeting at the Corporate Office the week of October 14th.

I would like to wish everyone celebrating birthday in October a Happy Birthday. There are one Milestone Anniversary in October as follows: Jason Howell (Ripley) 15 years on October 7th. We have many

notable Anniversaries in August: Larry Hickey (Rockford) 12 years on October 23rd, Andrea Scott (Rockford) 12 years on October 30th, Janice Rice (Ripley) 12 years on October 30th and Tracey Strawn (Ripley) 22 years on October 4th. I would like to thank everyone celebrating Service Anniversaries in October for their years of dedication and commitment to Pierce.

**Kevin Hogan**



**Russel's Words  
Of Wisdom...**

**Believe in  
yourself and  
you will be  
unstoppable.**



# Kevin Hogan continues...





## HR Corner

### Teledoc—what is it?

There's a little known, little used Pierce benefit that I'd like to shine a spotlight on today, and that benefit is **Teladoc**.

What is it? Some information from their website:

With **Teladoc**, you can request a visit with a doctor 24 hours a day, 365 days a year, by web, phone, or mobile app. First, you have to enter in some patient history; this way they know where you are in the nation. The doctor will review your medical records. Your medical history provides valuable information to the doctor regarding past conditions, medications, allergies as well as information about your family's medical history. Your health information is kept private and encrypted.

You can see the doctor by choosing "video" or if you're feeling a little camera shy you can choose "phone". You can also pick the best time for you by choosing the option "schedule" so you are calling the shots.

Once you've made those choices, you can choose the type of doctor you need—a medical doctor, a dermatologist, or a therapist, and the **Teladoc** system matches you with the right doctor to see you or answer your questions. The cost? Free to you.

**Teladoc** differs from the doctor's office in that your wait time is minimal, and once you have the doctor on the phone, you can take all the time you need with him or her. You can be treated for colds, flu, bronchitis, UTIs, skin infections or rashes, or get help with depression, domestic abuse, or grief counseling. (See the **Teladoc** website for more information)

If you end up needing a medication, the **Teladoc** professional will prescribe one and you can have it sent to your pharmacy.

This service has come in handy for some of our employees and their families. It's come in very handy for some of our insureds who have been traveling and needed medication.

Why not get signed up for **Teladoc**? You might be saving yourselves some time, money, and aggravation down the line and best of all, it's free to you.



**CHRIS CACCIATORE**

## Our C.F.O. Writes...



**Gallagher's  
Monthly Wellbeing  
Newsletter Sep-  
tember 2018  
Have a Stay-Active  
September**

It happens to everyone. The temperature drops and all of a sudden, sweatpants and comfort foods are calling your name. That's why it's important to re-dedicate yourself to healthy living every fall! Focus on fitness and you'll see big short-term and long-term benefits.

### 150 Active Minutes Each Week

You're going to hear that a lot this month. Current health guidelines recommend that adults get 150 active minutes each week. That time can be spread out over the week, although it is also recommended you get at least 10 minutes in at a time.

### Why 150 Active Minutes Each Week?

- Weight maintenance or loss
- Reduce risk of heart disease, stroke, type 2 diabetes and metabolic syndrome
- Reduce risk for certain cancers, including colon and breast cancer
- Maintain and improve bone, joint and muscle health
- Boost mood and self-esteem
- Prevent injury and improve quality of life

Being active 150 minutes per week isn't a cure-all, and you may require more or less depending on your diet, individual physical characteristics and lifestyle. But it is a great step toward a healthier, happier life. For help determining the best plan for you and your health, we recommend you consult your physician.

### Tip 1

"I don't know what to do or where to start." No problem. You can start by consulting your physician to address any health concerns or areas of risk specific to you. Then, simply Google "gyms near me!" Most local gyms provide an opportunity to hire a personal trainer if you need assistance with creating your workout, proper form, or meal planning.

### Tip 2

"I don't have the time." Make some! Track what you do each day of a typical week. Then, slot in regular exercise during a few consistently open mornings, afternoons or evenings.

### Tip 3

"It's boring." Don't force yourself to do exercises you don't enjoy. Instead, stay motivated by pursuing active hobbies and focus on exercises you enjoy. • Find a friend to do exercise with, even if it's once or twice a week. You can keep each other accountable, and you'll have more fun. • Vary your routine. If you're bored with what you're doing, conduct a little research or consult your physician! You're bound to find another program you enjoy.

### Tip 4

"I spend my free time with my kids." That's great! It's the perfect opportunity to get you and your kids active at the same time. Get your heart rate up as you spend time with your kids (play tag or hide and seek, teach them a new sport or game, or share chores such as yard work or gardening) and supplement your activity minutes with a workout as needed.

**Tony Chiodini**



## ICP Writes:



As you can see, our ICP Wellness Garden is growing like a...well, a weed! Look at all the fresh vegetables available for our associates. Here's a healthy salad waiting to happen!

**RANDY  
CANTONWINE**

## ICP ANNIVERSARIES



**LAT LONG—2 YEARS    DINNA VATH—2 YEARS**



## TAX & LEGAL

In order to avoid scammers, everyone should know *how the IRS contacts taxpayers*. The IRS doesn't normally initiate contact with taxpayers by email. And the IRS does not send text messages or contact people through social media. The first contact is normally by letter delivered by the USPS (fraudsters will sometimes send fake documents through the mail, or claim they already notified a taxpayer by U.S. mail).

A key thing to remember: Payment will never be requested to a source other than the U.S. Treasury. Taxpayers should never use a preloaded debit card or wire transfer for payment.

*IRS.gov*





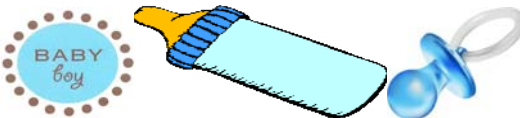
# Corporate Writes...

## WE LOVE BABIES!

Welcome to the world,  
Andrew Scott! Oltremari!



**Andrew Scott Oltremari** was born on August 28, 2018, at 3:24 p.m. He was 7 pounds, 7 ounces and 20 inches long. He is happily welcomed by his parents, Andy and Elizabeth Oltremari. This is their first child and they cannot wait to show him the world. Andy is Pierce Distribution's Executive Business Manager. Congratulations to the new parents!



And One More...

Welcome to the world,  
Allie Grace Benshetler!

Allie Grace was born on Saturday, August 25, 2018 at 6:48 p.m. She weighed 7 pounds, 5 ounces and was 19 inches long—and very alert. Baby Allie is welcomed home by her big brother Shawn. Her parents are Annie Jenkins and Tristan Benshetler, former Pierce/Manitou employees. Allie is the granddaughter of Chris Cacciatore at Corporate, who now has 4 gorgeous grandchildren to spoil.



## UNUSUAL BABY FACTS



shutterstock - 241373077

- Every three seconds, somewhere in the world, a baby is born.
- Babies are born without kneecaps.
- The largest number of children born to one woman is recorded as 69. Ouch!
- Between 1725 and 1765, a Russian peasant gave birth to 16 sets of twins, 7 sets of triplets and 4 sets of quadruplets. Double, Triple, Quadruple OUCH!!!
- Babies are always born with blue eyes but within a few moments of delivery, their eye color can change.
- Excluding medical costs, it's been calculated that new parents in the U.S. typically spend \$7,000 in a baby's first year on everything from nappies to formula to day care.
- Babies are born with very poor vision but can recognize their mothers almost right away.
- A baby's strongest sense is smell and they can recognize their mothers by scent alone.
- An embryo's heart begins to beat just three weeks after conception.
- In 1914, President Woodrow Wilson signed the orders that made Mother's Day a national holiday.

## Ripley Writes...



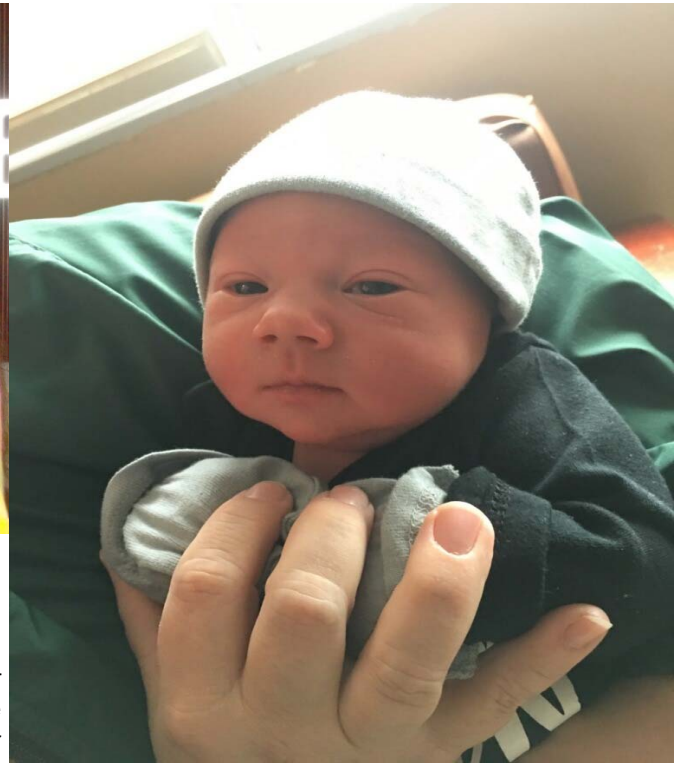
Above, L—R: Misty House, Mary Rucker & Tabitha Lee

### Let the Good Times Roll

There's a party going on in Ripley, TN! Plant 7 is pleased to announce "the party" involves first shift's Mary Rucker of our Tokyo Department. Mary is the winner of our Associate of the Month. Nominated by her Line Lead, Misty House, with acclamation from Supervisor Tabitha Lee, Mary definitely has the best attitude and best disposition of any associate in the whole plant. When Mary is around you can bet your bottom dollar there is going to be a lot of laughter, lots of giggles, many smiles and a great amount of work being completed. Helpful, determined, hard-headed are other words many use to describe this "real woman". If any of her fellow workers are having a difficult time, Mary is the first to jump to passing the hat and collecting funds. Seriously, when we approached Mary to share the news of her honor, she quickly said, "I'm going to be a big girl and not cry. Please, please save me the picture of me and my friends!" The loves of her life include her three children (2 girls & 1 boy) and especially her three grandchildren (2 girls and 1 boy) that she loves to



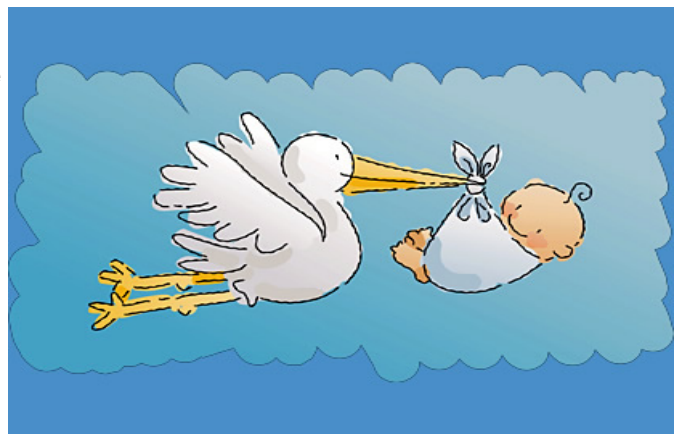
**MIKE  
MOORE**



Above, Memphis-Asa Carrigan Wilson

### Grandma One More Time

Ripley's Donna Oliver (1<sup>st</sup> Shift Line Lead ) announces the birth her newest grandson, Memphis-Asa Carrigan Wilson. Memphis said "hello world" on September 9<sup>th</sup> in Jackson, TN. Ms. Donna says he is "bright eyed and bushy tailed" (whatever that means) and she should know as he is her 12<sup>th</sup> grandchild with her first great-grandchild due in March 2019. Little Memphis weighed 6 pounds 6 ounces and is 19 inches long. The PROUD grandmother knows he will be special and spoiled as he has 7 older brothers and sisters (ranging in age from 2 – 10). "I'm just thankful Memphis is healthy," says the loving grandmother who tells us both Mom and baby are doing well – Congratulations.





## Ripley Continues...

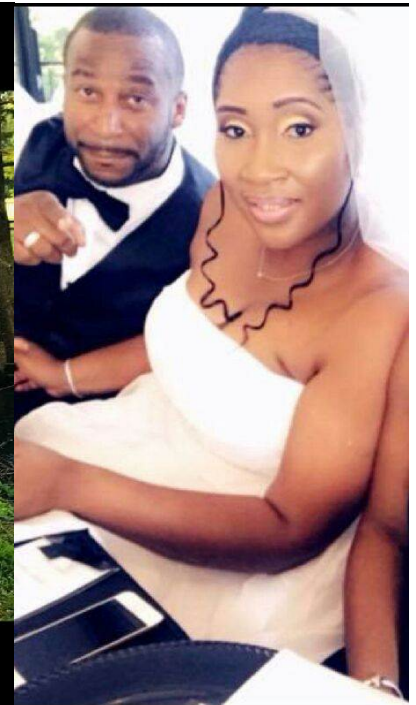
### Congratulations Mr. & Mrs. Kelvin Cole!

Believe It or Not! Kelvin (nickname – Bo-Bo) and Stephanie Johnson became husband and wife on September 1<sup>st</sup>, after only 12 years of courtship. The beautiful wedding ceremony was held at the lovely Brownsville Country Club in nearby Haywood County. The bridal party looked gorgeous in their selected colors of Black and White that included 7 bridesmaids and male attendants. An outstanding reception with lots of tasteful food and beverages was offered to the many guests – with many close friends from Pierce Distribution in attendance enjoying the DJ and dancing. The happy couple has made Brownsville, TN their new home. We take this opportunity to wish BoBo and Stephanie much success and happiness!

**MIKE MOORE**



STEPHANIE & KELVIN JOHNSON



### BRITTANY DEMPS, CONTEST WINNER OF SCALE

We had several associates sign up to be entered in the drawing for the scale. Last month was weight reduction month. We had the scale in the break room so associates could weigh and keep up with their progress. It went pretty well! Brittanie Demps was the winner of the scale. She works on second shift and was so excited. We did not make them turn in their weight at the end of the month; we wanted everyone to be in the drawing that participated. Thanks everyone and keep it up!

Congrats Brittanie!

**KRISTI TAYLOR**

### GREAT-GRANDDAUGHTER!

Ripley's Gloria McDonald is grinning ear to ear as she shared the first picture of her great granddaughter, Kristi Louise, (at right) born September 9th, in North Carolina. Ms. Kristi came into the world weighing 7 pounds and 19 ½ inches long. She is the daughter of Nathan and Cedie Johnson of Pisgah Forest, North Carolina. Cedie is Ms. Gloria's granddaughter and Kristi is her first great grandchild. Ms. Gloria can't wait to get her hands on this precious newborn. Congratulations!

**MIKE MOORE**



KRISTI LOUISE JOHNSON



At left, L to R: Rachel Langley, Brittanie Demps, Ray Brown



## Corporate continues...

### THE WEB

The Web is a treasure-trove of well written personal finance/retirement blogs:

- *TheSimpleDollar.com* - One of the more respected personal finance sites.
- *FrugalRules.com* - A blog that focuses on helping people reach financial freedom by touching on important topics.
- *Financial Samurai.com* - Sam Dogen's terrific personal finance blog was started after the 2008 financial crisis.
- *ListenMoneyMatters.com* - Created by personal finance expert Andrew Fiebert with the motto 'work smart, not hard', it offers actionable advice.
- *MoneyUnder30.com* - Helps people under 30 plan for retirement.

*Forbes*



### OCT. BIRTHDAYS

Name	Day	Plant
Nestor Angulo	01	ICP
Preston Martin	01	4
Willie Hancox	02	7
Horn Choup	04	ICP
Johnny Moore	04	7
Anthony Turner	05	7
Maria Medrano	06	2
Ulysses Brown	08	4
Daniel Palma Flores	09	ICP
Dino McNabb	11	C
William Warren	11	7
Sylvia Davis	14	C
Rhonda Sparks	16	7
Katy Akers	17	7
Cosandra Walker	17	7
Christie Tennant	17	2
James Taylor	19	7
Jeffery Gwaltney	20	7
Calvin Brackett	22	4
Sylverine Byars	23	7
Margaret Jensen	23	2
Richard Proscia	25	4
Chris Cacciatore	25	C
Balinda Hairfield	29	7
Leslie Mayberry	29	7
Mayra Bustamante	30	5
Joella Cook	31	7

YOU COULD SAY DECORATING THE OFFICE WAS ON OUR... "TO BOO" LIST!!



### OCT. ANNIVERSARIES

Name	Day	Plant
Dana Gibbons	10/01/12	4
William Williams	10/01/12	4
Tracey Strawn	10/04/96	7
Jason Howell	10/07/03	7
James Bailey	10/14/13	4
Heddie Henderson	10/17/11	7
Mark Powell	10/17/11	7
Calvin Wainwright	10/21/13	2
Larry Hickey	10/23/06	2
Janice Rice	10/30/06	7
Andrea Scott	10/30/06	2
Veronica Conchas	10/03/16	5
Opal Treadway	10/12/16	7
Lat Long	10/12/16	ICP