



July 2025

Newsletter

Operation Safe Driver Week

Operation Safe Driver Week is a CVSA program aiming to reduce unsafe driver behaviors and is scheduled for July 13-19.

The Operation Safe Driver program:

- Targets unsafe driving behaviors by passenger vehicle drivers and commercial drivers
- Educates youth about safely sharing the roads with large trucks and buses
- Offers commercial driver educational and awareness programs to the motor carrier population
- Increases awareness to the general motoring public about safe operations around commercial motor vehicles
- Aims to improve commercial motor driver regulatory compliance
- Conducts passenger vehicle and commercial motor vehicle traffic enforcement initiatives



According to the U.S. National Highway Traffic Safety Administration, 42,514 people were killed in traffic crashes in 2022. Transport Canada states that there were 1,931 motor vehicle fatalities in 2022. And Mexico reported 15,979 road deaths for 2022.

During this year's Operation Safe Driver Week, law enforcement personnel will be on the lookout for reckless, careless or dangerous driving. Any person who drives a vehicle in willful or wanton disregard for the safety of persons or property is guilty of reckless driving. Careless/dangerous driving is defined as operating a vehicle without due care and attention or reasonable consideration for other motorists or people on the road.

- In 2021, there were 1,768 motor vehicle fatalities in Canada.
- In 2022, Mexico reported 15,979 road deaths.



- RON S. - TRUCK 641
- BRUCE J.- TRUCK 631
- DALE L. TRUCK 626
- ANTHONY M.- TRUCK 628



We said “see you later” to Tenley Osberg after 15 years of service at General Transport as she ventures into retirement. She may no longer be working here daily, but she will still be making appearances. She joked that she will still be telling one truck driver what to do as she is married to one. We hope you enjoy your time with your family, fur babies, friends, and the fun travels and adventures you have planned. We will see you at book club!

Spotlight Driver- John Belcher

John “Johnnie B” Belcher has been a regional driver for General Transport since March 2025. Johnnie is always on



his game and the top of the camera board exceeding well over 1,000 points consistently. When Johnnie is not

behind the wheel, he enjoys spending time with his sweetie. We are proud to have you as part of the GT Family!

Are your bills being turned in correctly?

- Every piece of paper that is turned in for a load should have the load number written on it
- Staple multiple page BOL and/or to your trip sheet
- Do not staple all BOL's together
- If you are using transflo-accounting will need the whole BOL not just the first page



As silly as the above sounds when you have hundreds of pieces of paper coming in, it makes a difference!

Silence can be Golden

A recent study revealed that dedicating 2 hours a day to silence can stimulate the growth of new braincells, particularly in the hippocampus, a region of the brain crucial for memory and learning.

Sitting in silence encourages brain cells growth by stimulating the brain's default mode network (DMN), promoting neuroplasticity and activating the hippocampus. Neuroplasticity is the brain's ability to reorganize itself by forming new connections throughout life. This means that the brain can adapt and learn new skills, even in adulthood!

The two hours of quiet time can be broken up and spread throughout the day, such as in the mornings, during breaks, and in the evening.

