

# SOUNDINGS

Safe ♦ Responsible ♦ Reliable ♦ Efficient

*October 2009*

## Caught in the Spotlight

Dan Seeley, the Chief Engineer onboard the Tim Quigg for Millennium Maritime, has been caught in the spotlight! The LA Maritime Museum wrote a full page article on him and the time he has donated onboard the Angels Gate in their Summer 2009 issue. Dan has been described as celebrating a “busman’s holiday” aboard the Angels Gate. According to their article, a “busman’s holiday” is when a man who drives a bus for a living would spend his holiday traveling somewhere on a bus, so for him there is no break from his usual routine. By association, anyone who holidays by doing his normal job is taking a “busman’s holiday”.

Dan fits into the category because during his off time at Millennium Maritime, he volunteers at the Maritime Museum as the captain of the Angels Gate, a single screw tug.

Not only does the Los Angeles Maritime Museum thank Dan for his time and efforts, so does Harley Marine. It is very respectable and commendable to give back your time and energy to deserving charities and non-profit organizations.

Keep up the great work Dan!



## October Holidays

- 12th - Columbus Day
- 16th - National Boss’ Day
- 31st - Halloween

## Thumbs Up:

- ♦ Thumbs Up to Courtney Wickens and Cheryl Domier for filling in while Desiree Otsuka is on Maternity Leave. You both are doing a great job!
  
- ♦ A huge Thumbs Up to Tankerman Kelly Moore and Tankerman David Holguin for working with the new Vessel Management System. Thank you guys!

*As Written by Captain Bud Carley*

Sept. 6, 2009

Greetings,

At 0005 this morning our Chief Engineer Todd Johnston was on deck conducting a security sweep when he heard a noise that sounded like a cry for help. He thought it may have been a sea lion at first but then thought he heard a "help me". He went inside the boat and asked Mate/Tankerman Brandon Chafe to come out to help him identify what he thought the sound was; they agreed that it sounded like a man calling out for help. They went up to the pilothouse, followed by Mate Dave Cougher, and began a search with searchlights and binoculars. Todd spotted something, possibly a log, in the water floating, but not moving, in the vicinity just west of Todd Shipyard at the entrance to the West Waterway. Dave called 911 while Todd went to fire up the main engines. Brandon woke up the Captain and called Deck/Tankerman Mike Ferguson to the scene. When I got to the pilothouse I put my search light on the object and could see a hand being raised. I kept the person in sight with searchlights and binoculars, as the crew let go our lines. Dave kept in contact with 911 and the Coast Guard on VHF radio, and began maneuvering the tug to the person's position as it was clear that we would be the first to arrive.

At 0035 we came up alongside a man floating on a life ring and wailing that he was really cold and could not feel his legs. He had no life jacket, just a shirt, blue jeans, and work boots. We could hear his constant pleas of "Please God, I just want to see my son again." Todd threw a life ring from the boat, a perfect toss as it went just past the man and the line fell directly into the man's hand. We told him to grab the line and even though he said he was too cold and numb to grab it he managed to hang on. He was only about 10 ft from the boat and was able to hang on until we could get him alongside. Brandon was on the ball and by this time had shown up on deck with his survival suit on. I instructed him to enter the water as the man appeared too cold, tired, and numb to be of any help. We asked the man if he had any injuries and he said no, just that he was really cold and could not feel his legs. With 3 people on deck and 1 in the water to help we were able to pull the waterlogged man onto the tug's tires and then onto the deck. At this point we could see the emergency lights of the fire boat Chief Seattle on the way. We brought the man inside the galley, laid him down, took off his boots and socks, and covered him with blankets. We continually rubbed his legs, arms and back through the blankets to keep him warming slowly. He kept saying that he couldn't feel his legs and that he needed to go to sleep, but we talked him through that as well until the professionals arrived.

At 0042 a work skiff approach and came alongside with 2 police officers and a Seattle Fire Department EMT. They informed us that they had been looking for this man ashore and that he was a burglary suspect. When they had determined that the man had no weapons, and other than being cold and numb he had no serious injuries, they began questioning him. He stated that it was his son's birthday tomorrow and he really needed to get home. When asked if he knew he was being taken into custody he wailed, "I don't care, just don't take the blankets off me."

At 0046, the Chief Seattle tied up alongside. The crew helped transport the man onto the Chief Seattle, and at 0055 the fire boat and the skiff were away.

Had it not been for Todd's awareness and the excellent response by the crew, there is little doubt that the man would have soon passed out and drown. He had been in the water for at least the 30 minutes that we know of, but quite possibly a lot longer. He was drifting downstream from the Duwamish River West Waterway and we were the last boat that would have heard him before he drifted out into the darkness of the bay. We are in hopes that the man will use this experience as an eye opener to change his life and realize the importance of his relationship with his son.

I would like to acknowledge and congratulate my crew Todd Johnston, Brandon Chafe, David Cougher, and Mike Ferguson on a job well done. Because of their awareness and excellent response they not only helped the police catch a burglary suspect, but more importantly saved a human being's life.

Best Regards,  
Bud Carley  
Master/Alyssa Ann

## SAFETY CORNER

### Slips, Trips, and Fall Hazards

The national statistics on injuries and deaths from workplace slips, trips, and falls are disturbing. Here is some actionable advice on keeping your crews from adding to those statistics.

Slips, trips, and falls cannot be taken lightly. Consider:

- ◆ In one recent year, more than 800 American workers fell to their deaths. On average, falls account for about 15 percent of all occupational fatalities, second only to motor vehicle accidents.
- ◆ In addition, thousands of workers suffer nonfatal injuries from falls every year—many of them temporarily or permanently disabling.



One reason that falls are so common is that there are hazards everywhere. Employees can slip, trip, or fall in production areas, in offices, shops, on docks and decks, on stairwells, from ladders, off loading docks—and other places specific to your workplace.

#### Recognize the Hazards

Common causes of slips, trips, and falls include:

- ◆ Messy, cluttered work areas
- ◆ Tools, materials, cords, and other items lying on the floor or decks in places where people walk
- ◆ Poor visibility caused by inadequate lighting or burned-out bulbs
- ◆ Not watching where you're going or carrying something you can't see over
- ◆ Running or walking too fast
- ◆ Spills and wet decks or floors
- ◆ Worn or non-existent nonskid
- ◆ Open drawers (a not-so-obvious trip hazard!)
- ◆ Uneven, defective flooring, worn stairs, or worn spots in carpets that nobody has reported or fixed
- ◆ Failure to use handrails when going up or down the stairs
- ◆ Not enough caution on ladders or gangways
- ◆ No fall arrest gear when working aloft
- ◆ Wearing shoes that are not appropriate for the work space or the job

Continued on next page...

## SAFETY CORNER

### Slips, Trips, and Fall Hazards

#### Eliminate Trip Hazards

Many fall injuries occur on level ground when people trip over unexpected objects in their path. Help eliminate trip hazards by training crews to follow these do's and don'ts.

#### Do:

- ◆ Keep work areas neat and tidy, putting tools, materials, and other items away after use.
- ◆ Pick up items off the floor or decks, even if you didn't put them there.
- ◆ Step over or around obstructions, not on them.
- ◆ Walk slowly and change directions slowly, especially when carrying a load.
- ◆ Watch for changes in floor or deck level—such as a few steps or a ramp up or down.
- ◆ Report lighting problems, such as burned-out bulbs, to maintenance right away.
- ◆ Use a flashlight if you need more light leaving the facility in the dark.
- ◆ Use contrasting paint to mark changes in level or obstructions on decks.

#### Don't:

- ◆ Don't leave boxes, bags, tools, or other materials on the floor.
- ◆ Don't block walkways with equipment or materials.
- ◆ Don't leave cords or cables in walkways.
- ◆ Don't place anything on stairs.
- ◆ Don't leave drawers open.
- ◆ Don't leave deck plates or hatches loose or open.

#### Don't Slip Up on Slip Hazards

It's easy to slip on wet or smooth surfaces. Even a little slip can add up to a big injury. Here are some preventive measures:

- ◆ Put up signs or barriers to warn people when floors are wet or hazardous.
- ◆ Put down mats near entryways on rainy days.
- ◆ Warn others if slippery conditions exist.

#### In addition, instruct crews to:

- ◆ Clean up spills, drips, and leaks immediately.
- ◆ Wear sensible shoes with nonskid soles, and wipe their feet when they come inside on wet days.
- ◆ Shuffle feet on slippery surfaces.
- ◆ Report slip hazards if they can't fix them.

*Copied from the Massage Envy Newsletter, sent to Harley Marine Services by George Clark.*

## **Gain Insight. Get Inspired.**



With staggering statistics that one in eight women will be diagnosed with breast cancer during their lifetime, it is not unusual that many of us have supported a family member or friend through this difficult time. For the team at the Massage Envy Corporate office, the statistics have proven to be disappointingly accurate. This month, Jo An Clark, one of our franchise support associates, is celebrating 8 cancer-free months after her courageous battle with breast cancer. Thank you for sharing your story, Jo An.

While attending Northern Arizona University, working hard to achieve a double major and enjoying the perks of being a sorority member, Jo An was happily pursuing the path to a promising future...that is up until the day she discovered a lump in her breast.

Second-guessing that it could be anything but serious, she eventually made an appointment for a mammogram. "I recall being worried, while at the same time thinking I was too young. Besides, no one in my family had experienced breast cancer." She convinced herself that it was nothing to worry about. Thankfully, a needle biopsy confirmed just that. Her physician informed her that 80% of women who undergo a breast biopsy learn that they don't have cancer. "We just need to keep watching it," he said. Routine mammogram results brought great relief every six months and Jo An had, for all intents and purposes, put her worries behind her...that is up until September of 2008. Four years after the original lump was found, persistent pain drew her attention to a lump. In the same place.

"Ironically, I was days away from participating in the Susan G. Komen Breast Cancer 3-Day, but I had never felt pain like this before." The first available appointment was the second day of the walk. A gut feeling told her not to put it off. She withdrew from the 60-mile walk and saw her doctor instead.

"I was told I had three lumps. Three. How could this be? Just months ago I had a mammogram and it was clear." It seemed like an eternity to the day the biopsy results brought the news only other women hear - not ourselves. A lump in the same place as the one four years ago was now the size of a golf ball. The other two were close in size. Her doctor explained that the lumps were phyllodes tumors, a very rare type of breast tumor that only develops in the breast; they are never found in other parts of the body. They are formed in the connective tissue of the breast and can grow noticeably within a matter of weeks. He went on to tell her that these tumors account for less than 1% of all breast cancers and are more likely to occur in women over 35. "Everything about this diagnosis was a huge shock. Here I am raising money to help people battling breast cancer and now I have cancer." She admits that there was a pitiful and vain side to her range of emotions, as well. "I didn't want to lose all my hair. I didn't want to look gaunt." Jo An had all but convinced herself that she was going to die at the young age of 25.

For the next several weeks, Jo An spent her time in the comfort of friends and family, researching everything she could about her illness. One month after her diagnosis, she had surgery to remove all three lumps. Because this type of cancer attacks the tissue and is unresponsive to chemotherapy or radiation, another surgery had to be performed to remove a large portion of the surrounding tissue. In January of this year, Jo An had a partial mastectomy.

Today, eight months cancer-free, Jo An credits her new perspective on life to the unwavering support of her friends, family and many Massage Envy colleagues. "I definitely gained from this experience," she says. With a new set of priorities as to what's important, she chooses to focus on what's treasured rather than trivial. "When I take a step back and look at the grand scheme of things, it's hard to complain about anything."

When asked if there is any advice she could give women about her ordeal, she responds adamantly, "Check yourself and be aware of what your body is telling you." She goes on to point out that "even if it turns out you are wrong about a gut feeling, so what, you are wrong. Don't ever second guess yourself when it comes to your body."

Once she has had significant time to heal, she will undergo yet another procedure. This time for reconstructive surgery. "It's truly one step at a time. But I will be okay. One step at a time," she says with a beautiful and confident smile.

Jo An's story of courage is one in a world of many. A woman is diagnosed with breast cancer every three minutes and it claims a life every 13 minutes. In a perfect world, no one should have to go through this. No one should have to lose a loved one to breast cancer. Each of you are making a difference by participating in Massage for the Cure and donating to your local Susan G. Komen affiliate to support your community's breast cancer education, screening and treatment initiatives. You will not only be amazed at the commitment of our network but, also at the stories from the people you will touch on September 15. A huge thanks to all of you on behalf of the entire Corporate team here in Scottsdale and survivors like Jo An Clark.

## Q Factor

**QSE OBJECTIVES & TARGETS**

The Quality, Safety and Environmental Protection (QSE) Objectives & Targets have been finalized for 2009-2010. The process involved reviewing existing significant aspects, identifying new ones, and then prioritizing them based on significance.

The finalized QSE Objectives & Targets have been established, implemented, documented, and will be maintained. The following QSE Objectives & Targets will be reviewed on a quarterly basis:

**Quality**

- ◆ Communication – Simplify and Streamline Information and Recordkeeping
- ◆ Training – **100%** Qualified and Competent Employees
- ◆ Customer Service - **100%** Customer Satisfaction

**Safety**

- ◆ Personal Injuries – **50%** Loss Time Injuries
- ◆ Critical Systems and Tasks – Conduct Risk Assessments for **All** Critical Systems
- ◆ Equipment Failure – **100%** Incident Investigation

**Environmental Protection**

- ◆ Oil Spill to the Water – **Zero** Spills to the Water
- ◆ Air Emissions – **10%** Reduction Carbon Footprint
- ◆ Hazardous Materials - **10%** Reduction of Hazardous Materials

**Blackberry tips and tricks:**

- ◆ Instead of typing a period and capitalizing the first word in a new sentence, simply hit the space button twice and the period will be automatically added and next word capitalized.
- ◆ To quickly reply to a message you're reading, press R.
- ◆ To quickly reply to all from a message you're reading, press L.
- ◆ To call a phone number with letters in the name (ex. 1-800-FLOWERS) press the Alt key and then the corresponding letter on the keyboard, the letter will be translated appropriately.
- ◆ To check your voicemail, hold down the 1 key.
- ◆ To program a speed dial, hold down any number key 2-9 and you can select a contact to assign to that number key.

**October Anniversaries****Harley Marine NY**

Charles McCauley - 2 years  
 Timothy Virgin - 2 years  
 Matthew Deckert - 1 year  
 Holger Emeneth - 1 year  
 James Mulhern - 1 year

**Harley Marine Services**

Angie Keam - 1 year

**Millennium Maritime**

Scott Walker - 11 years  
 Charles Holmes - 3 years

**Olympic Tug & Barge**

Jim Sellers - 16 years  
 Wayne Allen - 10 years  
 Neil Billingsley - 10 years  
 Steve Felton - 10 years  
 Michael Everhart - 6 years  
 Larry McCormick - 6 years  
 Andrew Butterfield - 3 years  
 Stephen Johnson - 2 years  
 Todd Johnston - 2 years  
 Vincent Kucera - 2 years  
 Aaron Jones - 1 year  
 William White - 1 year  
 Darian Williamson - 1 year

**Public Service Marine**

Doug Montgomery - 13 years

**Pacific Terminal Services**

Kevin Buffum - 17 years  
 Mark Flower - 11 years

**Starlight Marine Services**

David Prouty - 3 years  
 Marc Douville - 1 year  
 Dan Porschien - 1 year  
 Todd Yeilding - 1 year  
 Lydia Zink - 1 year

**Westoil Marine Services**

Eric Distefano - 4 years

## October Birthdays

Birthstone: Opal

Flower: Calendula

### Harley Marine NY

Jose Panlilio, Jr.—10/19

William Nicholson, Jr.—10/21

Corey Harris—10/31

### Harley Marine Services

Don Meberg—10/4

Amy Ryker—10/9

Jim Flies—10/24

Pete Hofmann—10/28

### Millennium Maritime

Charles Holmes—10/27

### Olympic Tug & Barge

Stephen Mickelson—10/4

John Walker—10/6

Doug Liedberg—10/8

Tim Dougherty—10/9

Jeff Rickard—10/9

Dan Corkery—10/11

Guy Larsen—10/12

Robert Sortor—10/13

Craig Strozyk—10/13

Don Vakulich—10/14

Jim Heckathorn—10/16

Shane Bonnin—10/27

Tadeusz Prus—10/27

### Pacific Coast Maritime

Tim Hinman—10/16

### Starlight Marine Services

Samuel D'Aloisio—10/2

Dave Gore—10/9

Jonathan Mendes—10/17

Christopher Royeton—10/18

Sterling Jones—10/30

### Westoil Marine Services

John Bearden—10/2

Marc Delgadillo—10/16

Thomas Matlock—10/17

Raul Hernandez—10/24

Bryan Thebodeau—10/27

Louis Randazzo—10/20

Anthony D'Aquanno—10/31

## Stop the Spread of Germs

### How Germs Spread

Illnesses like the flu and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes. You can help stop the spread of germs if you take care to:



- ◆ **Cover your mouth and nose when you sneeze or cough.** Cough or sneeze into a tissue and then throw it away or if you do not have a tissue, cough or sneeze into your arm.
- ◆ **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, bathroom doors, desks, phones, keyboard and mouse, and tables.
- ◆ **When you are sick or have flu symptoms,** stay home, get plenty of rest, and check with a health care provider as needed.

**CLEAN YOUR HANDS OFTEN.** According to the Center for Disease Control (CDC), the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.

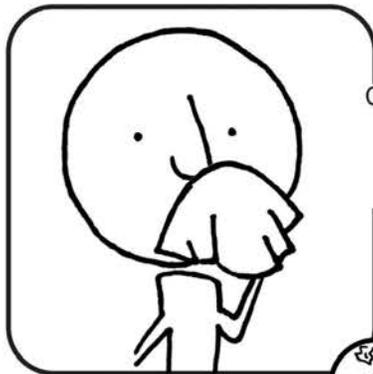
- ◆ **Infectious diseases,** many of which are spread by unclean hands, remain the leading cause of death and disease worldwide and the third-leading cause of death in the United States.
- ◆ **Washing hands with soap and warm water** – rubbing your hands vigorously together and scrub all surfaces for a minimum of 20 seconds is a sensible strategy for hand hygiene and is recommended by the CDC and other experts.
- ◆ **If soap and clean water are not available,** use alcohol-based disposable hand wipes or a gel sanitizer. If using a gel, rub the gel in your hands until they are dry. The gel does not need water to work; the alcohol in the gel kills germs that cause colds and flu.
- ◆ As with colds and flu, failure to wash hands or insufficiently washing hands, contributes to almost 50 percent of all **food borne illness** outbreaks, says the CDC. Hands can also transfer germs from contaminated raw meat, eggs, and poultry to other foods.

Leading health authorities agree that hand washing is the simplest, most effective thing people can do to reduce the spread of infectious diseases.

Human Resources Department

Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.

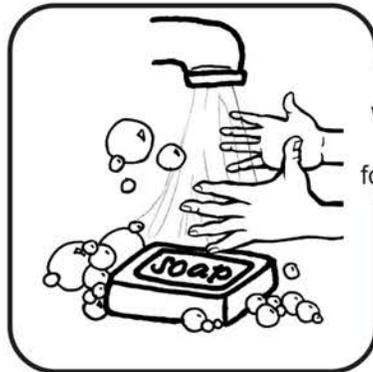


Put your used tissue in the waste basket.



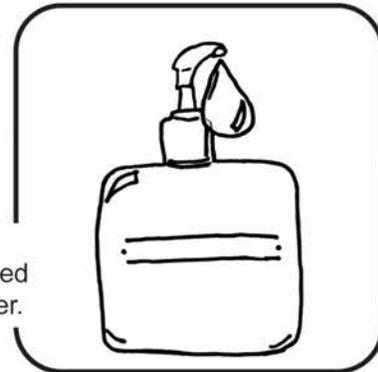
# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
www.health.state.mn.us



Minnesota Antibiotic Resistance Collaborative



**Cooking with the Captain**  
**Chris Starkenburg**  
**“Seafood Chowder” (Gluten Free)**

**Ingredients:**

1 1/2 lbs.	White Fish (Cod, Halibut, or Black Cod)	1/2 tsp.	Ground White Pepper
1 lbs.	Salmon Filet (boneless and skinless)	1 pinch	Crushed Red Chili Flakes
3-4 cups	Water (for poaching)	1 1/2 lbs.	Diced Red Potatoes (cooked tender but firm)
3-4 tsp.	Kosher Salt	2-6 oz. can	Chopped Clams
15	Whole Black Peppercorns	6 oz.	Clam Juice
Bunch	Parsley Stems	2 cups	Poaching Water
6 strips	Smoked Bacon	1 quart	Soy Milk
4 tbsl.	Gluten Free Butter	1 lbs.	Cooked Shrimp Meat
3/4 cups	Onions (diced)	<b>Corn Starch Slurry</b>	
3/4 cups	Celery (diced)	2 tbsl.	Corn Starch
3/4 cups	Gluten Free Flour	1/4 cup	Cold Water
1 tsp.	Xanthan Gum	<b>Garnish</b>	
1 tsp.	Whole Thyme	1 cup	Crisp Bacon Bits
2 pinches	Chile Powder	1/2 cup	Diced Fresh Chives

**Directions:**

1. Lightly spray roasting pan with vegetable spray.
2. Place fish filets in roasting pan, add 3-4 cups of water, 2-3 tsp. of Kosher Salt, peppercorns, and parsley stems. Tightly cover and place in a pre-heated 350°F oven.
3. Poach until fish is cooked, about 20 minutes. If the fish is undercooked, that is ok, because it will finish cooking in the chowder.
4. Once the fish is cooked, drain off the poaching water (save for later) and let the fish cool.
5. In a large, heavy bottom soup pot, add diced bacon over medium heat.
6. Cook slowly and continue to stir, do not let the bacon brown or stick to the bottom.
7. Add the butter, onions, and celery to the cooked bacon.
8. Saute for about 10-12 minutes, and then add the flour, Xanthan gum, and the spices. Reduce the heat to low but continue to stir, don't let the flour brown.
9. Add the cooked potatoes, canned clams, clam juice, poaching water, and soy milk. Continue to stir until the chowder thickens.
10. You can make the soup thicker by adding the cornstarch slurry slowly while continuing to stir.
11. Break the poached fish into 1"x1" chunks, and place into the chowder. Place the cooked shrimp meat in the chowder as well.
12. Bring the chowder up to serving temperature (140°F), do not over stir as that will break up the fish.
13. Place the chowder in a serving bowl and garnish with crispy bacon and diced fresh chives.



\*\* You can use a double boiler as well to keep the chowder from scorching.

## SEPTEMBER EMPLOYEE OF THE MONTH

### Harley Marine Services, Inc.

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Editor: Stephanie Wright  
swright@harleymarine.com

### Westoil Marine Services

#### Louis Randazzo, Deckhand

October Employee of the Month for California goes to deckhand, Louis Randazzo. Louis has been with Westoil Marine since September 2005. He is an experienced deckhand that continues to assist with the preventative maintenance to the Socal barge fleet. When called to service, he always lends an extra hand and is willing to go the extra mile. Louis is a dedicated company man and is Westoil's Employee of the Month. Thank you Louis!

### Olympic Tug & Barge

#### Andrew Pugh, Deckhand

October Employee of the Month for the Pacific Northwest goes to deckhand, Andrew Pugh. Andrew came to Portland in August from Seattle's crew to help during our busy schedule with the General Construction contract. In a very short time Andrew's attitude and hard work has exceeded everyone's expectations. We are hoping to keep him in our Portland OTB family. Thank you Andrew for raising the bar!

## SEPTEMBER NEW HIRES

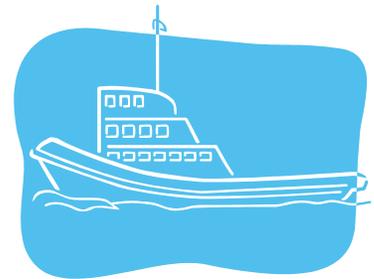
### Olympic Tug & Barge

Daniel Hanson - Engineer

Joseph Johnson - Maintenance

### Pacific Terminal Services

Dennis Stewart - Terminal Operator



Gavin Raney is proudly representing Olympic Tug & Barge at a young age.

Gavin is the son of Justin and Marissa Raney.

Justin works for Sound Oil in Tacoma, WA.