



NEWS



ISSUE 19, March 2010

PO Box 400, Plover, WI 54467 • 888.464.9482 • WomenInTrucking.org

Half Way To Goal!

As of this writing, the Women In Trucking's "Salute to Women Behind the Wheel" is half way to its goal to set a new Guinness World Record for the largest gathering of professional female truck drivers.

The current record of 416 was set in November 2004 by an "all women's" truck convoy in Dronten, Netherlands. There are currently 241 professional women drivers registered for the celebration to be held on Saturday, March 27 at the Mid-America Trucking Show in Louisville, KY. Doors open at noon.

These women will arrive from forty states, three provinces, and the Virgin Islands. They represent a total of 2,415 years of experience as professional drivers. Many of these women hold safe driving awards from their carriers and will be honored with a gift certificate presented to them by Anne Ferro.

One of the goals of Women In Trucking Association is to celebrate the success of women in the industry. This is the organization's first major event to help reach this goal.

Ferro is the newly confirmed Administrator of the Federal Motor Carrier Safety Administration and only the second woman to hold this position. "Anne is one of our most visible women in the trucking industry," said Ellen Voie, President/CEO of Women In Trucking. "We are thrilled to have her address our members and help us honor these

female drivers who thrive in a male dominated environment."

"I am pleased to join Women In Trucking to celebrate the outstanding accomplishments of professional female truck drivers. As more women pursue careers behind the wheel, they continue to break barriers and reinforce the fundamental standards of motor carrier safety – professionalism, safe driving skills and work-life balance," said Anne Ferro. "This important event shines a well-deserved spotlight on the vital contributions that women in trucking make everyday to our communities and our nation."

Rob Anthony (robanthonymusic.com), will be the featured performer. Anthony wrote the song, "Down the Road," about a professional driver's life on the road. Terry Wooley (terrywooley.com) will be performing, "Lady in the Driver's Seat." The song depicts the quiet strength women behind the wheel exhibit as they deliver their freight each day.

The "Salute to Women Behind the Wheel" will include an awards ceremony followed by a photo of the group wearing their complimentary red t-shirts. They will be treated to gifts, entertainment, refreshments, door prizes, and the Women In Trucking's signature chocolate fountain. These are all provided through the generosity of the sponsors.



All professional female truck drivers and their immediate family members are invited and are not required to be a member of Women In Trucking. Members of Women In Trucking are also invited to participate. There is still time to register for the event by visiting Salute2Women.com or calling 888-464-9482. Registrations will also be accepted at the Women In Trucking booth #40565 (North Wing Lobby) at the show until noon Saturday.

Gold level sponsors for the event are Freightliner Trucks, Frito-Lay, and Walmart. The silver level sponsor is U.S. Xpress. Bronze sponsors include Internet Truckstop, McGriff, Seibels, & Williams, Inc., Owner Operator DIRECT, and UPS Freight. Copper sponsors are American Trucking Associations, Inc., Badger Trailer & Equipment Corp., Pitt Ohio Express, and J. J. Keller & Associates, Inc.

Nickel sponsors include American Defense Lawyers, Greatwide Dedicated Transport, Healthy Trucking Association of America, International Trucking School, Pepsi Bottling Company, Rand McNally, Roadside Medical Clinics, and YRC Worldwide.

The Truth Behind Health Care Service Benefits

If you work for a company that provides health care services such as weight loss counseling, sleep apnea screening, and exercise facilities, don't assume that it's for your benefit. It's not. They want you to be healthy so they can save money!

A 2006 study conducted by J & K Health Consulting LLC found that the average medical cost per mile for carriers was four cents. These are projected to increase considerably over the coming years unless carriers adopt wellness programs to bring these costs down.

So, you could continue to maintain an unhealthy lifestyle if you wish, but maybe the benefits could benefit you! Unless you want to end up with diabetes, obesity, or lung cancer and shorten your career (or even your life), you could take advantage of any opportunities you have to adopt a healthier lifestyle.

Sure, it's nice to think that your carrier wants you to lose weight, sleep better, and become fit because they care about you, but the ultimate motivation is their bottom line. The healthier you are, the less they pay in insurance premiums, the fewer worker's compensation claims they will have, and less time away from the job when you're sick.

You might even be able to make more money (for you and for them) if you have the energy and stamina to run more miles when they're

available (and it's legal to do so). As a bonus, you'll certainly have more energy to enjoy your time with your family at home.

The lifestyle of an over-the-road truck driver is not easy, and it's even harder to eat healthy and get enough exercise. An American Dietary Association study found that 86 percent of professional drivers were overweight and more than half are considered obese.



With the aging driver population and the need to cut health care costs more carriers are turning to wellness programs for their driving fleet. It's to your benefit to take advantage of these opportunities. This article isn't about reminding you to lose weight, quit smoking, and start exercising; it's about how to get the help and motivation you need.

First, it's up to you. No one can change your life but you. Once you decide to take advantage of this industry's new attitude toward well-

ness, start asking your company benefits coordinator what is available. Check out what the travel centers are offering for healthy eating choices.

Find out if your carrier offers sleep apnea testing or smoking cessation programs for drivers. Maybe your company offers weight loss information or nutritional counseling. Ask for prescription drug discounts and dental plan options. If they are serious about reducing health care costs, they are probably looking at these and other programs now.

If you will be attending the Mid-America Trucking Show in Louisville this month, bring your walking shoes. It's time to start your efforts to live a healthier lifestyle. Join the Health Awareness Walk on Friday, March 26. Sign up at driverhealth.org and walk with other drivers and trucking industry folks.

Your carrier might be more interested in saving money, but you should be more interested in saving your life. Living a healthier lifestyle won't only benefit your company, it will be to your advantage as well as that of your family.

So, check out your options, ask your carrier for their assistance in providing the incentives you need to change your eating and exercise habits, and reduce your (and your carrier's) medical costs in the coming year.

By Ellen Voie

HTAA Health Awareness Walk

The Trucking Solutions Group Drivers Health Council

Date/Time: Friday March 26th 8:00 am

Location: Mid-America Trucking Show

Visit DriverHEALTH.org for more information.

Pre Walk: You will need to sign in by 7:30 to start the walk.

Post Walk: At the conclusion of the event we will be raffling off attendance prizes and conducting an awards ceremony.

Course: The 1.5 mile walk will be on the sidewalks outside of the exhibition halls.

Registration: Free. The Pre-Walk room will be open at 7:00 am, Friday, March 26th with walk packets given away until they run out.

Room: WH1 West Hall #1 meeting room



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Truck Driving Schools:

American Institute of Technology, Inc.
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Education
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Dependable Source Corp. of MS
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International Trucking School, Inc.
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National Tractor Trailer School, Inc.
Northampton Community College
Northern Academy of Transportation Training
Olive-Harvey College
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Pinellas Technical Education Center
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Trucks, Trailers, & Accessories:

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Daimler Trucks North America
GearMaster
IntelliStick Onboard Engine Oil Monitor
Navistar, Inc.
Patriot Lift Company LLC
Roadranger - Eaton & Dana
Sterling Western Star Trucks Alberta Ltd.
Turbo 3000D

Industry Related Companies:

AllTrans Medical Solutions
American Defense Lawyers
American Truck Historical Society
American Trucking Associations, Inc.
Apex Capital LP
ATW Foundation
Australian Outback Collection
Avalon Risk Management, Inc.
Byrne Financial Services, LLC
Canadian Trucking Human Resources Council
CareersInGear.com
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D.C. Book Company
DOTAuthority.com
FirstLine Funding Group
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GiftCertificates.com
Goodnights
GPSNet Technologies, Inc.
Great West Casualty Company
Group1201
Healthy Trucking Association of America
HNI Risk Services, Inc.
Innovative Computing Corporation
International Society of Recruiting and
Retention Professionals
Internet Truckstop
J. J. Keller & Associates, Inc.
Kansas Motor Carrier Association
Key Largo Underwear
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LadyTruckDrivers.com
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NAL Insurance Inc.
NAPFTDS
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National Truck League
Navatech USA
Newport Communications
Ohio Trucking Association
Over The Road-Canada
Owner-Operators Business Association of
Canada (OBAC)
Owner Operator DIRECT
Precision Pulmonary Diagnostics
RAIR Technologies
Rand McNally
Randall-Reilly Publishing Co., LLC
Rawle & Henderson, LLC
Road Dog Drivers
Roadside Medical Clinics
S&E Productions, LLC
Safety Compliance Professionals
Sentry Insurance
Specialty Risk, Inc.
Star Scientific, Inc.
Target Media Partners (TMP) Trucking Division
Texas Motor Transportation Association
Texans Insurance Group
The Trucker
Tire Retread & Repair Information Bureau
ThoughtDrivers
TransCore, Inc.
Transport Women Australia Ltd
Transportation Marketing &
Communications Assn. (TMCA)
TransportFitness.com
Travel Centers of America / Petro Stopping
Centers
Troy Financial Solutions
Truck Training Schools Assn. of Ontario
TruckDriver.com
Truckercise
Trucking Industry Defense Association
Truckload Carriers Association
TrueNorth Companies LLC
Vertical Alliance Group, Inc.
Wisconsin Motor Carriers Association
Wyoming Trucking Association, Inc.

Roadside Medical Clinic + Lab and Women in Trucking Weight Loss Challenge

The Weight Loss Challenge is underway. This challenge is designed especially for women drivers to see if they have what it takes to get in shape, despite the challenges faced while living life on the road.

Comments from the participants:

• “I would like to see if I can lose that 50 pounds that I’ve gained. But it’s not necessarily about losing weight, it’s about learning how to eat healthier than I am now,” Christine says.

• “You’ve got to make do with what you have out there and work your way around it,” Janice says. “If I stop at a park, I take my shoes off and walk in the grass. It feels great, and it’s extremely therapeutic.”

• “I’ve got a wonderful cheering section for me. Jon [Theresa’s husband] is helping me out quite a bit,” Theresa says. “I haven’t told the rest of my family about it yet. It’s going to be a surprise for them.”

• “The main reason I want to take on the challenge is because I’m worried about becoming like my parents,” Angela says. Her father was a truck driver and she’s seen firsthand what happens when you don’t take care of yourself. “I want to become a healthier person.”

• When Rachel is at home, she is active with youth athletics. “My son [who is in college] is dedicating this year to me, and he’s going to be wearing my old [softball] number. He was going to surprise me, but he couldn’t keep the secret,” Rachel says. “I need to get myself in better physical condition because I want to be around a while longer. I want to make that change before it’s too late.”

• “I just turned 60 years old in January,” Cindy says. “I enjoy what I do. I have great customers. If I keep going the way I am, I’m worried I’ll get sidelined.”

• “My energy level is [now] super high. I don’t get the drowsiness like

I used to,” Linda says. In addition to the added energy, Linda is discovering things while taking her long walks. “I found the Appalachian Trail a mile north of the Flying J out in Carlisle, PA. I can’t believe I waited 10 years to find all this stuff. All of us that are participating in the challenge are winners. We’re all going to be better off with it.”

The 120 day challenge kicked off on February 1 and each finalist received a Roadside Medical Driver Body Fuel kit, free 30 day health checks, and free personal coaching from Bob Perry, the Trucker Trainer.

Here is one of Bob’s workouts using 3-pound hand weights or dumbbells (DBs).

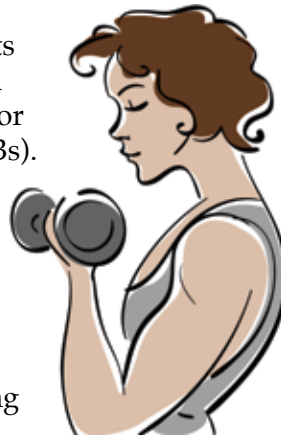
If you don’t have hand weights, pick up a couple of cans of beans!

1) DB chest presses: Laying in your bunk press DBs straight up, but do not lock-out your arms. Do 10 reps (repetitions).

2) DB tricep extensions: while laying in the same position, press DBs up and turn your hands so you are holding the DBs in a hammer position; bend your arms at the elbow and lower back toward your shoulders and back up. Do 10 reps.

3) Shoulder presses: sit on the side of your bunk with your feet on the floor and sit up straight keeping your abdominal muscle tight. Hold your DBs shoulder height (turned horizontal) and press straight up (do not lock out your elbows). Do 10 reps.

4) Front shoulder raises: keeping your DBs horizontal, hold DBs out in front of you and raise DBs from your knees up to shoulder height.



Do 10 reps.

5) Side lateral raises: keeping DBs turned horizontal, hold your arms out to your side (elbows slightly bent) and lower to your bunk and back up to shoulder height. Do 10 reps.

6) Bicep curls: stay seated on your bunk keeping your elbows close to your side with DBs turned horizontal with your palms up. Now curl DBs up and lower to your thighs. Do 10 reps.

7) Ham-string stretches: standing up and holding your DBs in front of you, bend over slowly allowing DBs to hang, keeping your legs straight but NOT locked out. Bend over as far as you can until you feel the stretch, hold and take a deep breath, then exhale and allow yourself to naturally lower your self closer to the floor. Over time you will be able to touch your DBs to the floor. Do 10 reps.

8) DB squats: if you do NOT have any hip or knee issues, stand up with DBs hanging at your side. Squat down as if you were going to sit down in a chair keeping your back straight and push back up. You may need to put your DBs down and turn around and hold onto the edge of your bunk and squat down using your bunk as support until your legs are strong enough. Do 10 reps.

Performing these 8 exercises one after another without stopping will provide cardio training at the same time. Doing the 8 exercises at 10 reps is ONE set. Your goal is to work up to 3 sets at 10 reps. At that point you can move up your reps on each exercise, such as 12-15-20. Make sure you work at a comfortable pace, increasing only as your body allows you to. Make sure you warm up before starting by moving your arms in a circular motion WITHOUT weights. These exercise can be also be performed outside.

Call Your Lawyer • Antoinette Martinez

Antoinette Martinez is a California attorney whose focus is the nuts and bolts issues pertaining to CDL holders, things like speeding, logbook, lane use, overweight tickets, and the like. She is very passionate about her work, and one of the nicest people I have ever had the opportunity to interview. She attends events and supports associations within our industry and is a member of WIT and CTA (California Trucking Association).

Antoinette began her law career in 1996 as a research assistant, prior to becoming a criminal prosecutor who moved on to being a public defender before deciding upon commercial traffic law as her focus. In 2003 she opened her own practice. She operates throughout central California, from Bakersfield to Stockton, and all points in between. Her practice takes her into eight counties. Although she is based in Clovis, she travels extensively throughout the region representing truck drivers in all courts for any citation.

Her goal in life is to be an advocate for the underrepresented and feels she has found that special niche where she can do the most good for the most people. Antoinette believes that we drivers have so many obstacles, stressors, and regulations to contend with that we really need someone who not only can negotiate well, but even more importantly, someone who actually cares about us and our livelihood.

She feels very strongly that none of us should try to represent ourselves when it comes to tickets, especially in California because not only are we dealing with astronomical fines and bail amounts, but the laws are constantly changing. California is increasing collection fines, making the appeals process harder, and has made it mandatory to post bail, in full, for trial, just to name a

few examples. You need someone who is up to date on all these issues in order to make the best deal possible.



*Antoinette Martinez, President
American Defense Lawyers*

California has always been, and will continue to be, a very complex place to operate within our industry, but Antoinette is constantly learning and searching for new ways to learn any and everything she can that will help her serve us to the best of her ability. Although she doesn't always turn down non-commercial drivers, her true focus is on the professionals. She always, first and foremost, fights to keep points off your record in a state that assigns points to some logbook violations as well as mechanical defects. The experience is here, where it matters most. Keeping your driving record clean is her goal.

Antoinette was raised by a family full of hard working, honest people who taught her by example that everybody has to work, it is the one thing we all have in common. She wanted to be an advocate for those same kinds of people, making a difference in the lives she touches and

feels everyday that she is achieving that goal. She fights "the good fight" for us and gets much satisfaction doing so.

She is also very good at what she does, negotiating down charges that carry points into some that are zero points in order to keep us working. She is not only willing, but anxious to learn anything that will help her become a better advocate and is seriously interested in all aspects of our industry. She refers to us as the 'coal miners of the road' because without us, our country would be without the necessary things in life, yet we are treated so poorly by so many. She gets that.

When you need an attorney, you need one with a positive attitude and outlook, one who isn't afraid to challenge the law on your behalf. You need one who knows what she's doing, is intimately familiar with all the pertinent laws and facts pertaining to your case. You need someone who understands and who cares. In central California, that lawyer is Antoinette Martinez.

Antoinette says that drivers are the best clients she has ever had, that they appreciate her and that makes her feel very good.

Remember, Antoinette Martinez of American Defense Lawyers and she can be reached by email at callyourlawyer@msn.com or call her at 559-326-2076. I am sure you will be as impressed with her as I am. Although I hope you'll never need her services, she would be my first call if I did! And WIT members receive a discount!

By Heather Hogeland, WIT Member

**Lucky WIT Member Number
10607-D. You will win a
one year renewal of your
WIT membership if you
contact us by May 1st at
info@womenintrucking.org.**

International Trucking School • Fran Bernard

International Trucking School (I.T.S.) celebrates their 20th anniversary this year. Fran Bernard started with one office and now has six different locations throughout Michigan. I.T.S. works with several colleges and just recently started an online program with Glen Oaks Community College. This opens up so many possibilities for men and woman that are looking for a new career. I.T.S. can help get them back out in the work force and into a whole new career. Without her highly trained staff, I.T.S. wouldn't be as successful as it is today.

Fran loves to tell the story about Terry Stewart, a woman that attended I.T.S. She was a little nervous and half way through, wanted to quit. She was the only woman in her class and worried about things she heard about being on the road. When she found out the owner of the school was a woman, she found a new inspiration. After speaking with Fran, Terry decided to stay, and was she glad that she did. Right out of training she went to work for Swift. A year later she was a trainer and visited I.T.S. When she got out of her truck, she had on six-inch red stilettos and was excited because she had just made the last payment on her own truck. After speaking with Fran, Terry had the confidence to keep going in this non-traditional career.



Terry Stewart in her red stilettos



Fran Bernard, President, International Trucking School, and her daughter Angela MacDonald, author of this article

What Fran loves most about owning I.T.S. is the people the school impacts to help change their lives, hearing the success stories, and seeing the great things people are able to do after being trained. She doesn't look at it like her students are getting a job; to her it is a new career opportunity, for everyone that graduates from I.T.S. Ever since she joined Woman In Trucking, she is happy to give away a free one-year membership to all women that graduate from I.T.S.

A lot of her ambition, drive, and integrity comes from her dad, Dick Crane. He was a legend in his own time. There is a truck show in his honor every third weekend in September in St. Ignace, Michigan. It is the Richard Crane Memorial Truck Show and it is amazing! Hundreds of both show and working trucks come from all over the country to participate in this NAST (National Association of Show Trucks) sponsored show. They have a parade of lights across the Mackinac Bridge that is just breathtaking. If you are ever able to participate in this show or just come and see it, you will be so glad that you did.

Fran is now concentrating on putting together the finishing touches on the Associates Degree in Transportation that should be up and running soon. She is really excited about this new endeavor along

with getting the online programs secured. She is also working on her newest adventure, Heavy Equipment Training. She was approached about combining the truck driving and heavy equipment training and decided to take on the challenge of introducing this new curriculum at I.T.S. People were receiving heavy equipment training and couldn't take the equipment to the job sites because they didn't possess a CDL-A license. Now with the students receiving both programs, they have many more job opportunities available to them and that really makes Fran happy.

Being able to help military men and women is a real quest for Fran. She is so ecstatic to have her own son home from the military where he served overseas in Qatar. I.T.S.'s Basic Truck Driver Program is approved for Veteran's Training by the Michigan State Approving Agency. Being a member of Commercial Vehicle Training Association (CVTA), has enabled Fran to join Commercial Driver Training Foundation (CDTF). CDTF has set up a scholarship program offering partial scholarships for Veterans to attend truck driving schools across the United States. I.T.S. is one of the schools included in this scholarship program.

Last year Fran was forced to slow down a little when she was diagnosed with cancer and had three different cancer surgeries. Her outlook is like it is all the time, very optimistic. She said if it weren't for God, her family, and friends, she wouldn't have been able to get through this difficult part of her life.

On her 20th anniversary, Fran is proud to see all she has accomplished throughout the years and looks forward to continuing to set new industry standards in the future.

International Trucking School
800-4-ITS-101 (800-448-7101)
www.InternationalTruckingSchool.net

A Trucking Journalist • Deborah Lockridge



I didn't set out to be a trucking journalist. Oh, I had plenty of exposure to the world of transportation as a child. My grandfather was a train nut, and I spent many enjoyable hours clambering around old engines at the transportation museum. My dad was a mechanical engineering professor who did much of his own car repair, so as soon as my feet were long enough to reach the pedals, I would help him keep the car engine revving at a set rpm on the tach while he worked his magic under the hood. He made me learn how to drive a stick, how to change my own oil, and how to fix a flat tire before he'd let me get my driver's license.

As I got older and started seriously considering what sort of career path to follow, Dad would hint that I should be an engineer like him – women engineers in the early '80s were highly sought after. "No, Dad! I'm going to be a writer!"

Little did I dream that one day, diesel emissions regulations and the pros and cons of disc vs. drum brakes on heavy trucks would become topics of conversation with my dad. But my second job out of journalism school, 20 years ago, was at a trucking magazine, and I fell in love with the industry.

The trucks themselves were fascinating in all their might and glory. There were all sorts of new words to learn: cabover, conventional, doghouse, fifth wheel, bill of lading (some of which I wondered if they were typos the first time I saw them.) Even more fascinating for me as a journalist were the issues – the new federal commercial driver's license, hours of service, driver fatigue, forced lumping, image problems, the first round of diesel emissions regulations, the early signs of the technician shortage.

Nineteen years later (about a year ago), I was thrilled to be named editor of Heavy Duty Trucking, after 11 years as senior editor at Newport Communications, publisher of HDT and other trucking magazines. About a year prior to that, I was named editor and helped launch a new quarterly magazine from Newport, Heavy Duty Aftermarket Journal (which brought with it a whole new round of things to learn – I'd spent my trucking career writing about the folks that buy the parts, and now I had to learn to look at it from the other end of the transaction.)

When people outside of trucking find out I'm the editor of a trucking magazine, they're typically both incredulous and fascinated. "The big 18-wheelers? Really? Do you drive them?" The answer to that is I don't have a commercial driver's license – we have three editors who do – but I have driven them on closed courses and always enjoy the chance to do so. "What do you write about?" Everything from new trucks and maintenance to government regulations and business issues. (One of our sales reps took to calling me the "oil queen" after I wrote several in-depth articles on lubrication issues.) "Doesn't that get boring?" I explain how incredibly varied the trucking industry is, and how much I enjoy learning about new things. I may explain how issues they've heard about in the mainstream news – like high fuel prices – affect the trucking industry.

I also like to tell them, with a laugh, that one benefit of being a woman in trucking is there's rarely a line for the restroom at conventions!

As a woman in trucking, I find that people are more likely to remember you. I'll certainly never forget the first time I met one of my fellow woman trucking journalists, Carol Birkland, editor of Fleet Equipment, coming back from a hands-on engine tear-down at that first MATS. She remains one of my heroes to this day. Another one is Wendy Leavitt at Fleet Owner, who continues to amaze me by being able to gracefully climb in or out of a truck wearing a skirt and heels, a skill I never mastered. (After my first Mid-America Trucking Show, I switched to wearing slacks and shoes that were much more practical for both climbing into trucks and walking through the huge show.)

Really, it's the people I love most about this business. I'm lucky, as a journalist, that rarely do I run into someone

who is belittling or dismissive of me as a female in a male-dominated business.

Some of the more memorable people: The owner-operator sisters I rode with for a week to get a feel for life on the road. The trucker who insists on wearing a white shirt and tie to work every day. The safety director who's not afraid to buck conventional wisdom in order to save lives. The lubricants guy who walked me through the basics of oil chemistry. The third-generation trucking company president who has worked his tail off through the recession to keep his company's record of never laying anyone off.



*Deborah Lockridge
Editor, Newport Communications*

I love my fellow trucking journalists, both at my own magazine and at others, who I continue to learn from. I'm privileged to work with a team of some of the most experienced and knowledgeable editors in the industry. My team also includes some more women in trucking: my boss, publisher and company president Kate Miller; my talented art director, Susie Overstreet; and my incredibly hard-working managing editor Diana Britton, who's relatively new to the industry – but who I'm hoping learns to love it just as I have.

And when I talk about the wonderful people I've met in this business, I can't forget my husband, Evan, who I met at my first Mid-America Trucking Show. He covers trucking, too, and currently hosts The Lockridge Report on Sirius XM's trucking channel. He's already taught our first-grader the mantra, "Without trucks, you'd be naked, homeless and hungry." Maybe by the time she grows up, women in trucking will no longer raise eyebrows.

By Deborah Lockridge, WIT Member



What are people saying about WIT?

I have kept your email, reading it when I needed courage to get me through my time in trucking school. It is with great pleasure that I can say that as of today--I became a certified CDL operator! Yup, class A all the way! I know the road will still have a few hurdles, but it is the strides that I continue to make each day that will keep the way open for even more gals to take this step and join the ranks of successful truckers! Again, thank you for your support!

Sincerely, Diane G.

•••••

I want you to know how much I enjoyed reading your article [in *Transport Topics*] titled "Women in the Trucking Industry." I absolutely love trucking but there are times when I'm discouraged because it seems to be such a male-dominated

industry. I grew up in this business but have only been working full-time for a few years. I refuse to give up my love for this industry because of others' comments directed towards me as a woman. Your article provided such encouragement. Thank you for your words.

Sincerely, Rachel

•••••

It was my pleasure to be part of the Women In Trucking event in Tulsa, OK. We have been receiving many applications from women in industries related to the trucking industry. This trip afforded me an opportunity to learn first-hand about the problems women face in this male-dominated field.

Women In Trucking's founder, Ellen Voie, is an energetic young woman who saw the need to create an organization to support women in this unusual field. Her membership is growing by leaps and bounds and many of those members are asking about WBE certification. We at NWBOC look forward to forging a strong relationship with Ellen, her

members, and her organization.

Sincerely, Janet Harris-Lange
President, NWBOC

•••••

I want to commend you on your website and the information brought forth. It is so refreshing to see and read such wonderful stories as well as information on Women in trucking.

Vicki O.

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The impact of the economy on the trucking industry has hit my law practice. My large clients have experienced a 40% business decrease which is correlating with my caseload decrease. Nonetheless, I strongly argue that WIT is as necessary as the air we breathe, so I will renew my corporate membership.

Antoinette M. Martinez, President
American Defense Lawyers

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Wow, Char - what a fabulous newsletter! Each edition gets better and better! You and Ellen have accomplished so much. I am so proud to know you both.

Warmest regards, Tom

2010 Women In Trucking Shows & Events

March 25-27	Mid-America Trucking Show (MATS) - Booth 40565.....	Louisville, KY
March 26	Health Awareness Walk at MATS, 8:00 am.....	Louisville, KY
March 27, 12-4 pm	WIT Salute to Women Behind the Wheel (MATS)	
	Rooms C201-C205, South Wing	Louisville, KY
April 15-17	Truck World 2010 - Booth 5037	Toronto, ON, Canada
June 17-19	Great West Truck Show.....	Las Vegas, NV
July 8-9	Walcott Truckers Jamboree.....	Walcott, IA
July 22-25	Fergus Truck Show	Fergus, ON, Canada
July 23-24	Expedite Expo	Wilmington, OH
August 3-7	ATA National Truck Driving Championships.....	Columbus, OH
August 13-14	Waupun Truck-N-Show.....	Waupun, WI
August 26-28	Great American Trucking Show (GATS).....	Dallas, TX
September 17-19	15th Annual Big Rig Truck Show	St. Ignace, MI
October 16	Convoy for a Cure-USA.....	Terrell, TX
October 16-19	2010 ATA Management Conference & Exhibition	Phoenix, AZ
October 16-17	Truck Show Latino	Pomona, CA
Last Wednesday of every month, 1-2 pm ET: WIT segment on Sirius XM Freewheelin' Radio Show (Sirius 147 & XM 171) Calls are welcomed! Dial 1-888-RoadDog for comments or questions.		