



# Transportation Co., Inc.

605 HARTFORD TURNPIKE  
SHREWSBURY, MA 01545

**MAY 2009**

**NEWSLETTER**

## **NOTICE**

**TO ALL  
EMPLOYEES**

**IF YOU MUST CALL  
OUT FROM WORK -  
YOU MUST  
CALL AND TALK  
WITH YOUR  
MANAGER OR  
DISPATCHER  
BY TELEPHONE**

**SENDING AN EMAIL  
IS NOT  
ACCEPTABLE**

**SENDING A TEXT  
MESSAGE IS NOT  
ACCEPTABLE**

**LEAVING A VOICE  
MAIL MESSAGE IS  
NOT ACCEPTABLE**

## ***MESSAGE FROM THE TOP***

Finally the good weather is upon us, now a chance to get outside!! For some of us (Sean) that means possibly spending some time on a boat. As we are in the school transportation industry we make safety part of our everyday routine. I always try to apply those practices to all aspects of my life. For that reason I would recommend to anyone who will be involved with boating (Sean) to visit the Coast Guard's website [www.uscgboating.org/index.aspx](http://www.uscgboating.org/index.aspx) for a quick review of boating safety procedures, which when followed correctly will help you keep your boat afloat and you from being stranded without a paddle!

For me spring time always brings on the thoughts of getting outside and walking, hiking or otherwise adding an element of exercise to my daily routine. Here's hoping you will as well.

With all of my recent trips to the doctor, I began to realize that I didn't really understand what the numbers associated with "blood pressure" actually meant. I found this article that I thought was informational and I thought I would share it;

**Blood Pressure - What is blood pressure?**

Blood pressure is the pressure of the blood against the walls of the arteries. Blood pressure results from two forces. One is created by the heart as it pumps blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow.

**What do blood pressure numbers indicate?**

The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body.

The lower (diastolic) number represents the pressure when the heart relaxes between beats.

**2 HOUR ADVANCE  
NOTICE OF A CALL-  
OUT IS NEEDED TO  
FILL YOUR ROUTE  
WITH ANOTHER  
EMPLOYEE**

**Perfect  
Attendance  
Awards Drawing**

**APRIL drawing  
winners will be  
reported next month  
for the two  
\$250 Wal-Mart  
Gift Cards**

In addition to the MONTHLY drawing for the \$250 GIFT CARDS, every employee with Perfect Attendance for the Month gets an individual monthly award too.

**IN-SERVICE MONTHLY  
TRAINING & SAFETY  
MEETING SCHEDULE**

**1st WEDNESDAY EACH MONTH AT  
MAIN OFFICE 2nd FLOOR - 8:30 AM,  
9:45 AM, AND 6:00 PM**

**2nd WEDNESDAY EACH MONTH AT  
MAIN OFFICE 2nd FLOOR - 9:30 AM**

**3rd TUESDAY EACH MONTH AT  
WEBSTER, BARTLETT HIGH  
SCHOOL AUDITORIUM - 9:15 AM**

**4th TUESDAY EACH MONTH AT**

The systolic pressure is always stated first. For example: 118/76 (118 over 76); systolic = 118, diastolic = 76.

Blood pressure below 120 over 80 mmHg (millimeters of mercury) is considered optimal for adults. A systolic pressure of 120 to 139 mmHg or a diastolic pressure of 80 to 89 mmHg is considered "pre hypertension" and needs to be watched carefully. A blood pressure reading of 140 over 90 or higher is considered elevated (high).

How can I tell if I have high blood pressure?

High blood pressure usually has no symptoms. In fact, many people have high blood pressure for years without knowing it. That's why it's called the "silent killer." Hypertension is the medical term for high blood pressure. It doesn't refer to being tense, nervous or hyperactive. You can be a calm, relaxed person and still have high blood pressure.

A single elevated blood pressure reading doesn't mean you have high blood pressure, but it's a sign that further observation is required. Ask your doctor how often to check it or have it checked. Certain diseases, such as kidney disease, can cause high blood pressure. In 90 to 95 percent of cases, the cause of high blood pressure is unknown.

The only way to find out if you have high blood pressure is to have your blood pressure checked. Your doctor or other qualified health professional should check your blood pressure at least once every two years, or more often if necessary.

Optimal blood pressure with respect to cardiovascular risk is less than 120/80 mm Hg. However, unusually low readings should be evaluated to rule out medical causes.

More information can be found at <http://www.americanheart.org>

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***I am looking for a few volunteers from each contract to meet with me once a month to help me brainstorm ideas for company events and the like. If you are interested please contact me or let your manager***

SOUTHBRIDGE TOWN HALL 2nd  
FLOOR - 9:00 AM

**STARTING  
SEPTEMBER 2009  
- ALL MEETINGS  
WILL BE ON  
TUESDAY**

## **EMPLOYEE COMMENTS**

from Jacqueline Dunbar  
Shrewsbury Lake Street  
Driver Bus #1

Kind words are short and easy to speak, but their echoes are endless... so true!: ) And... By failing to prepare, you are preparing to fail.

**IT'S ALWAYS  
ABOUT  
PERCEPTION.  
MAKE YOURS A  
GOOD ONE.**

## **RENEWAL REMINDER**

THE FOLLOWING CDL DRIVERS  
ARE DUE FOR LICENSE

***know.***

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### **SOMETHING NEW - EMPLOYEE COMMENTS**

I am starting an EMPLOYEE COMMENTS SECTION to our Newsletter. I would like you to send me your comments, ideas, thoughts, experiences, philosophy, proverbs, and news worthy items. You can use my email address: [ron@aatransportation.com](mailto:ron@aatransportation.com), or just drop me a note. I will read all, return a reply if you ask for one and provide your name and address (not required). I will publish those comments, ideas, thoughts, experiences, philosophies, proverbs, and worthy news items that are not deemed to be offensive or controversial in the new EMPLOYEE COMMENTS section of our newsletter.

Thank You and have a GREAT MONTH !!!

Ron Ernenwein, President



## **EMERGENCY EVACUATIONS**

### **Attention All Drivers:**

Last week a seminar was held by the Registry of Motor Vehicles. Students, Principals, and state officials were all invited to learn about safety on school busses. During the seminar, some students told the Registry of Motor Vehicles that they were transported on AA Transportation vehicles for the last several years. These students also said that they have never done an emergency evacuation on their buses with AA Transportation Company.

Each year there is a safety meeting held by AA Transportation Company on the subject of emergency evacuations. **All employees are told that they are mandated by law to complete two emergency evacuations each school year.**

**RENEWAL**

**JUNE**  
**RENEWALS**

**Webster/Southbridge**

**& Auburn**

Adam Flagg,  
Patricia Julian,  
Karen Robinson

**Lake Street**

Emmanuel Asante,  
Angela Bryant,  
Kenneth DuFresne,  
Jacqueline Dunbar,  
Debbie Maguire

**Cherry Street**

Tinnelle Bombard,  
Eleanor Carroll,  
Julie D'Ambra,  
Janice Marando,  
Sheri Milliken,  
John Pond,  
Benjamin Wright

**JULY**  
**RENEWALS**

**Webster/Southbridge**

**& Auburn**

Claire Degon,  
Bonnie Hensley  
**Lake Street**

Barbara Coleman,  
Pam Dunbar,  
Alfred Haueisen,  
Nicole Irving  
**Cherry Street**

Nicole Barthelmes,  
Theresa Benoit,

Perry Briggs,  
Darlene Fraser,  
William Hoffman,  
Caren Raad,  
Tracey Snow,  
Cynthia Stone,  
Hector Vazquez

Each employee is also told that if there no specific day their school sets for evacuations to be done, our school bus drivers need to speak to me and I will speak with the school officials to co-ordinate the facilitation of the required evacuations.

This is the month of May. These evacuations must be done again. Every driver must complete their second evacuation before the end of the school year. If you have any questions on instructing students on doing an evacuation, or would like a refresher course, please contact Terry or me at your earliest convenience.

Thank you,

Julie D'Ambra  
Director of Driver Development and Safety

**AA Transportation's Biggest Loser**  
**Team Challenge**  
**3rd Weigh-in Results**

**-12**

**The competition is getting closer. We have several TEAM members very serious about coming in first. There is still plenty of time to participate and become the Individual Biggest Loser.**

After the 3rd weigh-in, April 20-24, the TEAMS had a combined weight LOSS of 12 pounds. **We are still showing an overall weight LOSS of 133 pounds from the initial weigh-in.** Only 4 of the 67 TEAM members actually came in and posted a current weight. One TEAM member had left the Company and is no longer counted.

All four of the TEAM members lost weight. One TEAM member has LOST a total of 20 pounds in three months, one TEAM member has LOST a total of 14 pounds, and a third

**AUGUST**  
**RENEWALS**

**Webster/Southbridge**  
**& Auburn**

Elaine Berthume,  
Carrold Gregory,  
Laura Horanzky  
**Lake Street**  
Patricia Burke,  
Patrick Cullen  
**Cherry Street**  
Jose Blanco,  
Eugene Boakye,  
Christopher Campbell,  
Sulma Carreno,  
Brett Cheney,  
Micheal Ciesluk,  
Patricia Duran,  
Ron Ernenwein,  
Mary Lee Frederickson,  
Matthew Hennessey,  
Cheryle Lapierre,  
David Mahoney,  
Kathy McFarlin

Contact your Manager with your renewal information at least 30 days prior to your renewal date, to avoid losing your driving privileges while waiting for your renewal license.

***BOSTON  
MARATHON  
WENT OFF WITH  
LITTLE  
PROBLEMS.  
THANK YOU TO  
ALL DRIVERS,  
STAFF AND***

TEAM member has LOST a total of 5 pounds in three months. **CONGRATULATIONS** to all.

**The next monthly weigh-in is any day during the week of MAY 18 to 22. Again, this is not a required weigh-in, only the last weigh-in is required during the week of June 8-12. Participants can come to the Main Office and see Julie to record their weight, anytime between 8:00 AM to 4:00 PM.**

There is still time to become a participant, and take Ron up on his individual challenge. He will pay each participant \$2.00 for every pound lost as recorded on the last weigh-in during the week of June 8 to 12. No extra participants were added in April. The extra participants will not be included in the TEAM numbers, but can still individually win by losing.

If a TEAM member does not do the next weigh-in, that's OK, because the important weigh-in is the last one, the week of June 8-12. Remember, the TEAM with the greatest percentage loss will be the winner.

After the 3rd weigh-in, the Home Office TEAM still has the lead in total percentage weight lost (1.221%), followed closely by the Corporate TEAM (.987%), the Webster TEAM (.815%) drops to 3rd place, with the Lake Street TEAM in 4th place (.637%).

The winning TEAM will receive a free trip to Foxwoods, including ACT Bus transportation to and from, meal tickets and a slot play voucher for all team members and one adult guest per team member.

Good luck to all the TEAMS and individual participants.

The special prize to the team member who has the highest individual percentage weight loss will be announced next month. More information should be available in a future Newsletter. Any questions, contact the Human Resources Director.

**MANAGERS WHO  
GOT UP VERY  
EARLY AND DID  
A GREAT JOB.  
ALL REPORTS  
INDICATED  
THIS WAS THE  
SMOOTHEST  
MARATHON  
EVER.**

**CONGRATULATIONS TO ALL PARTICIPANTS FOR  
STICKING WITH THIS FUN EVENT!**

## **CONGRATULATIONS**

***Annette Messier***

Received April 16th via email - Good Afternoon!

I am pleased to write this e-mail concerning Annette Messier, operator of Bus #38 for the Shrewsbury Public Schools.

During our recent review and adjustment of the special education routes in Shrewsbury, I have had the opportunity to observe Annette's operation of her school bus.

I have been impressed with her driving abilities, and especially enthralled by her operation of her lights as she maneuvers her vehicle. Annette seems to be a fan of the "old school" procedures of operation, frequently using her hazard flashers to warn other operators of her intentions, as well as signaling in advance of turns. Her amber lights are always activated in advance of stops, and her red lights are augmented with the hazard flashers in high risk stops.

While I am certain that all of our drivers are well versed in the safe operation of their vehicles, Annette has recently stood out in the crowd as a careful, conscientious driver who operates her vehicle in an efficient manner, and maintains her schedule while doing so.

Thanks!

**Drew A. Damien, Transportation Coordinator  
Shrewsbury Public Schools**

***Darlene Ward***

Received via mail April 2, 2009

We just wanted to thank you for your excellent service given to us this past Saturday, March 28 (the mini-bus to

**FLEET MAINTENANCE  
John Hartman, Manager  
508-845-7216**

Inspections have started again. Make sure your pre-trip book is up-to-date and your bus is clean. If you need anything repaired, tell your Manager or bring your bus to the garage.

Oil change miles are now in the computer. You should still look at the sticker on your bus and make sure your bus, van or auto gets the oil changed on time.

Always drive safe, always.

**AA LIMOUSINE SERVICE  
John Pond, Manager  
508-791-9100 ext 1**

## **SCHEDULE OF EVENTS**

### **WORCESTER TORNADOES**

AA Transportation  
Night on **TUESDAY, JUNE  
23rd**

### **A GREAT EMPLOYEE EVENT**

**FREE TICKETS** to 1st 150  
Employees

Call Limousine Office  
508-791-9100 ext1

### **BASEBALL HALL OF FAME INDUCTION TRIP**

**SUNDAY,  
JULY 26TH  
5:00AM to 7:00PM**

**\$35.00 per person**  
includes:

Admission to the Baseball  
Hall of Fame Museum,  
ACT Coach Bus  
Transportation to and from,  
Coffee and Donuts BYOB.

LIMITED TO FIRST 44  
PASSENGERS

only 34 seats left

KIDS WELCOME TO

Bradford,MA and back to Shrewsbury).

Our driver, Darlene Ward was professional, courteous and helpful to the passengers.

I would recommend AA Transportation (Limousine) again. I won't hesitate to call you.

Thank you.

Janice and Bill Ryzewski, Shrewsbury, MA

## ***AA Limousine Service***

**VOTED 'BEST TRANSPORTATION  
Company' in Massachusetts by the  
Knot magazine for the second year in  
a row, 2008 & 2009**

## ***Jackie Dunbar***

Received via email April 30, 2009

As I have stated in the past, it always gives me great pleasure to pass along compliments that I receive regarding Shrewsbury's school bus drivers. Below, please find comments I recently received from parents who are extremely pleased that their child rides with Jackie on Bus #1. Please be sure to share this with the driver. Again, I am proud of the great job that Shrewsbury's drivers do every day!!

***I would like to express our thanks and appreciation to our bus driver Jackie! Jackie is one of the best bus drivers one could ask for. I can always count on her to make sure our son is safe - all year round. She helps to make our school year great. She takes the time to know the kids and the parents. It is comforting to know that our son is in such good hands when he comes and goes from school.***

***I ( we!) would love to have her again next year!!!!***

ATTEND.

Call Limousine Office 508-791-9100 ext1

**2009 BOSTON RED SOX TRIPS**

**\$235 PER PERSON PER TRIP**

**AUGUST 1 to 2, 2009** vs. Baltimore  
in Baltimore, MD  
**SOLD OUT**

**SEPTEMBER 19 to 20, 2009** vs. Baltimore  
in Baltimore, MD  
**14 SEATS LEFT**

**\$75.00 Non-Refundable Deposit Guarantees Your Seat**  
More Details to Follow

**Contact John at 508-791-9100 ext 1. to take advantage of any of these Events.**

**Open to All Employees and Friends.**

**3rd ANNUAL BOSTON HARBOR CRUISE**

MARK YOUR CALENDAR FOR **SUNDAY, AUGUST 9th** FOR THIS FUN EMPLOYEE EVENT.

**6:00pm TO 9:00pm**  
**BUS leaves 146 Park & Ride at 4:30pm SHARP!**  
**INCLUDES TRANSPORTATION TO AND FROM BOSTON, THE CRUISE, FOOD, AND**

***Regards,  
Patti and Don Slaughter***

Thanks,

Drew A. Damien, Transportation Coordinator  
Shrewsbury Public Schools

**AA TRANSPORTATION RECIPE BOOK**

Four more recipes received in April. I know we have many great cooks out there. So send me one or two of your favorite recipes. Any kind of dish will do: main course, dessert, snack, beverage, anything.

We will publish a "Company Cook Book." We will then distribute the AA Transportation Cook Book to all employees at the Thanksgiving Holiday Employee Party. It is free to everyone, so share your favorites.

Each employee sending in a recipe will be recognized for their contribution. Recipes can be for any kind of dish. Be sure to provide the list of ingredients, preparation, cooking and serving instructions. The number of servings per recipe would also be helpful.

Send all your recipes to the Main Office, Attention Jim. Just write them out, drop off on my desk, email me. The recipes received will be grouped together by type, then put into book form. Our target is to have our Cook Book ready give out to employees at the Thanksgiving Holiday Employee Party in November.

Any questions or ideas please see Jim.

**HUMAN RESOURCES, TRAINING & SAFETY**

**Julie D'Ambra, Director**  
**508-791-9100 ext 3**

**Word of the Month:**

**ENTERTAINMENT.**

**NEW YORK CITY DAY  
BUS TRIPS**

**JUNE 27th, OCTOBER 11th  
and NOVEMBER 27th**

**\$25.00 PER PERSON**

**DEPARTS 8:00 AM  
RETURNS FROM NYC 8:00  
PM**

**HOLIDAY SHOPPING  
TRIP TO FREEPORT,  
MAINE  
L. L. BEAN & OUTLET  
STORES**

**DECEMBER 5th**

**MORE DETAILS TO  
FOLLOW**

**IF INTERESTED, CONTACT  
JOHN POND**



***THE EMPLOYEE  
APPRECIATION END  
OF SCHOOL YEAR  
PARTY***

***MARK YOUR  
CALENDAR***

***SATURDAY***

**phi·lan·thro·py n. pl. phi·lan·thro·pies**

1. The effort or inclination to increase the well-being of humankind, as by charitable aid or donations.
2. Love of humankind in general.
3. Something, such as an activity or institution, intended to promote human welfare.

**Let's Talk Responsibility**

During the charter season, which is up and running, you may find it hard to take time to do a pre-trip. Remember that you are governed by law to make sure your bus is worthy to transport passengers. Every day, before your bus leaves its overnight parking spot, you must check the safety of your vehicle. This means doing a pre-trip inspection. If there is a problem with your vehicle, it is your responsibility to report that problem immediately to your manager or dispatcher, and then follow the instructions given by them.

Please make sure, especially when the vehicle has been out of your sight, there has not been any damage caused to your vehicle. If you find damage please report it immediately to your manager, dispatcher or safety department. If you fail to report the damage, you may have to accept the responsibility for the damage.

If you are involved in an accident, it is your responsibility to report that accident immediately. That is the responsibility you assume when you accept employment by driving with AA Transportation. You must report the accident immediately; you will follow instructions given by both your manager and Safety. You must get the information necessary to complete an operator's report. You must complete and sign the operator's report, and you must follow all company requests for additional information.

Thank you in advance for your cooperation. Have a safe month.

**JUNE 13TH  
WRIGHT'S  
CHICKEN FARM**

**SPED - Cherry Street  
Cindy Fish, Manager  
508-791-9100 ext 2**

**It's School Bus Rodeo  
time again. Sunday,  
May 17th in Fall River.**

**The AA Transportation  
Team will be leaving the  
main Office at 6:30am.**

**If you are a CDL School  
Bus driver and  
interested in  
participating, contact  
Linda Perno or Cindy  
Fish.**

A sign-up list for  
volunteers is posted in  
the Main Office driver's  
room.

Summer work is  
available, see me to sign-  
up.

Our last quarterly meeting  
is June 11th. This is an  
important meeting on  
First Aid. **A meeting no  
one should miss!!**  
There will also be time to  
check off and update all

**CHERRY STREET YARD**

**Abby Kelley, Grafton, METCO, Sutton, AMSA, St. John's,  
SPM, Fay, Assabet, Charters**

**Rita Ernenwein, Manager**

**508-791-9100 ext 2**

**PARKING IN THE YARD**

We have improved parking for school buses, limos, coach buses, autos and vans in the yard. Limos will now park on the hill and next to the street sign. Coach buses will park in the front of the yard, near the exit to Cherry Street. More school bus parking is created across from the Limo Office. More employee parking is created next to the Limo Office. If everyone parks close to the next vehicle, there should be room for all to park buses or autos.

**Thank you to all drivers for their continued good work.  
Remember, when you arrive early for your charter,  
everyone looks good: the driver, the company and the  
customer.**

**LAKE STREET YARD**

**Shrewsbury, Elm Park, Rainbow**

**Sean Lyonnais, Manager**

**508-753-6322**

Welcome back from April Vacation! By all means, we needed this little break. I hope everyone had a great week with lots of fun and relaxation. The weather was very considerate to us. Just think, we only have seven more weeks left, hey!!!

Thank You - Boston Marathon Drivers.

Just wanted to say thank you to everyone for signing up and doing the Boston Marathon. The Boston Marathon was a great success. I think this was the best year yet. We left the bus yard at 4:30am, and returned back to the yard by 9am. Thank you again for a Job Well Done! Hope to see you all again next year.

cards.

Thank you all for a job well done!

**AA Transportation is on the Web**

Click Here:

[www.aatransportation.com](http://www.aatransportation.com)

**CALL or FAX US  
508-791-9100  
508-845-7215 FAX**

**Summer Work**

The summer sign-up sheet is now posted in the office. Come on in and sign up. We look forward to seeing you. Summer work will be given out by seniority. There is enough work available.

**Important Dates to Remember:**

- 5/25 - Memorial Day / No School for ALL Contracts
- 5/29 - Expected Last Day for St. John's High School - Regular Dismissal
- 6/5 - Expected Last Day for Montessori - 12:30pm Dismissal
- 6/12 - Expected Last Day for Al-Hamra Academy - 12:00pm Dismissal
- 6/16 - Expected Last Day for St. Mary's - 11:00am Dismissal
- 6/19 - Expected Last Day of school for Shrewsbury Public Schools

**WEBSTER OFFICE**

**Webster, Southbridge, Auburn**

**Linda Perno, Manager**

**508-943-0482**

Spring has definitely sprung. Once we got past the Patriots Day holiday there is approximately nine weeks of school left for most contracts. WOW that was fast; before you know it summer will be here. Which reminds me I am still waiting for time off requests for well needed summer vacation weeks? So we can schedule the work accordingly.

Anyone who has questions regarding the 2009/2010 Webster school year please feel free to contact me.

Thank You to all the Webster Division drivers who drove the Boston Marathon trip!

**TIPS FOR MAINTAINING A GOOD DRIVER ATTITUDE**

- Get good night's sleep. Keep alert physically and mentally.

- Try to leave your personal problems at home. Seek help if you need it.
- Arrive at work early. This way you can do a thorough pre-trip inspection and catch up on important news.
- Greet everyone with a smile and by name.
- Be patient, even tempered, and understanding. Show respect if you wish to receive it.
- Bring a sense of humor. Be able to laugh at yourself.
- Learn to relax. Close your eyes; breathe evenly; think about the tension draining from your body. And repeat I am calm, and I am good at what I do.
- Be free from the effects of alcohol, illegal drugs and medications.
- Extend a hand to new drivers.
- Watch for stressful symptoms in others and alert a supervisor.
- Be part of the team. Get involved with bus lot activities. Join with others to solve problems. Participate at safety meetings.
- Ask questions if you are unsure about something.
- Believe in your ability to do a good job.