



MATERIAL HANDLING SOCIETY

NEW JERSEY, INC.

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NEWSLETTER

NOVEMBER 2009

PROFESSIONALS DEDICATED TO ADVANCING THE APPLICATION OF
MATERIAL HANDLING SCIENCE & TECHNOLOGY

CIRCULATION
Unlimited - Online

CVS/Caremark Distribution Center

December 2, 2009

MHSNJ's last event of 2009 will be a joint tour with WERC of the CVS / Caremark Distribution Center in Lumberton, NJ on Wednesday, December 2nd. This is an immense, well run distribution center that CVS management is very proud to show off. The tours of their facility are extremely informative and will be a great learning experience for all our members. We are expecting a good turnout for this tour so please register early.

This facility services 666 stores in New Jersey, Pennsylvania, Delaware and parts of New York. Located on 50 acres in Lumberton the DC comprises 1,014,409 SF, with an additional 162,000 SF in their Central Warehouse across the street.

CVS / Caremark's operations include RX Pick-to-Light, pharmacy loose picks, daily, seasonal and promotional store replenishments and order fulfillments. The facility comprises:

- 44 receiving dock doors
- Over 7 miles of conveyor
- A propriety CVS WMS, RF based, UCC 128 BC driven system runs all order and labor management processes
- The DC has over 1,000 full time employees on a 3 shift, 5 day operation supported by a 41 person management team

Some operational statistics for the DC:

- 145,000 cases received on a daily basis
- 23,000 total SKUs
- Average Front Store Pick = 1,200,000 pieces using totes using roughly 35,000 totes
- Average Pharmacy Loose Pick Daily = 212,000 pieces using 2,600 totes
- Average Outbound Parcels = 115,000 parcels direct delivery daily
- Weekly deliveries from this facility = 740



Dinner Presentation— The CVS/Caremark DC Story

For our dinner panel discussion / presentation Ron Richmond, Director of CVS / Caremark and his team will present additional information on CVS / Caremark's distribution channels, future growth and answer any questions you might have on the facility.

Ron Richmond – Director, CVS Lumberton Distribution Center, began his CVS career in July of 2009. Prior to CVS, he spent 5 years as the General Manager of IKEA Home Furnishing's 1.8mm square foot distribution center in Perryville, Maryland. Prior to IKEA, Ron spent 16 years with Wal-Mart Distribution in various roles and locations throughout the United States.

Rich Sanitate – Sr. Operations Manager, CVS Lumberton Distribution Center, began his CVS career in 1998 after a successful distribution career with Sony Music Entertainment in Chicago where he was the Associate Director of that operation. Rich has filled several roles in the Lumberton building and is currently part of an implementation team who assists other CVS Distribution Centers in the new WMS platform implementation.

Matt Forster – Operations Manager, CVS Lumberton Distribution Center, began his CVS career in early 2008 as Operations Manager for the facility. Matt has responsibility for operations and inventory control across all shifts and schedules. Prior to Matt joining CVS, he worked for Target Corporation in various roles to include transportation and distribution as well as time in the retail sector as a Store Manager

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2009-2010

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MHSNJ PRESIDENT'S MESSAGE

November, 2009



Dear Members and Friends,

I'd like to thank Loehmann's and all of you who came out for the October program. Just when you thought you knew everything about apparel distribution you learn that "off price" or discount apparel is another whole other ball game. All the luxuries of EDI, container contents tracking, and charge backs for non-compliance go away in exchange for sourcing the right product at the right price. It was an experience and I would like to thank SDI Group for sponsoring the event and EORM for their presentation on ergonomics in the work place.

I would also like to announce that we have two openings on the MHSNJ Board of Directors. These positions are open to any current members. It requires one evening a month to attend Board of Directors meetings and a desire to actively participate in making the society better for everyone. I personally feel that it is one of the best ways to get the most out of any professional society. If you are interested or have questions, please contact me at your convenience.

Early in December we will have our next program at the CVS Caremark distribution center. CVS is one of the largest drug store chains in the country. One of the reasons they have achieved this status is their efficient and superior supply chain. This tour will probably be one of our best attended tours, so register early and don't miss out. I hope to you can join us in Lumberton on December 2nd.

**MHSNJ SCHEDULE
2009 / 2010**

Dave Ludwig



PROGRAM CALENDAR

December 2, 2009

CVS/Caremark Distribution Center
Lumberton, NJ

January 20, 2010

Newark Refrigerated Warehouse
Newark, NJ

March 24, 2010

Hyundai Parts Distribution Center
South Brunswick, NJ

May 12, 2010

Hall's Refrigerated Distribution Center -
South Plainfield, NJ

June 9, 2010

MHSNJ Classic - Annual Scholarship
Fundraiser - Hackettstown, NJ

MHSNJ on LinkedIn

Are you a member of the LinkedIn business community?

Come join your fellow MHSNJ members at the "Material Handling of New Jersey" Group! Our Group is open to all currently paid members of the society. Over 60 MHSNJ members are already LinkedIn! Join us - network with other members, start a discussion, comment post a job, find a job! Already in LinkedIn? Find us under GROUPS. Not in LinkedIn? Sign up at www.linkedin.com Group is managed by Karl Metz and Steve Garvey Need assistance? Contact me at;

steve.garvey@intelligrated.com

MATERIAL HANDLING SOCIETY NEW JERSEY, INC.

PLEASE WELCOME NEW MEMBERS

November 2009



Victor Larach—AEROTEK

Victor Larach is an Account Manager at Aerotek who specializes in business development and human capital solutions, within Warehouse Distribution and Manufacturing. He has managed the staffing initiatives for local NJ companies such as Kenco Logistics, SanMar, and CorePharma. Presently, Mr. Larach is engaged with talent delivery for large national accounts including Dr. Pepper Snapple Group (DPSG) and Crate & Barrel. Mr. Larach has added value to clients through driving efficient recruitment strategies, implementing high volume recruitment solutions and managing of large scale projects. Mr. Larach believes in building strong relationships and being a consultative partner to his clients. His efforts were recently recognized by his peers in receiving the 2008 "Sales Development" award. Mr. Larach is the Director of Quality and Customer Service and a member of the Senior Leadership team in the Piscataway, NJ office. He holds a BA in Economics and Spanish from Rutgers University.

Dan Hogan

Dan Hogan, Warehouse and Production Manager for Broadway Industries. Starting as a warehouse worker in an auto parts warehouse as an after school job at the age of 15. I worked my way through various positions for 10 years with that company; counterperson, driver, supervisor, buyer, manager. In 1995 I moved on and worked for an auto parts rebuilding factory as assistant manager. I started at Broadway 7 years ago when the company was based in NYC. The company moved to NJ in 2005 and I was instrumental in organizing the move. In 2008 we expanded to a second location in California, which I coordinated and set up the new location. Future expansion is expected in the next couple of years as we continue to grow. Broadway Industries manufactures and distributes plastic and paper bags to the drug/pharmacy and garment/textile industries, as well as plastic bags and protective packaging to the moving and self storage industry.

New Member

Company

MHSNJ Membership Benefits

John Hagemann Express Employment Professionals

Increase general industry knowledge and learn how to better position my company to provide greater value in the market

Ashok Yadav Reliance Infrastructure LTD

Seeking to learn World-Class practices to employ in a thermal power plant in India



David Horowitz receives his New Member plaque from MHSNJ Executive Vice President, Fred Gerstler

Membership Update...

MHS Directory to be released October 1, 2009.

Dear Fellow Material Handling Professionals:

By now you should have received and paid for your 2009 membership dues.

If not, then perhaps we do not have a correct address for you. Please contact us at 732-477-5112 to update your current contact information.

The MHS 2009 Directory will be released October 1, 2009, and only those paid members will be included in the directory. In addition, only those paid members will be eligible to receive the updated directory.

Given the current economic issues we have experienced this year, it is important to continue to stay connected to those within our profession. I encourage everyone to stay current with your dues, so that we may not only include you and your company in the directory, but also allow you the opportunity to receive this new issue.

In addition, if you or a colleague knows of anyone in our industry interested in joining MHSNJ, please encourage them to visit our website at www.mhsnj.com and sign up.

Student Membership

I am pleased to announce a newly created membership category for Students, effective immediately. The new Student membership rate will be \$25 for annual dues. Simply complete the MSHNJ application form found on line at www.mhsnj.com and provide us with a copy of your current photo student identification. This is a great opportunity for students to become more involved with the Society as they begin to move into our profession upon graduation.

I look forward to seeing everyone at the October meeting.

Allison Clancy, Vice President and Membership Chair

Wednesday December 2, 2009

- Registration At CVS.....3:30 PM
- Tour Begins.....4:00 PM
- Reception at Restaurant.....5:30 PM
- Program begins.....6:00 PM

Dinner Meeting is at the Deerwood CC
845 Woodlane Road, Westampton, NJ 08060
609-265-1855 www.deerwoodcc.com

DIRECTIONS TO CVS DISTRIBUTION CENTER

1 Berry Drive , Lumberton, NJ 08048

Main number: 609-267-6700

From North or South Jersey

- New Jersey Turnpike to Exit 5 – Burlington/Mt. Holly
- Thru tolls, right at light onto Rt. 541 South
- Follow Rt. 541 South thru 2 lights for 1.6 miles
- Bear right just before the 3rd light (Burger King on right) onto the Lumberton/Medford (Rt. 541 Mt. Holly Bypass)
- Continue on Rt. 541 - Mt. Holly Bypass for 2.2 miles, thru 3 lights, crossing over Rt. 38
- Make right at next light onto Berry Drive
- Go 0.3 miles, CVS is on LEFT side
- Park in middle of lot near the front entrance (visitor spots), sign in at lobby.

DIRECTIONS FROM CVS TO THE DEERWOOD CC

From CVS / Caremark DC: (back toward NJ TPK)

- Right out of parking lot, 0.3 miles
- Left turn onto Rt. 541 - Mt. Holly Bypass for 2.2 miles
- Left at 3rd light onto main Rt. 541
- Go 0.3 miles, right onto Woodlawn Road, Deerwood CC is 0.4 mile on left

From NJ Turnpike:

- New Jersey Turnpike to Exit 5 – Burlington/Mt. Holly
- Thru tolls, right at light onto Rt. 541 South
- Follow Rt. 541 South @ 1 mile to Woodlane Road, take jug handle, make left onto Woodlane Road
Deerwood CC is 0.5 mile on left

Please register the following people for the Dinner Meeting on Wednesday, December 02, 2009

Name	Company	Phone	Email	Member (X)	Fee(\$)
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Pre-registration: Members: \$50.00 Non-Members \$60.00
Registration at Door: Members: \$60.00 Non-Members \$70.00

Make Checks Payable to: MHSNJ Mail to: 3614 Kennedy Road
South Plainfield, NJ 07080

For Credit Card Payments go to website: www.mhsnj.com and register using PayPal
All major Credit Cards accepted including VISA, MASTERCARD, and AMEX

**CALL-IN/FAX
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and
QUESTIONS:
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(732) 477-5112**

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Intelligrated®

Material Handling Solutions & Services

Intelligrated® is an American-owned supplier of integrated material handling systems that provide logistics solutions throughout the supply chain with services and products primarily serving the warehousing and distribution sector. The world class equipment we produce demonstrates our ability in high speed case sortation, accumulation, merging and controls technology, all supported by 24x7 Customer Service and Sales

The acquisition in 2009 of automated material handling supplier FKI Logistex® (www.fkilogistex.com) expands the Intelligrated product line to include Alvey® palletizers, Real Time Solutions® order fulfillment systems, and Crisplant® tilt-tray and cross-belt sorters.

www.intelligrated.com



MHSNJ Thanks

Our Tour Hosts for the October 2009 General Membership Meeting
Loehmann's Distribution Center Team (L to R);
Pete Inchausti, Bill Thayer, Fred Gerstler (MHSNJ EX VP), Andrew Love and Greg Cioffi



MHSNJ Thanks

EORM, our speakers at the October 2009 General Membership Meeting; Anthony DiIeso, OTR, CPE (left), Christopher Ulriksen, CSP (right) and MHSNJ Director Steve O'Reilly (middle)

But It's Only a Box!

In the mid-19th century, an ingenious concept enabled flimsy sheets of paper to be transformed into a rigid, stackable and cushioning form of packaging for delicate goods in transit.

Corrugated (also called pleated) paper was patented in England in 1856, and used as a liner for tall hats, but corrugated boxboard would not be patented and used as a shipping material until December 20, 1871. The patent was issued to Albert Jones of New York City for single-sided (single-face) corrugated board. Jones used the corrugated board for wrapping bottles and glass lantern chimneys. The first machine for producing large quantities of corrugated board

was built in 1874 by G.

Smyth, and, in the same

year Oliver Long improved upon Jones' design by inventing corrugated board with liner sheets on both sides. This was now corrugated board as we know it today.

The Scottish-born Robert Gair invented the corrugated box in 1890 in his plant in Brooklyn.

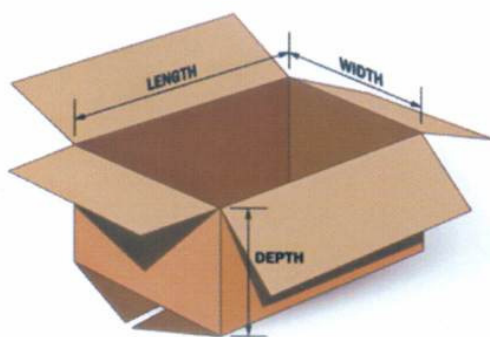
Over the next one hundred and nineteen years corrugated transformed into the primary way that all products are shipped. Utilizing different "tests" or "basis", corrugated board can be created to fit any product, weight or size. Needless to say, you now rarely see a wooden box on the back of a truck.



the more flutes per inch the thinner the board.

Today we gauge the strength of the board by the test (also called ECT) and number of flutes per inch. Utilizing the chart below you can gauge what type of carton you currently purchase. Notice that

Flute Designation	Flutes per lineal foot	Flute thickness (in)	Flutes per lineal metre	Flute thickness (mm)
A flute	33 +/- 3	3/16"	108 +/- 10	4.8
B flute	47 +/- 3	1/8"	154 +/- 10	3.2
C flute	39 +/- 3	5/32"	128 +/- 10	4
E flute	90 +/- 4	1/16"	295 +/- 13	1.6
F flute	128 +/- 4	1/32"	420 +/- 13	0.8



BOXES HAVE 3 DIMENSIONS.

Length & width are the opening dimensions with length the larger. The **depth** is how far you can reach into the box. Always measure the interior of the box.

Corrugated also comes in layers. Single wall is the most popular construction with double wall following a close second in popularity. As cartons get larger the more walls might be added to guarantee its strength.

Most liner board is made of 26 basis paper. Basis is measured by cutting a 1" square and measuring the weight. The heavier the basis, the thicker the carton. By utilizing different size basis in the three layers, a recipe is created and the test is established.

Who would have thought that something so simple would revolutionize the way we move products?