

# CHANGING GEARS

Volume 2 / Issue 2



## TOP RUNNERS

### OWNER/OPERATORS

April: ANDREY

May: PETER

June: PETER

### COMPANY DRIVERS

April: JORDON

May: TODD

June: JORDON

### THANK YOU!



*Darren Lane, President & CEO  
Fast Lane Freight Services Inc*

## FAST LANE FREIGHT SERVICES

*Welcome to our Volume (year) 2 summer edition of 'Changing Gears'. This issue is dedicated to family.*

*Family*  
is not an  
IMPORTANT  
thing, it is  
*Everything*

If you have anything you would like to see or contribute, including pictures, jokes or stories (nothing racist, sexist or homophobic) please forward to Kali at [kali@fastlanefreight.ca](mailto:kali@fastlanefreight.ca)



*"Put your freight on the Fast Lane"*

## DARREN'S CORNER/PAGE

I wanted to start my segment with this quote "Families are like fudge – mostly sweet with a few nuts." Families are super important and we all need reminders once in a while to keep this in mind. (Yes, even the nutty ones!) Summer is a great time to spend time with them as well. I know it is hard being on the road but why not take one of your family members with you? We do allow authorized passengers if they are pre-cleared, and a waiver is in place. It could be kind of like a working holiday or take your kid to work day. Just food for thought.

We like to think of all of us here as family as well. Your work family. It is also vital to keep in mind the importance of the work family. Please be respectful of your fellow employees and why not introduce yourself to someone you may not have met yet? We have a great team/family here at Fast Lane Freight.

It has been a hot summer to date right across Canada as well as the US. Be sure you have lots of water on hand and don't forget about your pets in the truck as well. It doesn't take long for a truck to heat up once the A/C is off.

Have a great summer and stay safe!



## FEATURE DRIVER: **JORDON**

Shown here with his truck and two boys Lucas & Dustin ❤️  
Jordon was top runner (company driver) 2 of the last 3 months. Dispatch recommended Jordon because of his positive attitude, willingness to help, great work ethic and pleasant personality. Here is what one of our valued customers said about Jordon: *“Jordon is one of the best drivers I have had the pleasure of working with. Jordon went above and beyond to help assist with the unloading.”* Not only did the customer send us a message praising him and asking us to send him whenever possible but also texted Jordon personally to express his appreciation.

thankful appreciate  
willing morale performance  
recognition value  
morale grateful good u  
positive behavior  
stand out above and beyond  
social pleased team  
connected

*Thank you, Jordon, from all of us at Fast Lane Freight!*

*Drivers are the face of the company when dealing with customers and Jordon you made us shine that day and we greatly appreciate it 😊*

**We realize we have the best drivers and we wanted to take a few minutes to share with our readers how proud we are to have them on our team.**

### *Tips for staying connected with family while on the road*

One suggestion I found is:

“Long distance work does not always lead to a healthy family life. It is so easy to come home after weeks on the road and either vegetate or be so involved with household chores that you could neglect your family. One way to connect with your family while home is share stories of your travels and pictures you take along the way.

Tell your children in advance where you will be driving. Have them look up the history of a couple of places. Then you can take pictures of those areas you have them doing research on. When you return home, set aside time, at least an hour, and have the children tell you all they learned and then you, in turn, share the pictures you took. It will be a learning experience for them, and you can bond while you do it.

Get an audiobook for yourself and the same paper book for your spouse. When you talk together on the phone or Skype, you can share what you liked most about the book. You might find you have even more in common than you ever realized.”

<https://www.thebalancecareers.com/healthy-habits-for-truck-drivers-1361517>

Another suggestion is to use an occasional trip as a summer holiday. It may be possible sometimes to bring your partner and/or child with you on a trip. In some situations, you may also be able to ‘suggest’ to Dispatch that it is ok if you reset in Victoria (ferry ride to watch for whales) or Alberta and take the kids to Dinosaur Park or the Calgary zoo and other family friendly places to visit (Banff and Jasper or Niagara Falls can make for romantic get-away with breathtaking views (hint, hint wink, wink). Just make sure you pass it by Dispatch first and sign a passenger waiver form. We would love to help you spend time with family and maybe start training the next generation of drivers at the same time 😊. **Please remember to be extra cautious when children are on board and teach them how to be SAFE around the equipment – never let children climb on the trailers!**

## *Pun Fun*

1. The meaning of opaque is unclear.
2. I wasn't going to get a brain transplant but then I changed my mind.
3. Have you ever tried to eat a clock? It's very time consuming.
4. A man tried to assault me with milk, cream and butter. How dairy!
5. I'm reading a book about anti-gravity. I can't put it down.
6. If there was someone selling marijuana in our neighborhood, weed know about it.
7. It's a lengthy article about ancient Japanese sword fighters but I can Sumurais it for you.
8. It's not that the man couldn't juggle, he just didn't have the balls to do it.
9. So what if I don't know the meaning of the word 'apocalypse'? It's not the end of the world.
10. Police were called to the daycare center. A 3-year old was resisting a rest.
11. The other day I held the door open for a clown. I thought it was a nice jester.
12. Need an ark to save two of every animal? I Noah guy.
13. Alternative facts are aversion of the truth.
14. I used to have a fear of hurdles, but I got over it.
15. Atheism is a non-prophet organization.
16. Did you know they won't be making yardsticks any longer?
17. I used to be allergic to soap but I'm clean now.
18. The patron saint of poverty is St. Nickeless.
19. What did the man say when the bridge fell on him? The suspension is killing me.
20. Do you have weight loss mantras? Fat chants!
21. My tailor is happy to make a new pair of pants for me. Or sew it seams.
22. What is a thesaurus's favorite dessert? Synonym buns...
23. A relief map shows where the restrooms are.
24. There was a big paddle sale at the boat store. It was quite an oar deal.
25. How do they figure out the price of hammers? Per pound.

NEW LOCATION: TRANS CANADA CENTRE, ILE DES CHENES, MB  
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*Join us for Winnipeg's TRUCK CONVOY  
for SPECIAL OLYMPICS*



**Special Olympics**

*September 22, 2018*



*Fast Lane Freight will be participating so if you are  
interested in joining, please let us know*

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