

Southern Towing Company

Newsletter

June 2010

Healthy Eating

You may be tempted to think that if a certain type of food is so beneficial, there must be a catch. But beans and legumes stand out as one of the most amazingly accessible dietary staples you can find. Here are some bean basics.

* Beans are cheap. A 1-cup serving of many kinds of beans costs less than a dollar.

* Dry-packaged beans last for up to a year. Store them in a tightly sealed container in a cool, dry place.

* Leftover cooked beans keep well. Place them in a covered container and refrigerate for up to five days or freeze for up to six months.

* Canned beans are a great choice. They are convenient, easy to prepare, inexpensive, and just as nutritious as dry-packaged beans.

For more information visit http://www.johnshopkinshealthalerts.com/alerts/nutrition_weight_control/

Tide and Current Tables

We now have a link to the NOAA Tide and Current Tables on our web site. Printed tide and current tables have been sent to the boats. Reeds Nautical Almanacs are no longer available. Additionally, 2010 Light Lists Vol. IV and V have been sent to the boats. Our web site is www.southerntowing.net.

Portable Grinder Safety

- Inspect before use; is disk properly installed
- Use PPE; eye, ear and hand protection
- Insure guard is in place
- Turn off and unplug when changing disks
- Use both hands to operate grinder
- Never use near flammable materials
- Keep loose clothing away from disk
- Secure small loose materials to a table before grinding

· Pay attention to your work; avoid distractions.

Watertight Doors

A towboat recently sank in the Houston Ship Channel resulting in the death of one of its crewmembers. The Coast Guard determined the cause to be "failure to properly maintain watertight doors." The watertight integrity of a boat is critical to its seaworthiness. All of our boats must maintain watertight doors so they can properly close. This includes proper functioning of the dogs as well as the seals being in good condition. Any bulkhead with a watertight door must not have any holes or non-watertight penetrations. If you have any questions contact Larry Tilley or Capt. Sides.

EMD School

Congratulations to Michael McClure, Duane Harrington, Michael Plunkett and Josh Barnes for recently completing EMD school.

Nautical Trivia

Windfall: Some English landowners were prevented to either fall or sell timber as this was reserved for building ships for the Royal Navy. However, this did not apply to trees which were blown down. Hence, a windfall became a financial blessing.

Person-in-Charge

A new list of designated Persons-in-Charge of fuel transfers has been sent to the boats. Anyone who transfers fuel to or from a boat or within the boat from tank to tank must be named on that list. If a name is missing do not let that person transfer fuel and notify Paula immediately.

FCC License

The Coast Guard has told us that one of the items they will be looking for during all of their boardings will be the FCC license held by the licensed pilot. They said they have been challenged regarding this requirement. The Bridge-to-Bridge radio telephone regulations require an FCC license for the person operating the radios on the boats. If you don't have an FCC license or have lost yours you can apply at www.fcc.gov or you can call them at (877) 480-3201.

Designated Examiner

Congratulations to Jay Wiek for becoming our most recent designated examiner.

Alcohol Test Requirement

Alcohol testing is required within two hours following a "serious marine incident." Included in this definition is an injury to a crewmember which requires professional medical treatment beyond first aid. We carry alcohol test kits on board. We are required to conduct these tests. Before sending the crewmember ashore for medical treatment, conduct an alcohol test.

Well Done David Stegbauer

We recently received the following letter: "*Just wanted to say thank you for the crew on the M/V David Stegbauer and their assistants Saturday afternoon. They were a great help in assisting with the rescue of the M/V Blessed Trinity at Island 40. They had lost an engine and your boat volunteered their assistants without any hesitation. With the river in the shape it is in now it could have been very bad. As it turned out we had very little loss of time and no injuries or damage. So pass along a big attaboy to your crew.*"

USCG Inspections

The Coast Guard has begun inspecting our boats under a program which they hope will help us transition to becoming inspected vessels. Over the next few months they will be checking for compliance with all federal safety, pollution prevention, security, and drug and alcohol policies.

Service Awards

Congratulations to Tim Ward, Adam Wilson, Michael Robertson, Fred Zimlich, Kent Johnson, Scott Maxey Bryan Worthington, Eric Raborn, David Jones and Paul Schelinski for completing 5 years service. Congratulations to James Lukaszski, Ricky Conatser and Danny Stafford for completing 10 years, to Robert Yount, Graylon Hester and Gay Quaintance for completing 15 years and to Ray Kirtley and Frank Hollomon for completing 30 years of service with Southern Towing Company.

Nancy Allgood

Nancy Allgood recently joined the office staff. She will be replacing Gay

Quaintance who will be retiring at the end of June.

Monthly Fire Drills

One item the Coast Guard will look for during their inspections is documentation that the required monthly fire drills are being conducted. This is the responsibility of the boat captain. Be sure to log all training sessions and all drills including fire drills, security drills and man overboard drills.

Stolen TWIC Card

The Coast Guard recently reported that a TWIC card was stolen from an individual. Everyone is reminded to report a lost or stolen TWIC card immediately to the office and to TSA. Also be sure to verify the card you are checking as individuals board our boats.

It's Getting Hot!

Hot summer weather will soon be here. You need to pay attention to preventing cramps, fainting spells, heat exhaustion, sunburn or heatstroke. A barge deck on a hot sunny day can cause you to suffer from heat related illnesses that can be

very serious. Don't forget to use sunscreen, wear a hat and light colored loose fitting clothing when you're out in the sun. Avoid caffeine, which can interfere with sweating and fluid loss and drink plenty of water.

Pollution Prevention

One of the most important considerations when preparing for a transfer (whether fueling the boat or transferring UAN or ammonia) is to be absolutely certain that all valves in the system are lined up properly. That means those that should be open are open and those that should be closed are closed. Check and recheck to be sure. If you are using a crossover hose make sure you are not loading a barge instead of sending the product to the terminal. A good number of pollution incidents are caused by improper alignment of valves. Read and follow the transfer procedures; don't make a stupid mistake. It could be your last.

Remember these rules:

1. Pay attention to what you are doing.
2. Follow rules and regulations.
3. Get help if you need it, and
4. Take your time.