

# RAILCREW **Xpress** NEWSLETTER

15729 College Blvd  
Lenexa, KS 66219  
Phone: 913.928.5000  
Fax: 913.928.5016

## Helpful Phone Numbers

Payroll-877.928.5046  
Benefits-888.335.9545  
401(k)-800.878.5220

or

Pat McGowan  
888.335.9545 x 1336  
Harassment-888-347-1206

Start by contacting your Location or Regional Manager for the following:

- Personnel matters
- Payroll matters
- Changes to your name, address, telephone, marital status, # of dependants, and leaves of absence
- Report a job-related injury
- Harassment
- Hours of service violation

## RCX FORUM

[www.railcrewpress.com/forum](http://www.railcrewpress.com/forum)

## INSIDE THIS ISSUE:

Inclement Weather	1
Sheree Fisher	2
On Board Technology	2
"Get On BOARD"	2
June Anniversaries	3
Safety Reminder	4
RCX is Hiring	4
Tips for Shift Work	4
Volume 3, Issue 5, June 2010	

## Dealing with bad weather??



During the spring and summer months we all enjoy nice weather but as the seasons change we also are subject to dangerous weather conditions, which include tornadoes, heavy rain, and hail. During the middle of May, our RCX team in the Midwest experienced some awful weather.

On May 10<sup>th</sup>, Oklahoma City was hit with some treacherous conditions. It was reported that the area experienced 60-75 mph "straight winds", torrential rain fall, softball-size hail and a reported 12 tornadoes that touched ground in the area. At the Flynn Yard in Oklahoma City, our location manager reported softball size hail, high winds, and rain. After the storms passed, RCX incurred substantial damage to its fleet there, including 4 damaged windshields and 5 vans with light to moderate body damage due to hail.

We are happy to report there were no injuries to RCX or BNSF personnel during this storm. The OKC team took the correct precautions to minimize the potential for any injuries during this storm. While in direct communication with the on duty Train Master for BNSF, a coordinated effort was made to get all vans parked in safe locations and have all yard crews and RCX drivers take cover in the depot. Dispatch in Lenexa along with the Regional Manager suspended all van traffic until all clear was received from local weather reports. This pro-active approach by local management and the cooperation of the RCX employees in the Flynn Yard led to a safe and injury-free outcome for all involved.



OKC is not alone in dealing with inclement weather. On June 1<sup>st</sup>, Council Bluffs, IA and the surrounding areas were under a tornado warning and experiencing high winds. RCX driver Laura Kirk was dispatched on a run from Council Bluffs to Fremont, NE with a crew on board when she had to stop under an overpass because of the weather. Later that week, crew members called back to the PDS on duty to express their appreciation and gratitude for Laura's excellent driving manner and safety awareness during the inclement weather. GREAT JOB, Laura!

Inclement weather safety plans show how local management will account for its employees and have pre-designated locations to take cover if the area is subject to tornadoes or other inclement weather. While on the road, if you experience hail or high winds (and it is legal and safe to do so), take cover under an overpass or seek the closest parking garage to take cover in the event of hail. Communication is essential; continue to report your status not only to dispatch but to local management or the regional safety advisors. Constant communication with our client contacts in a specific area is extremely important. Ensure you have an up-to-date contact list for your client contacts in your area.

These safe and effective responses to dangerous weather exemplify our safety culture. Be prepared for weather-related emergencies by continually reviewing and practicing safety procedures in your particular areas.



**OK City van with hail damage to windshield. This van also had major body repairs to be done.**



# Shining Star Sheree Fisher

Submitted by Ted Bissen, Houston Location Manager



In rare instances, people are in the right place at the right time. In some instances, people are in the right place at the wrong time, as was the case with RCX driver Sheree Fisher last month. On May 7th Sheree, who has been with RCX since January 14, 2010, had very mixed feelings about an accident that occurred while on a run around 21:10. Without a doubt she feels extremely blessed and attributes her good fortune to inner strength, calm, and driving skills that came into play on that evening.

While driving on Highway 90 and the Beltway near downtown Houston, Sheree and another vehicle were passed by a pickup with a trailer. Shortly after, Sheree signaled to pass the vehicle ahead of her and while passing a four foot long 4x4 bounced off the trailer ahead of her and became a missile headed directly for Sheree's windshield on the driver's side. When the 4x4 hit the windshield it veered to the right as it passed through the glass, over Sheree's right shoulder, and came to rest on the seat behind the front passenger seat. While covered in glass, Sheree was able to maintain control of her vehicle, safely get off the highway, and stop within 100 yards causing no damage to any traffic around her.



Houston Van

Ms. Fisher was very professional during the entire ordeal as she utilized her driving skills and knowledge of the area while travelling on a dark, busy highway. Sheree worked the next day on her regularly scheduled shift.

## Onboard Technology

RCX has installed the OT (Onboard Technology) equipment in all locations within the Springfield Division. As of Monday, 6-14-2010, drivers in these locations are live. The OT system has many advantages that can greatly help RCX from the driver through the billing process. As a driver you have the following advantages at your fingertips:

- ◆ Automated log of your trip and/or shift
- ◆ Instant summary of your trip/shift
- ◆ GPS Navigation capability – helps you find your pick-up locations
- ◆ Automated closing to ensure accuracy
  - ⇒ Ensures accurate hours and miles to be uploaded into payroll
  - ⇒ No more human error where the trip/shift is closed to the wrong person, etc...
- ◆ At-a-glance review of your HOS (Hours of Service)

This is an on-board computer in which there are numerous benefits and information that can be at your fingertips. Later this year, after all of the units are installed and all of our locations are up and running, additional information – i.e. weather updates, newsletter, training, safety tips, etc... will be available for you to review.

We greatly appreciate the Springfield, MO and Memphis, TN locations being our first locations to go live. The drivers and managers in these locations have been a huge help in identifying any bugs in the system. THANK YOU for your help and flexibility!!!

As of Monday the 14<sup>th</sup> the following locations are joining Springfield and Memphis: Amory, MS; Beardstown, IL; Birmingham, AL; Blytheville, AR; Centralia, IL; Chaffee, MO; Enid, OK; Fort Scott, KS; Jonesboro, AR; Metropolis, IL; St. Louis, MO; Thayer, MO; Tulsa, OK and West Quincy, MO.

## “Get On BOARD” comes to Fort Worth

Michael Devaney  
S.E. Mendoza  
Jeremy Mathis

Greg Farrow  
Rodney Spann  
Brooke Meyer

**A big THANK YOU goes out to these and all RCX staff who have made the commitment to “Get On BOARD” (92 participants and counting). Be on the lookout in your area...**



# June Anniversaries

Name	Hire Date	Yrs of Svc	Name	Hire Date	Yrs of Svc
JAMES GILES	6/2/1995	15	DARLENE GLOVER	6/26/2007	3
LENNIE PACE	6/16/1997	13	GRANT HALL	6/27/2007	3
GEORGE PEEPLES	6/20/2000	10	DAVID ZIMMERMAN	6/27/2007	3
DENNIS O'NEILL	6/22/2000	10	BARBARA MUDD	6/28/2007	3
DEBRA FORBES	6/15/2001	9	OBIE JACOBS	6/29/2007	3
MARK HART	6/19/2001	9	CALVIN WALLACE JR	6/29/2007	3
JACKIE HANSEN	6/14/2002	8	MELBOURNE DOERR	6/2/2008	2
MICHEAL STILP	6/15/2002	8	SALVADOR MARTINEZ	6/2/2008	2
TOMMY CAMPBELL	6/1/2003	7	CHARLES PRESHER	6/2/2008	2
LARRY DUNHAM	6/1/2003	7	ALVIN FIELDS	6/3/2008	2
RUBY HUERY	6/1/2003	7	NEIL FRYER	6/3/2008	2
LARRY THEIS	6/1/2003	7	RICHARD TAYLOR	6/3/2008	2
JOSEPH TRAHAN	6/1/2003	7	GEORGE DISOTELL	6/4/2008	2
CHARLESTON BRANCH	6/2/2003	7	BOBBY HOFFMAN	6/4/2008	2
VICTOR MOLINA JR	6/2/2003	7	TIMOTHY MIIGERL	6/4/2008	2
RICHARD NEAL	6/3/2003	7	JIMMY PAXTON	6/6/2008	2
STEPHEN SCOTT	6/8/2003	7	JESSICA LAY	6/15/2008	2
WILFRED WASHINGTON	6/14/2003	7	TAINYAI HUDSON	6/16/2008	2
LINDA SMILEY	6/21/2003	7	WILLIAM MONTGOMERY	6/16/2008	2
OPAL BURROUGH	6/28/2003	7	SONDRA WILLOUGHBY	6/16/2008	2
MARVA HUTCHINS	6/29/2003	7	DAVID GALBRAITH	6/20/2008	2
ROBERT BUCKHANAN	6/1/2004	6	SCOTT BERG	6/25/2008	2
JIM GROSSMAN	6/3/2004	6	KARL JILES	6/25/2008	2
VADIS ANDERSON	6/8/2004	6	JEANETTE MOHLER	6/25/2008	2
LEONARD HILL	6/11/2004	6	JAMES PARMENTER	6/25/2008	2
TERRY LUCAS	6/26/2004	6	DIANE MCCOY	6/26/2008	2
FRED CRAWFORD	6/5/2005	5	JAMES FLEEKs	6/27/2008	2
ELIZABETH WARREN	6/9/2005	5	WILLARD WESTFELL	6/27/2008	2
JUAN MARTINEZ	6/11/2005	5	KAREN SHEELER	6/30/2008	2
ANDREW FISTER	6/20/2005	5	PAULA PETERSON	6/1/2009	1
THOMAS BAYER	6/22/2005	5	DELONA ROMINES	6/2/2009	1
CHARLES BARTHOLOMEW	6/1/2006	4	DEREK DEWINDT	6/5/2009	1
PAUL SMITH	6/1/2006	4	DEREK SCRIMSHIRE	6/8/2009	1
JAMES KARL	6/4/2006	4	MIKE TRAVIS	6/8/2009	1
PAUL MARTINEZ	6/4/2006	4	JIMMIE BROCKINGTON	6/9/2009	1
CHARLOTTE WHISENHUNT	6/8/2006	4	RICHARD PECHA	6/9/2009	1
RICHARD BROWN	6/9/2006	4	JERI RIDINGS	6/9/2009	1
ASHLEY BROWN	6/3/2007	3	RANIE THOMPSON	6/9/2009	1
DANIELLE GREENLEAF	6/3/2007	3	MELANIE BERTRAM	6/10/2009	1
WENDY HIGGINS	6/3/2007	3	RACHEL HUNT	6/10/2009	1
REBECCA HILL	6/3/2007	3	JEFFREY MULL	6/11/2009	1
KAREN KINDLE	6/3/2007	3	MICHELLE CORTINAS	6/13/2009	1
JEREMY POWERS	6/3/2007	3	RONALD KERWIN	6/15/2009	1
RAYMOND HANS	6/5/2007	3	MICHE RICHARDS	6/16/2009	1
DAVID PORTER	6/5/2007	3	RODNEY ASCHENBRENNER	6/17/2009	1
KENNETH MCGREW	6/11/2007	3	GARY COOK	6/18/2009	1
HARVEY JUNE	6/13/2007	3	GARY WEATHERSPOON	6/18/2009	1
DARRELL HARVEY	6/14/2007	3	NANCY SHERIDAN	6/22/2009	1
ANDREW PARKER	6/15/2007	3	JIM EDWARDS	6/23/2009	1
ARBECK WILLIAMS	6/18/2007	3	GLENDA TENHULZEN	6/23/2009	1
JACK JONES	6/19/2007	3	WANDA FORE	6/25/2009	1
CARLETTA MATLOCK	6/23/2007	3	KEISHA HILL	6/26/2009	1

**THANK YOU ALL FOR YOUR HARD WORK AND DEDICATION!**



## —SAFETY REMINDER—

Construction work and crews are returning to roads and highways. This is a time when drivers need to re-focus and be prepared for the delays and inconveniences as a result of the construction.

In a work zone, there is less time and space to react to adverse and dangerous situations. Speed management along with Smith-System's Five Keys to space cushion can reduce your risk of a collision in a work zone.



## RCX is Hiring!

### Current Open Positions

#### Drivers:

- Council Bluffs, IA
- Sioux City, IA
- Lincoln, NE
- Omaha, NE
- Monroe, LA
- Texarkana, TX
- Newport, AR
- Camden, AR
- Jonesboro, AR
- Shreveport, LA
- Sterling, CO
- Alliance, NE
- Fort Worth, TX
- Enid, OK
- Newton, KS
- Oklahoma City, OK
- Tulsa, OK
- Jackson, MS
- Meridian, MS

#### Location Managers:

- Newton, KS

## —Tips for shift work— How to eat, sleep and stay fit when you work unusual hours

*Excerpts from article published by MayoClinic.com*

There's no doubt about it — shift work can be difficult. The demands of juggling alternate work hours and staying connected to family and friends can have a big impact on your health — mentally and physically. But you can still get enough sleep, eat the right foods, and be physically active — even when you work rotating hours, including the graveyard shift.

**Sleep tips**—Changing your normal rhythm of waking and sleeping as a result of switching shifts requires a period of adjustment. If you've ever flown across multiple time zones, you know what can happen when your body's internal clock is disrupted. Insomnia, mental and physical fatigue, indigestion, and an overall feeling of ill health are common. Here are some strategies that may help:

- ◆ **Develop a pre-bedtime ritual.** Read the paper, listen to soft music or take a warm bath before going to bed. Allow yourself to unwind from your shift.
- ◆ **Set your environment for sleeping.** Sleep in a dark room. Use room-darkening shades or wear a sleep mask. Wear earplugs or run a fan to block out daytime noises and make sleep easier.
- ◆ **Maintain your sleep schedule.** If at all possible, keep a consistent sleep schedule. Stick to the same sleep hours every day — even on your days off.

**Nutrition tips**—Shift workers may find it difficult to make healthy food choices because what's most readily available in the middle of the night comes from vending machines and 24-hour fast-food restaurants. Unhealthy eating isn't necessarily a given, though. Here are some tips to help you eat well:

- ◆ **Brown bag it.** Bringing food from home will make you less tempted to raid the vending machines. Pack a healthy lunch that includes plenty of fruits and vegetables.
- ◆ **Eat smaller portions.** Aim for smaller portions, such as a couple of quick, healthy snacks, during your shift rather than eating a big meal. Shift work can interfere with your body's regular digestive routine. Eating light can reduce the chance of an upset stomach — especially if you're working through the night — because heavier meals are more difficult to digest and can give you heartburn.
- ◆ **Avoid late-night caffeine.** Have caffeinated drinks before your shift or early during your shift. Avoid too much caffeine or caffeine late in your shift — it can make it hard for you to fall asleep after you get home.

**Exercise tips**—Shift work doesn't mean you can't exercise. Scheduling regular exercise is important — it may help improve your sleep, your energy level and your mood. Don't know if you can fit it into your day — or night? Here are some tips to get the job done:

- ◆ **Work out before work.** Twenty minutes of aerobic activity, such as brisk walking, jogging or swimming, on most days can help you stay alert on the job. It also keeps your heart in tip-top shape.
  - ◆ **On the job.** During work, use your breaks to exercise. Take a lap around your building. Keep a resistance band or hand weights at work for strength training.
  - ◆ **Don't take the shortcut.** Work exercise into your normal routine. Walk or bike to work instead of driving (where and when possible).
  - ◆ **Find a buddy.** Find a co-worker and exercise together. It'll make exercising more fun and will also help keep you motivated.

The ability to adjust to shift work is different for every person. You may be happy working alternate hours or you may find it extremely frustrating. If you feel that your work hours are impacting your health and well-being, consult with a professional (your doctor or a nutritionist, trainer, or life coach) about making positive changes to bring your life back into balance.

