



THE EAGLE

BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL WALK AND NOT BE FAINT.

~ISAIAH 40:31

MEET JOHN STARKS

INSIDE THIS ISSUE:

MEETING THE NEW VP OF OPERATIONS	1
NEW SHORT HAUL FLEET	1
TRADEWINDS OPERATIONS	2
TECH TALK WITH BECKER	2
THE GRASS IS GREENER OVER HERE	2
CHAPLAIN'S CORNER	3
SAFETY FIRST	4

As many of you know Tradewinds has experienced significant growth the past few years. With that growth comes the challenge of finding good, able bodied people to join what God is doing here at Tradewinds. God has blessed us with opportunities and people throughout the years and He has done it again!

We are pleased to announce a new addition to the Tradewinds team. John Starks has joined our team as our new Vice President of Operations. John Starks comes to us from Epes

Transport System, Inc. based in Greensboro, NC. At Epes, he worked as the VP of Dedicated and Customer Service. During his 2 year tenure, Epes developed their Dedicated division into the most profitable area of the company while also growing it 56%. Prior to Epes, John spent 10 years at Werner Enterprises in a variety of roles starting as a Driver Manager up to Senior Director of Operations.

John will bring a great deal of knowledge and experience to the Tradewinds team. He will greatly im-

prove efficiencies, customer service, and communication which will translate into better relationships with drivers, vendors and customers. Please help me in making John feel welcome and part of the Tradewinds family.

- Ben Cook
President



Our Mission:

We exist to revolutionize the transportation industry by modeling Christ in the way we do business.

TRADEWINDS INTRODUCES SHORT-HAUL FLEET

Tradewinds is proud to announce the new development of its short haul fleet. This growing fleet will be serving our customers needs while staying within a 200 mile radius of Central Indiana.

We have recognized that several of our customers have a strong need for this

type of transportation so it is a perfect fit for us. If there are any customers who did not realize we were developing this fleet, please contact us today for competitive rates.

Tradewinds is currently taking applications for first and second shifts. Driver compensation is hourly and in

most cases they are home every night.

This fleet is brand new to us as we have traditionally been a longhaul carrier. We are very excited about this opportunity. Please inquire with the recruiting department if you are interested.

- Brian Cook
Executive VP

TRADEWINDS OPERATIONS

The operations department is excited to have a chance to communicate with the drivers in our company newsletter. The topics that will be discussed in our section will be personnel changes in the operations department, whether it is new hires or old friends changing positions. We would also like to discuss customers, that includes new additions and also pass along information about our existing customer base. In addition to these areas we will also use this forum to throw in anything we feel is informative and helpful for you the driver.

This issue we would like to take time to introduce ourselves...we know many of our veteran drivers that have been with our company know the faces and names, but some of our new recruits may not know exactly who is on the other end of the phone or email and what their job duties include. So here is a list of names and their job titles in the operations department...

David Clouser (DC)-Driver Manager
David Raney-Driver Manager
Nathan Schell-Driver Manager
Jason Burton-Driver Manager/Customer Service Manager for FEC Railroad

Meana Wolfe-Planner
Kevin Katterhenry-Planner

Carol Cerceo-Customer Service Manager
David Josephson-Director of Operations

Operations is excited to announce that we are in the process of hiring a Customer Service Representative. This position will be responsible for the following areas:

- Scheduling appointments
- Managing trailer pools
- Billing for detention

We believe this will help you the driver in the following areas:

- Getting more efficient appointment times due to earlier scheduling
- Having more accurate trailer pools and

cutting down on searching for empty trailers
-Minimizing detention issues and being more effective at collecting detention pay for the driver

We are excited about a newsletter being in circulation and look forward to sharing information with you the driver, too keep you as informed and in tune with us as possible.

Be Safe and Keep on Trucking

-The Operations Department



TECH TALK WITH BECKER—PROTECT YOUR PC (PART 1)

“There are many different flavors of viruses out today. The most common viruses spread through email and usually come as an attachment.”

These days many people own or use computers on a regular basis. With our increased reliance on the PC, it is increasingly important to protect your machine from malicious computer programs known as viruses. Failure to do so can lead to catastrophic loss of data and productivity.

There are many different flavors of viruses out today. The most common viruses spread through email and usually come as an attachment. Opening an infected attachment allows the virus to start wreaking havoc. Viruses can also be downloaded from web pages and are often advertised as “free” pieces of software.

The first step to protecting yourself

is to use common sense. If you get an email and something just doesn't seem right, odds are it isn't. Simply delete the message. Keep in mind Banks and other financial institutions will never send you a link for you to go verify and type in your information.

It is also important to have a virus scanner installed. It is even more important that you update the virus definition file of the virus scanner frequently. Most programs will do this automatically, but if you do not have an always on internet connection, remember to do this periodically.

There are some free scanning utilities available for home use that work sufficiently. One of them is

AVG available at <http://www.grisoft.com>. You can also run a scan for free on your computer by going to <http://housecall.trendmicro.com> or <http://www.pandasoftware.com/activescan>. There are also many retail solutions such as Norton Antivirus and McAfee, these usually retail for \$30 to \$45.

If you are ever unsure about something, please don't hesitate to ask it@tradewinds.net, we are happy to look at anything that is questionable.

*Next Issue:
Eliminating Spyware and Popups*

THE GRASS IS GREENER OVER HERE

Is the grass greener on the other side? We believe you will find that we are truly the greener grass, and you're not going to find any company that will treat you better or with more respect.

The recruiting department is trying to hire quality drivers and with the help of our current fleet we believe we can do that. We have had great success in doing just that in the past 6 months. And if you don't know, as a driver you will benefit greatly from referring other drivers. Not just by knowing what kind of drivers you will be working with, but also financially. We do offer referral bonuses for company drivers and

owner operators that are hired into the fleet.

Drivers have so many choices to pick from with Tradewinds, which makes it easier to accommodate what our drivers need, or new drivers want, without them having to actually see if “the grass is greener on the other side”.

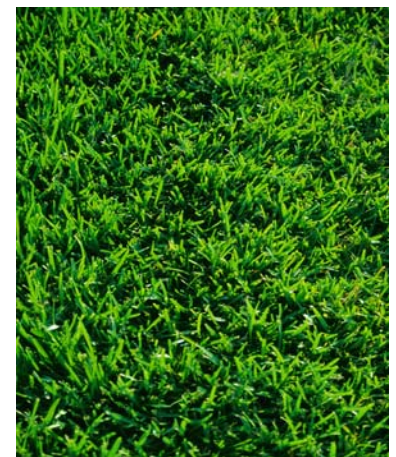
When you are having problems we want to make sure that we get them taken care of. Our goal is to keep you with the company and we feel that if you communicate your concerns we will do everything we can to try to make things right. We want to make sure we are providing

a comfortable atmosphere for all of our drivers. A happy driver is a happy customer.

We want you to feel at home, like you're part of the Tradewinds family.

So make sure you are telling any quality drivers that you meet about YOUR Company and how they can be a part of the team here at Tradewinds. And be sure to let the recruiting department know so we are able to compensate you for your referral.

- Marty Wolfe
Director of Recruiting



"CAN I BRING HIM BACK?"

Second Samuel 12:23

These are the words of David in the Bible. They are words of a parent who is full of sorrow and grief. David had just found out that his child is dead. At that moment David experienced a heartache that he had never experienced before. His child had become ill and died. The Bible says, that David would not eat; he fasted and no doubt prayed for a miracle. He even chooses to sleep on the ground showing his despair before God. When his friends tried to help him up from the ground he refused to get up and eat with them. His friends feared that David might do something desperate. His son was dead and there is nothing more that David can do but mourn the death of his son. David's heart was broken and he had hoped in God's graciousness that his child would live. However, it would not be. David would now mourn the death of his son. You might feel the same way. Listen to the

alive I fasted and prayed. But now he is dead; why should I fast? *Can I bring him back again?* I shall go to him. But he will not return to me (Second Samuel 12:22-23)."

From David's experience with grief we can learn *four handles* on how we should deal with the grief of losing a loved one. The first thing we need to do is pray. We should request God's intervention when we are facing a crisis in life. It is common to blame God and feel forsaken by God when we are going through such intense suffering, as hard as it is we must trust God's plans and purposes for our lives. Since we are finite and we only see the 5 by 7 picture of life and eternity, we must trust what we cannot understand to the wisdom of an infinite God that sees the entire portrait of our lives. I would encourage you to believe in him regardless of how you "feel" about the present situation. The Bible says, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For anyone who asks receives, he who seeks finds; and to him

had hope for the future. He knew he would be with his son again. Why in our selfishness would we want to deny our loved one from being in a place called Heaven, where there is no more pain and suffering? And if our loved one could send you just one letter, that loved one's request would be to "let go and let God." In other words, "please let me go to live my new life with my Father and please let God have His way in your life so that we may be together again."

Going through a period of mourning when we experience loss is normal and right. But we must come to a time when we stop mourning over the past so that we do not ruin the time we have left by believing in the destructive lie drugs and alcohol will lessen the pain or the lie that our loved one will come back and speak to us or appear to us in some ghostly apparition. We need to "settle the account" and have a resolution like David. If not, our grief will go on and on and eventually become destructive, as it turns inward to self-pity. No amount of

words of David and see if you can identify with David's plea for help:

"How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give me light to my eyes, or I will sleep in death" (Psalm 13:1-3).

I hope you will take time to read this story in the Bible. You will find that David lost his child as a result of trying to cover his sin. David had committed adultery with Uriah's wife and then ordered that Uriah be killed. But later, Nathan, a man of God, would confront David about his sin and the consequences of his sin. David would confess his sins against God and God would restore joy to his life (Psalm 51; Psalm 32:1-7). Nathan was more than a prophet, he was a friend who cared about the direction David's life was heading.

who knocks, the door will be opened (Matthew 7:7)." Like David did when he acknowledged his sin against God, we should reflect on needed changes in our life and then institute them. Before David could seek the peace and comfort that comes from a relationship with God, he had to examine his life. Sometimes the death of a loved one is like a compass in our lives. By that I mean that the loss of a loved one often causes us to re-think about what are the really important things in life. We need to take time and look at the compass to see what direction we are heading on in our spiritual journey. The first step towards redirecting our life is to humble ourselves before God and seek His forgiveness for our sins. In Psalms 51, David cries out to God for not obeying his commandments (David was guilty of adultery and murder) and he sought God for forgiveness. But why did David do these terrible things? Because David (much like Adam and Eve) was a selfish person only interested in his own needs. Perhaps as you examine your heart you will find a need to humble yourself before God, seek His forgiveness, and begin to acknowledge his plans and purposes for your life.

alcohol, drugs, anti-depressants, or fits of anger will change the facts. Closure is necessary if we are to get on with living our lives. It is important that we now begin to share our grief with others. This may be hard at first, but hiding our true feelings will only make it harder to have a normal conversation with others. Remember, that even Jesus was deeply moved (mourning) and wept at the sight of seeing a loved one named Lazarus buried in a tomb (John 11:35).

Perhaps right now from this moment forth you need to make a resolution not to waste more of your precious time feeling sorry for yourself and grieving for things that you cannot change. Maybe it is time to release the loved one (saying, "Good bye") with sincerity and finality. Maybe like David, you need to turn this matter over to God and begin living life fully again.

With the help of God, as you find your way through the grieving process, your pain will begin to subside, and at times become inter-

At this moment you may be thinking that you have never sinned like David sinned. But I want to remind you that the Bible teaches that we have *all* sinned and fallen short of the glory of God (Romans 3:23). In the Bible we find that God is a loving and merciful God, but He is also a just God. When God created Adam and Eve he also gave them the free will to make choices. He made certain rules and laws that would not only glorify Him but would also protect them from harm.

In the story of Adam and Eve they could choose to follow God or reject God's laws and rules and live without God's plan and purposes for their lives. Both Adam and Eve made a choice to be selfish and rebellious. They were selfish because they only thought of their need to satisfy their desires (eating the forbidden fruit and trying to become like God) and rebellious because they did not want to live under God's authority. They (much like David) choose to live without God.

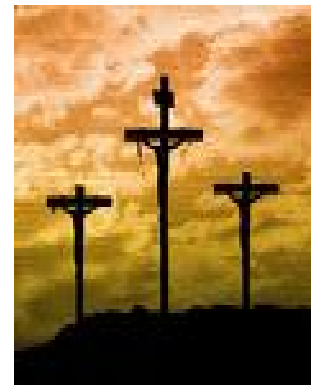
David had to acknowledge that he was a sinner and was in need of God's forgiveness. Perhaps you will have to repent and make some changes in your life and renounce things that are selfish and hurtful to others and either begin a relationship with God or renew your relationship with God. We have to accept and process the things that God brings our way. Like David we have to receive what cannot be changed with a willing spirit. But you cry out, "How do I go on? When do I emerge from this sorrow and depression?" Again, grieving has no timetable. There'll be times of fear, anger, doubting God's promises, and lots of just plain confusion. Emotionally you will feel exhausted; morally maybe you have turned to drugs, prescribed medications, and alcohol or some other way of coping with life. But in your heart you know that eventually this lifestyle is going to catch up with you. I want you to know that although the process of overcoming your grief may be long and difficult, God has the best of our interest in his plans and purposes. The Bible says, "And we know that in all things God works for the good of those who love Him (Romans 8:28)." In your future do you have hope? David clearly

and perhaps with God's help even go away for a time. For most people grieving that takes several years and for some a lifetime before the pain of losing a loved one is completely gone. But my prayer to all of you that have lost a loved one is that you will "let go and let God." But let go of what? You need move that person from the present tense to the past tense. Letting go may mean selling the house, re-painting the child's bedroom, giving away the stuff that person has collected throughout life. Letting go is hard work and you may cry for weeks, but with God's help and the help of loved ones you can do it. The Bible says, "Cast all your anxiety on Him *because He cares for you* (First Peter 5:7)" Trust the God of Heaven to care for your loved one and then begin trusting in Jesus Christ to give you the grace to begin living again.

Last year (2006) three of my loved ones died in a period of four months. I will never forget the sadness that I experienced. For months I would drive by my sister's house and just sit

You may be wondering if your loved one died because God is directing His punishment for something you did wrong or sinful. This may not be the case. The Bible teaches that as a result of Adams and Eve's sin we now *all collectively* suffer and die as a result of Adam and Eve's broken relation with God. The mortality rate in Indiana is 100% because each of us has an appointed time to die a physical death (Psalm 90; Hebrews 9:27). Are you prepared for your physical death? Do you have the assurance that you will go to Heaven when you die? Will you spend eternity with God and your loved one?

I want you to notice David's example for dealing with grief. First, like any loving parent, David cried out and prayed for his child (vs.16). Secondly, David sought God and repented of his own sins. Thirdly, once the child was pronounced dead, David accepted the death of his son. Fourthly, David told his servants "while the child was



in the driveway and dream of how things used to be. I have great memories of our times together. I am just now beginning to heal and embrace the promises of God that at my appointed time of death I will see those loved ones again. I know that many of you are experiencing the pain of losing a loved one. I want you to know that I really care about you. I want you to know that God really cares about you and I would love to help you find some peace in this matter. I would like to share with you how you can have the assurance of knowing where you're going when you die. I have some excellent books and other resource materials that may help you. I am always available to listen and offer any help. And what you share with me is always *confidential* unless you give me permission to share your story with others.

Caring in the workplace,

Chaplain Gary Williams

SAFETY FIRST

Ladies and Gentlemen:

Please allow me this opportunity to express my gratitude in your job performance concerning DOT reportable accidents in the first six months of 2007. It clearly shows Tradewinds drivers are some of the best in the transportation industry. Our minor incidents continue at a rate we would like to reduce such as backing incidents. Please remember (GOAL) Get Out And Look before backing, by developing this habit it will prevent nearly all of our backing incidents.

Our road side inspections continue to rise due to drivers violating the hours of service, such as driving after the 14th hour of being on duty. The best way to ensure no violations of the 14 hour rule is, what ever time you start the day (example, if you start your day with the pre-trip at

6:00AM) count 14 hours on the top of your log book to 8:00 PM, then draw a circle around the 8. Doing this will always ensure that you know you HAVE to take 10 hours off. This is the only way to reset your 14 hour clock. If you have any questions concerning the hours of service or how to log a specific trip please contact me with your questions. Please keep in mind if you get an out of service violation it will effect your wallet, and it will effect the company SafeStat rating. This will also effect you by being pulled into the scales more often, Any driver violating the regulations WILL be required to come to the Arcadia office and attend log training for the first violation. Any further violations could result in your termination. Please allow me to help you before any of these violations occur.

Looking to the future, we will be having two (2) safety meetings in 2008. I hope this will allow us the opportunity to have an exchange of ideas that will help us all in our continuing effort to improve our performance. We will select (1) one driver per quarter as Driver of the Quarter and from the four quarterly drivers, a driver will be selected as driver of the year. Qualifications will be announced in the next newsletter, and the Quarter 2 driver will be selected by the end of July.

I hope to address other points of interest in the future. If you have any topics you would like to see covered in this newsletter please contact me.

Sincerely,

-James A (Jim) Orr, CDS

"It clearly shows Tradewinds drivers are some of the best in the transportation industry."



SAFE ▸ SWIFT ▸ SURE

Tradewinds is a privately owned, full service transportation company, specializing as a long haul, dry van truckload carrier. Founded by Benjamin and Andy Cook in 1997, Tradewinds has grown to a fleet of over 150 tractors and over 240 trailers. Tradewinds has created a niche within the transportation industry by providing outstanding customer service coupled with a sense of urgency. We have built our company around top quality equipment, cutting-edge technology, experienced drivers and operations personnel who know the industry and know what it takes to exceed our customer's expectations.

TRADEWINDS ON THE WEB

For more information about Tradewinds, please visit our website at:
www.tradewinds.net

In addition to the general information found on our site, we also have several online tools for our Customers and Drivers.

- The **Customer Portal** allows customers to track shipments, view bills of lading, see Tradewinds available power, and look up invoices.
- The **Driver Portal** allows our drivers to view settlements, see past driving stats, view training videos, and more.

To learn more about any of our online tools, please email it@tradewinds.net and a member of our IT staff will be glad to answer your questions.

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