

CAM News & Updates - March 1, 2017



INSIDE:

President's Message ~ Electronic Fingerprints ~ KID Trailer & Equipment ~ TR Overseas ~ Atlas Canada ~ Move for Hunger ~ Riga Conference ~ New members ~ CAM directory ~ Job opportunities ~ Eat wisely ~ Did you know?



Visit Our Website!

President's Message

I am two months into the position of President of CAM and it has been busy. Our industry has had national public exposure because of a rash of moving disasters. We have been highlighted on national TV, well represented by CAM Director **Jim Carney**. I have done interviews with *Global News* in Calgary, *CBC News* both in Toronto and Winnipeg, and *CBS* in New York. These queries have provided CAM with the opportunity...



[Read more](#)

RCMP introducing electronic fingerprints

The **Royal Canadian Mounted Police (RCMP)** is replacing the name-and-birth based criminal record check process with a new one using mandatory electronic fingerprints. As of February 1, 2017, the new process will apply to any organization working on Government of Canada contracts with security requirements issued by Public Services and Procurement Canada (PSPC). This process also applies to any government department who uses PSPC Contract Security Program services. Individuals who don't have valid personnel security clearances will have to obtain a Criminal Record Check through an RCMP accredited fingerprint service provider before submitting a security screening request to PSPC. Learn more about the [mandatory electronic fingerprint requirements](#) of the new criminal record check process.

K.I.D Trailer & Equipment

Another 20-year CAM member

K.I.D. Trailer & Equipment is a full service [truck and trailer](#) dealership based in Oakville, ON

since 1982. For the Canadian moving industry, we provide authorized sales, service, parts and warranty for custom-built Kentucky Trailers. We have also sourced used trucks and trailers for many CAM members in the past. **K.I.D. Truck & Trailer**



Service provides complete repairs and preventative maintenance for all medium to heavy duty trucks and trailers. We are members of **TruckPro** - the largest network of independent service facilities in Canada, which allows us to offer top-quality replacement parts at affordable prices and provide a North America-wide service warranty program. Please see our [flyer](#) or visit [TruckPro](#) for more information.

TR Overseas acquires Crown Worldwide Records Management (Toronto)

TR Overseas Moving Inc. recently purchased **Crown Worldwide Limited's Records Management** Toronto division. Their Burlington, ON property was purchased by Warehouse Properties Limited, the holding company of TR Overseas Moving Inc. The Records Management division of TR Overseas Moving Inc. has been doing business as Tippetts Records Management since December 7, 2016. Crown Worldwide Limited, a household name in the records management storage business for the last 15 years, grew the business to capacity at 130,000 cartons in their 16,000 sq.-ft. Burlington warehouse. Stew Tompkins, who has been in the records management industry for 30 years, will head up the new division as General Manager. Staff of the Crown Records division are staying on to continue to provide their professional expertise and exemplary service. TR Overseas Moving Inc. is owned by the Naylor family through the holding company Warehouse Properties Limited, which has been involved in records management services across Canada for almost 90 years. Congratulations to TR Overseas!

Atlas Canada partnering with Move for Hunger

Atlas Canada has become the first Canadian van line to partner with **Move For Hunger**, a national non-profit organization that mobilizes the relocation industry to fight hunger and reduce food waste. People tend to throw a lot of things away when they move, including perfectly good food. As proud partners of Move For Hunger, Atlas Canada's partner agents will now be collecting non-perishable food from their customers and delivering it to local food banks.

[Read more](#)

Move for Hunger's Big Truckin' Raffle

Move for Hunger is offering you a chance to win a 2018 Freightliner Truck with a 26' Morgan body. Their [raffle](#) closes June 1st at noon EST.

Young Movers Conference 2017

The Young Movers Conference is going to be held from May 11-14 in Riga, the capital city of Latvia. The conference is officially supported by FEDEMAC and IAM.

[Read more](#)

Welcome new members

CAM welcomes these new members to the Association.

Movers

John Gray Moving & Storage - Lachine, QC

Sweenie Moving - Saanichton, BC

International

Viamar Scilla Transport International Inc. - Vaughan, ON

[View member directory](#)

CAM member directory - spring issue

CAM will be publishing the spring issue of *The Canadian Mover* magazine and member directory in April.

To be included, your membership fees must be paid up.

We want to make sure that the information we print about your company is up-to-date, so please let us know if you have changed your address, primary contact person, telephone numbers, etc. You can check and update the details we currently have for your company on our [website](#).



Job opportunities

There are quite a few new job opportunities posted on CAM's [website](#). Check back regularly for new postings.

Eat Wisely to Stay Heart Healthy

A successful business is a safe business. That's why it's important to stay on top of the latest safety information and best practices. **Penske's** Safety Bulletins alert you on topics ranging from workplace safety to tips on what to do in the event of a crisis. Here's their latest Safety Bulletin, [Eat Wisely to Stay Heart Healthy](#).

Did You Know?

About 10% of CAM's members supply products and services that movers need - such as moving equipment, insurance, trucks and trailers, electronic tracking equipment. Their customers include our over 300 mover members, and a lot more. If you are a supplier to the household goods moving industry, let CAM help you to promote your business in Canada and beyond its borders through advertising, a dedicated [supplier web page](#) and vendor opportunities. Here's [why you should be a CAM supplier member](#).

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

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President's Message

I am two months into the position of President of CAM and it has been busy. Our industry has had national public exposure because of a rash of moving disasters. We have been highlighted on national TV, well represented by CAM Director Jim Carney. I have done interviews with *Global News* in Calgary, *CBC News* both in Toronto and Winnipeg, and *CBS* in New York. These queries have provided CAM with the opportunity to explain who we are and what we provide. Communication is key to our existence and growth. To get a message across, the public speaking mantra is to tell your audience what you are **going to tell** them, tell them what you **want** to tell them, and tell them what you **told them** (*twice*). It has been suggested that for a message to get embedded, it has to be heard at least seven times. Not necessarily to be understood, but to be clearly recognized. As professionals, don't be afraid of the fine print; explain the terms in great detail to your potential customers.

To improve our communications at CAM, we have made major strides in integrating the various social media threads into our website. Over the last few weeks, Facebook, Instagram, LinkedIn, and Twitter feeds have been connected to our website. We are working to get our website higher recognition on the various search engines. We have issued a press release to highlight our activities. We have engaged the Better Business Bureaus of the Maritimes and Alberta in our endeavours to differentiate CAM members from those who claim to be "movers".

All of these initiatives take time, but are necessary to tell the consumer who we are, what we do, and how we do it. It does not hurt to brag, but one has to be able to back up claims. Our communications cannot be negative; our messages must be positive. CAM's identity must become a first point of contact in the consumer's search for a reputable mover.

Respectfully,



Patrick Greaney
President
Canadian Association of Movers

March 2017

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OUR PRIORITY.**

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**FOR IMMEDIATE
RELEASE**

LEADING VAN LINE PARTNERS WITH NATIONAL NON-PROFIT TO FIGHT HUNGER AND REDUCE FOOD WASTE

*Atlas Canada and Move For Hunger Announce Collaborative Effort to
Help Feed Families In Need Nationwide*



OAKVILLE, ON – Atlas Canada, whose 130 agents across every province and territory provide local, long distance, international, cross border and specialized moving services, has partnered with **Move For Hunger**, a national non-profit organization that mobilizes the relocation industry to fight hunger and reduce food waste, to provide much-needed assistance to food banks across Canada.

People tend to throw a lot of things away when they move, including perfectly good food. As proud partners of Move For Hunger, Atlas Canada's partner agents will now be collecting non-perishable food from their customers and delivering it to local food banks.

"Atlas is the first Canadian van line to join us as a partner," **said Adam Lowy, Executive Director and Founder of Move For Hunger**. "Food insecurity is on the rise throughout Canada. We're grateful that Atlas Canada recognized the urgency of the problem, and has made a commitment to helping people in the communities they serve."

“Atlas is proud to partner with Move for Hunger and it is such a great fit for our organization” said **Barry Schellenberg, President of Atlas Canada**. “Our customers who are moving can donate food and the Atlas agents will transport it to the local food banks. This is a great way for our customers and Atlas agents to give back to their communities”.

Through the generous support of partners like Atlas Canada, Move For Hunger can continue to help the more than 800,000 Canadians who are struggling to find their next meal. For more information about Move For Hunger and how you can make a difference please visit www.MoveForHunger.org.

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Move For Hunger is a non-profit organization that mobilizes the relocation industry to fight hunger and reduce food waste. In addition to collecting food from people who are moving to new homes, Move For Hunger helps companies and individuals across the United States and Canada organize successful food drives. To date, they have collected more than 7.6 million pounds of food. For more information, or to find out how you can host your own food drive, visit www.MoveForHunger.org.

Atlas Canada services the highest percentage of Canada’s long distance, consumer household goods moves and holds the largest market share in the corporate relocation market. Atlas has 130 agents across every province and territory that provide local, long distance, international, cross border and specialized moving services. Atlas pioneered the first national Back Check and Quality in Motion programs in the Canadian moving industry. For more information on Atlas Van Lines (Canada) Ltd. visit www.atlasvanlines.ca.

PRESS CONTACT:

Dan Beam, *Communications Manager*

Move For Hunger

dan@moveforhunger.org or (732) 774-0521 x109

Safety Bulletin

Eat Wisely to Stay Heart Healthy

According to a study released last summer by the Centers for Disease Control and Prevention, truck driving ranks as the second least heart-healthy occupation in the United States.

The study evaluated 66,000 people in 22 occupations, and ranked participants based on how well they met seven “heart healthy” goals set by the American Heart Association (AHA). Those goals include not smoking, staying physically active, maintaining an ideal weight and a healthy diet, and having normal blood pressure, blood glucose and cholesterol levels. A total of 14.3% of truckers surveyed hit just two or fewer of these goals.

Since February is American Heart Month, this is a great time for you to make a heart-healthy change. A balanced diet can help improve your heart health, your weight, blood pressure, cholesterol and blood glucose levels. Here are 8 tips from the AHA:



- 1. Count your calories.** An average American diet is 2,000 calories a day. That can change based on your age, gender and level of physical activity.
- 2. Swap your snacks.** Put down the chips, donuts or microwave popcorn. They all have trans fats (also called partially hydrogenated vegetable oils). They are dangerous for your heart. Instead, grab fruits and vegetables or nuts for a tasty treat. Fresh veggies and fruits are preferred, but canned is OK too.
- 3. Watch what you drink.** Low-fat milk (skim or 1%) is a healthier choice than whole milk. It's also important to swap the sweets and sugar-packed soda for water or other lower-calorie drinks and treats.
- 4. Think lean.** Red meat can be OK, but choosing leaner cuts with less fat (fewer than 10 grams per serving) is healthier. Round roast and sirloin are two leaner meats.
- 5. Try chicken or fish.** Chicken without skin is always a heart-healthy choice. So too is fish such as salmon, trout or herring, which contain omega-3 fatty acids that help to reduce joint pain, inflammation and cholesterol levels. Aim to eat fish twice a week.
- 6. Look for whole-grains.** Whole-wheat or rye bread, brown or wild rice, and whole-wheat or whole-grain pasta are all smart choices.
- 7. Halt the salt.** Choose low-sodium foods. Aim for no more than 2,400 milligrams of sodium per day. The lower your sodium intake, the better your blood pressure.
- 8. Watch what you eat on the road.** If you're eating fast food, choose grilled chicken, salads, low-fat milk, fruit or oatmeal. At the diner or truck stop, skip the calorie-loaded appetizers, and avoid fried foods and calorie-packed desserts.