

Southern Towing Company

Newsletter

January 2007

Environmental Achievement

The Chamber of Shipping of America recently awarded us with their Environmental Achievement Award. This award is given for operating at least 2 years without an environmental mishap. The awards are as follows:

Boat	No. of Years
M/V CHARLES SOUTHERN	15
M/V LARRY TILLEY	15
M/V LAURA TAMBLE	15
M/V DENNIS COLLINS	14
M/V FRANK STEGBAUER	12
M/V JO ANNE STEGBAUER	12
M/V BILL STEGBAUER	10
M/V BOBBY JONES	10
M/V CHERYL STEGBAUER	10
M/V LAURA ELIZABETH	9
M/V MARY ELIZABETH	8
M/V FRANK B. TAMBLE	7
M/V BAXTER SOUTHERN	3
M/V ROBERT INGLE	3
M/V FRANK HOLLomon	2

These 15 vessels operated a total of 145 years in environmental excellence. Congratulations and well done to the crewmembers of those boats. Our environmental record is exemplary. Those who have made it so are our crewmembers. Thank you for your contribution to our environmental excellence.

401(K) Open Meetings

Beginning On Jan. 1, 2007 you are eligible to join the plan if you are 21 and have 90 days of service with Southern Towing Company. Southern Towing Company will make a 100% matching contribution up to 5% of your pay for the payroll period each month. You will be 100% vested in the plan from the day you enter into it. We will be having open meetings to explain the changes to the 401(k) plan. The dates are February 5, March 12, and April 9, 2007. You and your spouse are invited to attend one of these meetings while you are off the boat. There will be a representative from

Principal Insurance Co., who administers our 401(K) plan. You will be able to ask any questions concerning the new changes to the plan, how to participate and your investment options.

New-Year Resolutions

It's time once again for those new-year resolutions. The most common one is to exercise more and lose weight. Walking is the ideal workout for many people. It's easy, accessible, inexpensive and virtually injury-free. Besides helping you lose or maintain your weight, a regular walking program can help lower your risk of heart disease, high blood pressure, diabetes, high cholesterol and osteoporosis. It's one of the best exercises for your feet because it contributes to circulation, helps maintain weight control and promotes overall health.

* Longer, moderately paced daily walks (40 minutes at 60 percent to 65 percent maximum heart rate) are best for losing weight.

* Shorter, faster walks (20-25 minutes at 75 percent to 85 percent maximum heart rate) are best for conditioning your heart and lungs.

* Walking an extra 20 minutes each day will burn off seven pounds of body fat per year.

* If you walk three to four times a week at a brisk pace for a half hour, you can lose or keep off 10 pounds a year.

License/MMD Forms

The Coast Guard has revised its license and MMD application and the physical exam form that is required to be completed. Both have a revision date of 3-04. Previous editions of these forms are obsolete. Contact Mike Slack if you need a new form or you can download them from the following web site: <http://www.uscg.mil/stcw/downloads.htm>.

Nautical Trivia

Fathom: Although a fathom is now a nautical unit of length equal to six feet, it was once defined by an act of Parliament as "the length of a man's arms around the object of his affections." The word derives from the Old English Faethm, which means "embracing arms."

Logs are Important

The Coast Guard recently called our Company Security Officer, Mike Slack. They wanted a statement from the captain of one of our boats explaining why he failed to make the required 4-hour notice of departure report to the Inland River Vessel Movement Center prior to departing a dock in West Virginia. A review of the boat's log for the day in question showed that the required reports to IRVMC were all made. The log entries included the name of the person the captain spoke to and the time of the notification. This was perfect. This was reported back to the CG investigating officer, he was satisfied and he closed his investigation. Had the log entry not been made, or had the name of the person the captain talked to not been recorded, they perhaps would not have believed that we made the required report. Brief, but detailed log entries are important.

Required IRVMC Reports

For those boats with ammonia tows be sure to make the trip origination reports 4 hours prior to the start of a voyage for any trip beginning within the Regulated Navigation Area (anywhere north of Baton Rouge). Make another report when you actually get underway. If you stop along the way for any reason (for instance at the shipyard for repairs) make an additional report to update the IRVMC. When getting underway again make another report. These reports are

in addition to the regular position reports. If you have any questions contact Mike Slack.

Service Fire Extinguishers

During a recent Coast Guard boarding we received a notice of violation for not having the fire extinguishers serviced within the past year. It is the Captain's responsibility to be sure everything on his boat is up to proper standards and meets the regulations. We require our engineers to service and maintain the fire extinguishers. Detailed instructions can be found on page O-76 of our STOP Manual. The regulations require monthly fire drills and we require semi-annual inspections of equipment. There is no reason that fire extinguishers have not been properly and timely serviced.

TWIC

The final regulation has been published and can be found at www.tsa.gov/twic. TWIC applicants will have a background check that looks at criminal history records, terrorist watch lists, immigration status, and outstanding wants and

warrants. The TWIC card will have your photo, fingerprints, expiration date, serial number and other biometric data. TWIC enrollment will begin in March at a few ports. The remainder of the country will be phased in gradually. Everyone will be required to have a TWIC in 20 months. A TWIC will remain valid for 5 years.

Laziness Causes Fire

A case of laziness and carelessness recently caused a fire on one of our boats. Rather than properly stow some rags, a crewmember tossed two bundles of rags down into the forward hold where a space heater set one bundle on fire. Had that crewmember climbed into the hold to properly stow the rags there would have been no fire.

Pay REC Fees On-Line

Mariners can now pay fees for the evaluation of applications, examinations, issuance of licenses and merchant mariner documents online at <http://www.pay.gov/> Pay.gov allows secure electronic payments to federal

government agencies. Payments can be made directly from an individual's bank account or by credit or debit card, enabling mariners to quickly pay user fees and have proof of payment. This is part of the Coast Guard's National Maritime Center (NMC) restructuring and centralization project to improve service to mariners and to increase the efficiency of the application review and approval process. You can still pay fees in person at an REC.

W-4's 2007

W-4's are being mailed out with the payroll. Please fill these out and mail back to the office as soon as possible, even if you don't have any changes.

First Aid & CPR Course

There's been question regarding the requirement for these courses for a steersman license. The regulations are unclear. To keep things flowing smoothly all applicants for a steersman license will be required to complete a first aid/CPR course. Contact Mike Slack with questions.