

Alliance

“Leading the Way”

Volume 1, Issue 8

May 2012



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Without the help of a dedicated crew or workforce, not one of the bigwig enterprises that exist now would be what they are today. One of the major factors that contribute to a company's success is employee motivation. Without proper motivation, an employee will just routinely go through the tasks assigned to him or her on a daily basis without trying to "think big", or going out of their way to help the company grow and improve.

Take a look at some of the other benefits that you can get from proper employee motivation:

- Increased and improved employee output at work.
- Enhanced team spirit if all individuals are working towards the same goal.
- A more positive working environment.

Whether you are a supervisor, Captain or a crew member, you need to have enough 'people skills' to deal individually with your peers and make them work as a team so that all of you can contribute something towards the growth of the company, which will in turn benefit all of us.

Here are a couple of ways on how you, as a leader, can work on crew motivation:

1. Be a good leader and set an example.

The simple things at work, like showing up early for a meeting or making the effort to know a little bit more about your co-workers as well as the basic, simple courtesy would go a long way towards motivating your staff.

By setting a good example at work, you are sending them the right message that they should follow your lead. Thus, you will slowly earn their respect which will in turn benefit you all when it is time to make crucial decisions about work, and help contribute to the growth of the company.

2. Do not be hesitant to share your knowledge with your crew.

You are all at work to earn and learn something new everyday by doing something that you love. If you are passionate about your work and you are assigned as the leader to a group of employees, do not hesitate to share what you know with your crew.

By being a good leader, setting a proper example and sharing your knowledge with others, you can easily motivate your crew so that you can all work together towards the success of your company.



Water spout G.I. Field GOM

Safety Focus

Tommy Pierce

You're the loser

Cost of living, inflation, and taxes—these are the topics we are all concerned about. They're topics that creep into every conversation at home and at work because they deal with money. But it is funny how many people express concern over living costs and then ignore a very important factor in keeping costs at a minimum. I'm talking about safety. If you think that safety doesn't have much to do with the cost of living you'd better listen to this:

On the job accidents cost the US economy about 3.4 Million dollars every hour of every workday. The people who compile these statistics go on to say that this adds up to 6.8 Billion dollars per year. The total includes 1.5 Billion dollars in lost wages, 3.8 Billion dollars in lost production, and 1.5 Billion dollars in medical expenses and that is just the measurable part of the costs. This is a substantial drain on the economy and we all pay for it in our rolls as taxpayers, wage earners and consumers. But each of us as an individual is a big loser when were injured. This is why safety should be important to cost-conscious people. It's not the only reason for being safe, however it may be the only reason some people understand.

continued pg.1

Safety is part of doing a good job. You can't get hurt and still do a good job. When an injury occurs, there's something wrong, and the injured person is the first to find out about it. That's in the form of pain and suffering.

You might ask, if this is true, then why do some people ignore safety rules? There are many good answers to that, but we'd all have to be psychiatrists to understand them. However there are some that are quite obvious.

Many people are likely to break safety rules that they consider unimportant or contrary to their philosophy of life. This might be based on an over-inflated sense of self-importance.

People who disregard safety rules may also be reckless both on and off the job. They're confident that accidents always happen to the other guy. They have manufactured a false sense of security.

Leading with Safety As previously noted, there are many good reasons for being safe, but it all narrows down to just one—you. You either play it safe or trust your luck. There is no in between. You either make safety a part of your job or you become a chance taker. A chance taker's working career can be very short.

Hazards exist in many forms. We attempt to keep them at a minimum around here and our goal is to send you home in good condition at the end of each workday. However we can only do it with your cooperation. You are important to this job or you wouldn't be here, you're also important to your family and your community.

So don't be a loser. Treat safety with the respect it deserves. When you lose at the game of chance taking, you lose BIG.

Life Raft Training

Bill Frye

The requirement for Life Rafts onboard OSV (offshore service vessels) will go into effect January 2015. Although we are several years away from the requirement of this regulation the current thinking is, "personnel that are in charge/in command of launching life rafts will be required proper training."

Because the AB certificate also carries Lifeboatman authority (46 CFR 12.10-7), you must meet the qualification requirements for the document as well. Qualifying for the Lifeboatman document involves a combination of seagoing service, demonstration of proficiency and approved training.

It also involves an understanding of the fact that many smaller vessels do not carry conventional lifeboats that are launched from davits and are propelled by oars. Instead they are equipped with life rafts and or motorized inflatable or capsules. Because of this the Coast Guard grants two types of Lifeboatman documents; an unrestricted certificate good on any vessel and one that is limited to vessels not equipped with lifeboats. Each of these documents has their own sea time & qualification requirements.

Making Safety Personal (Home

Safety Tips):

Heat Wave Safety Tips

Summer heat waves can be dangerous. Older people are at the highest risk. People normally cool their bodies by sweating, but under some conditions, sweating isn't enough. Very high body temperatures may damage the brain or other vital organs. Some conditions that can limit the ability to regulate temperature include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use. Summertime activity, whether on the playing field or the construction site, must be done in a way to aid the body's cooling mechanisms and prevent heat-related illness.

Protecting Against Heat Injuries

To protect your health when temperatures are extremely high:

- **Drink Plenty of Fluid**
- **Replace Salt and Minerals**
- **Wear Appropriate Clothing and Sunscreen**
- **Slow down**
- **Pace Yourself**
- **Schedule Outdoor Activities Carefully**

Warning signs of heat stroke vary but may

include: • an extremely high body temperature (above 103°F, orally)

- unconsciousness
- dizziness, nausea, and confusion
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache.



Core Sampling Job A-I

Alliance Crew Quarters

License Upgrades:

Christopher Smith A-III

- AB to 200 ton Mate Unlimited

Congratulations to all Crew Members involved in successful USCG inspections

- A-I USCG Topside Inspection 4/2/12
- A-II USCG Topside Inspection 3/23/12
- A-IV USCG 5 year Inspection 3/6/12
- A-III USCG 5 year inspection 5/14/12



Congratulations Captain CJ Hebert A-IV and Ms. Ashley on the birth of your Son Hunter James Hebert 5/25/12.

Recipe submitted by
Capt. Dane Matherne A-II



Cajun Lasagna

8 cooked lasagna noodles
1lb. crawfish tails
1lb. uncooked small-medium shrimp
16oz. ricotta
2c. shredded pepper jack
2c. shredded parmesan
8oz. Velveeta
1lg. egg
1lg. bell pepper, diced
1sm. Onion, diced
4 garlic cloves
1sm. Jalapeno minced, remove seeds
Olive oil
1sm. Tomato, diced
I used a 9x9 casserole dish
Preheat oven to 350° Saute in olive oil, bell pepper, onion, garlic, and jalapeno. Melt in Velveeta and 1/2c. Pepper jack.

Add Shrimp, Crawfish, tomatoes. Cook the shrimp half way done, slightly transparent. (prevents over cooking when it bakes) Season with an even coat of Tony's, and pinch of cayenne.

In mixing bowl, fold together ricotta, egg, 1/2c. Pepper jack, 1c. parmesan, parsley, paprika, basil. Spray baking dish w/ non-stick spray Spread thin layer of Seafood Mix across bottom of pan. (this will keep the noodles from sticking)

1. Add a layer of noodles
 2. Spread ½ the ricotta mix onto noodles
 3. ½ of seafood mix (be sure to spread around the meat)
 4. Top with shredded parmesan and pepper jack
- Repeat 1-4 one more time.
Bake for 30min. until bubbly.
Uncovered