

SOUNDINGS

November 2009

Safe ♦ Responsible ♦ Reliable ♦ Efficient

Happy Co-Worker Appreciation Week! November 2 – 6 2009

This week Harley Marine Services, family of companies is celebrating our third annual Co-Worker Appreciation Week (CWAW). All regions have submitted great plans for the week. CWAW is a wonderful opportunity for all of us to show our appreciation to one another in many ways. This year we will have paper chain links that may be purchased for individuals with different pre-printed sayings of appreciation. The one dollar donation will be given to the choice of Cystic Fibrosis Foundation or Virginia Mason Foundation. We will also be able to bring in a can of food in appreciation of a co-worker, which will be given to them. At the end of CWAW, each region will give the cans to their local food bank. The general guidelines are as follows, but some regions may have variations to fit their crew changes or local needs:

HMS will honor each group which makes up our family of companies on the following days:

- ♦ Monday, 11/2 - All shore side Administrative departments – Accounting, HR, Quality – Safety/ Environmental, Sales/Marketing, IT, eMaint
- ♦ Tuesday, 11/3 - All shore side Operation departments – Dispatch, Terminal (PTSI), Maintenance/ Engineering, Operational Management (GM's)
- ♦ Wednesday, 11/4 - Barge Crews
- ♦ Thursday, 11/5 - Tug Crews
- ♦ Friday, 11/6 - All HMS family of companies co-workers

All donations will be given to your local CWAW representative(s). If you would like to give a donation/chain link to someone in another region, your CWAW representative will be able to do that for you. The CWAW representatives are:

- ♦ Seattle (HMS, OTB, PCM) - Courtney Wickens, Cheryl Domier
- ♦ Portland - Bryon Fletcher (OTB), Tina Garrett (PTSI)
- ♦ Alameda - Lydia Zink
- ♦ Los Angeles (MMI, WMS, PSMI) - Rosie Chavez
- ♦ New York - Karl Kontselidze

All HMS family of companies co-workers will have individual placards, which any co-worker may write notes of appreciation. Please take this opportunity to write a note to show your appreciation, respect, and support of working together. The crews will have the placards at the offices for co-workers to sign, and will be given to them after CWAW. Thank you to the CWAW team for organizing this event: Courtney Wickens, Cheryl Domier, Brian Healy, Michelle Moll, Stephanie Wright, Bryon Fletcher, Kevin Buffum, Tina Garrett, Lydia Zink, Jonathan Mendes, Rosie Chavez, Johni Komisak, Paul Tokuda, Anthony Lobro, Jennifer Beckman, John Walls, Karl Kontselidze, and Jim Weimer.

Happy CWAW!

Deborah Franco
Vice President - HR, Quality Systems, Administration

2009 FLEET WEEK AT SMS

On October 10th 2009, during Fleet Week, Starlight Marine Services hosted another beautiful day out on the bay. An abundance of customers and friends joined us onboard the Millennium Falcon for the day's festivities. We had a total of 83 guests, tons of great food and smiling faces. Captain Mike Link and Jason Lorenz did a wonderful job of safely getting everyone front and center to witness the amazing Blue Angels take to the sky. The Blue Angels dazzled the guests with their red, white and blue exhaust, their remarkable coordination and difficult maneuvers. Unfortunately, the show was cut short due to some uninvited San Francisco fog. Thankfully that didn't stop anyone from enjoying the boat, food, company and having a great time!

The Starlight Marine dispatch group, based out of Los Angeles, was also in attendance. This gave them an opportunity to mingle with local customers and crew that they speak to on a daily basis.

Without our wonderful team, this beloved annual event would not have been possible. I would like to give a special thanks to our customers for their continued support and friendship. Thank you to everyone who was involved!

Lydia Zink Stultz
Starlight Marine Services



Paul Tokuda, Jonathan Mendes and Jennifer Beckman preparing the Millennium Falcon for the party.



Mr. and Mrs. Toledo of OSPR and Jonathan Mendes onboard enjoying the festivities.



Our guests on the stern deck enjoying the Blue Angels air show.

Protect Yourself and Others from the H1N1 Flu

Harley Marine Services cares for the health and safety of its employees and their families. During this year's flu season please take extra caution and be sure to watch for early signs and symptoms. If you do become sick, please stay home so that you do not infect others you work with. It has been reported that a person may pass on the infection to others from the day before the onset of flu symptoms to seven days after the onset.

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

To help spread germs, please be sure to:

- ◆ Cover coughs and sneezes.
- ◆ Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands
- ◆ Avoid close contact with others - do not go to work or school while ill.
- ◆ Keep you work area clean.



Additionally, Harley Marine has set up cleaning stations at each office and in the shops that are stocked with hand sanitizer, cleaning wipes and tissues.

According to FluView, which can be accessed at <http://www.cdc.gov/flu/weekly/>, influenza activity continues to increase in the United States. H1N1 flu activity is now widespread in 46 states. Nationwide, visits to doctors for influenza-like-illness are increasing steeply and are now higher than what is seen at the peak of many regular flu seasons. In addition, flu-related hospitalizations and deaths continue to go up nation-wide and are above what is expected for this time of year.

It is important that we, as a team, do what we can to prevent the spread of germs this winter. If you need any additional information, please contact our 24 hour advice nurse line at (866) 648-5547.



Halloween Costume Contest at WHQ



Thank you to everyone who participated!

Stephen Parry dressed up as a wind-blown Chicago resident and won the grand prize.



Safety Corner

By: Andre Nault

Here is something to ponder from Capt. Manny Aschemeyer, the past Executive Director of the Marine Exchange in LA/LB. "The trouble with using experience as a guide is that the final exam often comes first and then the lesson learned thereafter".

When the proper personal protective equipment (PPE) is not worn, the experience and lesson can be and often is tragic.

We continuously hear about a drowning that could have been preventable if a personal flotation device had been worn. Falling from a boat, dock, pier, barge, gangway or river bank is usually sudden and unexpected and can be caused by unforeseen events. The outcome can worsen if a PFD is not worn. Although we hear much debate as to where and when to wear a PFD, the simple routine and practice can save your life. Performing tasks in a safe manner must take precedence over the real or imagined potential gain of performing tasks in an unsafe manner.

The hard hat is one of the oldest, most widely used, and most important pieces of PPE on the job. So, why is it so often forgotten, misused and abused? There's no question that many workers have been saved from serious injury or even death because they were wearing a hard hat. Even with the best intentions, the effectiveness of any PPE on the job is limited when the product is not properly worn, maintained, and replaced when needed.

Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day and about 1 in 10 eye injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20% will cause temporary or permanent vision loss. Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents.

When it comes time to make the decision whether to put your PPE on or leave it hanging on the wall or in your bag, remember, in order for it to work you need to wear it. Even if your PFD, hard hat, or eye protection never has the opportunity to save you from harm, the example you set may save someone else.

November Holidays

1st - Daylight Saving Time Ends

3rd - Election Day

11th - Veterans Day

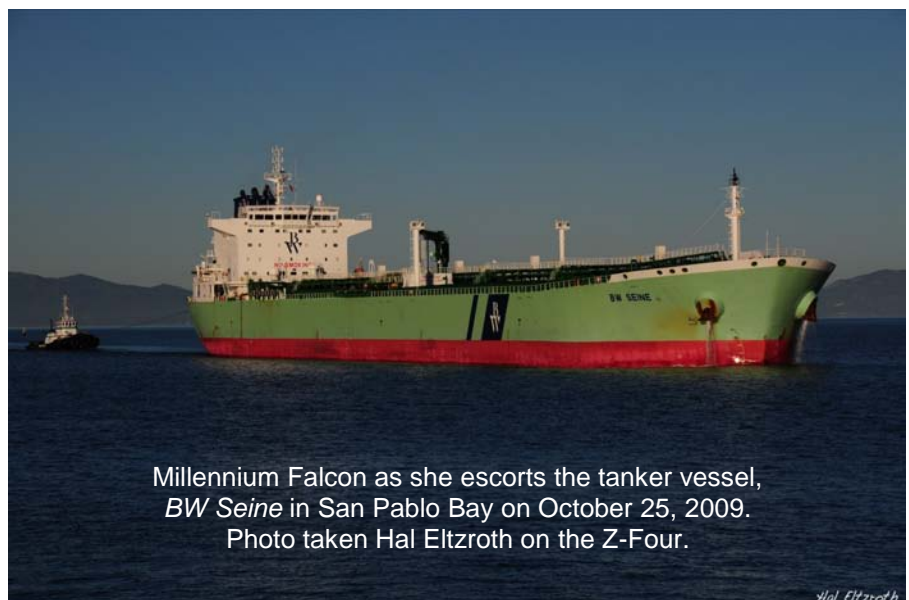
(HMS Offices will be closed in observance of Veterans Day on the 11th)

26th - Thanksgiving Day

(HMS Offices will be closed to observe Thanksgiving on the 26th and 27th)

Thumbs Up

- ◆ A big thumbs up to Anthony Lobro, Charles Martin, David Spanjol, and Grant Hedley for handling the "aggressive" scheduling. Thank you for sticking through the busy times and keeping your patience! Your professionalism is appreciated.
- ◆ Thumbs up to the Co-Worker Appreciation Week Team who are making CWA 2009 a memorable and enjoyable week for all throughout the HMS family of companies!



Millennium Falcon as she escorts the tanker vessel, BW Seine in San Pablo Bay on October 25, 2009.
Photo taken Hal Eltzroth on the Z-Four.

Teamwork

By: Dione Lee

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What makes a successful Management System?

Teamwork. This simple concept is usually overlooked when implementing and maintaining management systems, whether they are quality (ISO 9001), Safety (ISM), or Environmental (ISO 14001). It is overlooked when we create policies and procedures; it is overlooked when we develop job descriptions; it is overlooked when shoreside communicates to the vessels, and when the vessels communicate with shoreside; it is overlooked when we want to receive credit for a job well done; and, unfortunately it has been overlooked when we have to say an untimely goodbye to a fellow crewmember.

So, if teamwork is so simple, why is it overlooked? Do we run out of time to involve others; are our imaginations so great that we think we can visualize and write a procedure without involving those who perform the function; do we forget to get input from the people who are held accountable when assigning responsibility; do we only care about our efforts being recognized that we fail to recognize the contribution that others can make; and/or, do we think this one time we don't need anyone watching our backs as we perform a routine but somewhat hazardous task?

Management System elements have inherent communication processes that are all geared toward working as a team: management and master reviews; audits, defining levels of authority and lines of communication onboard and shoreside; and, non-conformity reporting for red-flagging when processes and systems break down or are no longer valid.

If you haven't adopted a team attitude already, try it. You might be amazed at how effortless and effective your management system will be.

Dione Lee

Director Quality, Safety & Environmental Protection

November Anniversaries

Harley Marine NY

Brian Kelly—3 years

Harley Marine Services

Deborah Franco—4 years

Millennium Maritime

Grant Hedley—8 years

Paul Tokuda—3 years

Olympic Tug & Barge

Max Jahn—14 years

Donald Vakulich—14 years

Michael Harley—10 years

Ron Rustad—10 years

Daniel Colvin—6 years

Robert Harmeling—6 years

Kristopher Laakso—6 years

Marek Kaszewicz—5 years

Ahmet Gumusyazici—4 years

Brian Healy—4 years

Douglas Liedberg—4 years

Brian Bamer—3 years

Stephen Mickelson—3 years

Cory Edgil—1 year

Gaylon Ford—1 year

Craig Moore—1 year

Pacific Coast Maritime

Ben Latham—22 years

Public Service Marine

Carl Fessler—7 years

Starlight Marine Services

Tom Larsen—3 years

Jonah Petrick—1 year

Westoil Marine Services

Mario Amalfitano—10 years

Carlo Orlando—10 years

Enrique Gomez—4 years

**CONGRATULATIONS AND THANK
YOU FOR YOUR CONTINUED
DEDICATION!**

November Birthdays

Birthstone: Topaz or Citrine
Flower: Chrysanthemum

Harley Marine NY

Elijah Collins—11/2

Harley Marine Services

Daniel Payne—11/1

Millennium Maritime

Donald Shundo—11/3
Charles Martin—11/9
Brian Shea—11/12

Olympic Tug & Barge

Ron Eriksen—11/1
Allen Hall—11/2
Jamison Hollis—11/4
Ron Echeverio—11/6
John Munson—11/8
Darren Johnson—11/15
Steve Springman—11/17
Timothy Brown—11/21
Adam Churchill—11/21
Chris Starkenburg—11/23
Richard Becker—11/28
Lowell Swett—11/29
Ben Lussier—11/30

Starlight Marine Services

Edgar Martinez—11/27

Westoil Marine Services

Justin Jabuka—11/3
Tony Danelo—11/11

**Happy Birthday
to all of you!**



PACIFIC TERMINAL SERVICES takes

FIRST PLACE in the

Clean River Co-op Boom Boat Rodeo ... again!

Clean Rivers Co-op's (CRC) 3rd quarter member training and Boom Boat Rodeo held were held at the Owens Corning facility, down the river from the PTSI Portland terminal the morning of September 10th. Burt Nye, Dennis Stewart and Kevin Buffum represented PTSI during the competition and training. Teams from several companies competed in a boom pulling obstacle course on water, deflection booming on water, collection booming on water, baton run on water, man over-board drill, knot tying, and a written test.

CRC tallied the results of the competition as teams enjoyed lunch. PTSI came in first place for the 2nd year running. CRC awarded PTSI's first place team \$100.00 gift cards and all participants received travel mugs with the outline drawing of last year's winning team's (PTSI) boom boat. CRC will be engraving PTSI into a special first place belt buckle and plaque for display at the terminal. This exercise/training will also be counted as PTSI's quarterly spill drill and boom deployment exercise.

Great job Pacific Terminal Services!
Your participation in this drill is appreciated and your performance has been exceptional. Keep up the good work!



Congratulations PTSI

Cholesterol

The human body needs cholesterol in order to survive. In small amounts, cholesterol helps build cells, hormones and other necessary components of our bodies. It only poses a problem when there is too much cholesterol--high levels of cholesterol increase your risk of heart disease.



Cholesterol travels through our blood on lipoproteins (chemicals made up of fats and proteins). There are two types of lipoproteins linked with heart disease: high-density lipoproteins (HDL) and low-density lipoproteins (LDL). Depending on which of these the cholesterol is traveling on, the cholesterol can be either “good” or “bad.”

- ◆ Cholesterol that is attached to low-density lipoproteins is associated with higher risk of heart disease. This is the “bad” cholesterol, and carries cholesterol to our body tissues.
- ◆ Cholesterol that is attached to high-density lipoproteins is associated with reduced risk of heart disease. This is the “good” cholesterol, carrying cholesterol away from our body tissues.

When there is too much bad cholesterol in your blood, it can cause blockages in your arteries that result in hardening of the arteries. Hardening of the arteries prevents good blood flow to the heart, and is a common cause of heart disease.

Having higher levels of good cholesterol means that more cholesterol is being carried away from your arteries and to your liver, where it is broken down and eliminated from the body. The more good cholesterol you have, the less chance there is for atherosclerosis and heart disease.

Your doctor can do blood tests to determine how much of each type of cholesterol is in your blood and how high your risk of heart disease may be. The following chart can help you determine how much cholesterol is too much:

	Desirable	Borderline	High-risk
Total Cholesterol	Less than 200	200-239	240 or more
Good Cholesterol	60 or more	36-60	Less than 35
Bad Cholesterol	Less than 130	130-159	160 or more

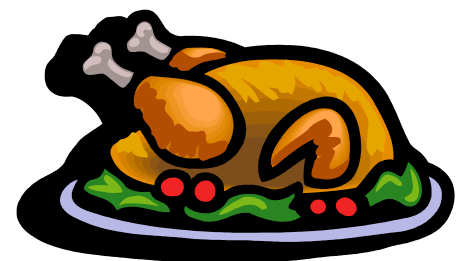
Cooking with the Captain
Chris Starkenburg
“Herbed Roasted Turkey”

Ingredients:

		Herbed Butter Rub	
18-22 lbs.	Turkey		
Turkey Brine		2 cubes	Butter, softened
1 gallon	Cold Water	1 tsp.	Fresh Thyme, minced fine
1 cup	Kosher Salt	1 tsp.	Poultry Seasoning
1 cup	Honey or Brown Sugar	1 tsp.	Fresh Sage, minced fine
1 tbs.	Liquid Smoke (optional)	2-3 cloves	Fresh Garlic, minced fine
2 sprigs	Fresh Rosemary, with stems		
2 sprigs	Fresh Thyme, with stems		
2 sprigs	Fresh Sage, with stems	Sprinkle	Kosher Salt, Fresh Pepper and Poultry Seasoning on top
1/4 cup	Whole Peppercorns		
2	Bay Leaves		

Directions:

1. To brine the turkey, mix all the brine ingredients together until the salt and sugar are dissolved.
2. In a cooler or ice chest, line the interior with a scent free plastic bag. Place the turkey in the bag, breast side down. Pour the brine water and clinch the bag together so the entire turkey is surrounded with brine. Fill the ice chest with some ice and close the lid, let the turkey brine overnight.
3. The next morning, remove the turkey from the bag and dump the brine. Rinse the turkey and place on a cutting board. With paper towels, dry the skin.
4. In a mixing bowl, mix the herbed butter rub ingredients.
5. With latex gloves on, carefully put your fingers between the skin and the flesh on the top and sides of the breasts. Push your fingers under the skin all the way back and on both sides of the breasts to create a cavity to rub in the herbed butter.
6. Scoop the herbed butter rub in you hand and rub under the skin as best as you can to coat everything.
7. Sprinkle the turkey with kosher salt, fresh pepper and poultry seasoning.
8. Place the turkey in a roasting pan on a rack.
9. Tie the drumsticks together.
10. Place turkey in a preheated 400°F oven on the lower rack. Cook for 30-40 minutes (do not let the turkey brown too fast, if this happens, loosely rest a piece of foil on the top).
11. Reduce the heat to 325°F. Cook time is around 12-15 minutes per pound, depending on whether the turkey is stuffed or not. A stuffed turkey takes longer and you need to make sure the stuffing reaches 160°F before you remove it from the oven.
12. Place a thermometer in the thickest part of the turkey and it should reach 160°F when you remove it from the oven.
13. Only baste the turkey 3-4 times while cooking.



Serving Size: 10-12 people

OCTOBER EMPLOYEE OF THE MONTH

Harley Marine Services, Inc.

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swright@harleymarine.com

Westoil Marine Services

Jim Carrigan, Shore Side Mechanic

Westoil would like to congratulate October's employee of the month, shore side mechanic, Jim (Jimbo) Carrigan. Jim has been with the company for a relatively short time, but has shown that he can rise to the challenge of our demanding operation. Jim has previously been a shore side mechanic for Catalina Express and Port Engineer for Hawaii Super Ferry. He brings a wealth of knowledge to our Southern California operation. We would like to thank him for putting in the long hours over the last month, while we were short on shore side help. Thank you for keeping us running smooth, Jimbo.

Olympic Tug & Barge

Paul Thompson, Mate-Tankerman

Olympic would like to congratulate October's employee of the month, Paul Thompson. Paul always works with a positive attitude and is willing to go the extra mile when needed. Paul has been putting in extra time and has been away from his family and home with out complaint. He has spent the last three weeks crewed on the CF Campbell moving the Jovalan. Paul's extra efforts have helped Public Service Marine with the Ellwood run to SF and LA. Thank you for your hard work, it is greatly appreciated.

Starlight Marine Services

Martin Miller, Captain

Starlight would like to congratulate October's employee of the month, Martin Miller. Martin is the Captain aboard the Tug Millennium Falcon and has been with Starlight Marine since June 2003. He has brought his experience and positive team spirit in assisting operations to cover the busy workloads. Recently, he helped Millennium Maritime by filling in as Captain aboard the Ernest Campbell. Starlight Marine and Millennium Maritime appreciates his commitment and honors Martin, as Employee of the Month.



OCTOBER NEW HIRES

Starlight Marine Services

Stephanie Sandoval - Deckhand

Westoil Marine Services

Branislav Trkulja - Mechanic
Michael Rose - Mechanic

Welcome to the Harley Marine TEAM!!!

