

AllCovered NEWS

HIGHLIGHTS TO HELP YOU THIS WEEK

- Office Workers Face Blood Clots
- Slower So-Cal Cargo In 2007
- Higher Freight Rates
- More Ocean Schedule Re-Shuffles

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DETAILED CONTENTS THIS WEEK

SMALL BUSINESS:

Office Workers
Face Blood
Clots

TRUCKING:

Paying
Bounties For
Drivers
FL Re-Tread
Ban Dead

SECURITY:

TWIC Worries
Cargo
Business

OCEAN & AIR FORWARDING:

Slower So-Cal
Cargo Growth

IPBC Hikes
Rates \$600

Maersk Shuffle
Continues -
\$568-Million
Loss

NWA-Cargo
Named In Price-
Fixing Probe

Intl Air Cargo
Up 2.4%

JUST FOR FUN:

Boomer Songs
Updated

New Shopping
Experience

NEXT WEEK

Simple Things
Make Success

Links to source
stories at end of
excerpts

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PDF FORMAT: <http://www.allcovered.net/AC-News-PDF.htm>

NOTE: All links to stories in PDF version work - just click them

>> SMALL BUSINESS SECTION <<

SMALL BIZ - OFFICE WORKERS RISK BLOOD CLOTS

Office workers and taxi drivers who sit for long periods at a time risk developing blood clots in major blood vessels just like long-haul airline passenger.

The Medical Research Institute of New Zealand in studied 62 people who suffered from deep vein thrombosis (DVT), including taxi drivers, IT workers and managers, and found 34% of the cases were a result of being seated for long periods at work.

Deep vein thrombosis is a condition where blood clots form within a deep vein, commonly in the thigh or calf. The clots can block the flow of blood, causing swelling, pain and hypertension.

If the clot travels to the lungs it can cause a pulmonary embolism which is potentially fatal and can kill within hours. The condition is treatable with blood thinning drugs.

The New Zealand study found that "seated immobility at work was identified as a risk factor" if, in a four week period prior to the onset of symptoms, a worker had been seated for three hours at a time without getting up during an eight-hour shift.

PREVENT DVT

Once an hour take a short walk or...
At your desk, straighten your legs and tense the muscles, then relax them several times... stretch your legs and rotate your ankles and feet.

DVT SYMPTOMS

Symptoms of DVT may include pain, swelling, tenderness, discoloration or redness of the affected area, and skin that is warm to the touch.

Workers in offices who sit at a computer or desk for long periods of time without getting up and moving are at risk if they remained seated for more than one hour at a time without getting up and walking briefly.

"Deskbound people in front of a computer, like IT workers... can be seated for 12 to 14 hours a day, day after day," institute director Richard Beasley told Reuters on Wednesday. "Many times they don't get up for 3 to 4 hours.

"We are getting more cases (of DVT) involving people seated for long periods at work," he added.

MORE: <http://www.pcmag.com/article2/0,1895,2104359,00.asp>

TECH BIZ - ULTRA-PORTABLE LAPTOPS: I'm in the middle of my annual spring marathon of travel, visiting Europe, Asia, Africa and Latin America... some several times... through May. Business travel is always a challenge, but when you carry a 10-pound (5kg) notebook computer like I do plus accessories and other paperwork that results in a 27 pound (13kg) briefcase as well as your carry-on luggage, it gets old. Finally ultra-portable computers have enough power to be useful in everyday work as well as nice to travel with. Here is PC Magazine's pick of the best.

MORE: <http://www.pcmag.com/article2/0,1895,2105650,00.asp>

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>>>> TRUCKING SECTION <<<<

TRUCKING – BOUNTIES FOR NEW DRIVERS

Charlie Edgerton knows the best way to attract truck drivers to his company is by word of mouth. And the drivers who are really sold on the company -- they're the ones touting his firm at truck stops and on the CB radio.

"We've had to get really creative because, if we don't, we don't get many people walking in and filling out applications," says Edgerton, the director of Glen Raven.

Most trucking companies offer some sort of referral bonus, and bounties can range from \$400 to \$1,500. Glen Raven pays a driver a finder's fee of \$300 if the referral stays with the company for 90 days. Shelba D Johnson pays a bonus of \$1,000 to employees if the referral stays with the company for a year. Epes pays a bounty of \$1,500 to an employee if the new driver stays for 30 days.

MORE: http://triad.bizjournals.com/triad/stories/2007/03/26/focus3.html?et=152&b=1174881600^1435806&hbx=e_vert

TRUCKING – FLORIDA RE-TREAD BAN DEAD: Florida state Senator Victor Crist's recently proposed bill to ban the use of re-treaded tires by most trucks in the state is now a dead issue, according to Harvey Brodsky, managing director of the Tire Retread Information Bureau. Bill S912 would have prohibited the use of re-treaded tires on truck tractors, pole trailers or semi-trailers operated on Florida's public roads, streets or highways. "On behalf of our members and the entire trucking industry in Florida, we are pleased that this is now a dead issue," Brodsky said.

MORE: <http://www.etrucker.com/apps/news/article.asp?id=59019>

>>>> SECURITY SECTION <<<<

SECURITY - TWIC WORRIES CARGO BUSINESS

As many as one million US seaport and ship workers... plus all air and truck freight workers... must undergo background checks and obtain biometric identification cards as part of a federal program aimed at improving security.

The credentials will supplement, rather than replace, the security cards and clearances workers already must have, sowing doubts about the program among shipping companies and port operators, industry officials said at the Maritime Security Council's annual conference in Fort Lauderdale last week.

Enrollment in the US Transportation Worker Identification Credential program, called TWIC, is scheduled to open this week at the Port of Wilmington in Delaware and expand to all US seaports by August 2008.

The Transportation Security Administration (TSA) aims to issue the cards within 10 days of enrollment but the current estimate is 30 days.

MORE: http://news.monstersandcritics.com/usa/news/article_1281030.php/New_U.S._port_IDs_cause_concerns_in_industry

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SECURITY – DHS TESTS AIR CARGO SCREENING: The US Department of Homeland Security has announced the Air Cargo Explosives Detection Pilot Program testing air cargo screening technologies at Cincinnati/Northern Kentucky International Airport. Similar pilot programs are already under way at San Francisco and Seattle-Tacoma international airports.

MORE: http://www.upi.com/SecurityTerrorism/dhs_to_test_air_cargo_screening_processes/20070328-045606-9449/

MORE: <http://www.joc.com/articles/news.asp?section=air&sid=41602>

>>> AIR & OCEAN SECTION <<<

OCEAN – SLOWER 2007 SO-CAL GROWTH SEEN

The twin ports of Los Angeles and Long Beach will once again handle record volumes of cargo this year but should be able to avoid major disruptions if industry experts are right. A panel of representatives from shipping lines, marine terminals, trucking firms, retailers and railways sounded mostly positive about this year's peak cargo season, which typically runs from late spring through October.

Overall cargo volume is expected to grow, but the pace of that growth is expected to slow from previous years, says Paul Bingham, a principal with Global Insight summing up the feeling of the panel. Overall, cargo volume should grow by 8.3%, compared to 10.6% last year.

LA-Long Beach ports account for 40% of all the cargo container traffic coming into the US. MORE: http://www.mercurynews.com/news/ci_5532111

OCEAN – IPBC LINES HIKE RATES: Member lines of the India-Pakistan-Bangladesh-Ceylon Conferences announced a new round of rate increases in the westbound trade, as part of their business plan for 2007. Freight rates will rise by \$600 per TEU and \$1,200 per FEU on cargo shipped from India, Pakistan, Bangladesh and Sri Lanka to the United Kingdom, North Continent, Scandinavian, Baltic and Mediterranean ports beginning 1 May. MORE: <http://www.joc.com/articles/news.asp?section=ocean&sid=41631>

OCEAN – FEFC BAF FOR MAY: Member lines of the Far East Freight Conference have released their May bunker and currency adjustment factors. To and from the United Kingdom, Northwest Europe, the Mediterranean and Scandinavia, the bunker surcharge for May will be \$256 per TEU. To and from the Baltic Sea Region, the BAF for May will be \$261 per TEU. MORE: http://www.americanshipper.com/SNW_story.asp?news=53943

OCEAN – TALKS IN MARSEILLES PORT STRIKE: French government officials are meeting with port union leaders in an effort to end a strike at the Port of Marseilles that could squeeze the supply of fuel in France and affect exports to the United States. The strike by workers at the Fos-Lavera terminal is in its third week. Members of the Confederation Generale du Travail union last week rejected an end to the protest over hiring of non-port workers at a new Gaz de France terminal. Marseille is the world's third-biggest port for petroleum products and is a crucial hub for exports to the United States. MORE: <http://www.joc.com/articles/news.asp?section=ocean&sid=41630>

OCEAN – RHINE CLOSED LAST WEEK: The Rhine river was still closed late Friday, but expected to be open again for vessel traffic by the time you read this. The river was closed last Sunday after 31 20- and 40-foot containers fell overboard when the German ship Excelsior accidentally listed near Cologne. MORE: <http://www.joc.com/articles/news.asp?type=logis>

OCEAN – CKYH CARRIERS REALIGN ASIA US-EAST COAST ROUTES: CKYH Alliance carriers COSCO, "K" Line, Hanjin and Yang Ming will rename and change port rotations on three of their five weekly services in the all-water Asia/US East Coast trade. MORE: http://www.americanshipper.com/SNW_story_main.asp?news=53778
MORE: <http://www.joc.com/articles/news.asp?type=ocean>

OCEAN – HAPAG-LLOYD BEGINS ANZ SERVICE: Hapag-Lloyd will start its own independent service from Northern Europe to Australia/New Zealand via the Suez Canal (ANS) that it used to provide with a partner. MORE: <http://www.joc.com/articles/news.asp?section=ocean&sid=41604>

OCEAN – K-LINE BUYS INTO SAL: "K" Line Group and German heavy lift cargo line SAL have started a joint venture to leverage SAL's experience in the heavy lift market with "K" Line's relationships with Japanese industrial shippers. The joint venture begins operating later this month. "K" Line Heavy Lift will purchase 50% of SAL's shares. MORE: http://www.americanshipper.com/SNW_story.asp?news=53626

OCEAN – MAERSK BOX BUSINESS LOSES \$568-MILLION: If you were wondering why Maersk was restructuring so much of its container ship business, perhaps this is one reason. Maersk last week reported a loss of \$568-million for its container shipping and related activities. The Danish group blamed the poor annual performance on lower freight rates, stagnant volumes and higher fuel prices.

MORE: http://www.americanshipper.com/SNW_story.asp?news=53751

OCEAN – MAERSK REORGANIZATION CONTINUES: The Maersk Line network reshuffle continues with the news that the Danish carrier is ending its TP12 service, the fourth weekly transpacific service it has cut in the space of a few months. The world's number one container shipping line is renowned for its long-term planning, but is increasingly being forced to make running repairs to its global service network as it attempts to redress massive losses from 2006. These are Maersk's fifth and sixth notices since late November about impending changes to its transpacific and transatlantic services alone.

MORE: http://www.americanshipper.com/SNW_story.asp?news=53263

OCEAN – COSCO PROFITS DOWN: China Cosco Holdings' full-year profit from container shipping fell 69% from a year earlier but total revenues from container shipping were up 5.6%. Volume was up 13%.

MORE: <http://www.joc.com/articles/news.asp?section=ocean&sid=41639>

OCEAN – CONTAINER SHIP ORDERS UP: Ocean carriers are ordering container ships again as surging world trade banishes fears that an earlier buying bonanza will create a massive oversupply of tonnage. "Shipyards have been reporting substantially increased interest from container buyers in recent weeks," according to Clarkson, the leading London shipbroker. "And it seems that the demand is pretty consistent across the bigger end of the market, with particular enthusiasm for bigger post-Panamaxes."

MORE: <http://www.joc.com/articles/news.asp?ltype=ocean>

OCEAN – GEORGIA AND SOUTH CAROLINA PORT CO-OP: South Carolina and Georgia will each appoint three people to serve on a commission to iron out details for a new deep-water port near Savannah. The estimated \$500 million-plus project will be owned, developed and operated by a new independent agency, similar to the Ports Authority of New York and New Jersey, and will compete for shipping business with ports in Charleston and Savannah.

MORE: <http://www.charleston.net/assets/webPages/departamental/news/Stories.aspx?section=businessreview&tableId=136079&pubDate=3/26/2007>

AIR – NWA-CARGO PRICE-FIXING INVESTIGATION: Northwest Airlines has been subpoenaed by the US Department of Justice in a probe of possible air cargo price-fixing. More than a dozen airlines have been the subject of an investigation initiated by US and European Union officials into suspected price-fixing in the air cargo industry on surcharges for fuel, security and insurance. Northwest, which runs the largest cargo business of any of the US passenger airlines, had not been publicly identified as a target in the probe until now.

MORE: http://wcco.com/local/local_story_087173719.html

AIR – NWA PLANS JUNE BANKRUPTCY EXIT:

MORE: <http://www.atwonline.com/news/story.html?storyID=8354>

AIR – FEB INTL AIR CARGO UP 2.4%: The International Air Transport Association (IATA) reports demand for international freight rose 2.4% in February. Airfreight demand rose sharply in the Middle East (up 15.4%).

MORE: http://www.aircargonews.net/article.asp?art_id=1832

AIR – CATHAY CARGO MARGINS SQUEEZED: Cathay Pacific's margins at its cargo business, which accounts for about a quarter of sales, are being squeezed as competition from other carriers depresses rates from China. Cathay Pacific plans to add at least 11 more freighters by the end of 2009 as exports from China surge

MORE: <http://www.bloomberg.com/apps/news?pid=20601087&sid=aQoakruilQ7g&refer=home>

AIR – LH-CARGO ADDS US AND S-AM CAPACITY: Lufthansa Cargo is increasing its freighter services to destinations in the United States, Brazil and China.

MORE: http://www.americanshipper.com/SNW_story.asp?news=53256

>>>>> JUST FOR FUN <<<<<

(These are shared by readers – Please share yours. Thanks. Mike)

BOOMER SONGS

It was fun being a baby boomer... until now. Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers.

They include:

Herman's Hermits---Mrs Brown, You've Got a Lovely Walker
Ringo Starr--- I Get By With a Little Help from Depends
The Bee Gees--- How Can You Mend a Broken Hip.
Bobby Darin--- Splish, Splash, I Was Having a Flash
Johnny Nash--- I Can't See Clearly Now
Paul Simon--- Fifty Ways to Lose Your Liver
The Commodores-- - Once, Twice, Three Times to the Bathroom
Marvin Gaye--- Heard It Through the Grape Nuts
Procol Harem--- A Whiter Shade of Hair
Leo Sayer--- You Make Me Feel Like Napping
The Temptations- -- Papa's Got a Kidney Stone
Abba --- Denture Queen
Tony Orlando--- Knock 3 Times On The Ceiling If You Hear Me Fall
Helen Reddy--- I Am Woman, Hear Me Snore
Leslie Gore--- It's My Procedure, and I'll Cry If I Want To
Willie Nelson--- On the Commode Again

NEW SHOPPING EXPERIENCE

A new supermarket opened near my house. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.

When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.

The veggie department features the smell of fresh buttered corn.

I don't buy toilet paper there any more

If you have curious, interesting, funny or thoughtful items to share in "Just For Fun", Email them to mike.miller@allcovered.net. Thanks.

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