



#WHEEL WASH

SETTOON TOWING 1st QUARTER 2015

Goal Zero Heros

Shell Shipping & Maritime, Americas, was pleased to recognize the crew aboard the vessels Mv. BLAIR SETTOON and Mv. AUSTIN SETTOON as “Goal Zero Heroes!”



On April 20, 2014, the tankerman on board the Mv. BLAIR SETTOON was connecting the crossover hose to the barges SMI 30045 & SMI 30053 to conduct a tandem discharge at a third party terminal in Mobile, AL. Upon connecting the crossover hose, the tankerman noticed an oil stain on the cross over hose and immediately reported it. The Mv. BLAIR SETTOON Captain immediately decided the crossover hose would not be used for the discharge. The hose was tagged out of service. The barges were discharged one at a time to the terminal, causing a delay in the transfer. The Captain notified the respective Settoon and Shell emergency hotlines, communicating the INTERVENTION and the subsequent delay. The cargo discharge was completed without incident. The crossover hose was later tested, found to have a pin-hole leak, condemned and removed from service. The actions of the crew of the Mv. BLAIR SETTOON to ensure the safety of Shell cargo operations prevented highly predictable environmental effect. Shell commends the crew of the Mv. BLAIR SETTOON for their good judgment and concern for safety. It always pays to: *Do the Right Thing!*



On the evening of November 8, 2014, a Shell Trading US Company employee, Mr. Justin Kirby, and his 5 year old son, Asher, were enjoying a Saturday afternoon on West Galveston Bay in their 12 foot Jon Boat. Suddenly their boat lost power without warning after running aground on a mudbar. Despite Justin’s best efforts, he was unable to restart the engine, so he paddled to a nearby shore. Justin then put out a call on Channel 16 VHF radio for assistance. With the sun going down, the mosquitos coming in thick, the temperature dropping, and the Kirby family

about five swampy miles from civilization, Justin’s concern for safety was high. At about that time, the Mv. AUSTIN SETTOON noted the disabled boat and INTERVENED from their normal operations to respond. The crew of the Mv. AUSTIN SETTOON launched a skiff and towed the small boat back to the Settoon tow, moored on Chocolate Bay. While Justin and Captain Greg Peck worked on a plan to get the Kirby family reunited, part of the Mv. AUSTIN SETTOON crew entertained Asher while others were successful in getting the Jon boat engine restarted. Considering the late hour, Captain Peck used excellent judgment and dissuaded Justin from trying to make a run for home in the dark. Justin was able to contact a friend who gave the Kirby family a ride home and towed their small boat the final 3 miles.

The actions of the crew of the Mv. AUSTIN SETTOON to ensure the safety of a Shell employee and his child, prevented probable harm to people. Shell commends the crew of the Mv. AUSTIN SETTOON for their good judgment and concern for others’ safety. It always pays to: *Do the Right Thing!*

Continued on Page 2

Who are Goal Zero Heros?

A Goal Zero Hero is someone who epitomizes Shell's three HSSE Golden Rules:

1. Comply with the law, standards and procedures
2. Intervene in unsafe or non-compliant situations
3. Respect our neighbors

The rules emphasise our individual responsibility while encouraging us to help our colleagues and respect our neighbors. For example, they encourage us to get involved if we see someone breaking the rules. And they help us to understand why others step in to help if we are failing to comply. They are there to motivate us all to do the right thing, from the most senior to the most junior member of staff. Golden rules in their own right achieve nothing. It's vital that we put them into practice. We must apply the rules to everything we do, every day, and in every activity. No matter what pressure we are under, the Golden Rules come first.

How to nominate someone as a Goal Zero Hero:

You may nominate a Goal Zero Hero by sending a summary of the intervention which corrected an unsafe condition or act to Mr. Rob Smith at Rob.L.Smith@Shell.com. operations prevented highly predictable environmental effect. Shell commends the crew of the M/V BLAIR SETTOON for their good judgment and concern for safety. It always pays to: Do the Right Thing!

Rouse's Catering to the Marine Industry

From Sabine, TX to Pensacola, FL Rouse's has covered the Gulf Coast with the best grocery services. Anthony J. Rouse, Sr. opened his first store in Houma, Louisiana in 1960; today the Rouse family owns nearly 50 stores. For the last 2 years, Rouse's has been creating an online ordering program for vessels. This is becoming a game changer for the marine industry and Settoon Towing is the first company it is available to. Purchasing would like to thank our crew members for their patience in learning the new system and working out the glitches. Each vessel has their own subaccount to order groceries, track their budget and print receipts. They can simply search for an item, see the picture, select a quantity and "add to cart". With ease, our vessels can create an order, select a delivery location and have their groceries on board within 24 hours if needed. The program will also help vessels track their grocery budgets with easy access to past orders and receipts. We are hoping to be in full use of this program in the next month or so. If you need any assistance at all please don't hesitate to contact Purchasing staff.



Safety Corner

Safety Point Website

By: Danielle Falcon

We are happy to announce the launch of our new Settoon Towing Safety Point Website. The new address for the site is:

www.awardlink.com/settoontowing

We have transferred everyone's points remaining from the old program and have also issued 4th qtr 2014 points. All login information is the same. (username= last name + last 4 of SSN, password= last 4 of SSN) To navigate the site:

- Login in using your username and password.
- A popup will come up letting you know that 4th quarter points have been added.
- Once you are in the website, your name will be on the left and next to that is your point balance.
- You may check your point balance at any time by clicking on STATEMENT.
- To begin browsing items, click on AWARDS.
- From there you are brought to a screen that shows you what items you can buy using all your points, to change that view , click on view in the grey box and change it from "Awards I can Redeem Now" to "All Awards"
- From this screen you can choose to sort by different options, by brand, by category, by points or by keyword.
- You can click on items and chose to add them to your cart (to purchase now) or add them to your wish list (to purchase later).
- Once you are ready to check out, go to MY CART and click CHECKOUT
- You will need to enter your Zip Code then are brought to a screen to enter your mailing address.
- Once you are done, click place order now and you are done!!!
- We encourage you to make purchases within your point value but if you would like to get something and are short points, you may pay out of pocket the difference. (1 point = \$1). To do this, you MUST call customer service at 1-800-255-2639

If you have any questions or problems with this site, please feel free to contact me at 985-851-6301, Jenna or Stephanie at Corporate Work 985-872-5559 or use the CONTACT US link on the website.



Chris Smart provided information in reference to the practice fire drill that was completed at The Settoon Towing Corporate Office



Group picture after the necessary briefing from Chris Smart

Safety Corner

Hands-Free Capabilities

By: Dallas O'Quinn

With all the hands-free capabilities available to us, we sometimes forget that something as simple as a conversation on the phone can be a distraction. Even though your hands are free, your mind is distracted. Have you ever been reading a good book while someone was trying to speak to you? You can't do both very well. Driving requires more attention than reading a book or holding a conversation because you are essentially reading the road as you drive and reacting to hazards while being aware of what's around you. As we drive we are constantly taking in information such as the speed limit, avoiding debris on the road, other drivers, checking mirrors, changing lanes, and remembering the route we wish to navigate. There's a lot going on at once.

Vehicles today are heavy from the Toyota Camry weighing in at about 3,200 pounds, to the Cadillac Escalade at nearly 6,000 pounds. Add to this velocity plus distraction and what you get is an effective killing machine.

There are three collisions that occur in a vehicular collision.

1. The vehicle's collision.
2. The human's collision.
3. The human body's collision

THE VEHICLE'S COLLISION

During a collision, the car crashes to a stop. At 30 mph, a car hitting an object that is not moving will crumple in about two feet. As the car crushes in on itself, it absorbs more of the force of the collision.

THE HUMAN'S COLLISION

The second collision is the "Human's Collision". At the moment of impact, passengers in the vehicle are still traveling at the vehicle's original speed. When the vehicle comes to a stop the passengers continue to move forward until they come in to contact with some part of the vehicle such as the steering wheel, the dashboard, the windshield, or even the back of the front seat. Humans in a crash can also cause serious damage to other humans when they collide with each other, as well as loose objects in the vehicle such as an umbrella or a back pack. People in the front seat of a vehicle are often struck by rear-seat passengers as they fly forward with incredible force. In a 30 mph crash, a 15 pound child can generate an impact force of greater than 300 pounds.

THE HUMAN BODY'S COLLISION

In a crash; even after the human body comes to a complete stop, the internal organs are still moving in the direction the vehicle was moving in. Suddenly these internal organs slam into other organs or the skeletal system. This "internal collision" is what often causes serious injury or even death. Imagine what happens when someone's head collides with the windshield. After the person's head makes contact, the brain continues forward until it slams into the front of their skull. The result can be anywhere from a mild concussion to instant death.

We all work very hard to provide for our families and to keep them safe and happy. They are expecting us to return home when the day is over. Would you really trade all of that for a phone call or a text message?

Tread Depth and Tire Safety

If your car's tires are worn or balding, it's time for new ones. **Here are three simple ways to check tire treads regularly:**

1 MEASURE IT OUT.

ON NEW TIRES, the treads will measure 10/32 of an inch.

10/32"

WORN TIRES: 4/32 of an inch

BALD TIRES: 2/32 of an inch

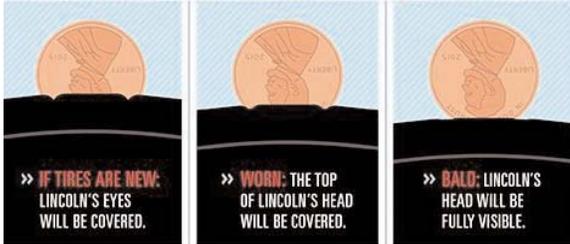
4/32"

2/32"

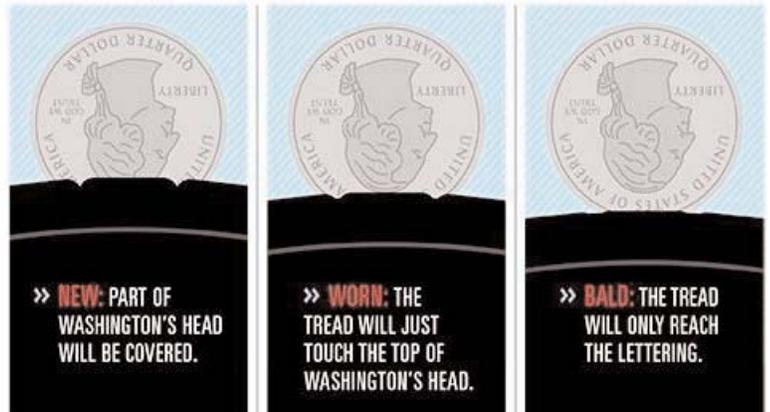
2 GRAB A COIN.

Place a penny or quarter *upside down* in the tread.

Penny:



Quarter:



3 USE YOUR SENSES.

Worn or balding tires can have:



Settoon Family News

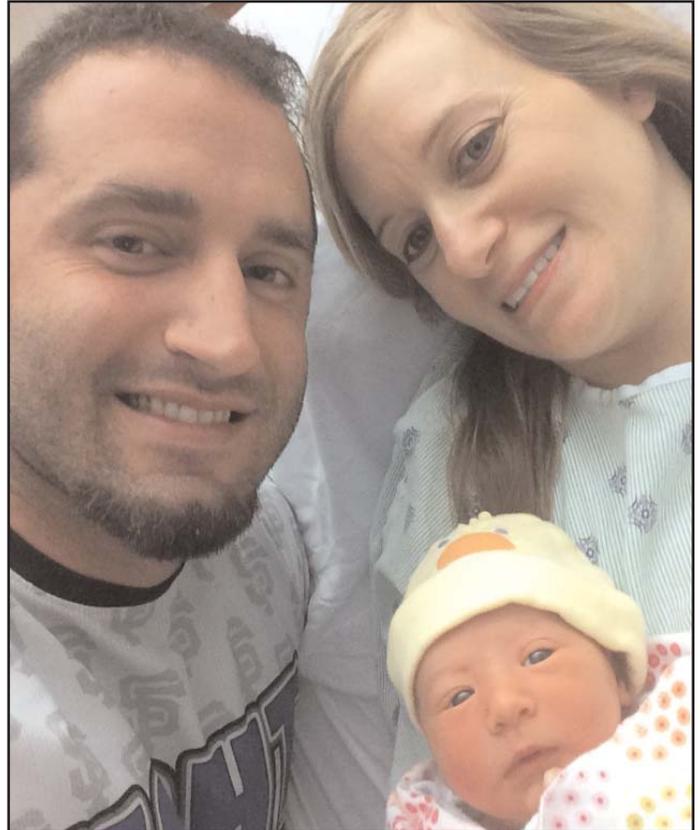


Mike Rocco's daughter Mia drew this for him while he was away at work on a boat. This shows how the livelihood of these men trickles down to their family, no matter how old or young. Adorable!!

Settoon Family News



Daughter of Kellie Burnett, Executive Assistant



Sean Estay, Safety Coordinator,
Mom, Leslie, and Charlea

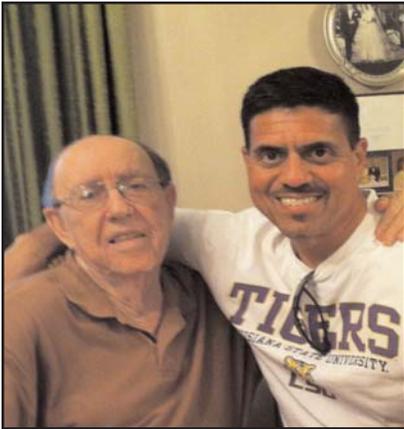


Parker Burnett is a happy big brother
Blake Elizabeth Burnett
Born 3/8/2015
7lb 7oz, 19 in



She joined 5 siblings Dylan, Leah, Kelly, Kolby, and Austin
Charlea Alexander Estay
Born 2/2/2015
6lb 7 oz, 18 in

Settoon Family News



Greg and Dad

In Loving Memory of Gerard John Rodrigue

Gerard was a resident of Thibodaux and Father of Greg Rodrigue, Settoon Towing, Controller. Please keep Greg and his entire family in your prayers.

Born March 8, 1931
At rest January 18, 2015

On behalf of the Rodrigue family, Greg would like to thank Settoon Towing and its employees for the kindness, in thoughts and deeds, extended to his family.



Greg and Family

Photo Contest

**Photo Contest
WINNER!**
30 Points Awarded to
Captain Francis Marceaux
on the
Mv. Dudley J. Settoon



1st Place Winner (30 points)
Submitted by Captain Francis Marceaux,
Mv. Dudley J Settoon

“Success is liking
yourself,
liking what you do, and
liking how you do it.”

Maya Angelou



2nd Place Winner (15 points)
Sunrise ICW/WAX, Spillway intersection
Submitted by Julien Guilbeau, Tankerman
Mv. Lillian Settoon

Shore-Side Management

It has been a productive couple of weeks. We want to thank all of our team members that sent in resumes for our shore-side positions. Your willingness to step up and your desire to help us move forward were overwhelming. The decisions we had to make were tough, given our large pool of qualified candidates. We are pleased to announce that we were able to fill all of our positions with a current or previous Settoon Towing employee.

Below are the employees that will be filling our shore-side positions:

Ted Ewing will be rejoining Settoon Towing as Operations Manager of the Bulk Fleet to work alongside Scott Townsend who is the Operations Manager of the Gathering Fleet. Ted Ewing and Scott Townsend will report to myself, Scott Lerille - Director of Operations. Ted returns to Settoon Towing with many years of experience in the marine industry.

Ted Ewing will have the following staff reporting to him:

Port Captain - Capt. Lester Guidry – Captain Guidry is currently the Captain of the M/V Fred A. Settoon and has held his Master's License for approximately 11 years. He is posted on the Illinois, Lower Mississippi, Upper Mississippi, Arkansas, Ohio, Atchafalaya, Tennessee and Cumberland Rivers along with the Intracoastal Waterways both east and west.

Port Captain - Capt. Michael Rocco – Captain Rocco is currently the Captain of the M/V Jennifer B. Settoon and has held his Master's License for approximately 7 years and a Tankerman PIC for 13 years. He is posted on the Lower Mississippi and Atchafalaya Rivers, along with the Intracoastal Waterways both east and west.

Port Captain - Capt. Brian Nolan – Brian was a previous employee of Settoon Towing and he has held a Master of Towing License for 18 years and a Tankerman PIC for 15 years. He is posted on the Illinois, Lower Mississippi, Upper Mississippi, Arkansas, Ohio, Atchafalaya, Tennessee and Cumberland Rivers along with the Intracoastal Waterways both east and west.

Scott Townsend will have the following staff reporting to him:

Port Captain - Capt. Desire Lirette – Capt. Desire is currently holding this position within the company. He transitioned to the shore side in November of 2014. He was holding the Captain position on the M/V Rev. Clarence Settoon. He has been a licensed Mariner for approximately 14 years. He is posted along the Lower Mississippi, Atchafalaya Rivers, along with the Intracoastal Waterways both east and west.

Port Captain - Capt. Andre Detiveaux – Capt. Detiveaux is currently the Captain of the M/V Alverta A. Settoon and has been a licensed Mariner for approximately 19 years. He is posted along with the Intracoastal Waterways and has extensive experience in the Gathering Business.

Port Captain Assistant - Capt. Jason Porche - Capt. Porche is currently a crew scheduler in the Personnel Department. He has been a licensed Mariner for approximately 9 years. He has a Master of Towing Vessel License and has held a Tankerman PIC for 10 years. He is posted along with the Intracoastal Waterways and has prior experience in the Gathering Business.

Tana Indovina will have the following new staff member reporting to her:

Marine Personnel Scheduler – April Granger – April will be filling the roll of Gathering Crew Scheduler as Jason Porche transitions into his new position. She has a wealth of knowledge and many years of experience in the towing industry.

We believe this management team will be able to provide the support to our vessel crews necessary to attain flawless operations. As these employees transition into their new positions, we will be sending out their contact information.

Captain's Meeting

The Captain's conferences were scheduled for April of this year. With the new office expecting completion sometime between April and May, we are forced to reschedule the 2015 Captain's Meetings. These conferences are costly and we did not want any distractions while planning, preparing or holding them. Our focus needs to be on putting together and presenting an agenda that will best benefit you and the company. Again, with the potential distractions we are facing, we will move the meeting to the third quarter of this year.

The new dates have been set and they are listed below:

- September 9th & 10th
- September 16th & 17th
- September 23rd & 24th

We appreciate your understanding and we are sorry for any inconvenience this may have caused.

SETTOON TOWING WELCOMES

2015 - 1st Quarter New Hires

Brunet, Derrell J	Deckhand		Boudreaux, Michael J	Deckhand
Chauvin, Nicholas J	Deckhand		Cutter, Jack N	Deckhand
LeBlanc, Joshua B	Deckhand		Fabre, Daniel J	Deckhand
Price, Dicky J	Deckhand		McGrew, Dillon J	Deckhand
Foster, Roy D	Deckhand		Reddin, Robert M	Deckhand
Clark, Dustin W	Deckhand		Robichaux, Kyle A	Deckhand
Marks, Brent O	Deckhand		Seal II, Kenneth E	Deckhand
Givens, Jordan T	Tankerman		Arrambide, Andrew C	Deckhand
Lebouef Sr, Tyler P	Tankerman		Barrilleaux, Aaron M	Deckhand
Burnthorn, Brody L	Tankerman		Bates, Martin C	Deckhand
Gaudet, James P	Wheelman Mate		Joynor, Brandon L	Deckhand
Brauns, Kurt E	Relief Captain		Loel, Aaron P	Deckhand
Dardar, Kirk L	Wheelman Mate		Patrick Jr, Billy J	Tankerman
Theriot, Travis J	Wheelman Mate		White, William A	Tankerman
Willhoft, Eric M	Wheelman Mate		Bellow, Larry D	Tankerman
Smith, David Z	Relief Captain		Verrett, John	Tankerman
Price, Charles J	Relief Captain		Cook, Thomas R	Wheelman Mate
Thibodaux III, Henry C	Relief Captain		Verdin, Christopher A	Wheelman Mate
Verret, James A	Wheelman Master		Guidry, Russell P	Relief Captain
Costello, Lonnie D	Trip Pilot		Arceneaux, Charles J	Wheelman Master
Robin, Gerald R	Tankerman		Delatte Jr, Jimmy J	Wheelman Mate
Suire Jr, Larry P	Tankerman		Billiot, Bronson J	Wheelman Master
Savona, Kip A	Apprentice Mate		Stevens Sr, Michael J	Wheelman Master
Beck, Howard L	Relief Captain		Fabre IV, Alvin P	Wheelman Mate
Collins, Randy P	Wheelman Master		Wyatt, Marty J	Captain
Loupe Sr, John P	Wheelman Master		Solet, Addie	Wheelman Master
Ordoyne Jr, Jimmie J	Wheelman Master		Frederick, Jeffery	Trip Pilot
Batson, Randy G	Trip Pilot		Applegate, Michael E	Trip Pilot
Brown, Garry D	Deckhand		Bush, Jason L	Trip Pilot
Percle Jr, Steve J	Deckhand		Christen Jr, David J	Trip Pilot
Strickland Jr, Darrell E	Deckhand			

Lead Captains

On April 22, 2015 our first quarter Lead captains meeting was held at the Petroleum club in Morgan City, Louisiana. In attendance were: Scott Lerille, Scott Townsend, Ted Ewing, Chris Smart, Troy Sparks, Tana Indovina, Desire' Foret, Andre Detiveaux, Brian Nolan, Desire Lirette, Kerry Francis, Allen Barrios, Matt Hall, and Emray St. Pierre. During this meeting we discussed all incidents that occurred in the first quarter as well as any concerns or questions that were submitted to their Lead Captains from Vessel employees. We encourage all vessel employees to utilize their Lead Captains. We aim to have these Lead Captains meeting after every quarter. Each Lead Captain will have a number of vessels that he will directly communicate with to bring forth issues to the committee and shore management. Please see chart below.

Lead Captains	
Bulk Fleet	
Emray St. Pierre – M/V Austin Settoon	Matt Hall – M/V Charles K
Amelia R	Bernard P
Angela M	Blair L
Austin C	Charles K
Elisabeth P	Cheryl Lee
Fred A	Cheryl M
Genevieve T	Cindy T
Hannah C	Claude R
James J Perera	Jennifer B
Kim M	John G
Leeann G	Lil Mike
Lexi M	Mark K
Miss Polly	Mister Mac
Parker A	Nick P
Pelican State	Olivia G
Rev. Clarence	Rachel S
Sonny Gates	Ryan L
Travis V	Scott A
	Shirley P
	Vickie Gates
Gathering Fleet	
Kerry Francis - M/V Philomene	Allen Barrios – M/V Harry B
Albert J	Alisa S
Alverta A	Archie C
Charlotte C	Cathy M
Dudley J	Dee Anna
Emily P	Grady L
Francis C	Greg R
Hunter A	Harry B
Jane Mae	Jane P
Mandy R	Jessica S
Marie S	Katie Chase
Megan B	Kenneth S
Penelope H	Lillian R
Philomene P	Nobie M
Stephanie A	Rodney
	Seth
	Tana I

Executive Update

I'm excited to announce that Settoon Towing's Operation Facility has moved to our new location in Gibson. The location is perfect for centralizing our operations and is just off of the intracoastal canal.

Attached to this memo is a map of the facility showing an overview of the facilities as well as daily employee parking, crew parking, and access around the entire 10 acre parcel. The properties can park over 200 cars with additional space available if needed. The property is well-lit at night with a security officer on duty to ensure additional protection of our facility as well as our employee's properties. Additionally, the security cameras are live and will be monitoring the entire facility.

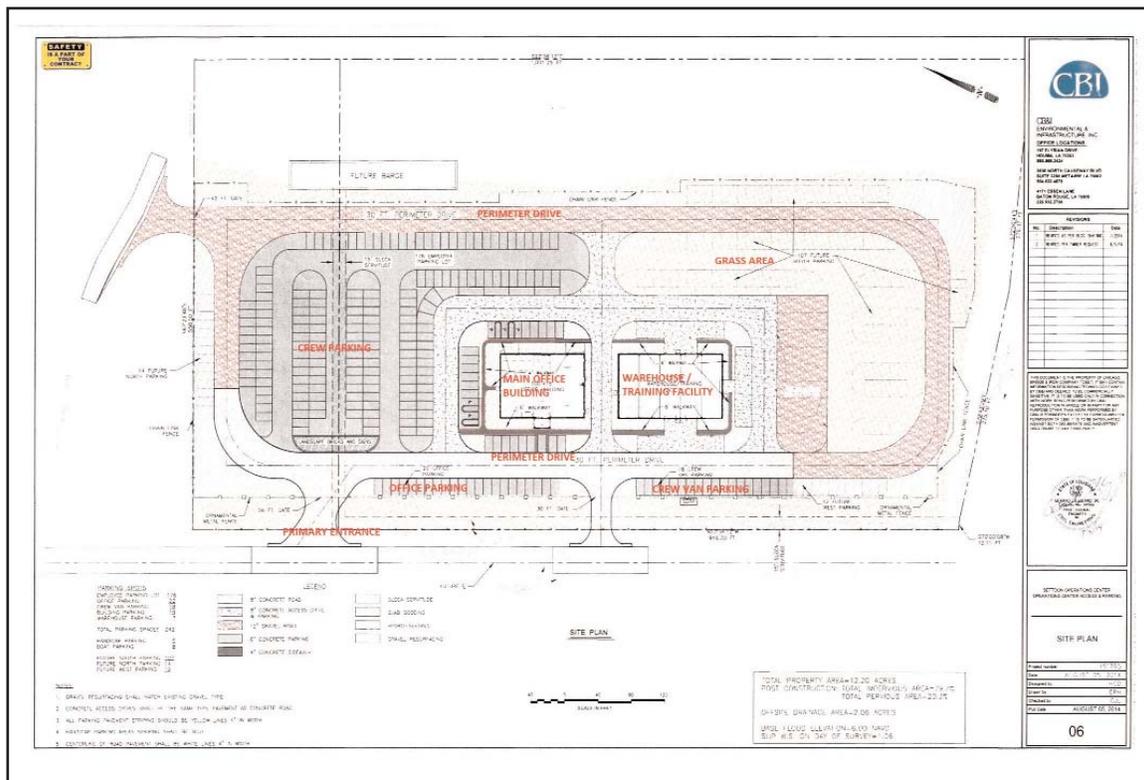
The warehouse is 10,000 square feet and the new office is two stories equaling 15,000 square feet total. Downstairs will be the training facility which will hold over 80 students at one time with capability of dividing the class rooms in half when needed. In addition to having training on the lower floor, the Personnel and Human Resource departments will also office. Upstairs will be Operations, Safety, Dispatch and Maintenance.

The map attached is to give you an idea of the facilities, but the location will have directional signage around the complex making it user friendly for our employees and visitors.

Our goal was to be in the facility and operational by May 4th. The office moved on Friday May 1st and finished Sunday May 3rd.

Please don't hesitate to get with your Port Captain or immediate supervisor if you have any questions.

Gene Moore



PM Program 2015

PREVENTIVE MAINTENANCE PROGRAM



Preventative maintenance is maintenance that is regularly performed on a piece of equipment to lessen the likelihood of it failing. Preventative maintenance is performed while the equipment is still working, so that it does not break down unexpectedly. The maintenance is scheduled based on a time or usage trigger. A typical example of an asset with a time based preventative maintenance schedule is an air-conditioner which is serviced every year, before summer. A typical example of an asset with a usage based preventative maintenance schedule is an engine which might be scheduled for service every so many hours. Planning is the biggest advantage of preventative maintenance. Unplanned, reactive maintenance has many overhead costs that can be avoided during the planning process. The cost of unplanned maintenance include lost production, higher costs for parts and shipping, as well as time lost responding to emergencies and diagnosing faults while equipment is not working. When maintenance is planned, each of these costs can be reduced. Equipment can be shut down to coincide with production downtime. Prior to the shutdown, any required parts, supplies and personnel can be gathered to minimize the time taken for a repair. These measures decrease the total cost of the maintenance. Settoon would like to welcome our new PM program to all employees in the year of 2015. Our maintenance department has come together as a team to create this beneficial program. Each vessel will have their own tablet with customized questions for that particular boat to perform daily, weekly, monthly and yearly. Our Port Engineers will also perform their quarterly vessel inspections and weekly shipyard reports via this program. This information will all be stored electronically for easy access, eliminating the hassle of monitoring paperwork. We have the upmost confidence that this program will be easy for everyone to learn as well as an extreme asset to our company.

- Rachel Bonvillain

Company Anniversaries

APRIL

Eric Stigler - 12 years
Keith Boudreaux - 11 years
Edward Dufrene - 7 years
James Reddicks - 7 years
Eric Loeckel - 7 years
Richard Bodenheimer - 6 years
Timothy Naquin - 6 years
Jarneskee Arceaneaux - 4 years
Drew Harden - 4 years
Randy Echols - 4 years
Danielle Falcon - 3 years
Terry Logg - 3 years
Michael Martin - 3 years
Gene Moore - 2 years
Cody Strickland - 2 years
Ryan Chauppette - 2 years
Jesse Casey - 2 years
Phillip Thompson - 2 years
Tyler White - 1 year
Jeffrey Walker - 1 year
Jordan Frantom - 1 year
Randell Griffin - 1 year
Garvin O'Quinn - 1 year
Kyle O'Quinn - 1 year
James Oldham - 1 year
Mitchell Thornton - 1 year
Ricky King - 1 year
Kendall Brown - 1 year
Jonathan Hayes - 1 year
Aubrey Jackson - 1 year
Joseph Morris - 1 year
Michael Morris - 1 year
Timothy Smith - 1 year

MAY

Stephanie Aucoin - 19 years
Rodney Estay - 18 years
Michael Clark - 13 years
James Michel - 11 years
Joshua Brunet - 10 years

Brandon Stigler - 9 years
Henry Fuchs - 8 years
Desire' Lirette - 7 years
Shannon Whittington - 6 years
Marty Breaux - 5 years
Raymond Foret - 5 years
Ted Hearod - 5 years
Emray St. Pierre - 4 years
Perry LeBouef - 4 years
Larry Dewitt - 4 years
Zachary Holmes - 3 years
John Johnson II - 3 years
Ryan Curlee - 3 years
George Mickey - 3 years
Joe Denniston - 2 years
Daniel Miller - 2 years
Colby Gisclair - 2 years
Clois Hunter - 2 years
William Humphries - 2 years
Eric Blackwell - 2 years
Caleb Little - 2 years
Danny Bourg - 2 years
Justin Gibson - 2 years
Rachel Bonvillain - 2 years
Brandon Dixon - 1 year
John Donaldson - 1 year
Kenneth Johnson - 1 year
Taylor St. Romain - 1 year
Nicholas Williams - 1 year
Daniel Dupart - 1 year
Shawn Box - 1 year
April Hebert - 1 year
Stafford Calais - 1 year
Garrett Chiasson - 1 year
Paul Compton - 1 year
Walter Poirier - 1 year
Lionel Graham - 1 year
David Loustalot - 1 year
Robert Mosley - 1 year
Jared Stigler - 1 year

JUNE

Carl LeBlanc - 13 years
Patrick Welch - 12 years
Derek Locascio - 9 years
Brett Anderson - 7 years
Edward Callasis - 5 years
Luther Patterson Jr. - 5 years
Steven Brunet Jr. - 4 years
Shevy LeBlanc - 4 years
Milton Mims - 4 years
Brad Barthelemy - 4 years
Derek Eskind - 4 years
Ryan Guidry - 4 years
Christopher Sonnier - 4 years
Leroy Gilling - 4 years
Jason Ward - 3 years
Kyle Francis - 3 years
Troy Sparks - 3 years
Jeremy Brunet - 3 years
Brian Motichek - 3 years
Chad Comeaux - 2 years
Justin Baker - 2 years
Michael St. Ann - 2 years
William Weathersby - 2 years
Patrick Trahan - 2 years
Brett Shannon - 2 years
Jonathon Allen - 2 years
Nathan Bourque - 2 years
Richard Burt - 2 years
Danny Campbell - 2 years
Joshua Carlisle - 2 years
Jody Georgia - 2 year
Joshua Holloway - 2 years
Lester Naquin - 2 years
Germain Scales - 2 years
James Smith - 2 years
Anthony Verret - 2 years
Jason White - 2 years
Darien Kelley - 1 year
Jason Bush - 1 year
Justin Walker - 1 year

Company Birthdays

APRIL

Edward Callais - 1st
Raymond Foret - 2nd
Ronald Blackburn - 4th
Garrett Chiasson - 4th
Chad Comeaux - 4th
Ronald Turner - 5th
Larry Dewitt - 6th
Noah Lacoste - 6th
Darryl Brien - 7th
Michael Ellis - 7th
Matthew Hall - 7th
Joseph Deneen - 8th
Aubrey Jackson - 8th
Mace Stark - 8th
David LaFleur - 9th
Anthony Tapia - 10th
Brian Motichek - 11th
James Piper - 11th
Tana Indovina - 13th
Ronnie Turner - 13th
Freddie Banks Jr. - 14th
Ross Baudot - 15th
Derek Eskind - 16th
Corey Lacombe - 16th
Josh Matherne - 16th
Germain Scales - 17th
Nathan Waller - 17th
Daron Evans - 18th
Anthony Finch - 18th
Ferrell Francis - 18th
Robert Mitchell - 18th
Shaun Blanchard - 20th
Darrell Strickland Jr. - 20th
Steven Brunet Jr. - 21st
Tommy Henry - 21st
Jerome LeBoeuf - 21st
Randall Graham - 24th
Barrett Deano - 25th
Justin Gibson - 25th
Clois Hunter - 26th

Christian Manuel - 27th
John Falgout - 28th
Emray St. Pierre - 28th
April Hebert - 30th

MAY

Blake Pepper - 1st
Steven Martin - 2nd
David Billiot - 3rd
Logan Thompson - 3rd
Walter Poirier - 4th
James Verdin Jr. - 6th
Desire' Foret - 7th
Robert Cervantes Jr. - 8th
Patrick Gros - 8th
Sean Hunter - 8th
Adrian Thibodeaux - 9th
Jeffrey Bailey - 10th
Brice Henderson - 10th
Dane Chiasson - 12th
Ryan Guidry - 12th
Trent Clouatre - 14th
Daniel Irwin Jr. - 14th
Jason White - 14th
Gavin Fayard - 15th
Derek Locascio - 15th
Mark Savoie - 15th
Phillip Pitre - 16th
Shannon Whittington - 16th
Adam Pena - 17th
Kyle Zeringue - 17th
Ernest Brunet Jr. - 18th
Eugene Howell - 19th
Dallas O'Quinn - 20th
Arnold Netter Jr. - 21st
Rodney Estay - 22nd
Dwayne Moris - 23rd
Nicolas Pfenning - 23rd
Alvin Dusenbery - 24th
Perry LeBouef - 24th
Joshua Holloway - 25th
Joseph Morris - 25th

Thomas Baldwin - 28th
Stephen Domangue - 28th
John McDaniel - 28th
Kendall Brown - 29th
Thomas Holt - 29th
Corey Ray - 29th
Dan Barthelemy - 30th
John Donaldson - 30th
William Weathersby - 30th
Jonathon Allen - 31st
Jeffrey Walker - 31st

JUNE

Darien Kelley - 2nd
Shawn Box - 4th
Robert Mosley - 5th
Chad Ingles - 6th
Drake Norberg III - 7th
Franz Bollich - 9th
Eric Boulware - 9th
Leroy Gilling - 9th
Lionel Graham - 9th
Christopher Rodrigue - 9th
Jeremy Dean - 13th
Joshua LeBlanc - 13th
Brent Marks - 13th
Ryan Curlee - 15th
Tyler White - 21st
Zachary Holmes - 22nd
Roy Foster - 24th
Shawna Rodrigue - 24th
Brett Anderson - 28th
Nicholas Ashley - 28th
Jesse Casey - 28th
Eric Loeckel - 28th
James Oldham - 28th
Unrikee Joseph - 29th
Kip Savona - 29th
Mitchell Thornton - 29th
Justin Walker - 29th

Low Carb High Fiber Oatmeal Cookies

Ingredients: (Servings: 16)

- 1 cup butter, at room temperature
- 1 1/2 cups sugar substitute
- 1 tablespoon molasses
- 1 teaspoon pumpkin pie spice
- 2 eggs
- 1 cup almonds, ground
- 1/4 cup oat bran
- 1 cup vanilla protein powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups oats (oatmeal, old fashioned)
- 2 tablespoons flax seed meal
- 1 cup raisins



Directions:

1. Mix together butter, sugar substitute, molasses and spice until creamy.
2. Add eggs and beat until smooth.
3. In a separate bowl mix together ground almonds, oat bran, baking soda, salt, flaxseed meal and oatmeal.
4. Add slowly to butter mix and blend well.
5. Add raisins and mix again.
6. Preheat oven to 350 degrees.
7. Spray 2 cookie sheets with cooking spray and drop dough onto them.
8. These cookies do not spread out very much so you may want to press them down a little bit.
9. The less you press them out the fatter and chewier they are.
10. Bake 8-10 minutes.
11. Be careful not to overbake.

The Wheel Wash



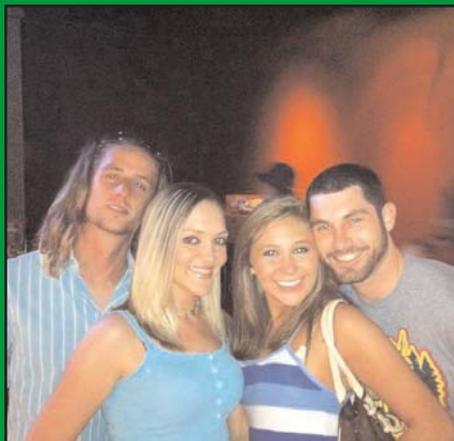
1073 HWY 70
P.O. Box 279
Pierre Part, LA 70339

Getting To Know...

Julien Guilbeau



Julien Guilbeau is a tankerman on the Lillian Settoon and has been a part of the Settoon Towing Team for five years. Julien was born and raised in Lafayette, Louisiana and attended French Immersion schools and then graduated from Acadiana High School. Julien's favorite part of the job is training deckhands to become tankermen, the money, and the freedom that he feels while working on the boat. When he's not working he enjoys fishing and spending time with family and friends. Julien is currently training with Captain Timmy Guidry for the wheelhouse.



Julien with friends



Julien and his Dad

Q&A WITH Julien Guilbeau

Date of Birth: 09/14/87

What's the favorite part of the job: I'm able to meet and work with many good, unique people

What did you want to be when you grew up: A physical therapist

If there was one food you had to eat every day, what would it be: Old fashion rice and gravy

Dream Car: Matte Black 1971 Chevrolet Chevelle SS 454 big block

Favorite Movie: The Departed

Favorite thing to do as a child: Playing Basketball



UPDATE YOUR
CONTACT INFO

Name, Address, Email
Address, Home Number,
Cellular Number,
Emergency Contact Name
and Number

Please email changes to
Stephanie Aucoin at
Stephanie.aucoin@settoontowing.com
or Karly Boudreaux
Karly.Boudreaux@settoontowing.com