

David Skater

From: Trevor Bent
Sent: Monday, April 20, 2020 18:04
Subject: April 20, 2020 Update
Attachments: Trauma and Children.pdf; Coping with Trauma (002).pdf; COVID19 Policy Revision 4.docx

Hello everyone,

This has been a tough day for us Nova Scotians in particular as the tragedy in Portapique and surrounding communities continues to unfold. I am sure that I speak for all when we say that our thoughts and prayers are with all those impacted by this very unfortunate events. Please find attached some resources that EFAP and Copperstone have put together on coping during difficult times like these. These documents can provide direction for everyone needing help, as well as how to support children that may be impacted by this news. We hope it will help you and/or your family members should it be needed. With the current COVID 19 situation and now this please remember that you are not alone. Please access your EFAP plan; there are many additional resources on their site. EFAP operates with complete confidentiality and is truly a safe place to reach out when needed. There are a number of other resources including the Provincial Mental Health Crisis Line which is available 24/7 for anyone experiencing a mental health crisis or if you are concerned about someone else's mental health. Call (toll-free) **1-888-429-8167.**

.....It has been a while since I have written and hope this email finds each of you safe and healthy! I took a little break from the COVID 19 updates as it seemed like we have entered a bit of a new normal the last week or so and to be honest it made me feel a little more normal not to be blasting out messages every day on a topic that has all but consumed our daily lives. Easter also made it feel like we were taking a bit of a break (Hope you had a great Easter weekend!) Going forward I will try to provide an update at least weekly to catch up.

On a bit lighter but still important note I also have a few operational reminders to share with you today:

1 – The docks want everyone to be reminded that all COVID 19 prevention measure as still in full swing. The good weather is here and more people are moving about, but we still require social distancing and we still require folks to wash their hand before entering our facilities. Procedure attached.

2 – Theft is on the increase and our trailers are prime targets. JP Leblanc in PEI passed along today that the trailers in his yard this morning had doors opened. Reminder to drivers to park only in a secured yard and back up again a barrier when one is available. Reminder to Operations staff to check, check and double check. We cannot leave trailers in unsupervised locations. Montreal is a hot spot for us and we need to be diligent.

3 – USA drivers it is now mandatory to have a mask when crossing the border. We have masks available in Mississauga and Karen has them at the front desk at Head Office. As more masks come in we will be getting them to the other terminals.

4 – Spring is here and the snow is gone, revealing some treasures! Most or not welcomed though as it is garbage or as is the case in Moncton they are finding yellow containers. We all have hearts and bladders so we all get it but have a heart, those that this relates to, and dispose of them properly! Thank you! 😊

In conclusion today I would just say that we continue to be supported by some amazing people both inside and outside! Stay safe and stay positive folks!

Trevor

- *Joan is making some great dishes for the drivers! On Fridays she makes extra for the shops, dock and stragglers. We had 3 drives social distancing on our picnic tables last week sharing in some lasagna! In addition, Joan made a large tray to share with our neighbors at Peterbilt. They were very appreciative as most mechanics are after a morning shift...*
- *The cookies are treats continue to roll in from Mary Anne Carty, Maria Carty and Emily Reid! Brian continues to deliver them on the weekend, which is also appreciated!*
- *Bonduelle just donated 190 Del Monte Products! Thanks Paul Grant for coordinating!*
- *The Rotary club has delivered close to 100 masks!*
- *Apple Valley delivered frozen pies. We donated pies and pie trays to a lady in Glenholme who is making meals for drivers.*
- *JP Leblanc donated \$100 toward driver BQ events on the island.*
- *Atlantic Poultry donated eggs to Joan to help with the baking*
- *Eassons Sales team continues to push for more freight and keeps the wheels turning! Great job to our sales team who are working tirelessly to keep us rolling!*

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