

Southern Towing Company

Newsletter

Aug 2008

Training

Training is an important aspect of maintaining our safety record and preventing injuries. Monthly training lessons are required to be completed on all boats. Fire drills are required to be held each month. It is the responsibility of the wheelhouse personnel to be sure this training is completed.



Work Vests

Work vests can save your life. We supply them to you. All you have to do is wear one. We require you to wear a work vest any time you are on a barge, working or not. We also require you to wear one on the boat whenever you are working outside. If you should happen to fall overboard a work vest can save your life.

Healthy Eating

Reduce the intake of saturated fat, trans fat and cholesterol by limiting:

- Whole milk, cream and ice cream
- Butter, egg yolks and foods made with them, such as cakes and pies

- Bakery goods made with egg yolks and saturated and trans fats
- Cheeses and foods made with them
- Organ meats such as liver, sweetbreads, kidney and brain
- Saturated oils like coconut oil, palm oil and palm kernel oil
- High-fat processed meats like sausage, bologna, salami and hot dogs
- Fatty red meats that aren't trimmed of excess fat
- Chicken and turkey with the skin on
- Solid fats like shortening, stick margarine and lard
- Fried foods such as fried chicken, french fries and potato chips

Improvements in Licensing

The latest Coast Guard Bill passed by the House of Representatives will eliminate the "license creep" problem providing that a renewed document may be issued up to eight months in advance of the expiration date of the existing license or MMD, but is not effective until the date that the previous one expires.

Designated Examiners

Congratulations to William Culkin and Jack Peacock. The Coast Guard recently approved them as designated examiners. We now have 10 approved DE's.

Nautical Trivia

Square Meal: British war ships in the 1700s did not have the best of living conditions. A sailor's breakfast and lunch were sparse meals consisting of little more than bread and a beverage. But the third meal of the day included meat and was served on a square tray. Eating a substantial meal onboard a ship required a tray to carry it all. Hence a "square meal" was the most substantial meal served.

Coast Pilot

The 2008 edition of the Coast Pilot 5 has been sent to all boats. If you have not received one yet contact Mike Slack. This is a Coast Guard required publication.

TWIC Information

When you apply for a TWIC card you will be given a receipt. **Do not lose your receipt.** If the TWIC office loses your records (and this has happened) your only proof that you applied for a TWIC is your receipt.

Visiting the Office

If you plan to come to the office to do business with anyone, please call first. We all have schedules, vacation time, medical appointments etc. that cause us to be out of the office from time to time. Save a trip by making sure we will be here when you visit.

Z-Drive School

The following wheelhouse personnel are the first to attend Z-drive school; Phillip Lambert, Daniel Dixon, Richard Bender, Stephen Wage, Kenny Williams, John Peacock, Carl Henry, and Kurt Haas.

USCG Activity

The Coast Guard has told us that they plan to be more active this summer. Nationwide they will be checking vessels with Vessel Security Plans to be certain crews remain diligent and well trained.

Insurance

We offer **AFLAC** and very few people are taking advantage of this extra benefit. Please contact Paula if you would like information concerning this.

Employee Service Awards

Congratulations to Al Willyard for completing 5 years of service, to Thomas Dunaway and Mike Slack for 10 years, to Chris Clearman and Bobby Richards for 20 years, to Tommy Parrish for 30 years, to Bobby Jones for 35 years and to Sammy Yount for completing 40 years of service to Southern Towing Company.

VTS User Manuals

Updates (chartlets) to the Houston Vessel Traffic Service manual have been sent to all boats. Contact Mike Slack if you have not received a set of chartlets.

TWIC Address Change

The Memphis TWIC office moved to:
Tennessee Valley Training Center
324 W. Mallory Avenue
Memphis, TN 38109-2403.

Save a Postage Stamp

If you are dropping off a letter at Economy Boat Store in Memphis

addressed to the office, there is no need to use a stamp. The boat store puts the letter in a bin for Southern Towing Company and personnel from this office pick it up. That letter does not enter the U.S. Postal System.

Ammonia Tankerman Trainees Wanted

We are looking for potential ammonia tankerman trainees. Qualifications are at least 1 year of service on the deck, the recommendations of a lead Bargeman/Ammonia Tankerman and the Captain of the boat you are working on, and possess an ordinary seaman MMD (Merchant Mariner Document). If interested contact Bobby Jones.

Address Changes

Notify Paula of any change in your address immediately. Do not wait until payday to tell her. You just might not get paid.

Crossing the Bar

Our thoughts and prayers go out to the family and friends of Ronell Lewis who

recently passed away. Ronell was the engineer on the M/V Kevin Conway.

Pollution Prevention

Take the time to prevent pollution. If you see oil on the deck of barges in your tow clean it up. Not only is this an oil spill waiting to happen, it is a potential tripping hazard. If you have oil in drip pans, clean them out. If you have oil in 5 gallon buckets, don't leave them on deck. Pollution prevention is everyone's responsibility. It is part of the good housekeeping requirements we expect of every tow.

Health Insurance Change

As of August 1st our health insurance changed from Blue Cross/Blue Shield to **HealthSCOPE**. Everyone should have received notification. Do not use the old insurance cards after Aug. 1. Coverage is the same. Contact Paula with any questions.