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Published Monthly by the South Dakota Trucking Association



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WHAT IS THE *Milestone Award?*

The Milestone Award was created at the 2014 SDTA Fall Board of Directors Meeting in Huron, SD to honor those with 25+ years in the industry!

We are asking you to let us know the names of your employees who have been working in the industry for 25 years or more - in any capacity of the trucking industry.

Recognition will be given to these persons at our annual convention in September. We **CANNOT** acknowledge their accomplishments without your help!

Please take the time to complete the form and return it to the SDTA office!

THE FORM IS ENCLOSED ON PAGE 25 OF THIS PUBLICATION



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Chairman's Message

Greetings! I hope everyone had a Merry Christmas and a Happy New Year. The holidays came and went pretty fast this year. Having a small fleet of refrigerated trucks can be quite challenging during the holidays as some of you know. Drivers want to be home with their families and I wish they all could be.

Unfortunately, the big grocery distribution centers do not close on holidays because we all still want to be able to go to the store and buy food and supplies. So if I mention to our customers that we will not have equipment available during Christmas and New Year's, they are not happy. Some even suggest that if we are not available for the holiday season, they may not need us afterward either. Anyway, I kind of get caught between the customer and the drivers. I actually wish that sometime we could all take ten days or so off during the holiday season. I have never had that opportunity. We live in a very busy world so it should not surprise me.

My message is a bit short this month. I have been very busy as my dad has been in a variety of different hospitals since September with some serious medical complications. He is still an active rancher and I have been taking care of his herd for the last few months. It has kept me busy enough that I haven't had the time to keep up with all the activities going on in our industry. But I am getting more efficient as time goes and I am very happy with my staff as they have stepped up and helped out.

Anyway, reports from Transport Topics estimate an increase in our economy of 2.2% for 2014 and are predicting an increase in 2015 of 2.6%. Freight haulers should remain busy, but so will federal regulators as they push to make truck transportation safer and more fuel efficient. In another report from NHTSA, truck-crash deaths have risen by .5%. I have wondered for a while if we were going to see this trend due to a large influx of new drivers entering the industry, fresh out of driving school. They are probably very good at doing all the proper paper work but maybe lacking in typical truck driving experience. I have seen a lot of this first hand, as I still take an occasional trip with one of our trucks. Winter storms are creating serious traffic conditions, especially in New York State where areas reported up to seven feet of snow, stalling traffic for days. In November, the truck tonnage index hit a new record after a 4.4% increase and trailer orders rose by 43%, all this reported by Transport Topics. All these reports make it seem as though we are on a strong uptick. In all practicality, I am not quite as optimistic. It just doesn't feel as good as it sounds. It will remain to be seen.

Closer to home, the legislative session has just started and once again Myron will be reporting to us via email on the progress of issues that concern our industry in South Dakota. That worked very well last year and I am sure it will again this year. I want to remind all members to please call me or the SDTA office with any concerns or any comments you have about our industry or our association. It has been very quiet since I took the gavel in September. I would love to hear from you. Our next board meeting is coming up February 9th in Pierre. I look forward to seeing you all there. Mary and I will also be traveling to Nashville, TN in February for the Technology & Maintenance Council annual event at the Nashville Music Center. If anyone else is planning that trip, please let me know. Maybe we can attend some of the happenings together. I guess that is all for now. Have a great month and remember, "It's just another day in paradise." God Bless!

Sincerely,

Mike Habeck, Chairman

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President's Message



I hope everyone had a very Merry Christmas and a happy New Year! The new year brought us into the year 2015. I remember the turn of the century when we were all concerned about being able to write the year 2000 on our checks and on letters. Wow, now it seems that the year 1999 was a LONG time ago.

Well, we are back to the July 1, 2013 hours of service rules. You will find more about this and more details in an article in this publication. While some might refer to this as a small win for the trucking industry, I view it as a huge victory. The FMCSA and many truck safety groups were vehemently opposing the efforts of the trucking industry. I find it interesting that the Tracy Morgan tragedy took place under the 2013 rules. I also find it interesting that latest statistics regarding truck involved fatal accident rates rose slightly in 2013 - again during the 2013 hours of service rules. Perhaps the industry is RIGHT and hopefully the newly mandated study will prove that the FMCSA did not properly study or implement the use of the 34-hour restart and the two sleep periods.

As you know, the 2015 session of the South Dakota Legislature started on the 13th of January. This session will not be much different than others; there will be a lot of talk about education funding and a lot of talk about highway funding. I ask that every member of this association stay abreast of the highway funding proposals. If there is something that you do not particularly like or understand, please give me a call. I have represented this industry for nearly 14 years and as a result, I have an understanding of what the SDTA Membership likes and does not like. However, your input is always appreciated and welcome.

During the 2014 Session, I prepared weekly updates that were sent to the membership by email. This seemed to minimize my phone calls and members were not in the dark about any pending legislation. I will again be issuing these weekly updates starting at the end of the first week of the Legislative Session which is Friday, January 16th.

The Winter Meeting of the SDTA Board of Directors is scheduled for Monday, February 9th at the RedRossa in Pierre. Please keep in mind that every Board of Directors Meeting is open for any member to attend. The evening after the board meeting, we will be hosting the legislators to "South Dakota's Largest Sundae Bar". Please plan to come to Pierre on the 9th of February and join us at the board meeting and the social with our elected officials.

I moved to Pierre on January 12th for the duration of the legislative session. If you need to visit with me, please call your SDTA Office in Sioux Falls and ask the staff to get a message to me. If you wish to have my weekly updates sent to you by email, please get your email address to me and I will include you in the group.

As in past years, I look forward to representing the interests of the trucking industry to the South Dakota Legislature.

Stay safe and stay warm! Until next month...

A handwritten signature in black ink that reads "Myron L. Rau". The signature is written in a cursive style.

Myron L. Rau, President

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From the Desk of Robert Christian

Every time a logging contractor gets audited by the labor department for workers compensation, there seems to be an issue. We all agree by state regulations and by our standards that we are not employees of logging contractors, we are independent contractors. The simplest way to respond to state labor department's questions on this issue is simply to show proof that you participate in a workers compensation plan on your own, as many of us do, or show that you have an independent contractor's certificate. Providing either or both of these documents should satisfy the department of labor.

If you do not have an independent contractor's certificate you can get the application online through the labor department. You also need a simple agreement with your logging contractors agreeing to certain criteria, which seems a little contradictory to being an independent but that is the way it is set up and just takes a little more work and effort. Any BHLH Association member who has questions or needs advice, we will be happy to help.

It is time to pay your BHLH Association 2015 annual dues. Please send your dues in the amount of \$225.00 to Black Hills Log Haulers Association, PO Box 316, Spearfish, SD 57783.

Just when you think Washington has even lost all of its common sense they do something to prove that they do listen to what you say. President Obama has signed a bill that includes a suspension on the 34 hour restart provision having to include two consecutive sleep periods including the hours of 1:00 am to 5:00 am and only being able to use the 34 hour restart once in 168 hours or a 7 day period. This really doesn't affect us using a time card, however this has been a lot longer and harder battle than it should have ever been. I would like to congratulate the South Dakota Trucking Association and the American Trucking Association on a successful and long fought victory.

The 2014 survey questionnaire will be coming out sometime in late January or early February. Please get them filled out and returned by the due date.

The BHLH Association spring seminar scheduled April 7th is showing a lot of promise to being a very good seminar, so please mark your calendars. We should have a tentative schedule in the February issue of Trucking News.

Hope everyone had a very good holiday season.

A handwritten signature in black ink, appearing to read 'Robert Christian', written in a cursive style.

Robert Christian, President
Black Hills Log Haulers Association





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JANUARY 2015 DRIVER OF THE MONTH



**RICK
PRYOR**

PROHAUL
WOONSOCKET, SD

Rick Pryor, ProHaul, LLC, Woonsocket, SD, has been selected as the January 2015 Driver of the Month by the South Dakota Safety Management Council.

Mr. Pryor has logged over 3 million accident-free miles in his 25+ years as a professional truck driver. The last 3 years have been spent driving for ProHaul, LLC.

Rick is one of the most popular truck drivers at Pro Haul, LLC - both with the customers and with his co-workers. He understands the "customer comes first" philosophy. When Pro Haul, LLC gets a new customer they always send Rick on the first delivery. His demeanor exceeds their expectations. Rick is very helpful with the new drivers. He is an all-around professional.

Rick and his wife Pia have four adult children. They reside in Plankinton, SD.

SDTA joins the Safety Management Council in congratulating Rick Pryor for being selected as the January 2015 Driver of the Month.

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TRACKING A BILL ONLINE

1 Go to the Legislature's website at <http://legis.state.sd.us/sessions/2015/index.aspx> (this is the 2015 legislation only)

2 In the box next to Bill(s), type in the number of the bill you're interested in, and hit ENTER. (If you're not sure of the bill number, click on "Bills" on the left side of the page, then you can select Text Search, Full List, or Subject Index.)

3 You'll see a page showing the status of the bill number, the title, and the sponsors, this page displays the date the bill was first introduced, and which committee it was assigned to. If the bill is scheduled for a hearing, it will show the date the hearing is scheduled. If it has already been debated and acted on in committee, it will show whether it passed, was tabled or deferred to the nonexistent 41st legislative day (meaning it was killed). If a bill is amended, this will be indicated. If a bill has been voted on by the full Senate or House, that will also be indicated.

4 To check to see **how a legislator voted** on a bill in committee or on the floor, click on the vote total.

5 To refer to the actual testimony and debate, click the Public Broadcasting symbol to the far right. If the symbol appears on a line which refers to a hearing, then you would be listening to testimony and debate in committee. If the symbol is on a line which refers to a vote total, then you would be listening to just the vote on the bill. If the symbol is on a line which refers to the House of Representatives or the Senate, then you would be listening to the floor debate.

6 For information on **amendments to the bill**, click on the date on the line referring to the amendment to read the actual wording of the amendment, and to see how legislators voted on the amendment.

7 To read the complete bill, click on the Bill Text Versions at the bottom of the screen. The first version (Printed) shows you the original wording of the bill. If a bill is amended, the most current version of the bill would be the bottom one. You can choose whether to view the bill in a HTML Version, or as a PDF.

South Dakota Legislature
2013 Session - Bill History

Senators Krebs, Brown, Ewing, Lucas, Omdahl, and White and Representatives Hagggar (Don), Bartling, Cammack, Felckert, Gibson, Hoffman, Kirschman, Kopp, Qualm, and Schrempp

revise the maximum weight allowed on certain wide-based super single tires.

Keywords: Highways and Bridges, Motor Vehicles

Date	Action	Audio	Location
01/23/2013	First read in Senate and referred to Senate Transportation S.J. 173		
01/28/2013	Scheduled for hearing		
01/28/2013	Deferred by Chair		
02/15/2013	Scheduled for hearing	00:03:00	
02/15/2013	Transportation Motion to amend, Passed Amendment 1540a	00:03:00	
02/15/2013	Transportation Do Pass Amended, Passed, YEAS 7, NAYS 0. S.J. 424	00:03:00	
02/20/2013	Senate Do Pass Amended, Passed, YEAS 32, NAYS 1. S.J. 491	58:25	
02/21/2013	First read in House and referred to House Transportation H.J. 480		
02/28/2013	Scheduled for hearing	23:58	
02/28/2013	Transportation Do Pass, Passed, YEAS 13, NAYS 0. H.J. 590	23:58	
02/28/2013	Placed on consent, Passed	23:58	
03/04/2013	House of Representatives Do Pass Amended, Passed, YEAS 58, NAYS 0. H.J. 638		
03/05/2013	Signed by President S.J. 688		
03/06/2013	Signed by Speaker H.J. 773		
03/07/2013	Delivered to the Governor S.J. 712		
03/25/2013	Signed by Governor S.J. 756		

Bill Text Versions		
Date	HTML Version	PDF Version
01/22/2013	Printed	Printed
02/15/2013	Senate Transportation	Senate Transportation
03/05/2013	Enrolled	Enrolled

Legislative Research Council Website:
<http://legis.state.sd.us>

Transport Topics

The Weekly Newspaper of Trucking

and Freight Transportation

Week of December 22 & 29, 2014

HOS Restart Change Is Law

FMCSA Restrictions Lifted Through Sept. 30

By Eugene Mulero
and Seth Clevenger
Staff Reporters

The trucking industry's long-sought suspension of last year's changes to the hours-of-service restart provision became reality last week as President Obama signed a \$1 trillion fiscal 2015 funding bill.

The law includes the amendment from Sen. Susan Collins (R-Maine) that suspends through Sept. 30 the requirement that drivers seeking to restart their weekly clocks take off two consecutive periods of 1 a.m. to 5 a.m. The amendment also requires the Federal Motor Carrier Safety Administration to report to Congress about the restart rule's health claims.

FMCSA confirmed on its website that it has suspended the "requirements regarding the restart of a driver's 60- or 70-hour limit that drivers were required to comply with" since July 1, 2013.

Separately, the agency said in a statement to TRANSPORT TOPICS that it is working to "ensure that the 12,000 state and federal motor carrier enforcement personnel are prepared to revert back to the previous restart."

Truckers are still required to account for a 30-minute break during their shifts and adhere to all other pre-July 2013 HOS regulations.

American Trucking Associations Chairman Duane Long wasn't pleased when the new restart rule took effect.

Long, chairman of Longistics, based in Raleigh, North Carolina, said, "Fleets from around the country, including mine, tried to

tell FMCSA that the previous rules were working just fine and that these new restart provisions were going to cause unintended problems."

However, Stephen Keppler, executive director of the Commercial Vehicle Safety Alliance, told TT the sudden change could present challenges.

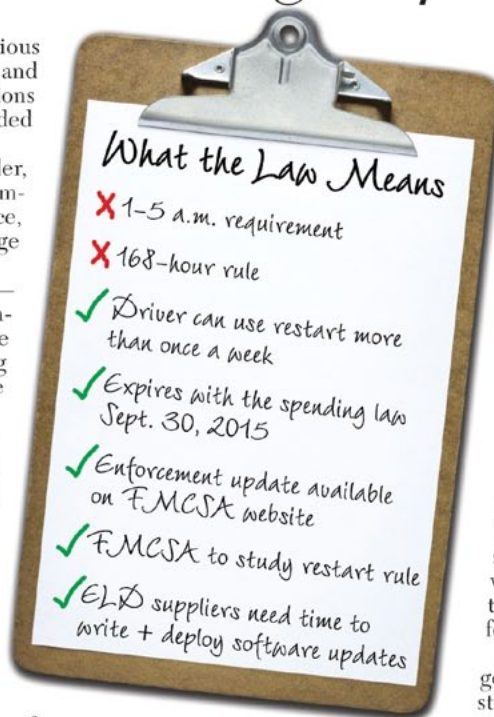
"To really turn on a dime — it's really a challenge for enforcement to be able to make that happen. And we're going to have some problems," he said.

"There's going to be inconsistencies in the field, in enforcement for a period of time, and that period of time, we don't know what that's going to be. I think, hopefully, this is not a long period of time. But there will be issues on how we deal with this over the course of the next several months," Keppler added.

In Congress, Collins led the effort to include the restart suspension. A bipartisan group of lawmakers supported her efforts, arguing that the rule was pushing truckers to drive during congested daytime hours, increasing the risk of accidents.

"We have known since the beginning that the federal government did not properly evaluate the potential impacts of the changes it made in July 2013," ATA President Bill Graves said.

Opponents, such as Democratic Sens. Richard Blumenthal of Connecticut and Cory Booker of New Jersey, claimed the new rule reduced driver fatigue. Blumenthal pledged to press ahead next year with undoing the suspension. The Demo-



cratic senators found support from several groups and the Obama administration.

Henry Jasny, general counsel for the Advocates for Auto and Highway Safety, opposed the measure: "We think [the restart] is one of the few things the agency did to rein in and make safer the open-ended use of the restart. We thought it was reasonable, but we didn't think it went far enough."

Former FMCSA Administrator Annette Sandberg told TT the law will be a "good opportunity for everybody to step back, and hopefully we can collect some good data . . . let the data direct the policy, rather than make pol-

icy with some very limited data."

Last week, suppliers of electronic logging devices said they were already working on software updates that will enable their fleet customers to take advantage of the change.

PeopleNet is finalizing the testing for its update and plans to deploy it to all of its customers by Jan. 1, said Elise Chianelli, the company's senior product manager for safety and compliance.

Tom Cuthbertson, vice president of regulatory compliance at Omnitracs, said it will be easier to revert to the old restart rule than it would be to prepare for new regulation.

However, "we still have to go through testing, we still have to make modifications, and we still have to make sure it's accurate for the customers to maintain compliance."

Cuthbertson, who joined Omnitracs when the company acquired XRS Corp., estimated the software update will be available within 45 days.

PeopleNet's Chianelli said it is "a little frustrating" that the restart change was effective immediately.

As a result, early adopters of ELDs will need to wait on an update from their suppliers, while companies still using paper logs can "flip the switch" right away, she said.

"They really haven't taken technology into consideration," Chianelli said.

Busting the Winter Blahs!



Winter is in full force. With shorter days and colder weather, even the best of us can get a case of the winter blahs. Luckily, there are things we can do to keep the “blahs” from overtaking us this winter.



Exercise

Commit to at least 30 minutes of exercise every day. For many of us, our harsh winters prevent exercising outdoors—instead join a gym, invest in home exercise equipment, try a yoga DVD or just turn on some tunes and try out your dance moves. Besides helping our body stay healthy, exercise helps our mind by releasing those “feel good chemicals” that improves our mood.



Get Some Sun

Spending less time outdoors and a lack of sunlight can increase the winter blahs. Sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors, keep your shades up during the day to let more light in, sit near windows whenever possible and try changing the light bulbs in your house to “full spectrum” bulbs.



Relax!

Even if you enjoy being busy, everyone needs some time off. Don't be afraid to say “no” to extra opportunities (i.e. covering a shift for a co-worker, bringing food to your child's class party). Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in a little on the weekend, try some meditations, or take a yoga/exercise class.



Eat a Healthy Diet

Avoid refined and processed foods, as what we eat has a great effect on our mood and energy. Try to incorporate more complex carbohydrates like whole wheat breads, brown rice, veggies and fruits. These healthy foods provide our body (and mind) with nutrients, and stabilize our blood sugar and our energy levels.



Treat Yourself

Winter can seem endless! But when we plan an event, the excitement and anticipation can improve our mood.

Look at your calendar and plan a few events. Just make sure it's something that's exciting to you—a weekend trip, a day at the spa, or a special event like a play, girls (or guys) night out, or a sporting event.



Avoid Binge Drinking

Use caution when enjoying a “cocktail” especially if you are feeling down. Alcohol is a depressant, and rather than improving your mood, it often makes it worse. Moderate drinking is acceptable for most people, but binge drinking (defined as having 5 or more drinks in one sitting) is never a healthy choice.



Embrace the Season

Instead of avoiding the cold and the snow, look for what it has to offer! Take up a winter sport like ice skating, snowboarding, hockey, or even sledding! Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will help keep your spirits high.

OUT WITH THE OLD *In With The Blue*



INSPECTORS FISCHER, LOUNSBERY, CONSTATINO AND MANAGER NERBY AT THE SIOUX FALLS PORT OF ENTRY/REST AREA



MASTER INSPECTORS LYGSTAD, GRAVE, AND LENTZ INSTRUCTING MOTOR CARRIERS TO HP RECRUIT CLASS 56



INSPECTOR MIKE FISCHER CONDUCTING A SAFETY INSPECTION AT THE SIOUX FALLS PORT OF ENTRY



The South Dakota Highway Patrol Motor Carrier Services instituted a new uniform for the Motor Carrier Inspectors on December 15, 2014.

This new look serves as a multi-purpose uniform in which the inspectors will wear it for all daily duty assignments such as weighing vehicles, selling permits, inspecting vehicles, and providing safety presentations to motor carriers.

We are moving into a new year and inspectors are wearing a new uniform. But one thing remains the same...You can always count on the Motor Carrier Inspectors to provide the same great service!

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Mark Your Calendar

UPCOMING EVENTS

- SDTA Winter Executive Committee Meeting - 6:30 p.m. on Sunday, February 8, 2015 at the RedRossa Italian Grille with dinner served during the meeting.
- SDTA Winter Board of Directors Meeting - RedRossa Italian Grille at 10:00 a.m. on Monday, February 9, 2015 with a Board of Directors Dinner at 5:15 p.m. In the evening, we will hold the annual legislative reception and sundae bar at the RedRossa Italian Grille.
- Annual Log Haulers Seminar - 10:00 a.m. on Tuesday, April 7, 2015, at Deadwood Mountain Grand, in Deadwood.
- Call on Washington - April 21 through April 23, 2015, Washington, DC
- SDTA Truck Driving Championships – Saturday, May 16, 2015, at the Southeast Tech in Sioux Falls.
- Warehouseman & Movers Conference – May 15 through 17, 2015, at the Blue Bell Lodge in Custer State Park.
- Social Hour, Dinner and Calcutta for the Annual Cliff Tjaden Fishing Event – starts at 6:00 p.m. Wednesday, June 3, 2015.
- Annual Cliff Tjaden Fishing Event on Thursday, June 4, 2015, with boats launching on the Missouri River at 8:00 a.m. and returning for weigh-in at 3:30 p.m. with dinner to follow at the RedRossa Italian Grille next to the Clubhouse Inn & Suites, Pierre.
- SDTA Summer Board Meeting – 8:00 a.m. on Friday, June 5, 2015, at the Clubhouse Inn & Suites, Pierre. Annual Meeting of the Agricultural Commodities Conference and the Log Haulers Conference will take place in conjunction with the meeting of SDTA Board of Directors.
- SDTA West River Golf Outing at the Elks Golf Course, Rapid City – 9:00 a.m. shotgun start on Friday, June 26, 2015.
- 10th Annual West River Poker Run, Saturday, June 27, 2015 in the Rapid City area.
- SDTA East River Golf Outing at the Brandon Golf Course – 9:00 a.m. shotgun start on Thursday, July 30, 2015.
- National Truck Driving Championships – August 11 through 15, 2015 in St. Louis, MO.
- SDTA Annual Convention – Sheraton Hotel and Convention Center, Sioux Falls, SD on September 9 through 11, 2015.
- SDTA Fall Executive Committee Meeting - Cedar Shore Resort, Oacoma, SD on Wednesday, November 11, 2015, with dinner served during the meeting.
- SDTA Fall Board Meeting – Cedar Shore Resort, Oacoma, SD on Thursday, November 12, 2015, with the Annual Guided Pheasant hunt scheduled to start at 10:00 a.m. on Wednesday, November 11th.

As Seen in

Transport Topics

The Weekly Newspaper of Trucking and Freight Transportation

Week of December 22 & 29, 2014

HOS Restart Change Is Law

FMCSA Restrictions Lifted Through Sept. 30

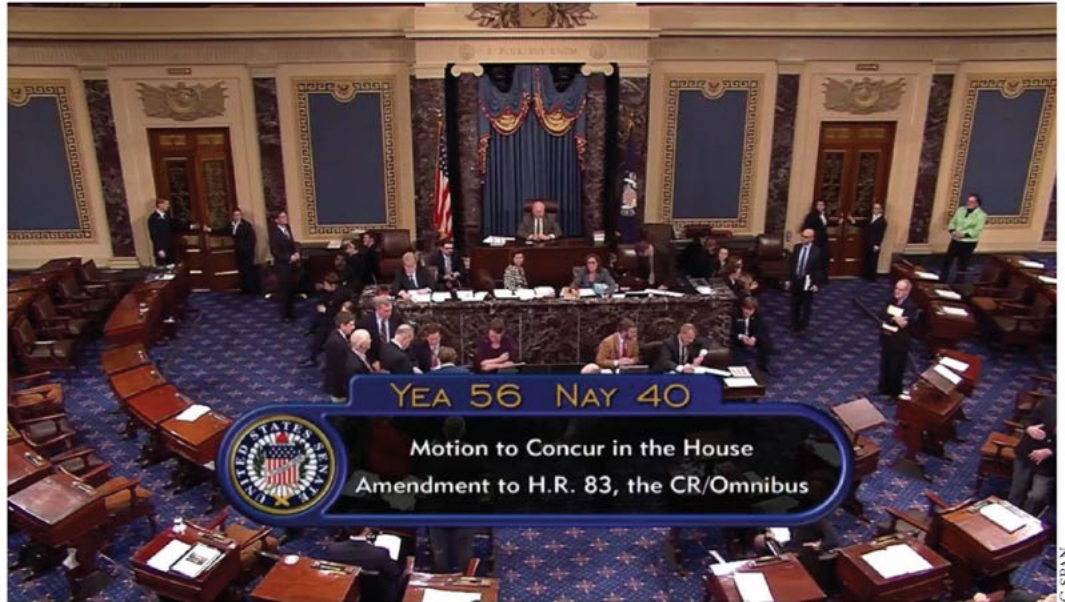
Continued...

At the same time, carriers also will have to update their other systems, such as fuel optimization and routing, to account for the change, she added.

"We plan for and build flexibility into our technology solutions, for exactly these kinds of situations," said Randy Thome, vice president of technology services at J.J. Keller & Associates. "So, for us, the process is not complicated to revert back to the old restart rule, even temporarily."

Rand McNally estimates it will release an update for its ELD products in about 30 days, said Amy Krouse, Rand McNally's director of public relations.

"At first blush, this appears to be a simple software update," she said, but the transition "needs to be managed and tested carefully," given the requirement that carriers keep a six-month log history as well as seven or eight days' worth of logs in their cabs.



The Senate on Dec. 13 cleared a \$1 trillion funding bill that suspended parts of the new hours-of-service rule, such as the weekly restart that required two consecutive rest periods between 1 a.m. and 5 a.m.

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FEBRUARY 9, 2015

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Additional bears will be available to purchase for \$10. Money raised will be applied to the SDTA Foundation to be used for scholarship funding.

10:00 A.M.

BOARD MEETING

5:15 P.M.

DINNER

7:00 P.M.

ICE CREAM SUNDAE BAR

BOARD MEETINGS ARE OPEN TO ALL SDTA MEMBERS!



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WHAT WOULD YOU DO?

PROBLEM

As Vehicle 1 slowly approached the exit ramp to get off the interstate, he noticed a car in back of him because the driver commenced to flash his high beams. The driver of Veh. 1 slowed appropriately so the rig could round the curve safely and get on the two-lane road. He looked to his left and saw no other traffic approaching. Behind him, the lights had disappeared.

After getting on the two-lane road and before arriving at the distribution center, the driver of Vehicle 1 again saw the car's lights in his mirrors. 'He thought the driver's behavior was as weird as was the car's path erratic. Suddenly he saw the distribution center's lights. And then, his attention was focused on the car's high beams behind him.

In that brief second, the rig ended up on the road shoulder. Fortunately, the driver of Vehicle 1 was traveling at a slow speed.

He saw the car's headlights as it sped by him into the night.

The driver of Vehicle 1 breathed deeply, returned to the road and minutes later entered the distribution center.

SOLUTION

While it may seem as if the driver of Vehicle 1 could do little and that events were beyond his control, he had several options to pursue beyond exhibiting his cool and patience.

The driver needed to call his safety manager when stopped at the distribution center to alert him of what happened. He should have pulled off the road sooner in order to let the car's operator get in front of him and hopefully continue on its way. If the truck driver could have gotten the license plate number of the car ... even better.

We commend our professional drivers for their patience behind the wheel. Police know first-hand the aggressive behavior of other operators who cut in front of trucks and are a menace on the highways through tactical programs in most states which the FMCSA helps fund.

Reprinted from Safety Management Council's Safety Bulletin



A special thank you to Britton Transport, Sioux Falls, SD for participating in the Toys for Tots program.

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TRUCKING
SDTA
ASSOCIATION

PROJECT
600
HORSEPOWER
2015

Have you signed up a new member?

Everyone knows someone who is missing out on the benefits of being a SDTA member.

Take the time to talk to them about what you've gained from your involvement with this Association.

SDTA Membership applications are available online at www.southdakotatrucking.com.

A special prize will be awarded to the member who signs up the 600th member.

THERE'S A LOT TO KNOW ABOUT TRANSPORTING HAZMAT.

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J. J. Keller's **Hazmat Transportation: Driver Training** program thoroughly addresses all four critical areas of DOT-required training — general awareness, function-specific, safety and security awareness — to ensure that every driver, from new hires to veterans, receives the training necessary to do their specific job correctly.

Find critical safety information on:

- Definitions, including Hazardous Material
- Hazard Classification (Classes and Divisions)
- The Hazardous Materials Table
- Shipping Papers and Emergency Response Information
- Marking and Packaging
- Labels and Placards
- Loading and Segregation
- Transportation Safety
- Security Awareness



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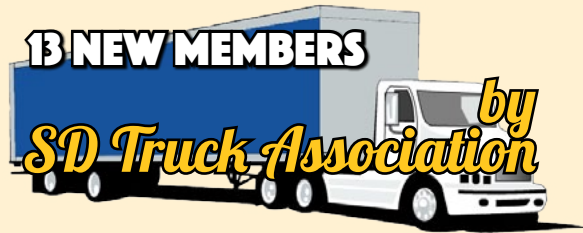
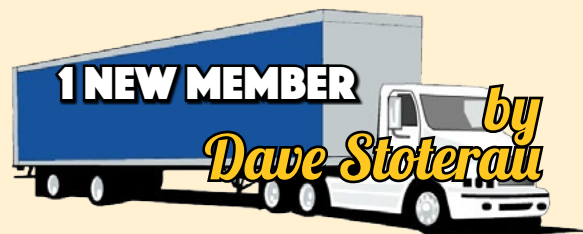
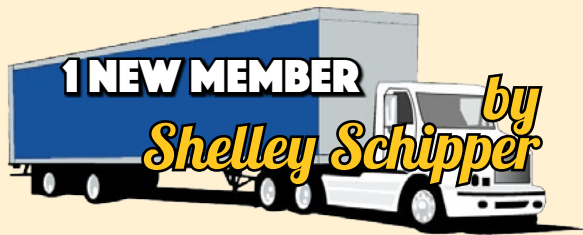
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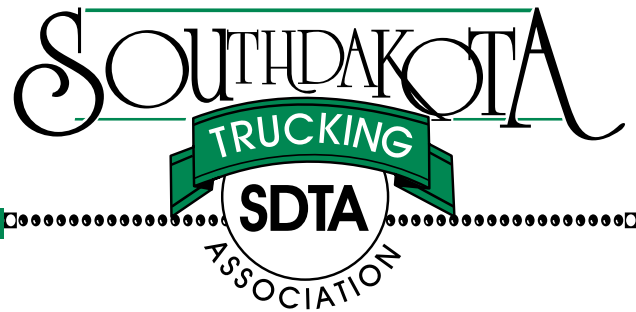
**# OF MEMBERS SIGNED UP
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The SD Trucking Association is designed to benefit trucking companies of ALL sizes. If you know of a company that is unaware of the benefits that come with membership, please give them our phone number and let us help them out.

Our goal is to make it to 600 SDTA members before the start of the 2015 convention!

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PLAN TO JOIN US!



John Cowles, professional truck driver for B&G Transportation was presented a 30 year safety award from Great West Casualty Insurance Company. John was given this award for his accident free driving record.

He has been driving truck for B&G Transportation since December of 1984. Congratulations John!



John Cowles (right), driver for B&G Transportation receives 30 year safety award from Tim Ziller (left), underwriting supervisor for Great West Casualty Company.

Please contact Michelle Wells at the SD Trucking Association office if you have a press release you would like to be considered for the next "Trucking News" issue.

michelle@southdakotatrucking.com

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Aching back behind the wheel?

Relief is easier than you think.

By Mark Ponstein, PT, DPT, physical therapist at Sanford Health

You climb out of your cab, hunched over with a stiff, aching back. Your job requires pushing, pulling and lifting cargo combined with hours of sitting behind the wheel. All of this takes a toll on your body – more specifically your lower back.

Low back pain is a common problem in your industry. Fortunately, in most cases, the pain is not due to serious damage to the spine, infections or other major problems. Instead, most low back pain is linked to minor sprains that can still pack a painful punch.

Symptoms of low back pain vary considerably between people and episodes. You may feel symptoms over a small or broad area of the back. It may also be accompanied by muscle spasms, stiffness, or even pain into one or both legs

Low back pain does not have to be a part of your life. Whether you are currently experiencing low back pain or want to prevent it from occurring, the following tips can help.

Back pain fighters

Get out and move. Prolonged inactivity may increase stiffness and pain. Take a few laps around your truck and stretch as often as possible. Even making quick stops to simply stand can help ease the stress on your body from sitting.

Use mechanical lift aids when able. The size and weight of containers can fool you. Avoid lifting or carrying excessive weight. There are better ways to move heavy cargo.

Use good body mechanics. When lifting or moving cargo, avoid awkward positions and face your body toward the object. Pivot your feet and hips when turning.

Sit up straight. Be aware of your posture while driving. Adjust the back of your seat to be more upright and slide your seat forward to avoid over-reaching for the pedals. Adjust your mirrors appropriately in this new position.

Participate in regular exercise. It is important to stay active outside of work. If you are new to exercise, start with walking. Gradually progress your way up to 30 to 60 minutes a day. If you have additional health concerns, consult your medical doctor.

Maintain a healthy diet. Plan your meals for the week to minimize unhealthy meal choices. Make it a goal to pack healthy snacks and drink more water.

When to see a professional

After the initial onset of low back pain, you will likely improve within a week. However, it may



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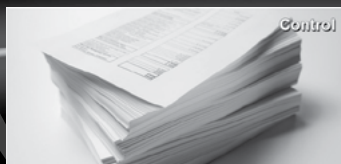
Flexibility

FLEXIBILITY — Working like you do.



Automation

AUTOMATION — Creating efficiencies.



Control

CONTROL — Producing results.



Aching back behind the wheel?

Continued...

take several weeks for the pain to completely disappear. If the pain and function do not gradually improve over the course of one to two weeks, physical therapy is an effective option.

Physical therapy treatments include customized exercise combined with manual therapy (hands-on treatments to improve joint or soft tissue mobility). Additionally, physical therapists can educate you about how to prevent recurring episodes of low back pain.

You can consult with your medical doctor or physical therapist to ensure you receive the care that best fits your needs. Your medical doctor may recommend temporary medication to help you stay active while you recover.

In rare instances, back pain can signal a serious medical problem.

Seek immediate medical attention if your back pain is accompanied by:

- Loss of bowel or bladder control
- Inability to urinate
- Numbness in the groin or inner thigh
- A fall or blow to your back
- Pain or throbbing in the abdomen
- Fever greater than 100.4

Contact your medical doctor in the following situations:

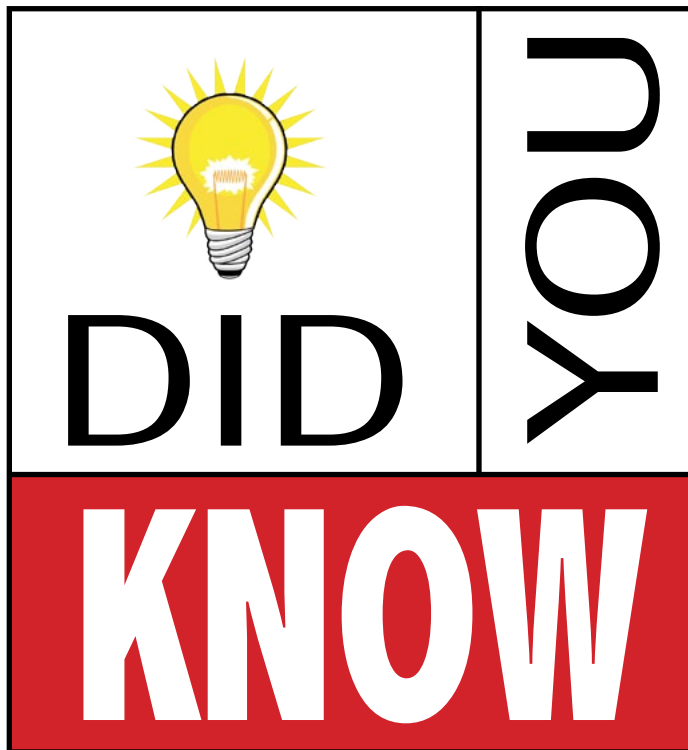
- Low back pain which continues to worsen or does not improve
- Pain which spreads down the leg(s), especially if it extends below the knee
- New or progressive weakness in the leg(s)
- Numbness that does not improve
- Unexplained weight loss

Don't suffer needlessly

Regardless of your condition, there is no reason why you need to endure low back pain and limited function.

All of these techniques are easy to incorporate into your daily routine. With just a few lifestyle changes, you can keep your back feeling healthy and strong on the road.

For more information on back pain prevention or relief, contact your medical doctor or local physical therapist.



Safety Management Council of the



...THAT THE SDTA SAFETY MANAGEMENT COUNCIL HAS BEEN RECOGNIZED BY THE AMERICAN TRUCKING ASSOCIATIONS SAFETY MANAGEMENT COUNCIL AS A SUMME CUM LUDE AWARD WINNER EVERY YEAR SINCE 1980? THIS AWARD RECOGNIZES THE COUNCIL'S COMMITMENT TO SAFETY PROGRAMS AND THEIR DEDICATION TO SAVING LIVES.

Is your Safety Department involved with the SDTA Safety Management Council?

SDTA's Safety Management Council meets on the third Tuesday of every month to discuss issues affecting the trucking industry. This group is an excellent resource of information. We work together as one network to get the best results for the SDTA members. Speakers are brought in time to time to talk to SDTA members about best practices to follow.

If you would like to see what goes on at a Council Meeting we encourage you to attend a meeting. The annual dues to belong to the Council is \$40 for the first company representative and \$20 for each additional member.

We'd love to see all SDTA Member companies participate. Teleconference Meetings are held twice a year at a minimum to allow those not in the Sioux Falls area to participate. Minutes from each meeting are mailed to all Council Members each month.

GET INVOLVED!! Please call the SDTA office if you have any questions.



STOP IN TO ONE OF THE COUNCIL MEETINGS AND SEE WHAT YOU'VE BEEN MISSING.

THE MEETINGS ARE HELD ON THE THIRD TUESDAY OF EACH MONTH,
STARTING AT 11:30 A.M. AT THE ROLL'N PIN RESTAURANT, IN SIOUX FALLS.

Milestone Award



* MEMBERS WILL BE ACKNOWLEDGED IN FIVE YEAR INCREMENTS FOLLOWING 60 YEARS OF SERVICE.

What Is The *Milestone Award?*

The Milestone Award was created at the 2014 SDTA Fall Board of Directors Meeting in Huron, SD to honor those with 25+ years in the industry!

SDTA members with 25 years or more experience in the trucking industry will be acknowledged with a Milestone Award at the Annual SDTA Convention.

The categories for this award are as follows:

- 25 years of service
- 50 years of service
- 60 years of service
- 65 years of service
- 70 years of service
- 75 years of service

In order to qualify for this award the person must have been employed in the trucking industry in some capacity for 25 years or more.

Each company is responsible for completing the attached form and getting it back to the SDTA office.

.....
Company Name: _____

Employee's Full Name(s): _____ Number of Years In Trucking Industry: _____

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International Registration Plan (IRP) Update



Full Reciprocity Plan: On January 1, 2015, the new IRP Full Reciprocity Plan (FRP) goes into effect.

This major change to the Plan impacts the distance reporting and registration authority for all inter-state motor carriers registered under IRP including new and expanded operations. Cab cards for both first-time registrants and renewing carriers will display all jurisdictions and the vehicle's appropriate registration weight.

This change, the most far-reaching since the IRP first went into effect, will give most interstate carriers more operational flexibility than they have had in the past. The FRP will reduce the number of permits carriers have needed to buy and fees they have paid for added states. IRP registrants renewing for an effective date of January 1, 2015 and beyond will be registered under FRP as will any new registrants registering for the first time on January 1, 2015 or after. For example, a carrier whose current registrations expire on March 31, 2015, they will renew under FRP effective April 1, 2015.

For many years the reporting of estimated distance for first time registrants and expanded operations has been a challenge in IRP. Many options have been explored over the years to address this matter and with the passing of the FRP Ballot, the membership has approved the concept of "Full Reciprocity" to simplify the process. The FRP changes how distance and registration fees for first-time registrants are determined and it also eliminates the estimating of distance for expanded operations of existing carriers.

First-time registrants will pay fees based on the base jurisdiction's average per vehicle distance chart. Renewing carriers will pay fees based solely on their actual operations during the distance reporting period.

This change will ultimately benefit the SDTA membership, as it eliminates the requirement for existing carriers to pay fees over 100% when adding jurisdictions during the registration period or expanding their operations into jurisdictions where they had no actual operations during the distance reporting period.

To learn more about FRP and how it impacts you, information including a questions and answers document, is available on the IRP website at <http://www.irponline.org/?page=FullReciprocity>.

For additional information, visit the IRP website at www.irponline.org. This website provides resources for carriers to find jurisdictional specific requirements, IRP registration fees data and information on many other topics.

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 SIOUX FALLS
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TERM EXPIRES

2015
 2017
 2017
 2015
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 2017

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RICK HOOGENDOORN
 ALTON PALMER
 WAYNE VIESSMAN
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 SIOUX FALLS
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 SIOUX FALLS

TERM EXPIRED

2014
 2012
 2010
 2008
 2006
 2002
 2000
 1998
 1996
 1992
 1990
 1988

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NAME & POSITION

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 TODD JOHNSON, PUBLIC RELATIONS DIRECTOR
 RICK UNDERWOOD, MEMBERSHIP SERVICES DIRECTOR
 STEVE HOFFMAN, GROUP INSURANCE DIRECTOR

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TERM EXPIRES

2017
 2015
 2016
 2017

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