

Murphy green notes



Murphy - a "Top 3PL Provider"

For the last four years, *Food Logistics Magazine* has honored Murphy Warehouse, <http://www.murphywarehouse.com>, as a Top 3PL Provider.

At Murphy, being a top 3PL is much more than a ranking in a magazine. It has a lot to do with building a supportive culture and giving employees the freedom and the tools to do a great job for customers. Every day. Year after year.

This issue of Green Notes celebrates the dedication of all of our employees - and recognizes those with more than 20 years of service at Murphy. I offer my profound thanks to every employee. Thanks to their efforts, we are "on top."

Warm Regards,

Richard Murphy

*Milestones
Employees with more
than 20 years of
service*

46

Rich Lidberg

38

*Bruce Barfknecht
Bob Doerr*

37

Jackie Nihart

36

Wayne Raiche

35

*Greg Bishop
Barb Nihart*

33

*Frank Cullinan
Paul Welna*

32

Jerry Ringold

Murphy Named a Top 3PL for 2009

Once again, Murphy Warehouse Company has been named one of *Food Logistics Magazine's* Top 70 3PL Providers for 2009.

Food Logistics launched the list four years ago to identify logistics companies that "offer a broad scope of services and capabilities that enable food companies to reduce costs, increase flexibility and improve service levels." Murphy has been listed all four years!

It is an honor to be recognized by *Food Logistics* as a Top 3PL for 2009," said Richard Murphy. "My thanks go to all of our employees for providing our customers with a great experience and for making us such a great company."

Final recipients were featured in the cover story of the July/August issue of *Food Logistics*, <http://www.foodlogistics.com>.

Healthy Employees - Healthy Company

For the last five years, Murphy has offered a free Employee Wellness Program. Why? We believe that the health of our employees is as precious as "a pot of gold." Employees who engage in healthy living practices are more positive and productive at work and at home, and best of all, experience a more rewarding life.

Since the program started in 2005, many employees have begun to talk openly about their health and take ownership of their well-being. Though the annual assessment is optional, more than 60% of our employees routinely participate.

31

*Tom Day
Steve Helle
Rick Horkheimer
Janet Murphy
Joyce McMaster*

30

Jim Arras

29

*Fred Wiles
Doug McAlpine*

27

Laurie Murphy

26

*Bradley Brown
Richard Murphy*

20

Mike Wewers

This confidential health assessment includes:

- A 35-panel blood screening
- An evaluation of 11 primary risk factors, including blood pressure, blood sugar, cholesterol, and triglycerides
- Cancer screenings
- A PSA test for male employees over 50 and seasonal flu shot are offered for a minimal fee

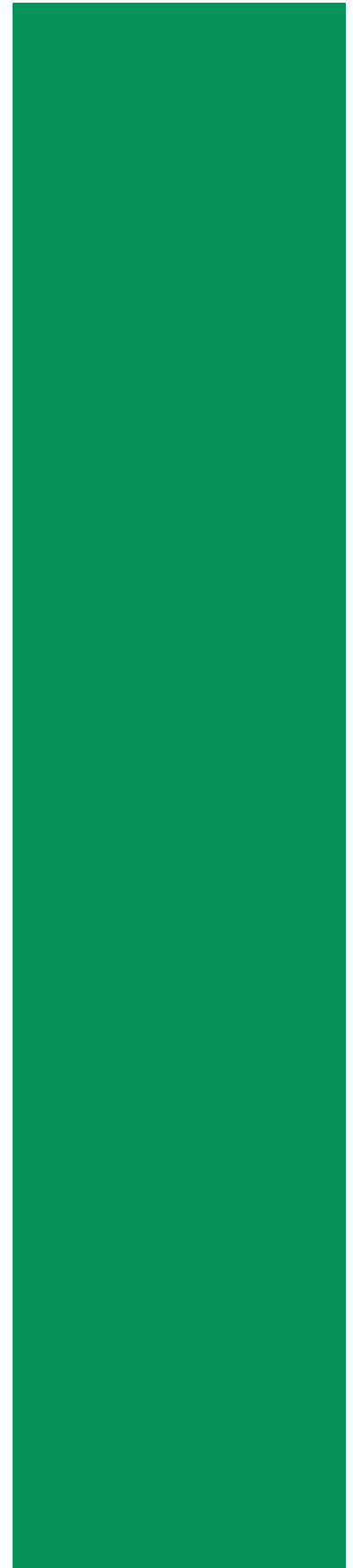
Two weeks after the assessment is taken, participating employees receive a confidential "Health Power Profile" mailed to their homes, including detailed recommendations for lifestyle changes where necessary.

One employee said: "When I can walk into my doctor's office armed with my report, I feel like I have some power, and I'm not just at the mercy of whatever tests my doctor decides to run."

As one employee reported to Wendy Pigorsch, Murphy HR director: "I lost over 40 lbs., changed my eating habits, started exercising and stopped smoking. I feel great. My wife also joined in, and we are getting healthier together."

Murphy Transportation Goes Live with TMW Systems Transportation Software

In September, Murphy implemented TMW Systems transportation software to enhance its operational capabilities for each of its three freight divisions - Brokerage, LTL/Consolidation and Fleet. While the new system will streamline the operations for Murphy, customers will see immediate benefits, including: greater visibility of loads, metrics and management reporting tools, and coming soon, Web access for customers to see the status of their loads and POD information.



"TMW has been a great tool thus far in our day-to-day dispatch and operational tasks, and the buzz is positive," said Bob Farah, director of transportation at Murphy Brokerage. "The standard capabilities of this system are incredible, and our customers will notice the upgrade."

TMW Systems, <http://www.tmwsystems.com> is the largest developer and integrator of transportation management software for the trucking industry.

Murphy Warehouse Company's Fleet and LTL/Consolidation Divisions are scheduled to join the Brokerage Division on TMW during the first quarter of 2010.

