

RAILCREW *Xpress* NEWSLETTER

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Helpful Phone Numbers

Payroll-877.928.5046
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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.railcrewxpress.com/forum

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The Powder River Region receives a DISTINGUISHED SERVICE AWARD

In keeping with RailCrew Xpress' high standards and traditions, the Powder River Region was recently awarded a Distinguished Service Award by BNSF. A plaque was presented to Doug Slocum on behalf of all the drivers and support personnel who have performed their jobs admirably over the last few months.

BNSF recognizes the safety efforts and performance achieved in the region. A crew hauler is chosen that exemplifies the ideals of safety first and protecting their most important asset. Frank Bennett from BNSF had this to say regarding the award, "Bottom line is a big thanks to all of the drivers that haul our most valuable cargo, employees."

The award itself was for the Powder River

Region being the Most Improved Division in crew hauling safety. RailCrew Xpress was recognized with the 2009 "Supplier Safety Performance" recognition for 2009.

GREAT JOB to all who participate and support the Powder River Region!!



Doug Slocum (Alliance Location Manager) and Frank Bennett

Parading around North Platte

Four RailCrew drivers from North Platte, NE recently participated in the NEBRASKAland Days parade. Dalene Hodges, Alen Kaufman, Jason Bassett, and Christine Leach, along with location manager, Pat Irish drove a van and promoted RailCrew's contribution to their community. They spoke with numerous folks about Operation LifeSaver and safe driving techniques.



NEBRASKAland Days was first conceived in 1965 as a statewide celebration with two primary objectives, first to promote tourism and secondly to commemorate our great heritage and pay tribute to the people that paved the way for the Nebraskaland of today. The first celebrations, held in Lincoln, Nebraska, lasted only four days and included only a limited number of events. In 1968, NEBRASKAland Days came to North Platte in an effort to expand tourism. The celebration now includes four highlight performances: a rodeo, a couple of concerts, a western musical theater production, and of course.... the parade. Also, there are over 80 events and the event is still growing. It sounds like they all had a great time and are already looking forward to next year!

“Get On BOARD” just makes sense....

Brian Cox	Centralia	Chris Harper	Lenexa	Candida Griffin	N.Little Rock
Stuart Ervin	Centralia	Dennis Schank	Lenexa	Fredrick Jefferson	N.Little Rock
Rick Edwards	Emporia	Glen Shaw	Lenexa	James Henderson	N.Little Rock
Artis Jones	Houston	John Hayhow	Lenexa	Patrick Wright	N.Little Rock
Charles Jackson	Houston	Kim Mitchell	Lenexa	Robert Beasley	N.Little Rock
Clarence Ware	Houston	Staci Marshall	Lenexa	David Zimmerman	Springfield
Howard Gistand	Houston	David Staten	Monroe	Alan Sinclair	Wellington
John King	Houston	James Gray	Monroe	Gary Martinez	Wellington
Karen Backstrom	Houston	Jan Scott	Monroe	Geanetta Kellough	Wellington
Robert White	Houston	Larry Taylor Sr.	Monroe	Mark Mace	Wellington
Shaunte Fields	Houston	Paula Anunciacion	Monroe	Melvin Starlin	Wellington
Steve Scott	Houston	Abraham Holman	N.Little Rock	Rick Langstaff	Wellington
Aletha Rogers	Lenexa				

Safety is the most important aspect in our goal of becoming the number one crew hauler in North America. Being safe is part of our commitment not only to our clients, but also to the general public. **A big THANK YOU goes out to these and all RCX staff who have made the commitment to “Get On BOARD” (143 participants and counting). Be on the lookout in your area...**





Spotlight on Location Bill, WY

Contributors: Kevin Yates, Nathan Smith, and Phil Ramsey

The spotlight this month is on our Bill, WY location, as our people there have done an outstanding job embracing RCX’s safety culture. Bill location manager, Kevin Yates, meets with drivers often to assist and constantly keep the focus on safety and awareness. Through utilization of the safety committee and gaining feedback from those in the field, Kevin firmly believes that good communication and a clear understanding of objectives is important in making sure our drivers, equipment, and crews they haul are safe and protected.

Some weeks ago, drivers and managers formed TAP which stands for “Training Awareness Program.” This program is designed to consistently coach and remind drivers of the core elements already implemented through current RCX training. The top items chosen by the drivers to start off the program were: 1) Under the hood training, 2) Pre/Post trip inspection books, 3) Ride a long’s, and 4) Respect.

Kevin uses this analogy to further explain TAP: “In the old days when you brought your car in for gas the attendant would check under the hood and the tires. He then would wipe the windows and fill up the vehicle with gas. They would then shut and tap the hood saying, “You’re good to go.” Meaning, he put his TAP of approval. Well when we shut our hoods and do our inspections we are putting our TAP of approval that we are safe and ready to transport.”

Bill, WY is located near Douglas, WY where most of our folks there find their residence. With a population of just over 5,000, Douglas is a small community that proudly hosts the Wyoming State Fair and is the official home of the Jackalope. The Douglas Railroad Interpretive Center museum houses a variety of train cars: locomotives, dining cars, a caboose, and motor car for visitors to explore, inside and out!



Bill Safety Committee; from left: Frank Probert, Dolly Degano (in vehicle), Jim Degano, and Steve Beck



July Anniversaries

Name	Hire Dt	Yrs of Svc	Name	Hire Dt	Yrs of Svc	Name	Hire Dt	Yrs of Svc
AUBREY MAYS	7/18/1999	11	DELLA EMERSON	7/3/2008	2	KATHRYN ANDELT	7/29/2008	2
PAULA ANUNCIATION	7/20/2000	10	NORMAN ALLEN	7/4/2008	2	SALETA HOLADAY	7/29/2008	2
LARRY TAYLOR	7/20/2000	10	SHAUNTE FIELDS	7/4/2008	2	DONNA HURD	7/29/2008	2
TOMMIE BRILEY	7/24/2000	10	LAWRENCE WIDGER SR	7/7/2008	2	MARCUS TOLLIVER	7/29/2008	2
TERESA SCOTT	7/18/2003	7	BEVERLY MAYO	7/7/2008	2	DONALD KATZENSTEIN	7/30/2008	2
JOHN EDWARDS	7/27/2003	7	STERLING WILLIAMS	7/8/2008	2	KENNY SCHMAIZL	7/30/2008	2
JAMES LEHR	7/10/2004	6	HEATHER KALKBRENNER	7/8/2008	2	BRUCE GREENE	7/30/2008	2
ROY BARNES	7/15/2005	5	ROBERT ROSE	7/9/2008	2	ROY BERTCH	7/31/2008	2
JOHN BENNETT	7/2/2006	4	TROY CROW	7/9/2008	2	DONALD MEEK	7/1/2009	1
WANDA COLEMAN	7/2/2006	4	BRENDA FLOWER	7/9/2008	2	LAHONNA NECH	7/1/2009	1
ROBERTO HERNANDEZ	7/2/2006	4	JEWRELL PINSON	7/10/2008	2	PAUL MESSNER	7/2/2009	1
THOMAS THOMPSON	7/5/2006	4	DOUGLAS EVARETT	7/11/2008	2	THOMAS CARRIKER	7/2/2009	1
JOYCE BROWN	7/7/2006	4	VIOLET SHEEKS	7/11/2008	2	JOHNNY THOMPSON	7/2/2009	1
JIM PITT	7/7/2006	4	REGINALD BARTON	7/11/2008	2	THOMAS HARDING	7/6/2009	1
CHRISTINA MONTANYE	7/13/2006	4	WESLEY HOLTHAUS	7/14/2008	2	VENESSA SHERMAN	7/6/2009	1
ANITA HENDERSON	7/14/2006	4	WANDA PARKER	7/14/2008	2	RODNEY SPANN	7/6/2009	1
CECIL CASTEEL	7/18/2006	4	CARL CLAYTON	7/14/2008	2	JOHN BUSH	7/8/2009	1
ARTHUR SIPTAK	7/20/2006	4	PAUL JOHNNIE	7/14/2008	2	JULIAN ABUNDEZ	7/11/2009	1
JERRY MITCHELL	7/21/2006	4	JIMMY SINNER	7/16/2008	2	BRIAN HARRELL	7/14/2009	1
BEATRICE MARTINEZ	7/21/2006	4	SUSAN WILSON	7/16/2008	2	GREGORY ONDRACEK	7/15/2009	1
ERNESTO TREVINO	7/21/2006	4	ARDATH KUSEK	7/16/2008	2	KOREY WHITAKER	7/15/2009	1
BRENDA JONES	7/24/2006	4	GARY ANDERSON	7/16/2008	2	BILLIE HARGRAVES	7/15/2009	1
KEVIN DORAN	7/26/2006	4	SHERONICA DAVIS	7/16/2008	2	DONALD WAGONER	7/15/2009	1
RICK LICHTENBERGER	7/26/2006	4	MICHAEL KELLER	7/16/2008	2	DENNIS DUSHAW	7/16/2009	1
PATRICIA HARPOOL	7/2/2007	3	FRANKIE PROBERT SR	7/17/2008	2	BRUCE SCHMIDT	7/16/2009	1
DANIEL MCKINNEY	7/2/2007	3	JAMES BALLARD	7/18/2008	2	LEE BROCK	7/16/2009	1
DALLAS MCATEE	7/3/2007	3	ZENDA LANGE	7/18/2008	2	RICARDO LOPEZ	7/18/2009	1
LESTER HARMON	7/9/2007	3	LUCINDA MCBLAIR	7/18/2008	2	BRENDA CALDER	7/20/2009	1
JOSHUA ELVESTON	7/9/2007	3	JACQUELINE MURPHY	7/18/2008	2	DAVE HOLDER	7/21/2009	1
PHILLIP BENNETT	7/11/2007	3	JACQUELINE FRIEZE	7/21/2008	2	LISA PETERSON	7/21/2009	1
PATRICK KEERAN	7/11/2007	3	RICHARD GRABOW	7/21/2008	2	ANGELIA CADY	7/22/2009	1
KENNETH TODD	7/19/2007	3	DELBERT SEYLER	7/21/2008	2	TONI TALBOT	7/22/2009	1
MARY LEWIS	7/20/2007	3	EUGENE KROGER	7/22/2008	2	GUADALUPE ALVAREZ	7/22/2009	1
MERRI KARR	7/25/2007	3	KEVIN SCHMIDT	7/22/2008	2	ANDRE BAILEY	7/22/2009	1
CHARLET WILKINS	7/27/2007	3	LEON KOCHANOWSKI	7/22/2008	2	BRENT COLEMAN	7/23/2009	1
TAMMIE JAMES	7/30/2007	3	TIMOTHY MORRIS	7/22/2008	2	RONALD MILLER	7/24/2009	1
FREDDIE POWELL	7/30/2007	3	TED ALLEN	7/23/2008	2	DAVID MORENO	7/24/2009	1
PHAEDRA LIVINGSTON	7/31/2007	3	BRAD BATES	7/23/2008	2	TRACY NICKLESON	7/25/2009	1
FRANK YERKE	7/31/2007	3	CRYSTAL SMOLIK	7/24/2008	2	ANGEL GARCIA	7/27/2009	1
BARBARA AVARITT	7/1/2008	2	BRENDA BOUEY	7/25/2008	2	RONNIE HINDS	7/27/2009	1
REBA BAKER	7/1/2008	2	WILLIAM SANDIDGE	7/25/2008	2	SUZANNE SESSUMS	7/27/2009	1
MATTHEW THREAT	7/1/2008	2	MERRY SWENSON	7/28/2008	2	DREW HOWIE	7/28/2009	1
IMELON WILLIAMS	7/2/2008	2	LONNIE BURNETT	7/28/2008	2	EDGAR CURVEY	7/29/2009	1
RAMI ATALLAH	7/2/2008	2	LEWIS HYMON	7/28/2008	2	EDMOND HEDSPETH	7/30/2009	1
MARVIN JACKSON	7/2/2008	2	WILLIAM LANGSTON	7/28/2008	2	GARY WATTERMAN	7/30/2009	1
ANTONIO CALDWELL	7/3/2008	2						

THANK YOU ALL FOR YOUR HARD WORK AND DEDICATION!



—SAFETY REMINDER—

Submitted by Jeff Hill, Director of Fleet Operations

Start every trip or shift with a safe and reliable vehicle!

Preventative maintenance is the key to ensuring RailCrew Xpress' vehicles are safe and reliable. It is essential to the safety of our drivers and passengers that our vehicles are inspected every 5000 miles or 30 days. Consistent and thorough inspections greatly reduce the risk of mechanical failures, some of which lead to break downs. Always check for a current Preventative Maintenance Inspection before you head out on the road.



Think SAFETY FIRST!

SUMMER NUTRITION TIPS!

Published by: www.MedicalNewsToday.com



Summer may bring to mind outdoor picnics with hot dogs and chips, but a Purdue University expert says the season also provides the perfect opportunity to plan delicious, healthy meals. "I think it's almost easier for people to eat healthfully during the warmer months than it is at any other time of year," says Laura Palmer, a Cooperative Extension Service specialist in foods and nutrition and a registered dietitian. "The abundance of fresh fruits and vegetables, combined with the chance to grill foods, offers many tasty alternatives to the high-fat foods we might associate with summer."

Palmer offers the following suggestions for making the most of summer with foods that are both appetizing and nutritious:

-- Be meat savvy. Choose lean cuts of beef, including round, sirloin and loin cuts. Tenderize the meat to increase flavor and texture without adding fat. Marinate in salsa, low-calorie salad dressing, wine or citrus juices.

"Grilled chicken breasts, turkey tenders and lamb kabobs also make great alternatives to high-sodium hot dogs and hamburgers," Palmer says.

-- Aim for variety. Kick up the health factor of grilling with vegetables and fruits. Cooking vegetables on the grill adds flavor. Make kabobs with fruit and grill on low heat until the fruit is hot and slightly golden. These healthy snacks also make consuming the recommended daily fruit and vegetable intake simple.

-- Don't forget to stay hydrated. Summer heat can cause dehydration. "Water is the best option when temperatures soar, but you can add slices of lemons or strawberries for natural flavor," Palmer says.

-- Make eating healthy a priority this summer by focusing on simple snacks that don't take much prep work. Keep fresh berries in the refrigerator to add to salads, yogurt and ice creams. Wash fresh green beans to dip in yogurt or low-fat cottage cheese. Keep healthy extras, like lettuce and tomatoes, in your produce bin. Try homemade popsicles by freezing 100 percent juice. Cut up raw vegetables to serve with low-fat dips.

"Fruit smoothies are a snap to make. Just toss some fresh fruit, yogurt and milk in your blender," Palmer says. "Your options for healthy summer eating are limited only by your imagination."

The Department of Foods and Nutrition is part of Purdue's College of Consumer and Family Sciences. More than 250 undergraduate and 50 graduate students are enrolled in the program.

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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