

# SOUNDINGS

*"Self Insurance Group Strength"*

*"The Safety of Employees is an Investment in Success"*

August 2018 Volume XV / Issue VIII

## ***Signal Mutual Annual General Meeting Week was a Huge Success!***

***Over 425 attendees gathered in Carlsbad, California  
for Signal's 34th Annual General Meeting ("AGM") held in early August***

Signal Mutual Chairman, Jim Devine, welcomed everyone to the meeting. He remarked on the continued success of the Association and noted that he is stepping down as Chairman. He wished the Mutual many more years of future successes and introduced incoming Chairman Tom Godfrey to the meeting.

Richard Wood next officially opened the meeting with a message on why Membership in the Association was the best place for Members' Longshore risk coverage: Trust, Transparency, Control and Cost.

The Safety Team's Managers, Gunther Hoock and Sam Lai, shared the safety stats for the Mutual and presented thought provoking messages about fallibility and the power of asking "Why." Safety Committee Chairman, Sam Claxton, presented his report of the Committee's work to the attendees. The Safety team hosted two very well attended seminars during the week on the topics of Executive Leadership, as well as a technically demanding half day training on rigging and fall protection.

Many thanks to everyone who attended yet another successful AGM week!



*Signal Mutual Chairman, Jim Devine, welcomes attendees of Signal Mutual's  
34th Annual General Meeting held in Carlsbad, California*

## Highlights from AGM 2018



**SAVE THE DATE**  
**General Meeting**  
**Disney's Yacht Club Resort**  
**Orlando, Florida**  
**January 24 – 26, 2019**

## ***Gulf Copper and Southwest Shipyard Team Together on Project***

*Submitted by Mike Haughton*

Gulf Copper Dry Dock & Rig Repair ("GCDDRR"), Gulf Copper's Galveston shipyard, a Signal Member since 2013, has historically focused on providing services to the offshore industry. The large dry dock at the location was busy for several years putting up jack-up rigs and offshore service vessels of various types. With things in the offshore segment being slow for some time, the dock has not seen a lot of recent action.



*Southwest Shipyard Dry Dock #9*

All of that changed when Shipyards "Southwest", a Signal Member since 1988, approached us about dry-docking a different type of large vessel, Southwest Dry Dock #9, to repair damage caused by Hurricane Harvey. Included in the project are personnel from both GCDDRR and Southwest. The docking occurred on July 3, 2018 and as one of the tug boat captains joked over the radio, "It would have been really impressive if they had put the dock up while it was building a ship."

Both GCDDRR and Southwest personnel worked side by side to get the job done in a safe manner. While their forms and wording may be slightly different, both companies clearly have a similar type of safety program in place and personnel are well accustomed to working within a safety system.

The project consists of removing and replacing 500 tons of steel on the bottom hull. With a firm completion date of August 31, and Southwest having work scheduled for

the dock, the challenge is on. However, time pressures are not being used as an excuse by personnel and, as of early August, the project was over 50% complete with no injuries reported. This is testament to the commitment of both companies and the workers to work safely and efficiently. And, of course, some credit goes to Signal for the safety support services they provide to Members. To date, GCDDRR has worked 654 days without a lost time incident.

Another exciting development is a recent award of a MARAD small shipyard grant to fund building of a new dry dock for the Galveston facility. The new 4,500 ton dock will be smaller than the current dock making it a perfect fit for barges, tugs, and other smaller vessels. This will allow GCDDRR to be competitive in additional segments of the market thereby diversifying its customer base. Specifications for the new dock are currently under development.



Southwest Shipyard

### **About the Author**



Mike Haughton began his career with Gulf Copper as a field HSE Technician in 1996. Mike has served in several roles including HR Manager and Risk Manager in addition to his primary role within the HSE department. His current position is Corporate Risk Manager.

Haughton holds a Bachelor of Arts degree in Geography with specialty in Environmental Management from Southwest Texas State University and an Associate of Applied Science in Environmental and Safety Technology from Lamar University Port Arthur.

Haughton is member of the Signal Mutual Safety Committee, board member of the Gulf States Shipbuilders Consortium, and serves as the Chairman of the Maritime Industry Safety Training Association Industry Subcommittee.

He has been married for 20 years and is the proud father of one daughter.

## **BAE Systems Gets \$146.3 Million Contract for Cruiser Modernization**



*The USS Gettysburg on a visit to the Gulf of Oman in 2014*

The Naval Sea Systems Command (NAVSEA) is awarding BAE Systems Norfolk Ship Repair, Norfolk, VA, a Signal Member since 2012, a firm-fixed-price contract for the execution of cruiser *USS Gettysburg* (CG 64) fiscal 2018 modernization period availability, according to a recent announcement from the Department of Defense.

The purpose of this availability is a combination of maintenance, modernization and repair of *USS Gettysburg*. This is a "long-term" availability and was completed on a coast-wide basis without limiting the place of performance to the vessel's homeport.

Under the contract, BAE will provide the facilities and human resources capable of completing, coordinating and integrating multiple areas of ship maintenance, repair and modernization. The work will be performed at the shipyard in Norfolk, and is expected to be completed by March 2020.

Source: [marineog.com](http://marineog.com)

**BAE SYSTEMS**

INSPIRED WORK

## **Maritime Administration (MARAD) Announces More Than \$20 Million in Grants for U.S. Small Shipyards**



The U.S. Department of Transportation's Maritime Administration ("MARAD") recently awarded more than \$20 million in grants to support capital improvements at 29 U.S. small shipyards as a part of its Small Shipyard Grant Program. MARAD's Small Shipyard Grant funding supports capital improvements that foster increased efficiency and economic growth.

"These grants are an investment in our country's small shipyards and will help create good jobs for America's workers," said U.S. Transportation Secretary Elaine L. Chao.

America's shipyards support more than 400,000 jobs and contribute more than \$37 billion in Gross Domestic Product (GDP) to the nation's economy. Small shipyards vary in size, but have under 1,200 production employees to be eligible for grant awards. They play a significant role in our country's maritime sector, contributing to our nation's economy, supporting national security, maintaining critical infrastructure, and creating employment opportunities for working families and in small communities.

"By supporting small shipyards, we are investing in the maritime infrastructure of the country," said Maritime Administrator Mark H. Buzby.

Since 2008, MARAD's Small Shipyard Grant Program has awarded over \$183 million to more than 180 small shipyards. These grants help fund the upgrades and expansions to empower this critical industry, allowing them to compete more effectively in a rapidly changing global marketplace. By providing the capital that will let shipyards increase their repair and production footprints these grants are helping to create more jobs throughout the country.

The following Signal Members are grant recipients:

**Bollinger Shipyards, Lockport LLC, a Signal Member since 2009**, located in Lockport, LA, was awarded \$521,753 to support the purchase of a lathe mill multi-task

machine and a Python X Robotics CNC plasma cutting structural fabrication system.

**Metal Trades, Inc., a Signal Member since 1994**, located in Hollywood, SC, was awarded \$520,167 to support the purchase of a kinetic heavy duty cutting and drilling machine.

**Gulf Copper Dry Dock & Rig Repair, a Signal Member since 2013**, located in Galveston, TX, was awarded \$1,296,820 to support the construction of a 4,500-ton dry dock.

**Marine Hydraulics International, Inc., a Signal Member since 1993**, located in Norfolk, VA, was awarded \$505,617 to support to the purchase of ten forklifts.

**Fraser Shipyard, Inc., a Signal Member since 2001**, located in Superior, WI, was awarded \$500,738 to support the purchase of two self-propelled modular transporters and a high capacity forklift.

Source: [marad.dot.gov](http://marad.dot.gov)

## **Next Wave of Crane Deliveries is Underway; First Group Arrives at Norfolk International Terminals ("NIT") Signaling Start of 18-Month Cycle**



*The heavy-load vessel Happy Buccaneer on berth at Norfolk International Terminals*

The heavy-load vessel *Happy Buccaneer* recently on berth at Norfolk International Terminals ("NIT") / Port of Virginia, a Signal Member since 1999, with the first group of six rail-mounted gantry cranes (RMGs) that are the centerpieces of the \$375 million capacity expansion project underway at that terminal. The *Happy Buccaneer's* arrival signals the start of an 18-month

cycle that will see the delivery of 60 new cranes to NIT. In January 2018, construction on the NIT expansion got underway and the project will be complete by mid-year 2020. The work will expand NIT's annual throughput capacity by 400,000 container units.

The vessel is safely on berth and pre-offloading work is underway. The RMGs will be off-loaded, mounted on rails, taken through some minor assembly, tested and then put into service by the end of September, when the first three of 30 new container stacks at NIT will be ready for use. "This is the stage when things begin to come to life at NIT," said John F. Reinhart, CEO and executive director of the Virginia Port Authority. "Our goal is to put this equipment to work as quickly and as safely as we can, just like we are doing at Virginia International Gateway ("VIG"). As these stacks go online, we will begin capitalizing on the new capacity and efficiency we're creating. The end result of our effort will be a new high-performing network of terminals that will attract economic investment in Virginia and spur job creation across the Commonwealth."

In November 2016, the port finalized a \$217 million contract with Konecranes to build and deliver 86 RMGs. Roanoke-based TMEIC is supplying the technology systems that will drive and control the cranes. The contract is the largest one-time RMG order in industry history. "We are very pleased with the progress being made at NIT and by 2020, this phase of our expansion will be complete," Reinhart said. "We're building a safe, modern port capable of handling the biggest ships in the Atlantic trade and all of the pieces for success are being assembled."

"The work at VIG will be done by next summer, our 55-foot dredging project has gotten federal approval, so we are beginning the preliminary engineering and design work, and we are on-budget and on schedule. The hard work going on here today is creating a sustainable port that will have decades of growth ahead of it."

In June, The Port of Virginia® accepted the last load of 26 new RMGs at VIG, where \$320 million is being invested to expand cargo capacity and operations. The new cranes will support cargo operations in 13 new container stacks.

Source: [portofvirginia.com](http://portofvirginia.com)

## **GCT Bayonne Welcomes the ONE STORK**

**First ONE vessel calls the East Coast of North America**



*The Ocean Network Express ("ONE") calls at GCT Bayonne*

GCTUSA is proud to welcome the Ocean Network Express' ("ONE") first magenta ship on its first dual call to the most advanced terminal in the Port of New York and New Jersey, GCT Bayonne, a Signal Member since 1988. Following the merger of NYK Line, Mitsui OSK, and "K" Line on April 1, 2018, ultra large container ship (ULCS) ONE STORK joined the Transport High Efficiency ("THE") Alliance's EC4 Asia-North America all-water Suez service on its maiden voyage to the East Coast.

THE Alliance chose to host all of its Far East all water services at semi-automated GCT Bayonne, due to its award-winning high marine and landside productivity. All of the consortium's consignees will benefit from the fastest truck turn times in the harbor, due to the facility's recent introduction of the only truck appointment system on the North American East Coast. With the arrival of the first dual cantilevered rail mounted gantry cranes to the port in late July, THE Alliance will be among the first to take advantage of the new intermodal capacity and efficiency offered at GCT Bayonne through the commissioning of ExpressRail Port Jersey (Greenville Yard) in late 2018.

"Having served THE Alliance and its predecessors at each of our terminals on the East and West Coasts, our relationship with ONE runs deep," said John Atkins, President of GCT USA. "Supporting the seamless transition of 10,000 TEU vessels to 14,000 TEU vessels into service this year, we are pleased to be part of the enhanced service package that ONE and THE Alliance offer to its customers."

"As the largest East Coast port, the arrival of ONE STORK represents the strong connectivity we have to Asia," said Molly Campbell, Port Authority of New York and New Jersey Port Department Director. "We look forward to working closely with both ONE and THE Alliance to continue building their networks through the Port of NY & NJ."

Source: [globalterminals.com](http://globalterminals.com)



## **Weeks Marine Donates \$500,000 to Louisiana College**

Weeks Marine Inc., a Signal Member since March 2018, has made a major contribution totaling \$500,000 to support Northshore Technical Community College, Lacombe, LA, and its maritime training program and scholarship fund. Company Chairman, Richard "Dick" Weeks, visited the campus July 18 to check out construction of the college's second building on the Lacombe campus. A longtime supporter of higher education and workforce training, Weeks announced a personal contribution of \$250,000 to support local maritime training and acquire state of the art training equipment for students.



*Officials of Weeks Marine visited Northshore Technical Community College to announce contributions totaling \$500,000*

Also in attendance was the senior management team from Weeks Marine, including CEO, Richard S. Weeks; President Eric Ellefsen; and Executive Vice President, Patrick Whelan, who announced a corporate match of \$250,000 to establish a scholarship endowment in perpetuity to support students seeking maritime-related career fields.

"Northshore Technical Community College is humbled

by the generosity of Mr. Weeks and Weeks Marine for making this investment in our community and students," said NTCC Chancellor William Wainwright.

This is the second donation Weeks Marine has made as a business partner to Northshore Technical Community College, for a total investment of \$750,000 since 2016.

"Having a state-of-the-art maritime simulation laboratory will allow NTCC to expand its program offerings and provide high-tech, relevant training experiences for the entire Northshore region," said Randy Savoie, the college's lead maritime instructor. "NTCC and Weeks Marine have strategically formed a partnership to advance maritime education in Louisiana in efforts to sustain long-term economic benefits, creating direct employment opportunities to fulfill the increasing maritime workforce gap."

Source: [workboat.com](http://workboat.com)



## Steady Progress on New ATB for Bouchard Transportation



The tank barge B No. 252 at Bollinger Shipyards

Bouchard Transportation Co., Inc., a Signal Member since 2014, located in Melville, NY, reported that progress is well underway on its new Articulated Tug Barge ("ATB") under construction at VT Halter Marine, Inc., Pascagoula, MS, and at Bollinger Shipyards, a Signal Member since 2009, located in Lockport, LA. VT Halter Marine is building

the 4,000 hp *Evening Breeze*. The 112 ft x 35 ft by 17 ft tug will meet EPA Tier 4 compliance.

Meanwhile, Bollinger Shipyards is building the *B. No. 252*, a 317 ft 6 in x 70 ft x 28 ft, double hull tank barge with a 55,000 bbl capacity.

Both the tug and the barge were ordered by Bouchard in December 2017.

In a recent LinkedIn post, Bouchard said, "Exciting expansion updates as the construction of *ATB Unit Evening Breeze & B. No. 252* progresses at VT Halter Marine and Bollinger Shipyards! The *Evening Breeze's* rudder tubes were finished and welded in last week and the Intercon tow winch was set into position on the main deck. The majority of the *B. No. 252's* steel is fit, and the hull was moved into the outfitting position next to the dock where it will later be launched. We are looking forward to adding another safe and efficient ATB Unit to our fleet in 2019!"

Source: [marinelog.com](http://marinelog.com)



**BOUCHARD**  
TRANSPORTATION CO., INC.



## Fact or Fiction: Musculoskeletal Systems Can Be Impacted by Healthy Eating



Nutrition and exercise play major roles in keeping our bones, muscles, and bodily systems healthy. Because all of these systems work together, the nutrients we consume and activities we participate in often affect all systems

simultaneously. For most of us, consuming a healthy diet with a wide variety of vitamins and minerals is enough to ensure bodily system health, although athletes, pregnant women, and people with certain medical conditions may need to adjust their nutrient intake or exercise plan.

## Consequences of Unhealthy Lifestyle

- ✓ Cardiovascular disease, stroke, heart attack
- ✓ Diabetes
- ✓ Cancer
- ✓ Arthritis
- ✓ Gallstones
- ✓ Asthma
- ✓ Cataracts
- ✓ Infertility
- ✓ Snoring
- ✓ Sleep apnea
- ✓ Hypertension

What are the leading causes of weight gain<sup>1</sup>?

- **Diet** – The quantity and quality of food in your diet has a strong impact on weight.
- **Genes** – Some people are genetically predisposed to gain weight more easily than others, or to store fat around their midsection. This does not mean that you can never lose weight, however. Avoid unhealthy habits like drinking soda or other empty calories.
- **Physical inactivity** – Exercising has a host of health benefits, including reducing the chances of developing heart disease, some types of cancer, and other chronic diseases. Physical activity is a key element of weight control and health.
- **Sleep** – Research suggests that there is a link between how much people sleep and how much they weigh. In general, children and adults who get too little sleep tend to weigh more than those who get enough sleep.

Maintaining a healthy weight has the following health benefits:

- Decrease impact on bones and joints
- Increase energy levels
- Optimizing the immune system
- Increasing flexibility
- Better sleep
- General wellbeing
- Plus, it lowers the chances of the consequences listed above!

What is a healthy diet plan<sup>2</sup>?

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products

- Includes lean proteins like poultry, fish, beans, eggs, and nuts
- Low in saturated fats, trans fats, cholesterol, sodium, and added sugars
- Stays within your daily calorie needs

Unify Health Services offers Signal Member's only discounts for wellness programs and specialty services. We partner with employers who understand the importance of investing in the longevity and sustainability of their employees.

Our prevention solutions include Consultation, Wellness, Industrial Performance Program, Early Intervention, Ergonomic Assessments, Physical Demand Analysis, and Post Offer Employment Testing.

For more information on how to get started with prevention, industrial performance and wellness services, contact the team at Unify Health Services. For more information contact us at 888-314-5571 or referrals@unifyhs.com.

<sup>1</sup>Harvard Medical School- <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/>

<sup>2</sup>Centers for Disease Control and Prevention- [https://www.cdc.gov/healthyweight/healthy\\_eating/index.html](https://www.cdc.gov/healthyweight/healthy_eating/index.html)



## Safety Resources Seminars

*Dates and/or Locations Subject to Change*

SEPTEMBER 2018		
Date	Seminar Topic	Location
18th	OSHA 10 Hour MT/SY	Elizabeth, NJ
19th	OSHA 10 Hour MT/SY	Elizabeth, NJ
OCTOBER 2018		
Date	Seminar Topic	Location
10th	Safety Management Systems Workshop	Norfolk, VA
NOVEMBER 2018		
Date	Seminar Topic	Location
13th	Executive Safety Leadership	Elizabeth, NJ
14th	Supervisor Safety Leadership	Elizabeth, NJ





## Dates for Your Calendar

### SAFETY COMMITTEE MEETING

**Hotel TBA, Mobile, AL - NEW DATES! October 16-17, 2018**

For further information contact:

[terry.swinson@signal-ct.com](mailto:terry.swinson@signal-ct.com) **972.865.8053**

### GENERAL MEETING

**Disney's Yacht Club Resort, Orlando, FL - January 24-26, 2019**

For further information contact:

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### MARITIME CONFERENCE

**The Peabody, Memphis, TN - May 20-22, 2019**

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### ANNUAL GENERAL MEETING

**The Fairmont Southampton, Southampton, Bermuda - August 1-3, 2019**

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**“The Safety of Employees is an Investment in Success”**



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Please share the successful safety accomplishments and news items about your Member company and employees. Email your submissions to Nancyann Griesemer Flood at

[nancyann.flood@signal-ct.com](mailto:nancyann.flood@signal-ct.com) and place your Member name in the subject line.

If you would like to receive this newsletter, please email Nancyann Griesemer Flood at [nancyann.flood@signal-ct.com](mailto:nancyann.flood@signal-ct.com) and include your contact details.

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