

CAM News & Updates - August 1, 2017

CAM Mover's Edge ACD
CANADIAN ASSOCIATION OF MOVERS • ASSOCIATION CANADIENNE DES DÉMÉNAGEURS



INSIDE:
President's Message ~ BC Wildfires ~ Did You Know? ~ Golf Tournament ~ Annual Conference ~ New Member ~ Latest Scam ~ Driving with Diabetes

Visit Our Website!

President's Message

By all accounts, this has been a very busy summer to date. Anecdotally, I have received reports that some members are seeing 100% more activity than last year. Estimates provided by government and corporate customers would seem to have been very low. As busy as you all are, always keep in mind that, as members of CAM, customer expectations are always very high. A perfect move is expected each and every time. Being this busy also means long hours, exhausted workers and a higher potential for missteps. Safety and customer service are still our biggest concerns and must continually be monitored.



Patrick Greaney,
CAM President

It has also been a summer of change. Most recently we have learned that Bryan McLoughlin has left The GPS Consulting Group & Insurance Agencies Inc. **and is therefore no longer chairman of our Supplier Committee. Bryan has been a huge supporter of CAM and an enthusiastic and committed Board Member. We will miss his input and wish him great success in his new ventures.**

In just over a month, we will be hosting our annual golf tournament. Please get your registrations in and make this another successful event.

BC Wildfires - you can help

British Columbia's wildfire situation continues to evolve. There are currently 152 wildfires burning in BC and, since April 1, there have been 778 wildfires in BC that have consumed 379,200 hectares. There are currently 4,500 firefighters and other personnel battling the flames, including almost 800 out-of-province folks, along with 188 helicopters and planes. At this time, there are over 19,000 evacuees who have moved to safety and a couple of sections

of provincial highways are fully or partially closed. The province has partnered with the [Red Cross](#) to help the evacuees affected by these terrible circumstances. Any help you can provide would be greatly appreciated.

Did You Know?

CAM just expanded its online search program that helps consumers find reputable movers. CAM currently has a search program on its home page by which consumers can search for movers near them, just by entering their postal code or city. A list of the 10 CAM members nearest to them within a 50 km radius used to be generated. We've just expanded that program so it now generates a list of ALL the CAM members located within a 50 km radius of the location entered into the program by the consumer. This means a lot more exposure for CAM's members. Try a search for your company [here](#). In June alone, consumers reached out to almost 100 CAM members using our online program. Can you afford to let your membership lapse? Wouldn't it be wise to join CAM and be included in this referral process? Here's how to [join](#) CAM.

CAM Golf Tournament

Just 7 weeks away!

Don't miss the fun. Join us at the **Lionhead Golf Club in Brampton on Monday, September 18** for a terrific day on the links. Lionhead is a quality course that has a reputation for excellence. Bring your colleagues or clients.



[Register](#)

CAM Annual Conference

Join us in Montréal on November 19-21, 2017!

Change - Today's New Constant

We've got a new code to register at the Hotel William Gray in Montreal.

To register at the hotel at the preferred rate for conference attendees, be sure to use code **CAN1119_003**. This rate will only be available **until October 18, 2017**. Bring your spouse - bring your family - make this an experience you'll remember. Here's a link to [register](#) at the hotel.



[Register](#)

Welcome to New Member

CAM would like to welcome this new member to the Association.

[Integrity Movers Ltd in Edmonton, AB.](#)

Latest scam by rogue mover

We were just contacted by a mover about a scam involving a hijacking of their identity. It seems the mover provided a customer with a quote. When they followed up with the customer to find out whether they'd made a decision, the customer advised them that they'd already paid

them a deposit to hold the moving date. It seems another company contacted the customer just after the mover provided the quote saying they were affiliated with the mover, would do the move for a lot less than first quoted and requested payment of a deposit which the customer proceeded to pay. The rogue business has been reported to Crime Stoppers.

Update on Driving With Diabetes

Do you feel very thirsty or hungry, even though you are eating and drinking well? Do you feel tired often? Do any cuts or bruises take extra time to heal? If so, you may be experiencing some common symptoms of diabetes. Here's a link to **Penske's** latest Safety Bulletin, [Update on Driving with Diabetes](#).

Send us your news

If you have news or an announcement that Canada's moving industry should know about, please let us know and we will include it in an upcoming issue of this newsletter. CAM reserves the right to include and/or edit news and announcements.

Send
News

Canadian Association of Movers

PO Box 26004, RPO Churchill, Mississauga ON Canada L5L 5W7
Tel: 905-848-6579 | Toll-free: 1-866-860-0065 | Fax: 905-756-1115
Email: admin@mover.net | Web:

www.mover.net

CAM conference image courtesy of iStock.com/wildpixel



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JOIN US FOR A DAY ON THE LINKS!



Canadian Association of Movers' 21st Annual Golf Tournament



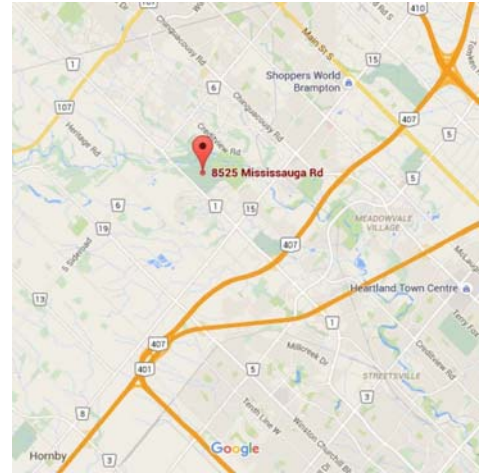
When: Monday, September 18, 2017

Registration & Lunch: 11:30 am ~ Shotgun 1:30 pm ~ Buffet Dinner 6:00 pm

Where: Lionhead Golf Club

8525 Mississauga Road, Brampton, ON L6Y 0C1

- Sharpen your skills
- Meet fellow movers
- Win a prize
- Promote your company
- Bring guests/clients
- Test your game
- Connect with suppliers
- Enjoy delicious food



We're returning to Lionhead Golf Club - a course that will excite every level of golfer. We'll be playing their Masters course which is a traditional design harmonizing with the natural surroundings of forest & rolling hills. A solid mixture of over 100 well-placed bunkers, nine ponds & two rivers make each hole distinctive & an unforgettable experience. Enjoy a pre-game snack & a great dinner after your round. Register a group or come alone & we'll match you with your colleagues. Market your company's products & services by sponsoring.

REGISTRATION FEES

I want to register for:

- Golf & dinner: \$200 x ____ = \$_____ (includes green fee, golf cart, pre-game lunch & beverage voucher & buffet dinner)
- Dinner only: \$70 x ____ = \$_____

All prices include HST. Please let us know if you have any dietary restrictions.

SPONSORSHIP OPPORTUNITIES

Sign up my company for:

- Hole sponsorship: \$200
- Competition sponsorship: \$200 (Please bring an appropriate prize)

MAIL: Send this form & payment to: **Canadian Association of Movers**, PO Box 26004, RPO Churchill, Mississauga, ON L5L 5W7
PHONE: 905-848-6579 or 1-866-860-0065 **EMAIL:** cam_national@mover.net **FAX:** 905-756-1115

Players: Form your own twosome, threesome or foursome; singles will be grouped into a foursome.

SIGN US UP! We'll golf together. We'll golf separately.

Name: _____ Company: _____

Phone: _____ Email: _____

PLEASE ADD: name, company (if it's different from yours) & preferred golf shirt size (Men S-5XL & Women XS-3XL).

Cart 1	1.	Size	Cart 2	3.	Size
	2.	Size		4.	Size

For payment by credit card:

<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Amex	Total Amount:
Card No:	Expiry date (mm-yy):
Cardholder's name:	Cardholder's signature:



Canadian Association of Movers
Canada's Trade Association for the Moving Industry

Change — Today's New Constant

Canadian Association of Movers' 22nd Annual Conference
Sunday, November 19, 2017 (5:00 pm) – Tuesday, November 21, 2017 (9:00 pm)
Hotel William Gray, 421 Rue St-Vincent, Vieux Montréal, Québec H2Y 3A6 Canada



THE PROGRAM

An exceptional array of world-class speakers will impart their insight and experiences to attendees at the Canadian Association of Movers' 2017 Annual Conference in Montréal, Québec.

Our theme this year is *Change – Today's New Constant* because, if there's one thing that you can count on, it's that things are going to change. From the complexity of the shifting political and economic climate, to the fast-paced technological advancements, to the regulating and deregulating of day-to-day business processes, our household goods moving industry faces the challenge of keeping up to-date with the demands of the marketplace.

Our 2017 conference program itself is changing this year and will stand apart from all others. We've extended the program to two full days to provide moving professionals with a greater opportunity to connect with experts at the top of their fields who can provide cutting-edge information that will inspire innovative thinking and provide tools to help build businesses.

CAM's partners – our supplier members and sponsors who endorse CAM and its objectives – are helping CAM to deliver this quality event to you. Excellent presenters, such as keynote speaker Professor Alan Shepard, President and Vice-Chancellor of Concordia University in Montréal, one of Canada's most innovative urban universities, will deliver their views on the changes in society and business that owners and operators have to navigate today. You'll enjoy an informal reception

on Sunday evening where attendees can meet and mingle and a trade show where a variety of industry exhibitors will be available to show you their latest products and tell you about their newest services.

New this year, Monday evening will be free for you to explore all that multicultural and historic Old Montréal has to offer visitors. On Tuesday afternoon, you'll enjoy a special industry-related tour. The conference will close on Tuesday evening at CAM's very popular Chairman's Reception and Annual Awards Dinner where we honour distinguished members in the industry.

THE CITY

We encourage you to bring your spouse and family with you to Montréal – a captivating, charming, cosmopolitan city – where celebrations of the city's 375th anniversary and the 150th anniversary of Canadian

Confederation will be in full force. Montréal is a world-class, modern and dynamic metropolis. Its European heritage shines though in the beautiful 18th-century buildings and cobblestone streets of Old Montréal. A few streets over, the city's dynamic downtown reveals its cutting-edge and creative side. Montréal lives in both French and English, but its multicultural population is really what shapes the cuisine and culture offered in the host of gourmet restaurants, cafés, bars, clubs, galleries, museums and boutiques.

THE HOTEL

With a stay at Hotel William Gray, you'll be centrally located in Montréal, steps from Palais de Justice and Montréal City Hall. This brand new 4.5-star hotel, built in 2016, is within close proximity of Champ de Mars and Bonsecours Market. Only 10 km (or 6 mi. direct) from the St. Hubert Airport (YHU) and 16 km (or 10 mi. direct) from the Pierre Elliott Trudeau Intl. Airport (YUL). You'll be at home in one of the 127 air-conditioned rooms featuring refrigerators, minibars, pillow-top beds with down comforters and Frette Italian sheets, 49-inch LCD televisions with cable programming and complimentary wireless Internet access. Amenities include concierge services, babysitting/childcare (surcharge) and gift shops/newsstands. Grab a bite to eat at the hotel's restaurant with bar, or at the bar/lounge, or stay in and take advantage of 24-hour room service. Cooked-to-order breakfasts are available daily for a fee. The hotel also includes a business center, limo/town car service and express check-out.

A special room rate of \$180 per night is available for the "Canadian Association of Movers conference" until October 18, 2017.



Visit CAM's Events web page on www.mover.net for links to:

- CAM's award nomination forms.
- A detailed conference flyer and registration form.
- The Hotel William Gray room registration.
- A sponsorship registration form to promote your company.



Canadian Association of Movers
Canada's Trade Association for the Moving Industry

Change — Today's New Constant
2017 ANNUAL CONFERENCE - November 19-21

You have five ways to register:

Phone: 1-866-860-0065 • Fax: 905-756-1115

Online: http://www.mover.net/movers1/events/conf2017/2017Conference.pdf • Email: members@mover.net

Mail: Canadian Association of Movers,
PO Box 26004, RPO Churchill, Mississauga, ON Canada L5L 5W7

Name 1 _____ Name 2 _____
Company _____
Address _____
City _____ Prov. _____ Postal Code _____
Phone _____ Email _____

CONFERENCE FEES:

Table with columns: Conference Fees, Members, Non-members. Rows include Full Conference - Monday and Tuesday, ADD: Trade show booth, Monday (only), Tuesday (only) with sub-items like Conference and Awards Dinner.

Sponsorship

- ☐ Sunday Reception\$525
☐ Speaker\$525
☐ Monday Breakfast\$262.50
☐ Tuesday Breakfast\$157.50
☐ Awards Dinner\$525
☐ Awards Dinner Door Prize ...\$525
☐ Industry Tour\$525
☐ Awards\$525
☐ Wine at Awards Dinner\$525
☐ Monday Lunch\$262.50
☐ Tuesday Lunch\$157.50
☐ Coffee Break\$105
☐ Exhibitors' Draw\$525

SPECIAL FOOD REQUEST
(eg. vegetarian, gluten-free, vegan, etc.)

Sub-total _____
Tax (5% GST plus 9.975% QST) _____
TOTAL _____

1 Non-member premiums (\$85 per conference day) can be applied to CAM membership up to six months after the conference.
2 In addition to conference fees - members only
3 Sponsor will be recognized by signage and acknowledged at podium

PAYMENT: ☐ Visa ☐ MasterCard ☐ AMEX ☐ Cheque

Cardholder name _____
Card number _____ Expiry date _____

Safety Bulletin

Update on Driving With Diabetes

Do you feel very thirsty or hungry, even though you are eating and drinking well? Do you feel tired often? Do any cuts or bruises take extra time to heal? If so, you may be experiencing some common symptoms of diabetes.

For over-the-road drivers, diabetes is a serious concern. A 2015 Vital Signs update from the Centers for Disease Control and Prevention (CDC) reports that the rate of diabetes among truck drivers (14%) is twice that of the general population.

There are two types of diabetes:

- **Type 1 diabetes:** This type means your body does not produce insulin, a hormone that helps your body regulate blood sugar.
- **Type 2 diabetes:** This is the most common type, and it means your body is resistant to insulin.

When left untreated, diabetes can cause you to feel tingling or numbness in your hands and feet, blurry vision or frequent urination. The good news: once your diabetes is well managed, you can drive a truck, even if you use insulin.

Insulin and Truck Driving

While some people can manage their diabetes with just oral medications, others need to use insulin. At one time, insulin use disqualified truckers from driving. Today, drivers using insulin can apply for a medical waiver from the Federal Motor Carrier Safety Administration (FMCSA) if they meet certain criteria that show their diabetes is well managed.

You need to be on insulin for one month (for type 2 diabetes) or two months (for type 1) before you can apply, and it can take up to 180 days to receive the exemption.

New Tools to Manage Diabetes

If you already have an exemption — or if you are successfully managing your diabetes without insulin — you may benefit from technology you can find in your smartphone. Free apps for Android and Apple devices allow you to chart your blood sugar readings, plan meals, keep a food journal, track your medications and view message boards.

Keeping diabetes under control is difficult when you're on the road. Some quick tips:

- Always stock your truck with enough diabetes testing supplies.
- Maintain a regular schedule for eating meals and snacks, and for taking your medications.
- Pack healthy snacks, such as fresh fruit, nuts and seeds.
- Get free health screenings (available at many popular pharmacies and supercenters).
- Make walking and other exercise a priority on off-duty time.
- Quit smoking.

