ISLANDER
The Island Operating Magazine

ISLANDERS BELIEVE
Zero is Possible

Attitude is Key / Island’s Sporting Clay Tournament Day / INC FREE Inspections
Island and the Island Team have much to be proud of as we enter the summer of 2018. The efforts of every Islander and the support of our clients have resulted in Island being awarded The Louisiana Workers’ Compensation Corporation’s prestigious Safest 70 Award for the policy year 2017. This is the ninth time in eleven years that Island Operating Company has earned this recognition.

LWCC’s Safest 70 Award recognizes the safest 70 companies out of over 20,000 policy holder companies insured by LWCC. LWCC not only evaluates our safety performance, which must be very favorable, they also evaluate the safety culture of the nominees and the commitment to safety of the entire organization. We excelled in these metrics by focusing on doing the right thing, all of the time. A huge congratulations to every Islander that lives up to the high standard that Island and our clients want and expect.

As part of Island’s culture to do the right thing, Island Operating recently held our 4th Annual Sporting Clay Tournament supporting The University of Texas MD Anderson Cancer Center. We had set a goal in 2014 of raising $500,000 in 5 years for MD Anderson’s Melanoma Moonshot Program. With your generous contributions and the support of our clients and suppliers, early indications point to us reaching our $500,000 goal this year, one full year ahead of our target. Thank you for your help in supporting the world’s premier cancer center and supporting MD Anderson’s quest to “Make Cancer History®”.

I am very proud of all of you and the huge strides we have made in safety, team work, and philanthropy. Being an Islander is truly something special. Our attitude that we can and will do the right thing, all of the time, fosters success both at the job site and in the communities that we live and work. We have a shared commitment to excellence that is special in today’s world.

Together we can be the safest, most collaborative company in our industry. Remember, you are empowered to use Stop Work Authority wherever safety is questionable. We must strive for excellence in everything that we do, for anything less is not reflective of who the Island Team is.

Keep up the good work for our fellow Islanders, our clients, and for MD Anderson. Our quest to achieve ZERO incidents and be philanthropically focused on eradicating cancer continues.

Gregg Falgout
FEATURES

Attitude: A Reflection in Safe Work Performance  
Your work attitude makes a statement about you and affects how well you do your job, but it also affects how safe you are when doing it.

ZONE in on the Cure for Cancer Update  
Island Operating’s 4th Annual ZONE in on The Cure for Cancer fundraising campaign continues through June 30th.

Island’s Sporting Clay Tournament Day  
Thank you to all who participated in our 4th Annual Sporting Clay Tournament to benefit MD Anderson.

LWCC Safest 70 Award  
Island Operating was recently recognized with the LWCC Safest 70 Award. This is the 9th time in 11 years that Island receives this prestigious award.

For Your Benefit: Virtual Visits  
You and your covered dependents can access a board-certified MDLIVE doctor 24 hours a day, seven days a week.

NEWS

In the ZONE / President’s Message  
Dispatches  
Hard Hats Off!  
Focus on Training  
Working in the ZONE (4th Quarter 2017)  
INC Free Inspections  
Working in the ZONE (1st Quarter 2018)  
Around the Office  
Payroll Updates  
ZONE Zero Incentives  
Money Matters  
ConnectZONE
Attitude. It is very interesting to realize that such a simple word can have a significant impact on our performance; more than that, on everyone’s performance. Your work attitude makes a statement about you and affects how well you do your job, and it also affects how safe you are when doing it. Positive people usually perform better because they maintain an open mind and consider the outcome of their behavior. Negative people, on the other hand, complain about everything, including having to practice safety. The person with the negative attitude is less likely to care about the quality of the job they are doing or how they do it. A negative work attitude can lead to unsafe work habits and eventually an accident.

Attitude is the fuel that drives behavior.

Attitude determines the ways in which you think and feel. It sets the tone for your emotions and how you react to what happens.

Attitude and Accidents

Your attitude not only affects what you do, but how you do it. While it is an instinct to avoid hurt and pain, when you have a negative attitude, it’s easy to ignore safety precautions, rules, or procedures that are in place to keep you safe. This is the attitude and behavior that puts you and others at risk of an accident. A person with a negative work attitude is more likely to become careless while performing their job.

Carelessness is one of the leading causes of workplace accidents.

Carelessness begins with a poor work attitude.

People with negative work attitudes become unsafe when performing their jobs because they aren’t paying attention to what they are doing. Their minds are distracted, often remunerating the wrongs they’ve experienced at work or home. Safe work habits are ignored, putting the worker and others into jeopardy, especially when working around dangerous machinery or equipment.

How Positive vs. Negative Attitude is a reflection in safe work performance.

Positive = Instead of thinking of ways to practice safety at work, a negative attitude causes a person to lose interest. The person with a positive attitude stays open to new ideas, pays attention to details, and has a broadened mindset. A positive attitude at work helps a person develop safe work habits because they are always looking for ways to improve.

Negative = Positive attitudes tend to get more out of life and work, where a negative attitude causes people to retract and close down. Actions become limited under the weight of a negative attitude because a person’s primal fear-based reactions engage.

The influence attitudes carry in safe work performance.

Attitudes – The bad ones:
- Safety is a matter of chance. I will get hurt when my number comes up.
- It is necessary to take chances to get my job done.
- If I know what I’m doing, I can take risks and get away with it.
- This organization does not really care about safety.
- My coworkers will not respect me if I am always being careful because it slows me down.
Attitudes – The good ones:

- Accidents have causes and they can always be prevented.
- Accidents interfere with production, meaning that safe work is efficient work.
- The organization is truly interested in safety and so are the people who work here.
- My coworkers will respect me if I show good judgment and work safely.
- Working safely is a mark of skill.
- We are proud of our safety record.

Create a culture of safety:

- Attitudes are contagious! They will spread and flourish best in favorable environments. If we create a good environment for safety ideas, everyone is more likely to accept them.
- Attitudes are influenced by example! If we set an example of working safely and working for safety, everyone will be influenced by what they see.
- New hires are impressionable! They are strongly influenced by the behavior of the veteran workers and supervisors. Be sure they are given the correct direction right from the start.

Your Role in Safety

Consider your role when it comes to safety – Have you ever been distracted? Found yourself in a hurry to complete an assigned task? Been afraid to ask questions or raise a concern, or just felt that it would not matter anyway? Have you ever walked by someone who was behaving unsafe and chose not to say something?

If you answered yes to one or all of these questions and everyone went home safe at the end of the day, you are lucky. Safety is not about luck, though. It is about the choices we make every day. Consider how many lives you can impact in a millisecond and make the right choice. The alternative is an impact for a lifetime. Take a minute and read this “Real Life Story” below, then ask yourself… What is my role when it comes to safety?

Consider how many lives you can impact in a millisecond and make the right choice.

A number of years ago, my focus on safety became the most important aspect in my life. Unfortunately, the reality of the situation I am about to tell is imprinted in my mind as though it happened a moment ago. At the time, I was a craft supervisor with responsibility for maintenance of all non-power block HVAC units at the Nuclear Power Plant I worked at for 18 years. We had some routine work on a roof top unit, a small leak in a supply line that required minor soldering. I dispatched my HVAC mechanic that morning, with minimal briefing, no pre-job walk down, and no assistance, as we were shorthanded that day. A firewatch was not required based on the site requirements at the time; otherwise, he would not have been alone. In addition, it was a Friday and I needed to leave early for weekend plans.

Due to the configuration of the rooftop unit, my HVAC mechanic was placed into a situation where he could not adequately see the leaking line and resorted to use of mirrors. Shortly after morning break, I received a call from Medical to report immediately. My HVAC mechanic had been burned; first and second degree burns to his arms that were exposed when over-reaching into the unit, between his gloves and fire retardant clothing. In a millisecond, lives were impacted. As I spoke with his spouse at the hospital, the graveness of the situation became overwhelming. Her husband was scarred for life and I could have prevented this from happening. I did not do my job in protecting this individual – ensuring that the job was planned appropriately, providing the resources needed to be successful, and most importantly, I did not engage the individual to understand the concerns he may have had with performing the work. Can you imagine how much worse the outcome of this situation could have been? It is something I will have to consider every day for the rest of my life.

LOBI
Two Cancer Facilities Benefit from Industry Event.

The Louisiana Oilman’s Bass Invitational held another successful tournament with colleagues for a day of fun and fellowship. LOBI raised a grand total of $60,000 for Miles Perret and St. Jude’s. Miles Perret Cancer Services (MPCS) in Lafayette, LA, is a haven for individuals and their families fighting, surviving, and living with cancer. St. Jude Children’s Hospital in Memphis, TN, is leading the way in how the world understands, treats, and defeats childhood cancer and other life-threatening diseases.

Dads

ARE MOST ORDINARY MEN
TURNED BY LOVE
INTO HEROES, ADVENTURERS,
STORY-TELLERS,
AND SINGERS OF SONG.

- PAM BROWN -
Hats off to the following Island Operators for their commitment to safety and embracing a ZONE Zero mindset.

**TRISTAN LACOUR**
Tristan, there is NEVER a reason to take a chance when operating a crane. You were diligent in your position that you wanted the conditions to be right to make the lift and held your ground. Thank you for putting safe operations above all else. GREAT JOB!

**JASON JINWRIGHT**
Jason, thanks for using your knowledge to understand a problem and then making an intelligent decision to use SWA. This is exactly the way that a professional should diagnose a situation and remedy it. Nice Work! Thanks for living ZONE Zero.

**KEGAN NAVARRE**
Kegan, thanks for recognizing a slip hazard and immediately putting out the wet floor signage. Slips, trips, and falls are an issue and you may well have prevented one here. Great leadership!

**DAKOTA MANUEL**
Dakota, PERFECT use of SWA! If the sea or deck conditions are not right for the job, SWA is a must. You did the right thing. Good Call!

**CODY BEAMISH**
Cody, when conditions change, we must use SWA if the change impacts our operation. Thanks for being confident and doing the right thing.

**AUBREY LEBLANC**
Aubrey, thanks for recognizing a safety hazard and immediately addressing it. You made the right call. There is only one option - do the job safely or not at all. Great job!

**LUCAS BERZAS**
Lucas, thanks for paying attention to your equipment and noticing that it was not in 100% condition. Your attention to your tools may well prevent an incident. Great focus on safety!

**COLBY LONG**
Colby, thanks for finding a leak in the gas compressor and then repairing it in a safe manner. Your focus on the integrity of your equipment shows. Good job!

**“Actions like these lead to the safe working environment we have.”**

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**Great Job, Islanders!**

**Fighting Fire With Fire**
Recently, Island Operators Ben Murphy and Chris Chambers were making rounds on their facility when they observed a fire in the Heater Treater skid. They could see that oil was leaking from the fire tube flange and flames were following the leaking oil into the skid.

They immediately realized that there was a hole in the fire tube allowing hydrocarbons to enter the tube, causing the fire. Ben immediately activated the fire alarm to alert all personnel of the fire. Both Ben and Chris Chambers secured 30# fire extinguishers, while Chris Touchet shut off the fuel supply to the burner. Ben and Chris Chambers then extinguished the fire in the skid in seconds. Chris Chambers noticed that the fire continued to burn within the fire tube and immediately activated the fire suppression system on the tube, which smothered the flames instantly. Chris Touchet insured that the facility was shut in and secured, then notified the operators in the field to ensure all satellite wells were also secured. The operators remained at the site to monitor the vessel to ensure that the fire was completely secured.

Due to their quick response and maintaining their composure, there were no injuries, pollution, or damage to property. The successful result of the incident is a testament to their training and knowledge of their firefighting equipment, facility, and thorough inspections of their equipment to make sure all equipment was operational in the event of an emergency.
Summer is here!

We can help make your vacation planning easy breezy.

What you need to do: If you have summer vacation plans, please call the Training Department, as we will check to see what training you have coming due so that we can schedule your classes EARLY as to not interfere with your vacation. Otherwise, you will be scheduled for your classes approximately 4 to 6 weeks prior to your expiration date. If you are unsure of any of your expiration dates, you may call and speak to Callie Leverett, Skyla Matthew, Erica Morrow or Mario Bruno in the Training Department.

Please remember, your attendance at all scheduled courses is MANDATORY and a requirement for your employment at Island Operating.

What you need to know: After the completion of your required training courses, you will receive a certification card and/or certificate depending on the training facility in which you were scheduled. It is your responsibility to ensure that you have your certification card on you at all times and/or a current copy kept in your files offshore. This information is necessary for verification of completion of all required training courses mandated by Island Operating Company, Inc.

If you should have any problems, please contact Skyla Matthew, Callie Leverett, Erica Clayton, or Mario Bruno. We are here to work with you and support you any way we can. It is a pleasure working with each and every one of you!

THANK YOU

Whether it was calling to confirm classes in a timely matter, helping out a fellow Islander in a training course, calling to schedule courses early to avoid interference with personal plans, or possessing a positive and outgoing attitude when calling in to the Training Department, the following employees went over and beyond expectations and we would like to pass along our thanks and appreciation.

- James Berza
- Lawrence Brewer
- Douglas Broussard
- Darren Brown
- Marty Collette
- Bucky Cormier
- Khalid Dandachli
- Robin Dubose
- Kenyon Evans
- Michael Jenkins
- Dalton Lacombe
- Jorge Manuel
- Dewey Sanders
- Maurice Smith
- Ronald Stump
- Randall Todd Suire
- Kendal Hood
- Jason Moore
- Joseph Babin
- Clay Williams
- Tim Hollifer
- Robert Roosa
- Francis Smith, Sr.
- Brad Domangue
- Nicholas Figueroa
- Phillip Myers
- William Kays
- Dalton Bouley
- Christopher Guilick
- Todd Trahan
- Garrett Welch
- Ray Labauve
- Christopher Andrepont
- Marcus Melancon
- Chet Ortego
- Dalton Russell
- James Hawley
- Cody Parfait
- Joshua Dent
- Tim LeJeune
- Robert Wallace
- Kevin Fontenot
- John Gaudet
- Trent Thompson
- Richard Erwin
- Michael Jenkins
- Jeremy Wilson
- Robert Spikes
- Larry Courtney
- William Sullivan
- Don Champagne
- David Johnson
- Joshua McKenzie
- Ted Breaux
- Aaron Trahan
- Roger Winn Arceneaux
- Jeremy Scott Lafleur
- Allen Blanchard
- Brennon Sonnier
- Jeffery Istre
- Dakota Manuel
- Jordan Monier
- Travis David
- Justin Fontenot
- Michael Cormier
- Charles Ford
- Allen Massey
- Benjamin Murphy
- Jeffrey McDonald
- Jasmond Jones
- Rene Bourriage
- Jarod Noeske
- Charles Stephens
- James Bordelon
- Michael Wootan
- Cullen Ashmore
- Jacob Rubar
- Vincent Marquez
- Byrton Primeaux
- Dewey Sanders
- Dalton Lacombe
- Khalid Dandachli

The employees listed on the left were entered into a random drawing for ZONE Zero points to be added to their accounts.

Congratulations to this quarter’s winners:

- 100 Points: Dewey Sanders
- 50 Points: Dalton Lacombe
- 30 Points: Khalid Dandachli

100% T2 BASIC

100% T2 REFRESHER

Island Operating Company, Inc. is committed to providing equal employment opportunity to all employees and applicants for employment regardless of age, race, creed, national origin, sex, religion, veteran status, disability, sexual orientation, or any other characteristic prohibited by law. Our Management is dedicated to ensuring the fulfillment of this policy with respect to hiring, selection for training, promotion, transfer, rates of pay or other forms of compensation, and general treatment during employment.

We expect everyone to show understanding and consideration to fellow employees and to respect and observe this policy. YOU CAN ACCESS ALL OF ISLAND’S POLICIES ON THE ISLAND PORTAL.

Access the Islander Newsletter on the Island Portal!

www.islandoperating.com
WORKING IN THE ZONE

4th QUARTER ZONE ZERO WINNERS

Thinking, acting, and working safely every day.

1. 500 PTS
   Kirk Guidry
   Statoil

I drove up on location and found the work over rig crew moving the rig and there were hands working with no hard hats and safety glasses. The rest of the crew arrived and one hand got out and lit a cigarette. I immediately shut the job down and told the hand to put out his cigarette. I asked if everyone knew the policy for smoking and PPE. I informed them the pad they were on was live and flowing over 20mmcf of gas. They were standing downwind and if there was a leak the cigarette could have caused a major explosion and possibly killed everyone onsite. I talked to the tool pusher to correct the situation and informed my lead operator of what I had done.

2. 400 PTS
   Michael Parker
   W&T Offshore

We had a PSV to change on the test separator. We did our JSA and walk thru of the job noting hazards and how to mitigate them. We started the task but eventually got to a point where we could no longer work off the ladder and needed to get on top of the vessel. I found myself in a situation where it would be easy to just climb onto the vessel and go to work without fall protection. I thought of our safety meetings and training and stopped. I then went into the office, filled out a working from heights permit, wrote another JSA, along with getting a harness and lanyard. We then proceeded with the job. It would have been easier, and certainly faster, to just climb on the vessel, but doing it an unsafe manner is unacceptable.

3. 300 PTS
   Larry Dunn
   Loop 26

On the 1st day of our hitch, we had to swing off from the workboat. I always want to be the first to swing so I can help others to board the platform. I didn’t ask the crew about their experience in swing, but it is something we should always do in the safety meeting. I noticed the fire watch seemed nervous by his eyes and body tension. I talked to him and told him not to rush the swing no matter how long it takes. The captain did a great job holding the boat and the fire watch jumped without holding the rope in his hands. I took him aside and explained the dangers of what he had just done. I advised him to take his time and always hold the rope so that in case he mistimed his swing, he could just go back to the boat safely. The hand thanked me, and upon going back onto the boat later, he swung correctly and kept his hands on the rope.

4. 200 PTS
   Lemuel Eleuterius
   Fieldwood Energy

On 11-12 when construction was onboard, they needed some handrails and grating moved to the plus ten for replacement from hurricane damage. A JSA and a crane pre use were done. A safety meeting was held on how to safely move the materials without incident. We noted the winds were high but within operating limits. After moving a few bundles of material, the crane operator was beginning to have trouble holding the boom against the winds. We decided to shut the job down and laid the boom back in the rest. We then advised the crew that we would have to wait until better conditions to continue.

5. 100 PTS
   Michael Landreneau
   Arena Energy

While traveling on the boat with the construction crew to complete repairs at another structure, it was noticed that several totes of flammable chemicals were placed right next to the welding machines on deck. I realized this could be a potential hazard with the heat given off the machines. The crane at the platform we were headed to is out of service, so I advised the captain to turn around and go back to the main facility to offload the totes. Once the totes were removed and the situation made safe, we then departed for our original destination to start the repairs of the skirting and handrails.

The following are the winners for the 2017 4th quarter of the ZONE Zero observation program. The winning cards were selected from observations made between October 1st and December 31st. The top 5 overall winners were chosen anonymously by operators who volunteered at various crew change locations. A total of 8,105 points were awarded to 106 winners.
AREA ZONE CARD WINNERS (OCTOBER - DECEMBER 2017) BY SUPERVISOR:

<table>
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<tr>
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<tbody>
<tr>
<td>Clay Burgeson</td>
<td>Loop 28</td>
<td>1. Larry Dunn</td>
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<tr>
<td>Rob Hernandez</td>
<td>Fieldwood Energy</td>
<td>Area 5: 1. Damon Savoie</td>
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<tr>
<td>Bert Faul</td>
<td>Fieldwood Energy</td>
<td>Area 6 1. Benjamin Cole 2. Robert Biessenberger</td>
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Island Operating Mission Statement

Island Operating is committed to providing safe, compliant and efficient operations to our customers’ oil and gas assets and our employees’ well-being. We will accomplish this by adhering to our core values of honesty, trust, integrity and respect for our clients and one another.

HONESTY  TRUST  INTEGRITY  RESPECT
ANكور
Mobile 870-A, #2
Vincent Marquez, Jarren Lizana, Braden Smith, Dane Legnon, Keegan Sonnier, Hunter Cameron

ARENA ENERGY
Eugene Island 251-C
Jimmie Duncan, Joseph White

Eugene Island 314-A
Jeremy Callahan, Earl Fontenot, Victor Richard, Jacob Rubar, Dennis Sonnier, Bradley Thibodeaux, Anson Zapata

Eugene Island 338-K (Riker)
Aaron Leblanc, Jesse Mcgraw, William Smith, David Sioeleu

Joseph Babin, Larry Courtright, Darrell Debate, Howard Gardner, Allen Hebert, Carroll Johnson, Wilford ‘Half Pint’ Knight, Christopher Kuffer, Cody Matherne, Justin Powell, Raymond Roper

South Timbalier 35-#7, 36-#8, 38-#8, 37-C, 51-#3, 51-CD, 51-CF, 51-CJ, 52-#3, 52-CB
Kyle Broussard, Gene Callahan, Jeffrey Croom, Francis Darreite, Atlas Duplechian, Wayne Felarise, Jr., Clinton Fontenot, Charles ‘Buster’ Ford, Don Hogge, Gary LeBlu, Daniel Lebouef, Hunter Miller, Johnnie Ortega, Kollan Richard, Jonathon Thibodeaux

BYRON ENERGY
South Marsh Island 71-F
David Bellard, Michael Ledoux, Jarrod Norris, Robert Spikes

CONTANGO OPERATORS, INC.
Eugene Island 11-H, 10-D, 63-VP Aux
Barry Bertrand, Timothy Billings, James Bordelon, Glenn ‘Ticky’ Gaspard, Nicholas Junoville, Alex Laffeur, Benjamin Leblanc, Harold Lege, Kirk Lopez, Cody Miller, Corey Mire, Joshua Parsley, Case Trahan

DAUPHIN
Main Pass 256-A
Josh Desport, Ray Pittman, Joel Portie, Darrell Trahan, Jr., Caleb Walters

ENVEN ENERGY
South Marsh Island 50-G
Shawn Hoffpauir, Jason Lupe, Kevin Lanerie, Christopher Lemaire, Marcus Melanson, Cody Menard, Byron ‘Victor’ Primeaux, Rusty Quirk, Maurice N. Smith

Mustang Island 726, A-85-A
James Hawley, Christopher Hebert

South Marsh Island 50
Barry Brooks, Anthony Darroze, Daas Hoffpauir, Kevin Lanerie, Christopher Lemaire, Shawn Matheus, Marcus Melanson, Cody Menard

West Cameron 661
Roger Arceaux, Jason Cuts, Donald Flurry, Todd Henry, Christopher Sanders, Derick Saulsbury, Stephen Sonnier, Matthew Toups, Jeffery Verzyvveyt

FIELDWOOD ENERGY
Breton Sound 41-B, Main Pass 29-1, 118, 154-A, VK 251-A/Aux, MP 289-B, 125-B, 112-A, 112#2
Hunter Cameron, Uriah Langston, Dane Legnon, Jarren Lizana, Vincent ‘Tracy’ Marquez, Braden Smith, Keegan Sonnier

Galveston 255, West Cameron 163-A, 165-#13
Roger Arceaux, Jonathan Deshotel, Donald Flurry, Chad Gerald, Todd Henry, Christopher Sanders, Derick Saulsbury, Stephen Sonnier, Matthew Toups, Jeffery Verzyvveyt

High Island 179
Gerald Aguillard, Clifton Bergeaux, Mathew Colon, Daniel Comeaux, Mike Hebert, Laurent Martin, Michael Mitchell

High Island A 376-A
Richard Adams, James Call, Mark Ducote, Jacob Nevils

South Marsh Island 128-C
Frank Averett, John Gregory’ David

South Marsh Island 10-A, 10-#4, 11-#34, 11-#58, 18-A1
Blae Campisi, Harold Manuel, Michael Welsh

South Timbalier 195-B
Jeremy Broussard, Zachary Buteaux, Michael Dupont, Travis Gleason, Kendal Hood, Michael Parker

South Timbalier 205-B, 205-F, 205-G
Zachary Buteaux, Michael Dupont, Travis Gleason, Kendal Hood, Michael Parker

South Timbalier 206
Douglas Leblanc, Gary Obrien, Leland Tager, Jeremy Williamson

West Cameron 33-N, 0, #1, CF
Ted Breaux, Benjamin Pressburg, Jake Veillon

West Delta 105-E
Drake Baudoin, Mike Myers, Randall Dowdwen, Sam Ridney, Ryan Darteze

West Delta 104
Drake Baudoin, Mike Myers, Randall Dowdwen, Sam Ridney, David Wolf

West Delta 79-A, B, C, E
Jasmind Jones, Jacob Jones

FREEPORT MCMORAN OIL & GAS
South Timbalier 144-1, 148-B, 148-D, 148-E, 168-B
Jeremy Broussard, Zachary Buteaux, Michael Dupont, Travis Gleason, Kendal Hood, Michael Parker

MEDCO ENERGI
East Cameron 318-B
Roger Arceaux, Jason Cuts, Donald Flurry, Todd Henry, Christopher Sanders, Derick Saulsbury, Stephen Sonnier, Matthew Toups, Jeffery Verzyvveyt

NORTHSHER ONLINE ENERGY PARTNERS, LLC
Ship Shoal 63-#14, 63-#16, 72-#21E, 72-#33, 72-I, 72-J, 72-L, 72-M, 72-N, OF, QF, 31, 32, 33, 87-B, 87-M
Caisy Cheramie, Hunter David, Kenneth Deshotels, Sean Dupont, Hugh Edwards, Ruston Elliott, Laurence Mclaurn, Benjamin Murphy, Blake Rodi, Christopher Tocchet, Cody Parfait, Tanner Matt, William Rivas

PEREGINE
Galveston A 133-A, A-155, West Cameron 565
Roger Arceaux, Jonathan Deshotel, Donald Flurry, Chad Gerald, Todd Henry, Christopher Sanders, Derick Saulsbury, Stephen Sonnier, Matthew Toups, Jeffery Verzyvveyt

STONE ENERGY
South Timbalier 164-C, 165-A, 165-E
Jeremy Broussard, Zachary Buteaux, Michael Dupont, Travis Gleason, Kendal Hood, Michael Parker

TANA EXPLORATION
Breton Sound 25
Uriah Langston, Dane Legnon, Jarren Lizana, Vincent ‘Tracy’ Marquez, Braden Smith, Keegan Sonnier

Main Pass 175, 186
Josh Desport, Ray Pittman, Joel Portie, Darrell Trahan, Jr., Caleb Walters

Magatorda Island 633-D, 654-J
Larry Dunn, Nicholas Figueroa, Nathan Finley, Matthew Jones, Joshua Pennington, Cory Perkins, David Salinas, Robert Weeks

TALOS ENERGY
Vermilion 131-C CF
Michael Leblanc

WALTER OIL & GAS
Ewing Banks 834
Charlie Beard, Jerry Childers, Franklin Coon, Andre Couvillon, Joshua Dent, Samuel Flutt, Devin Fontenot, Nicholas Hetherington, William Knight, Robert May, Clinton Meaux, Dylan Navarre, Nicholas Painter, John Simar, Ryan Stanley, Joseph Stump, Patrick ‘Gene’ Tuccio, Derek Vines, Grant Williams

Ship Shoal 189-B
Robert Bankston, Bryan Benoit, David Bordelon, Jonathan Carroll, Khalid Dandachi, Trevor Dujaux, Charles Mcintyre, Chadwick Reed

South Timbalier 311-A
Kelvin Caraway, Rodney Duprie, Johnny Fortenberry, Brandon Hargrave, Phillip Hutton, Jr., William Kays, Ryan Stanley, Gary Stewart, Nelson Theron, Jr., Patrick ‘Gene’ Tuccio, Varr Wally, Rodney Wheeler

W&T OFFSHORE
Ship Shoal 27-#2, 28-#33
Benjamin Deshotels, Jeffery Harper, Charles White

Selection of wells, perforations, treatments and intelligent completions is a function of the operator’s decision and not a recommendation of any company or organization.

Enven Mustang Island 726 A/Aux
133 Components / 0 INCs
James H. Hawley II Christopher L. Hebert
Supervisor – Clay Burgeson

Fieldwood Energy
113 Components / 0 INCs
James H. Hawley II Christopher L. Hebert
Supervisor – Clay Burgeson

Walter Oil & Gas
Ewing Bank 834
130 Components / 0 INCs
Charlie R. Beard Jerry A. Childers
Franklin D. Coon Andre M. Couvillon
Joshua J. Dent
Samuel K. Flutt Devin J. Fontenot
Nicholas F. Hetherington
William N. Knight
Robert S. May
Clinton R. Meaux
Dylan T. Narvaes
Nicholas S. Painter
John D. Simar
Ryan P. Stanley
Joseph M. Stump
Gene Tuccio
Derek M. Vines
Grant A. Williams
Supervisor – Chad Stoff

Safety awareness and safe behavior don’t come about by instinct; they must be deliberately learned and practiced – and it is everyone’s responsibility to do so.
THANK YOU!

Thank you to everyone who helped make our 4th Annual ZONE in on The Cure for Cancer fundraiser benefiting MD Anderson Cancer Center a great success. Our 2018 fundraiser has raised over $115,000! With a total of over $465,000 raised as of May, we hope to reach $500,000 by the end of the campaign on June 30th. These funds could not be going to a more deserving institution or a more deserving cause. We could not have done this without your generous support.

MD Anderson truly depends on third-party fundraisers like Island’s ZONE in on The Cure for Cancer. So thank you for allowing us to help MD Anderson in Making Cancer History. We look forward to holding this fundraiser again next year and we hope we can count on you again.

Sincerely,
The Island Team

ZONE IN ON
The Cure for Cancer
$500K in 5

MD Anderson continues to set the standard in cancer prevention research and the translation of new knowledge into innovative, multidisciplinary care.

The institution’s Cancer Prevention and Population Sciences division is dedicated to:

- Ending cancer through pioneering research into the roles that biologic, genetic, environmental, economic, behavioral and social factors play in cancer development.
- Investigating various types of interventions to prevent or reduce cancer risk.
- Improving cancer care delivery, safety, availability and affordability.

Through the Duncan Family Institute for Cancer Prevention and Risk Assessment, the division is investing in promising new research directions and integrating basic research and clinical studies to accelerate their translation from the lab to the clinic to the community.

The Lyda Hill Cancer Prevention Center provides cancer risk assessments; screening exams based on genetics, age and gender; and personalized risk-reduction strategies, including lifestyle-based interventions and chemo prevention.
**TEAM RESULTS**

**HOA: TEAM MANAGEMENT**
- Robert Conner
- Troy Mouret
- Robert Hamilton
- Keith Talley

2nd PLACE:
**SHERIFF MIKE COUVILLON**
- Mike Couvillon
- Bart Bellaire
- Dennis Mey
- Scott Boudreaux

3rd PLACE:
**GULF CRANE SERVICES**
- Bray Bollinger
- Ken
- Lynn Usie
- Frank Watson

**A CLASS – 1st PLACE:**
**YOUTH SHOOTERS**
- Garrett Lejeune
- Thad Palmer
- Kader Wilson
- Kal Wilson

**A CLASS – 2nd PLACE:**
**BP CONSULTING**
- Casey McLaughlin
- Scott Boudreaux
- Brandon Verrett
- Noel Whittington

**B CLASS – 1st PLACE:**
**UPCS**
- Jeb Bellard
- Mike Duhon
- Steve Lee
- Chad Mercie

**B CLASS – 2nd PLACE:**
**NOEL WHITTINGTON**
- Noel Whittington
- Paul Vondenstein
- Brandon Verrett
- Girard Danos

**C CLASS – 1ST PLACE:**
**STONE ENERGY**
- Keith Seilhan
- Wyatt Seilhan
- Joey Bienvenue
- Tim Seilhan

**C CLASS – 2ND PLACE:**
**PTS**
- Brandon Prudhomme
- Steven Parker
- Ducky Pugh
- Jarrod Roy

**INDIVIDUAL RESULTS**

**HOA**
- Scott Boudreaux

2ND PLACE
- Byron Talley

**YOUTH – HOA**
- Garrett Lejeune

**YOUTH – 2ND PLACE**
- Kader Wilson

**LADIES – HOA**
- Rhonda Guillory

**LADIES – 2ND PLACE**
- Mary Johnson

**SHOOTING GAME RESULTS**

**HELICE**
1st Place:
- Eddie Francez

2nd Place:
- Scott Boudreaux

**SNOOKER**
1st Place:
- Garrett Lejeune

2nd Place:
- Keith Talley

Joe White was the winner of the shooting cart.
While making rounds, I noticed a 90 degree elbow that was put in on top of a needle valve and a tubing cap that was placed onto the 90. That would be fine, except the tubing cap was actually a TSE. The needle valve was closed and had 500lbs under it. Tubing caps and TSE’s can be very misleading because they look very similar. Remember the TSE will have a lead core, while the tubing cap will have a solid stainless steel center built to handle the pressure. Pressure was bled off and the TSE was replaced with a real tubing cap.

While operating the crane, preparing to backload equipment and the crew, the hands loaded a basket with scaffolding. Upon having the basket loaded, the construction leader signaled me to load the large basket onto the boat. I signaled him to meet me on the top deck and set the basket down there. I discussed the pre job plan we had talked about, and how it would be safer to backload personnel onto the boat before cluttering the deck with the basket. It’s easier and safer to land the personnel basket with more room, and the scaffolding basket could go down last. Job was completed without incident.

An oil truck came onto location to top off the compressor day tanks. While going over the pre job, the driver asked if there was a ladder on location he could use. Since no other driver had ever asked for a ladder, I dug deeper and asked why he needed one. He explained that one of the connections was beyond his reach and needed a ladder to get to it. We went out and looked at the connection. After trying to find a plan, I suggested we find a longer nipple to eliminate the added hazard of having to climb a ladder each time to get to the connection. He dug in his truck and found a longer nipple. We installed it and now the connection can be easily and safely reached without having to climb up and create another hazard.
### AREA ZONE CARD WINNERS (JANUARY - MARCH 2018) BY SUPERVISOR:

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**What Does Culture Really Mean?**

What does it mean when we talk about company culture or safety-driven culture?

The definition of company culture is the personality of a company and defines what a company, from an employee perspective, is like to work for.

Company culture includes the company mission, values, ethics, expectations, goals, and work environment. Island has a team-based culture with employee participation on all levels.

Why is company culture so important?

Given enough time and money, our competitors can duplicate almost everything we’ve got working for us. The only thing they can’t duplicate is our culture.

Think of it this way: All music is made from the same 12 notes. All culture is made from the same five components – behaviors, relationships, attitudes, values, and environment. It’s the way those notes or components are put together that makes things sing.

Why is attitude so important?

As our culture continues to evolve, attitudes become more of a pivotal point. In sustainable, winning cultures, behaviors (the way we do things here – the Island way) are linked to relationships, informed by attitudes, built on a rock-solid base of values, and completely appropriate for the safety environment in which we must, and choose, to operate.
NEW ARRIVALS
Congratulations to the following employees on welcoming their new bundle of joy.
Drake and Denee Baudoin welcomed Brayleigh Elizabeth on 1/9/18
Jonathan and Ashli Deshotel welcomed Jocque Paxton on 1/20/18
Robert Tray Hernandez and Jacqueline Fett welcomed Laya Page on 2/19/18
Nicholas and Amy Wootan welcomed Hazel Grace on 2/28/18
Jeremy and Cynthia Rubalcado welcomed Liam Noah on 3/1/18

JUST MARRIED
Best wishes to the following employees on their recent marriages.
Sean and Caroline Needham 1/8/18
Joel and Hannah Portie 2/16/18
Kenneth and Rhonda Perry 3/22/18
Lance and April LeBlanc 6/2/18

GET WELL SOON
We wish the following employees a healthy recovery.
Thomas Hutson
Danny Keen
Richard Bowlin
Russell Douget
Donald Brannon
Hunter David
Duane Brunet
Joel Portie
Christopher Aucoin
Harold Wayne Manuel
Donald Joubert
Joseph Comeaux
Johnny Fortenberry
Joshua Touchet
Charles Buster Ford

CONDOLENCES
We extend our condolences to the following employees, customers, and their families for their loss.
Alex Mounier on the loss of his infant daughter
Island employee Allen Sanchez

HIRED ON
We congratulate the following employees who were hired on by customers.
Dusty Lantz (Matador)
Adam Saltzman (Matador)
Marlon McFarlain (Matador)
Johnny Miller (Matador)
Nicholas Verdin (EP Energy)

Learn to enjoy every minute of your life. Be happy now. Don’t wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it’s at work or with your family. Every minute should be enjoyed and savored.
– Earl Nightingale
What You Can Expect This Hurricane Season

Time to get prepared!

Scientists predict record-breaking 2018 hurricane season.

Meteorologists predict 14 named tropical storms. Seven of those are expected to become hurricanes and three are expected to be major hurricanes (Category 3 or stronger on the Saffir-Simpson Hurricane Wind Scale). Of these storms, Colorado State University predicts a 63% probability of at least one major hurricane making landfall on the continental United States. This number is above the average of 52%. We should not let our guard down. We need to stay focused and be prepared, both at home and on the job. Are you prepared?

- **Contact information up to date** – cell phone, home phone
- **Emergency supplies** – rope, water, food, medical supplies, cleaning supplies, batteries, fuel, money, etc.
- **Evacuation plan** – where to go and what to bring
- **Pets** – boarding, food

This is the time to make sure that your family and coworkers are prepared for the upcoming hurricane season. Go over your evacuation plans with coworkers and family members. Make sure that all contact information is up to date. Make sure all supplies are on hand ahead of time. And don’t forget to fill out, and turn in, your required time ticket in a timely manner if you have to evacuate your platform.

The knowledgeable employees of the Payroll Department are ready to help you by answering any questions you may have. Please don’t hesitate to contact April, Chrissy, Jennifer, Lauren, or Olivia.

For more information contact the Payroll Dept. at 337.233.9594.

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**PAYROLL UPDATES**

**4TH OF JULY**

The office will be closed on Wednesday, July 4, 2018. We are asking for your support in turning in all time tickets one day early. Please do your best to have your time ticket in the Lafayette office by Thursday, June 28, 2018, by 10:00 a.m. All checks and direct deposits will go out as normal for the July 6, 2018, payroll.

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**PAYROLL CALENDAR**

**Happy 4th of July!**

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**VACATIONS**

Please remember to call the Payroll Department to confirm your vacation eligibility. Prior to taking time off, you will need to have approval from your Island Supervisor as well as your supervisor offshore.

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**HURRICANE/STORM EVACUATIONS**

Hurricane season began June 1st and ends November 30th. Should you need to evacuate your platform due to a storm or hurricane, please indicate on your time ticket the day and time you evacuated and the day and time you returned offshore.
HOME LAUNDRY IS A SAFE, COST-EFFECTIVE ALTERNATIVE TO INDUSTRIAL LAUNDERING AND CAN HELP EXTEND THE SERVICE LIFE AND PROTECTIVE QUALITIES OF FR CLOTHING. LAUNDERING INSTRUCTIONS ARE PRIMARILY DESIGNED TO HELP GET THE CLOTHING CLEAN, MINIMIZE SHRINKAGE, EXTEND USEFUL LIFE, AND PROVIDE GUIDANCE ON WHAT YOU SHOULD AVOID, LIKE INTRODUCING SUBSTANCES THAT MAY COMPROMISE FLAME RESISTANT PROPERTIES SUCH AS BLEACH OR FABRIC SOFTENER. FIRST AND FOREMOST, YOU SHOULD ALWAYS FOLLOW THE INSTRUCTIONS ON THE GARMENT LABEL.

**Wash in warm water** – for heavily soiled garments, wash in the hottest temperature allowed on the care label (120° or less) to remove dirt.

**Use small wash loads** – this helps reduce wear and improve cleaning.

**Wash FR clothing inside out, separate from everyday clothing** – this helps reduce wear and streaking.

**Tumble dry on low or permanent press, or the “less dry” setting** – drying a garment on high heat can cause excessive shrinkage. Most shrinkage is caused by over-drying, which occurs when a dry garment continues to be heated.

**Remove from dryer damp or line dry to minimize shrinkage** – two-thirds of a garment’s shrinkage often takes place within the first five washings.

**Dry-cleaning is recommended for difficult stains** – or try spot-treating stains with detergent prior to washing.

Perhaps equally as important as knowing what you should do, is knowing what you should not do when home laundering FR clothing.

**DO NOT USE** Detergents with Bleach

**DO NOT USE** Detergents that contain animal fats

**DO NOT USE** Chlorine Bleach

**DO NOT USE** Hydrogen Peroxide Products such as OxyClean

**DO NOT USE** Fabric Softener, Dryer Sheets, or Starch

**DO NOT USE** Insect Repellents (especially those containing DEET)

Source: https://www.fr-safety.com/Resource/Clean-FRC and tyndaleusa.com

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**Do You Have Dental Insurance with Sun Life Financial?**

Register for Online Advantage for Members

Register for Online Advantage for Members on their website at [www.sunlife.com/onlineadvantage](http://www.sunlife.com/onlineadvantage). Online Advantage for Members provides you the ability to:

- Download your ID Card
- View Benefit and claims information
- Find a dentist

**Go Mobile!**

Scan the code below (or go to www.sunlife.com/mobileapps) to download our mobile app, Benefit Tools, to enjoy some of the same benefits as Online Advantage for Members.

You may also contact the Insurance Department if you have any questions.

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**UNIFORMS**

Employees are eligible for 2 sets of FRC uniforms every 6 months. We will not contact you to place your order! If you are eligible, please call Brittany Cole in the Incentives Department at 337-233-9594 or 1-800-366-9594.

> Remember to check your portal often for points accrued! <
Islanders, I am proud to let you know that because of your efforts, Island Operating has won THE 2017 LWCC SAFEST 70 AWARD! This is the 9th time in 11 years that Island has been recognized with this prestigious award. The Louisiana Workers’ Compensation Corporation (LWCC) recognizes the best of the best out of their over 20,000 policyholders. This phenomenal achievement is a direct reflection of each and every Islanders’ commitment to the tenets of ZONE Zero and the cultural dictates of Islanders Believe.

Island amassed this record because of each team member’s complete focus on his or her safety and the safety of those working alongside you. Paramount to this achievement is every Islander knowing that Island will support you when you use Stop Work Authority to maintain safety. I thank each and every one of you for your commitment to safety above all else.

I am proud of the culture that we are building and the way that you are committed to putting safety 1st! Keep up the great work. You are an integral part of the best team in the contract operations business!

Gregg Falgout

---

Island Operating’s exceptional safety record has been recognized for the ninth year with the Louisiana Workers’ Compensation Corporation’s “Safest 70” Award.

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One of the reasons Island Operating implements ZONE Zero:

“It’s our job to ensure that the workforce Island Operating provides is knowledgeable, thoroughly trained, and empowered to ensure productivity without losing sight of safety.”
Virtual Visits
Convenient health care at your fingertips
You and your covered dependents can access a board-certified MDLIVE doctor 24 hours a day, seven days a week.* Speak to a doctor quickly or schedule an appointment based on your availability. The average wait time is less than 20 minutes. Consultations with a licensed behavioral health professional are available by appointment, via secure video.

Activate your virtual visit account before you need it!

Activate – Create your account online or call the MDLIVE Customer Service number.

Select – Choose a doctor or therapist.

Consult – Interact with an independently contracted, board-certified doctor or therapist.

Firstname M. Longlastname
and eligible dependents

MDLIVE board-certified doctors are available 24/7 for non-emergency conditions.

• Cold and flu
• Respiratory problems
• Prescriptions (if needed)
• And more

Behavioral health consultations are available by appointment.

MDLIVE.com/bcbstx  888-680-8646

* In the event of an emergency, this service should not take the place of an emergency room.
3 Key Decisions to Make Before You Retire
See when and how to take Social Security, pay for healthcare, and generate income.

Key takeaways

- The longer you can delay collecting Social Security, the higher your benefit.
- Plan for health care costs and figure out how you will pay for them.
- Match essential expenses like food, housing, and health care with guaranteed income.

As retirement nears, you will have 3 big decisions to make: when to take Social Security, how you will pay for health care, and how you will generate cash flow. The 3 are interconnected and will make a difference in your budget and lifestyle in retirement, and even on deciding when to retire.

How and when will you claim Social Security?
You can claim Social Security as early as age 62, but that may not be in your best interest financially. Why? Because Social Security payments increase if you delay claiming your benefits; your monthly benefit can go up until age 70. The difference between your check at 62 and 70 could be as much as 65%. For example, a monthly benefit of $1,500 if claimed at 62 could increase to more than $2,476 each month at age 70.

How will you pay for health care?
You probably can’t escape health care costs, but you can plan for them. That starts with the government’s retiree health care insurance program — Medicare. No matter when you claim Social Security, Medicare won’t kick in until 65. So if you retire early, you will need to buy health insurance privately.

While you are still working, you should also consider a health savings account (HSA), in conjunction with a high-deductible health plan, to save for health care costs in retirement. You may want to buy supplemental health insurance or long-term care insurance to pay for expenses not covered by Medicare.

Finally, it pays to be a choosy consumer of health care services, ask a lot of questions about the cost and necessity of services, and compare prices from different providers.

How will you generate cash flow once you stop working?
In retirement, Social Security will likely just be one of several sources of income. Others may include your savings, pension, annuities, rental income, or working part time.

So how do you come up with a plan to make sure your money lasts? There are many approaches, but it starts with a budget that identifies your needs — essential expenses like food, housing, and health care — and your wants — discretionary expenses like travel, eating out, and entertainment.

The distinctions between needs and wants will be different for everyone, but once you have your list, it makes sense to match essential expenses with guaranteed income — money that you can’t outlive — like Social Security, pensions, and lifetime annuities (which let you convert savings into guaranteed income). Then use your other savings and income for discretionary expenses.

One practical test to see whether you are financially ready for retirement is to try living off your retirement budget before you retire. If it’s too tight, you still have time to make adjustments. For instance, you can work longer, use home equity, or find part-time work.
What are the steps to enroll online using Fidelity NetBenefits®?

What you should know
The Online Enrollment Service allows plan participants to enroll in the Employer’s Plan via Fidelity NetBenefits® or through a Fidelity Customer Service Representative available through the Voice Response System (“VRS”). When enrolling, participants will have the ability to select the way future contributions are to be invested and set their initial deferral rates. Participants, after they are enrolled, may also use Automated Channels to request a change in the deferral rate or make other requests or inquiries regarding their retirement account, subject to the Plan’s requirements.

<table>
<thead>
<tr>
<th>Steps to Enroll</th>
<th>Description</th>
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<tbody>
<tr>
<td>2. Set up a personal identification number (PIN) for security purposes</td>
<td>Click on the New User Registration link and follow the directions provided, using your Social Security number or Customer ID to log in.</td>
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<td>3. Choose to “Begin Enrolling” or “Learn More” on the welcome page</td>
<td>Click on “Begin Enrolling” and verify your current mailing address. Select the type of enrollment confirmation you would like to receive. Choose “Continue” to confirm the election. If you click on “Learn More”, you’ll be able to access more detailed information about 401(k) plans, contribution limits, etc.</td>
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<td>4. Enter the percentage to have deducted from your pay</td>
<td>Click on “Calculate Deduction” to determine the effect of different deduction percentages on your pay. Click “Submit Deduction”.</td>
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<td>5. Choose investment options</td>
<td>View performance information for each investment option by clicking on the investment name. Please note that before investing employees should view a mutual fund prospectus online – or request a hard copy – for each mutual fund in which they want to invest through the plan.</td>
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<td>6. Select Mail Preference</td>
<td>Choose “I Consent” for online delivery or “I Do Not Consent” for U.S. Mail delivery. You will be presented with a confirmation of your election. Choose “Continue” to review the Enrollment Confirmation.</td>
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<td>7. Submit enrollment information</td>
<td>Receive an immediate online confirmation (Remember employees should also complete the Designated Beneficiary Form, and sign and return it to their benefits department).</td>
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How do participants get their account statements?
What to do
Participant statements are available online via Fidelity NetBenefits®. Participants can view and print their statements by completing the following steps:
1. Access the NetBenefits® website at www.netbenefits.com
2. Enter their User ID Number and Personal Identification Number (PIN)
3. Click on the Plan Name to access their specific plan information
4. Click on the Online Statement link from the left hand side of the page
5. Click the radio button and select the date or date range of the Statement
6. Click the Retrieve Statement button at the bottom of the page
7. To print the statement, click anywhere on the screen and then click the Print button from your web browser.

Participants may request statements for the following periods:

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<tr>
<th>Period</th>
<th>Description</th>
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<tr>
<td>Monthly</td>
<td>Months (i.e. February 2013, January 2012) within the time period for which statement history can be retrieved.</td>
</tr>
<tr>
<td>Quarterly</td>
<td>Calendar quarters (i.e. 1st Quarter 2013, 4th Quarter 2012) within the time period for which statement history can be retrieved.</td>
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<tr>
<td>Specific Date</td>
<td>Allows a participant to enter a single date given that the date entered is within the time period for which statement history can be retrieved. The statement produced will reflect the prior business day for the date entered. For example, entering the current date will produce a statement that reflects the previous night’s closing balance.</td>
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<tr>
<td>Custom Date Range</td>
<td>Allows a participant to enter a “from date” and a “to date” within the time period for which statement history is available online.</td>
</tr>
<tr>
<td>Year to Date</td>
<td>Allows a participant to access statement history from the first business day of the calendar year to the current date the request is entered.</td>
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Security Now: The Importance of User Awareness

There’s no question that our personal property, and our privacy, are precious to us. If we pull all the stops to guard these aspects of our lives, our digital life should have the same degree of security and protection, especially when we spend a lot of time online. Because of the open nature of the Internet, users are likely to encounter online security risks every day. While the Internet has empowered significant advances in social, technological, and economic advancement, it has also become a place where people and things inevitably face various online threats, such as social engineering lures, mobile threats, identity theft, cyberbullying and exploitation, malware, and rogue security software.

Our idea of “secure” should reflect the reality that there will always be threats and vulnerabilities, and the first step to ensuring online safety is to be aware about the different kinds of threats and the ever-changing threat landscape. Users should also know how to implement proper best practices to prevent becoming a victim of online threats. While times are changing, your online safety should be top priority, and it’s important to develop a good security mindset and user awareness.

Here’s how you can protect yourself:

• Don’t overshare on social media.
• Use better and more complex passwords.
• Use a secure network.
• Update your browser and operating system.
• Use security software.
• Secure your mobile devices.

Internet Security

As the rest of the world catches up with technology and the IOT (Internet of Things) expands, computer malware also gets stronger and more aggressive, and so does the need for an always on Internet Security solution.

Phishing, email borne attacks, out of date antivirus, and anti-malware software just aren’t enough to keep your business’ computer network safe any longer.

Internet Security is not a product, it is a mindset and a series of continuous and deliberate and well thought out actions – Rich Delaney

Just like the layers of a police officer's bullet proof vest, which has multiple layers of Kevlar to help stop a bullet from penetrating his body, we have to weave multiple layers into our approach on IT security for your business or organization.

You can get viruses by opening bogus email messages, downloading unknown file attachments, and accidentally clicking ads that pop up on your screen, and just like the human body, a computer system can also be attacked by many viruses that can infect and disrupt computer operations. What’s worse is it doesn’t just disrupt the operations of your computer, but these viruses and other malware can gather sensitive information or even gain access to other private and secured computer systems on the same network. Although computer viruses aren’t deadly, they can spread at an unimaginable rate across your entire computer system, affecting your databases, spreadsheets, Word Documents, QuickBooks, files, and other critical business information systems. This is why there is a need for this effective multi-layered security approach.
“A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst and it sparks extraordinary results.”

- Wade Boggs