



"A Customer First Company" November 2010

Welcome to the November 2010 Edition of "On the Move"

Protecting Yourself and Vanpool Members this Cold and Flu Season

With the flu season upon us it is important for each van to discuss how it could potentially impact your vanpool. As most of you probably know, influenza (flu) is a serious contagious disease that can lead to hospitalization and even death. Flu is spread through sneezing, coughing and touching objects or surfaces and then touching your mouth or nose. The symptoms of influenza include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also exhibit vomiting and diarrhea in addition to the previous symptoms.



The CDC has asked that people displaying these symptoms, and/or have been diagnosed with the flu, attempt to distance themselves from others so as to not infect people needlessly. In fact, last year most colleges that were struck with H1N1 quarantined their infected students in special dorms until they were no longer sick and contagious. Keeping this in mind if you are sick

and have symptoms consistent with the flu please stay home until you are well. The van is a very small and close environment and no doubt if we have anyone sneezing/coughing and in a contagious state it will impact the entire van. Hopefully none of us will have the misfortune this season to contract the flu; however, if you do, please show your care and concern for others by staying home. Also, please spare your coordinators or van members the embarrassment of having to approach you if they suspect you have the flu. We recommend all of you view <http://www.cdc.gov/flu/protect/preventing.htm> for more suggestions on preventing the flu.

Information taken from:
<http://www.cdc.gov/flu/protect/preventing.htm> and 2009 email from Lorraine Meredith.

Farewell to a Good Friend – Gladys Billups

We would like to take an opportunity to bid farewell to a wonderful vanpool member that has been with K&K for over two years. Gladys Billups will be leaving the K&K family at the end of November. She is currently a rider on Van 15. After many years of service to our country she is retiring from the federal government after 37 years of service. Gladys, it has been a great pleasure to have served you and we wish you the very best in the future.

Preparing for Possible Subsidy Changes in 2011

As the end of the year approaches, we have yet to hear that the current \$230 commuter subsidy, provided to federal employees, will be extended in 2011. The limit increased back in March 2009, but was not permanent. The language of the legislation indicated the increase would end on December 31, 2010. We will keep all of you informed of any changes we learn about this legislation.

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Vanpool Etiquette – Hygiene

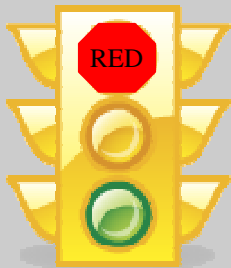
In past editions we have discussed some issues concerning vanpool etiquette. In this month's edition we want to focus on the topic of hygiene. As a courtesy to other vanpool members we would like to stress the following points:

- During your commute keep shoes on at all times.
- Do not wear large amounts of perfume or colognes as these may be offensive to some riders. In some cases, there are individuals that are allergic to these substances.
- For the comfort and health of all riders personal hygiene must be maintained within acceptable standards. This includes ensuring you have showered and taken care of personal needs before riding on the van.

If you have questions concerning hygiene please openly discuss them with your coordinators and vanpool to come up with your particular van's guidelines.

A "Red Light" For November Driver Complaints

Below are complaints either called into our main line or emailed to us from angry motorists. Please take these complaints seriously. As a driver you are responsible for your safety, your van member's safety, and the safety of others sharing the road with you. Please take time to get home not just on time but alive.



Van 007 – Tractor trailer truck driver called during the PM commute to say Van 007 was tailgating him and following so closely that he could not see the van in his rearview mirror and that an accident would occur if he suddenly had to brake.

MV003 – Cut off a driver while driving above the speed limit traveling south on I-95 near Atlee exit.

Please Help out Our Fellow Rider – Leave Donations are Requested

For years Lorraine Meredith has been a part of the K&K Family both as a rider and van coordinator. She has been instrumental in spear heading K&K's Christmas Share projects and has assisted many commuters over the years. Now she is in need of help from the ridership. She is requesting leave donations from federal employees for medical leave she is required to take this December. If anyone can help Lorraine please email her at lkm@obpa.usda.gov or Melanie at mholden@ridek2k.com. Thank you!

K&K Connection November Birthdays

Barbee Broadnax	Brian Fain
Christopher Pierce	Dan Hand
Joel Harrison	Trina Berry
Cindy Norris	Melanie Holden
Timothy Holcey	Marlise Skinner

We apologize for any birthdates we may have missed. If you have an upcoming birthday in December we would love to recognize you, please send your birthdates to owilliams@ridek2k.com

Welcome To K&K Connections

We would like to extend a warm welcome to all new riders who have joined the K&K family in the month of November. Please forgive us and let us know if we missed your name.

Locrecia Williams	Silulu Gould
Angelique Dickerson	Danny Jones
Tifney Garey	

FINAL Notices and Reminders:

Don't forget to keep logging your NuRide miles. We have yet to award a van for 100% participation in the RideFinder NuRide challenge. Contact Melanie for contest details or log onto www.ridefinders.com for more information about the benefits of NuRide.

Have a wonderful, blessed Thanksgiving!

Contact Us At: info@ridek2k.com
PO Box 2010, Chester, VA 23831
Local: (804) 706-6491 Fax: (804) 706-6492