



PCC Logistics, 432 Estudillo Ave., San Leandro, Ca. 94577
Web site address <http://pcclogistics.com>

PCC would like to invite you to visit our New Website

PCC is proud to announce the launching of our new website aimed at informing and updating all our customers as to the various services PCC provides. Our new web site provides a comprehensive listing by venue regarding the services we offer along with a detailed information page outlining their specifics. PCC's new website should prove a tremendous source of information to not only our new customers but also offer a few surprises to our established clientele as well.

Ours is a cutting edge internet site far superior to most anything within our specific industry. In order for us to maintain this standing, we will continuously update our website by means of revision and the addition of new information as our industry continues to transform itself. It is our hope that you find our web site user-friendly and encourages you to view our site at your earliest convenience.

<http://pcclogistics.com>



Welcome to the first edition of PCC Clippings. Our newsletter is designed to keep our customers updated on news at PCC Logistics. Be sure to let us know what you think. You can contact our Regional Managers, Jerry Moro or Al Muehlenbruch, or any of the people listed on the Facility Directory listed on page 7. We're also eager to hear your ideas about cargo news and other important items you may wish to share.

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PCC Logistics Facilities Index:

- REFRIGERATED SERVICES FACILITIES
- OVERWEIGHT CORRIDOR FACILITIES
- TRUCKING FACILITIES
- CUSTOMS BONDED FACILITIES
- OVERSEAS FACILITIES
- RAIL SERVED FACILITIES
- AMS CERTIFIED RUSSIAN POULTRY EXPORT FACILITIES

New Service Offered

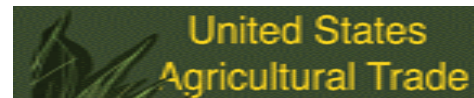
PCC Logistics is also pleased to announce that Agricultural Trade Inspections are now available at the Port of Oakland. Our facility is located at 2498 W. 21st Street, Building 808. This Facility is located within a one mile radius from all Oakland Terminals. PCC Logistics can now perform trade inspections for both importers and exporters. A U.S. Trade and Customs Officer specializing in agriculture inspections is now permanently stationed at this location. PCC Logistics has enjoyed a long-term partnership with U.S. Customs / CBP in providing CES and CET inspections within the Port of Oakland.

This new service offering which is conveniently located within the Port of Oakland, will focus on



On site Agricultural Trade Inspections for both importers and exporters now available in Oakland.

strengthening the marketability of your domestic and international agriculture products, while reducing the friction of doing business in this segment of the supply chain. PCC's Agriculture Trade Inspections will ensure all cargoes imported and exported meet the rigorous standards set forth while contributing to the preservation of the global environment.



Military Humvees loaded at one of our Oakland Facilities

PCC Logistics handles many types of military service requests. These orders are very detailed orientated and require special handling and documentation. PCC Logistics' dedicated staff follows all the special requirements necessary for the transloading of military cargoes.

This specific service request required PCC Logistics to receive five, High Mobility Multipurpose Wheeled Vehicle (HMMWV or

Humvee) off of a rail flatcar for handling. The Humvees were then unloaded and stored in our high security warehouse until booking information was furnished. We then schedule delivery with the steamship line as specific information is required along with military documentation. PCC then transloaded and secured the Humvees to flatbeds as the military hardware were ultimately loaded directly onto flat racks at the APL terminal for international shipment.



Humvees as they arrived into Oakland on rail flatcars.



Humvees once loaded onto flatbeds for delivery.

Our Newest Location

Wilmington “G” Street Facility

Our new location in Southern California is approximately four acres, possesses twenty cross-dock positions, forty reefer plugs, and is within one mile of both the Ports of LA and Long Beach. It is the ideal location for any of your cross-docking needs. It is also an ideal site for accommodating over-dimensional shipments.



Cold Storage Availability

PCC Logistics services all of the West Coast Ports with comprehensive refrigerated storage services to keep shipments in perfect condition. Two of Oakland’s Facilities have on site cold storage freezers.



When it has to stay cold, you can depend on PCC Logistics to keep your refrigerated products at the correct temperature. Whether your goods are bound for export or imported from overseas for domestic distribution, PCC Logistics ensures the cold chain is maintained.

U.S. Customs Bonded Warehouses

Did you know that all of PCC Logistics Facilities are U.S. Customs Bonded? As such, we can receive imported freight while in bond and hold it up to 15 days while awaiting customs clearance and we can provide this service at every West Coast Port!!!

PCC Logistics has Facilities or Offices in the following areas to serve you.

Oakland and Los Angeles CA, Seattle and Tacoma WA, Las Vegas, NV, Hong Kong, Shanghai, Shenzhen, and Qingdao PRC.



PCC Logistics moved into our new Corporate Headquarters in the beginning of 2009.

Sink or swim

Mar 26th 2009 | HONG KONG
from *The Economist* print edition

A deluge of new ships pours into a drowning industry

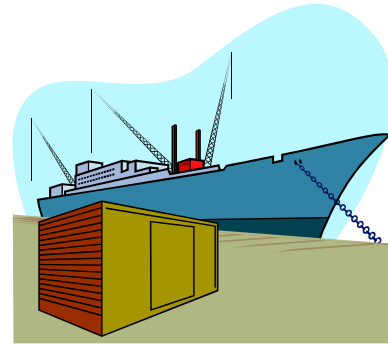
Like unwelcome guests who will not leave, 453 container ships, 11% of global capacity, now float outside the harbours of Hong Kong, Singapore, and other South-East Asian ports. They are unwanted by their hosts as well as their customers. In recent days China has quietly let it be known that it wants to rid its territorial waters of these nautical squatters.

Only five years ago huge demand from China meant that all these ships, and more, were desperately needed. This had a dramatic impact first on shipping rates, and then on supply (see chart). Between the end of 2006 and July 2008, shipyards received enough commissions to double the world's fleet. Now these new ships—more than 9,000 vessels—are taking to the water just as demand has collapsed. The world is awash with ships.

Orders for new ships have, not surprisingly, collapsed and scrutiny has shifted from what can be bought to what can be cancelled: nothing it turns out, without great effort. South Korea's shipyards, the global leaders, have learnt from previous busts. They typically demand 20% up front, a further 60% during construction, and the final 20% payment upon delivery. Walk away and lose a fortune.

Given mutual interest in survival yards and ship owners are no doubts discussing delays. These talks are typically quiet. They think more than half the deliveries for 2010 will be delayed—and shipyards will agree because the alternative is no work after 2011.

Theoretically the fall in prices should trigger a contraction of supply, as older ships are scrapped and new orders are cancelled. In practice, however, shipyards usually complete ships that are under construction, even if the buyer walks, in hope of selling them to someone else.



Shipbuilders have strong government support: in China they are beneficiaries of the \$585 billion stimulus package, and domestic firms are being encouraged to pick up any orders cancelled by foreign buyers. Not to be outdone India and Vietnam are subsidizing the expansions of their own shipbuilding operations. More new vessels will merely widen the circle of losses, extending it from builders to shipping lines themselves, and back to even the strongest builders as competition intensifies. Rather than a bail-out what the industry really needs is for some participants to sink.



Health and Wellness

Physical Activity in Your Daily Life



It's convenient, comfortable and safe to work out at home. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day. Try these tips:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.

Keep exercise equipment repaired and use it!



Back Safety – Lifting Techniques



Although back problems are common sources of pain and disability, most of these problems are preventable through the use of proper lifting techniques.

There are a variety of stresses that improper lifting, twisting, or bending can put on the back. Back problems can include:

- Strains and sprains
- Torn ligaments
- Ruptures or slipped disks
- Muscle spasms

Back problems may not necessarily be connected with work. Some non-work-related factors that can contribute to back problems are posture and physical condition. In most cases, these factors can be corrected.

There are a few simple rules for good posture. When sitting, your knees should be slightly higher than your hips and your shoulders and upper back should be straight. Don't slouch—stand straight with your weight centered over your hips. When lying down or sleeping, keep your knees slightly bent or lie on your back. Sleeping on your stomach can result in morning backache.

Emphasize the benefits of good physical condition. Obviously, a well-toned body can take an unexpected stress or strain better than one suffering from a lack of exercise.

But, when you need a lift on the job, you need to follow safe lifting techniques.

Remember Safety First!!

PCC Logistics FIND A WORD

Please see the list below of words to find in puzzle.



- CARSON
- COAST
- CONSOLIDATION
- CONTAINER
- CUSTOMS
- DISTRIBUTION
- DRY
- EXPORT
- IMPORT
- INSPECTIONS
- LOGISTICS
- OAKLAND
- PACIFIC
- REFRIGERATED
- SEATTLE
- TACOMA
- TRANSLOADING
- TRANSPORTATION
- TRUCKING
- WAREHOUSING

Fun Facts:

The Port of Oakland was the first major port on the Pacific Coast of the United States to build terminals for container ships. It is now the fourth busiest container port in the United States; behind Long Beach, Los Angeles, and Newark. Development of an intermodal container handling system in 2002 culminated over a decade of planning and construction to produce a high volume cargo facility that positions the Port of Oakland for further expansion of West Coast freight market share.



Opened: 1927

Website: [HTTP://www.portofoakland.com](http://www.portofoakland.com)

PCC Logistics Facility Directory

Northern California

Regional Manager – Jerry Moro
Email: Jerry@pcc.cc

7th Street Facility - Oakland
Phone: 510-763-8991 Fax: 510-763-9002
Business Unit Manager – Sara Custer
Email: Sara@pcc.cc

Pacific Transload System – Bay Street Facility -Oakland
Phone: 510-893-5420 Fax: 510-893-8351
Business Unit Manager – Sam Johnson
Email: Sam@pcc.cc

Building 808 Facility - Oakland
Phone: 510-433-1006 Fax: 510-433-1003
Business Unit Manager – Rosa DeAnda
Email: Rosa@pcc.cc

Direct Delivery – Brokerage Division - Oakland
Phone: 510-433-1875 Fax: 510-433-1878
Business Unit Manager – Steve Gardner
Email: Steve@pcc.cc

Southern California

Regional Manager – Jerry Moro
Email: Jerry@pcc.cc

Carson and "G" Facilities
Phone: 310-900-1800 Fax: 310-900-1810
Business Unit Manager – Claudia Geller
Email: Claudia@pcc.cc

Direct Delivery – Brokerage Division - Carson
Phone: 310-933-0015 Fax: 310-933-0014
Business Unit Manager – Leonard Arriola
Email: Leonard@pcc.cc

PCC Logistics Facility Directory

Pacific Northwest

Regional Manager – Al Muehlenbruch
Email: Al@pcc.cc

Occidental Facility - Seattle
Phone: 206-622-4030 Fax: 206-622-8715
Business Unit Manager – Ellen Hanson
Email: Ellen@pcc.cc

Harbor Island Facility - Seattle
Phone: 206-223-0551 Fax: 206-223-0667
Business Unit Manager – Scott Jarboe
Email: Scott@pcc.cc

Tacoma Facility
Phone: 253-572-9797 Fax: 253-572-9898
Business Unit Manager – Bonnie Geray
Email: Bonnie@pcc.cc

Sales Department

Jean Paul Weber-Vice President of Sales
Phone: 510-346-6100 Email: JP@pcc.cc

Tom Rogers – Pacific Northwest
Phone: 206-622-4030 Email: TR@pcc.cc

JayDee Martin – Southern California
Phone: 310-900-1800 Email: JD@pcc.cc

Douglas Scherbarth – Southern California
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Doug Williamson – Northern California
Phone: 510-433-1875 Email: Douglas@pcc.cc

Ellie McWilliams – Regional Support Team Manager
Phone: 510-763-8991 Email: Ellie@pcc.cc

Please accept our invitation to sample the "PCC Logistics Experience" and discover how much easier we can make your job by simply doing ours well.



Our Goal is simple..... Hold on to every customer