

THE INLAND MARINER



2016 - 4th Quarter Newsletter

Cold Weather

With the winter months here, it is important to stay warm in cold climate conditions. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Warnings signs of hypothermia:

- shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room
- Remove wet clothing
- Warm the center of the body first—chest, neck, head, and groin
- Warm beverages can help increase the body temperature
- After body temperature has increased, keep the person dry and wrapped in a warm blanket
- Get medical attention as soon as possible



A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately.

Even if the victim appears deceased, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

4th Quarter New Hires

Please help us in welcoming the following to the D&S Family:

- Will LeBoeuf - Wheelman
- Shea Jordan - Wheelman
- Daniel Porter - Tankerman
- William Prince - Tankerman
- Anthony Furr - Deckhand
- Jammall Williamson - Deckhand
- Jonathan McFeeters - Deckhand
- Thomas Linton - Deckhand
- Justin Wilson - Deckhand
- Tyler Lirette - Deckhand
- Corey Matherne - Deckhand
- Kory Strong - Deckhand
- John Timperio - Deckhand

A Growing Fleet

Please welcome to the fleet the M/V Brandon Kyle under the watch of Captain Mike Jacks and his crew.



From the Galley

Mississippi Sweet Potato Pie

The classic Mississippi Sweet Potato Pie. There's just nothing quite like it, especially during the holidays in the South. It's similar to traditional pumpkin pie but has a softer, sweeter flavor.



Ingredients:

- 4 ounces butter, softened
- 2 cups cooked, mashed/pureed sweet potatoes
- 2 cups granulated sugar
- 1 small can (5 ounces) evaporated milk
- 1 teaspoon vanilla
- 3 eggs, beaten
- 1 1/2 teaspoons cinnamon
- 2 prepared pie shells, unbaked

Preparation:

Mix butter, potatoes, sugar and evaporated milk until well blended. Add vanilla, eggs, and cinnamon; mix well. Pour into the prepared pie shells. Bake in a 350° oven for about 1 hour, until set. Makes 2 pies.

Reminders!

- Is your Annual Benzene Physical getting ready to expire? If so, please get with Personnel to schedule your appointment before it expires.
- If you have an address or phone number change, please notify the office as soon as possible. It is very important that we have all your current contact information on file.

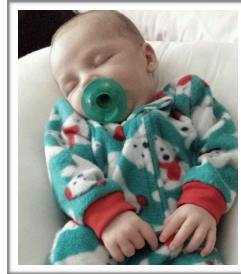
D&S Family News

If you have great news you want to share, please let the office know so we can make sure to announce it in our next newsletter.

- Michael Held - Newborn

Kash Held

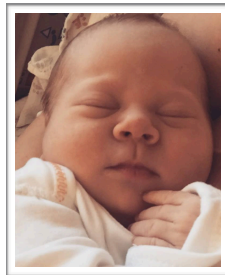
11/20/16



- Charles Bennett - Newborn

Charley Ann Bennett

11/21/16



- Matt Hurd - Newborn

Clayton Asher Hurd

12/5/16



Promotions

Congratulations to the following crew members on their recent promotions.

- Carlton Walimaki - Wheelman
- Daniel Blanchard - Wheelman
- Stanley Sevin - Wheelman
- Jason Bourg - Tankerman
- Jean Taylor - Tankerman
- Kyle Holdiness - Tankerman Trainee

Flu Season

Just a reminder, flu season is in its peak! So now is the time to make sure you and your family are protected. If you have health coverage through D&S, United Healthcare will cover annual flu shots at 100% when you use a contacted network provider, walk-in clinic, or retail pharmacy. For a list of these providers, visit United's website or contact the office.

Fleet Update

When discussing new technology in the tug industry, propulsion, hull, and winch designs often get a lot of attention. But what is arguably the most critical component of the vessel's mission, the tow rope, isn't usually in the mix. For years, wire rope or polyester were considered standards in the towing industry, in spite of the inherent dangers of working with heavy wire rope and polyester ropes that have low tensile strength, are heavy and tend to absorb water. Today's high performance fibers, such as Dyneema, have become the new standard. These lines are easier to handle, splice, inspect, and they even float. That new standard is where the D&S Marine fleet is headed. As of today, the following boats have the Samson's 12-strand working lines, Saturn-12: Anna Michael, Roy Michael, J. Thomas, Douglas Murphy, and Brandon Kyle.



Health Insurance - Adding or Removing Dependents

While you are generally only allowed to change your benefits elections during the open enrollment period each year, certain life events provide an exception. Those life events allow you to change your benefits elections in the middle of the plan year if certain requirements are met. The following are examples of types of life events that may allow you to change your benefit elections during a plan year:

- Birth/Adoption of Child
- Change in Insurance Coverage
- Death of Dependent
- Dependent Child Reaches Limiting Age
- Divorce/Annulment
- FMLA - Related Leave
- Marriage
- Spouse Loss of Other Coverage

Please notify Human Resources immediately if you experience any life event changes so that we can ensure there is no interruption or error in your benefits. If you do not have any life changing events and would like to add or remove a dependent from your policy, you may do so during open enrollment in September. Be on the lookout then for the necessary forms to complete during open enrollment if you plan to add or remove someone from your policy that does not meet a qualifying event. Please contact the office with any additional questions.

MMC Processing Delays & Extension

Due to a greater-than-usual volume of mariner credential applications being received, the Coast Guard National Maritime Center may be unable to process all Merchant Mariner Credential (MMC) applications prior to the expiration of your current document. In an effort to address this issue, the United States Coast Guard is exercising its authority under Title 46, United States Code, Section 7507, and is granting an extension of national endorsements for any mariner whose MMC expires on or after December 1, 2016. This extension is effective immediately and will be valid until September 30, 2017. All mariners sailing under the authority of their national endorsement(s) should print of copy of this letter from the USCG website and keep a copy with their MMC and produce it upon the request of USCG personnel or other officials. This extension does not apply to Mariner Medical Certificates or STCW endorsements. This delay also does not relieve mariners from their responsibility to submit timely applications. Mariners should continue to submit their renewal requests in time to receive a new MMC prior to the expiration date of their credentials. Mariners who have already submitted renewal applications do not need to resubmit their requests for renewal.

Target Zero

As a reminder, we have deposited 70 points into the safety award accounts for those crew members who worked incident free in the 4th quarter. The target below displays where every vessel stood in regards to incidents at the end of December. In addition to staying incident free during the 4th quarter, the following vessels were incident free for all of 2016: Anna Michael, Capt Claude, Houston Foret, J. Thomas, Miss Darian, ML Crochet, Sylvia M LeBoeuf, and Rita Ann. Thanks to everyone for a good year! If we continue to build on this record and improve, we will have an outstanding 2017!

ARE YOU ON TARGET?



TARGET
ZERO

Upcoming Birthdays

January

- Guy Florane - 1st
- Dusty Hale - 2nd
- Lee Leblanc - 5th
- Russell Orgeron - 10th
- Zach Bowman - 11th
- Derrick Daigle - 24th
- Aaron Revia - 24th
- Kory Strong - 25th
- Zed Guidroz - 26th
- Jean Taylor - 26th
- Anthony White - 27th
- Devon Swafford - 30th

February

- Archie Scurlock - 2nd
- Jason Meek - 2nd
- David McNiel - 3rd
- Gregory McLendon - 3rd
- Eric Prosperie - 4th
- Daniel Blanchard - 6th
- Corwin Geroge - 7th
- Lawrence Lombas, Sr. - 8th
- Jammall Williamson - 12th
- Gordon Ladner - 17th
- Thomas Linton - 22nd
- Blaine Doucet - 23rd
- Thomas Chauvin - 25th

March

- Edward Guidroz - 4th
- Elton Blanchard - 5th
- Thayer Russell-Pelsue - 5th
- Steven Verret - 7th
- Clint Williams - 9th
- Tracy Johnson - 11th
- William Ladner - 15th
- James Bailey - 15th
- Wayne Savoie - 16th
- Timothy Theriot - 18th
- Ethan Brown - 21st
- Brett Orgeron - 22nd
- Dashmond Campbell - 31st



Company Anniversaries

October

- Bart Authement - 9 years
- Shaun O'Fallon - 8 years
- William Ladner - 8 years
- Jonathan Eley - 3 years
- Kyle Holdiness - 2 years
- Clint Nickels - 1 year
- Lindsey Stelly - 1 year
- Ethan Brown - 1 year

November

- Sebrina Scurlock - 11 years
- Billy Baird - 9 years
- Michael Jacks - 9 years
- DJ Martin - 9 years
- Tracy Johnson - 9 years
- David Kirksey - 7 years
- Chris Carter - 5 years
- Louis Lapeyrouse - 3 years
- Joshua Bland - 1 year
- Timothy Theriot - 1 year
- Charles Ronchetti - 1 year

December

- Robert Bachman - 5 years
- James Bailey - 2 years
- Levi Holdiness - 2 years
- Michael Held - 2 years
- Blaine Doucet - 1 year
- Lee LeBlanc - 1 year
- Phillip Thompson - 1 year
- Lawrence Lombas, Sr. - 1 year

Wishing everyone in the D&S Family a happy and safe New Year!

Ready to save more in 2017?

Start with a dollar this week, end the year with \$1,378. The 52-Week Money Challenge! The idea is simple: You start by putting away just \$1 in the first week of the year, and then gradually increase your savings by a dollar a week throughout the year. So you save \$2 in Week 2, then \$3 in Week 3, and so on, until you're stashing away upwards of \$50 a week next December. By the end of the year, if you complete the challenge, you'll have saved \$1,378.

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	✓	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	✓
1	\$1.00	\$1.00		27	\$27.00	\$378.00	
2	\$2.00	\$3.00		28	\$28.00	\$406.00	
3	\$3.00	\$6.00		29	\$29.00	\$435.00	
4	\$4.00	\$10.00		30	\$30.00	\$465.00	
5	\$5.00	\$15.00		31	\$31.00	\$496.00	
6	\$6.00	\$21.00		32	\$32.00	\$528.00	
7	\$7.00	\$28.00		33	\$33.00	\$561.00	
8	\$8.00	\$36.00		34	\$34.00	\$595.00	
9	\$9.00	\$45.00		35	\$35.00	\$630.00	
10	\$10.00	\$55.00		36	\$36.00	\$666.00	
11	\$11.00	\$66.00		37	\$37.00	\$703.00	
12	\$12.00	\$78.00		38	\$38.00	\$741.00	
13	\$13.00	\$91.00		39	\$39.00	\$780.00	
14	\$14.00	\$105.00		40	\$40.00	\$820.00	
15	\$15.00	\$120.00		41	\$41.00	\$861.00	
16	\$16.00	\$136.00		42	\$42.00	\$903.00	
17	\$17.00	\$153.00		43	\$43.00	\$946.00	
18	\$18.00	\$171.00		44	\$44.00	\$990.00	
19	\$19.00	\$190.00		45	\$45.00	\$1035.00	
20	\$20.00	\$210.00		46	\$46.00	\$1081.00	
21	\$21.00	\$231.00		47	\$47.00	\$1128.00	
22	\$22.00	\$253.00		48	\$48.00	\$1176.00	
23	\$23.00	\$276.00		49	\$49.00	\$1125.00	
24	\$24.00	\$300.00		50	\$50.00	\$1275.00	
25	\$25.00	\$325.00		51	\$51.00	\$1326.00	
26	\$26.00	\$351.00		52	\$52.00	\$1378.00	