

Southern Towing Company

Newsletter

May 2008

MRSA

Methicillin-resistant *Staphylococcus aureus* (MRSA) refers to types of staph infection that are often resistant to antibiotics. MRSA is transmitted most frequently by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (e.g., towels, used bandages). **Staph or MRSA skin infections can be prevented by practicing good hygiene:**

1. Keep your hands clean by washing thoroughly with soap and water.
2. Keep cuts and scrapes clean and covered with a bandage until healed,
3. Avoid contact with other people's wounds or bandages, and
4. Avoid sharing personal items such as clothing, towels and personal protective equipment.

If you think you have a staph or MRSA infection see your healthcare provider and follow his advice.

Crossing the Bar

Our thoughts and prayers go out to the family of Robert D. (Bobby Dale) Mornhinveg who passed away recently. He was the pilot on the M/V Bobby Jones and to the family of Linol "Eddie" Rice retired captain of the M/V Charles Southern who passed away on March 28th, 2008 of Lung Cancer.

TWIC

Everyone needs a Transportation Worker's Identification Card. Don't wait until the last minute. It is taking at least eight weeks to get it back after you apply. It may take you longer to get it if you are on the boat when its ready to be picked up. If you do not have one by the due date you may be out of work. Don't wait until the last minute. Our web site has all the contact information for pre-enrollment. If you have any questions contact Mike Slack. STC will reimburse

you for the cost after you send a copy of your TWIC to the office and turn in an expense voucher.

Designated Examiner

Congratulations to Brad Hudgins. The Coast Guard recently approved him as a designated examiner. We now have 9 approved DE's.

Picking up your TWIC

When you first apply for a TWIC they will ask you how you want to be notified when it is ready to be picked up. There have been some problems of not getting the message when you ask to be notified by telephone. You will have more success if you ask to be notified by e-mail. If you don't have e-mail capability you can ask that you be notified using the following e-mail: Mike.Slack@SouthernTowing.net. We will let you know that your card is ready to be picked up.

Alcohol Test Kits

New alcohol test kits have been sent to the boats. **It is the responsibility of the wheelhouse personnel** to know where these test kits are located and when to use them. Contact Mike Slack or Frank Hollomon if you have any questions. These are to be used following a serious marine casualty. That includes an injury to a crewmember requiring professional medical treatment, loss of a vessel, loss of life, a pollution incident exceeding 10,000 gallons, a vessel accident with damage in excess of \$100,000 or the release of a harmful quantity of a hazardous material.

Smoke Detectors

Smoke detectors have been installed in crew quarters on the boats for your safety. Removing the batteries or

otherwise making them inoperative defeats their purpose. Do not remove the batteries. Test them periodically to be sure they are working properly. Smoking is not allowed in crew quarters.

Memphis TWIC Office Address Change

The Port of Memphis mobile TWIC Enrollment Center is located at the Tennessee Valley Training Center: 324 West Mallory Avenue, Memphis, TN. The Mallory Avenue site opened for business starting on May 20, 2008. The TWIC Enrollment Center located at 3865 Viscount Avenue will remain open until the end of June.

Painting Fire Extinguishers

Do not paint fire extinguishers under any circumstances. If you think they need to be painted send them to the shop for servicing. Do not allow anyone on board to paint the extinguishers.

Coast Guard Boardings

Do not allow the Coast Guard to board your boat without first checking with Mike Slack (Company Security Officer) or Bill Stegbauer (Alternate Company Security Officer). If you fail to check with one of them first you are in violation of our Vessel Security Plan and your license will be in jeopardy. Don't forget to check their ID. If you have any questions about this contact Mike Slack.

Used Cooking Oil

Do not put used cooking oil down the drain in the galley sink. This causes a reportable pollution incident. You can dispose of it by pouring it into the slop oil tank or burning it in the smart-ash.

Tips for Healthy Cooking

Instead of frying in oil, try some of these healthier cooking techniques:

Stir-fry. Use a wok to cook vegetables, poultry and seafood in vegetable stock, or a small amount of oil. Avoid high-sodium seasonings like teriyaki and soy sauce.

Microwave. This is a good alternative because it's fast and doesn't add fat or calories.

Roast. Put a rack in the pan so the meat or poultry doesn't sit in its own fat drippings. Instead of basting the meat with pan drippings, use fat-free liquids like tomato juice or lemon juice. When making gravy from the drippings, use a gravy strainer or skim ladle to remove the fat.

Grill or broil. Always use a rack so fat drips away from the food.

Bake. Bake foods in covered cookware with a little extra liquid.

Poach. Cook chicken or fish by immersing it in simmering liquid (not oil).

Sauté. A pan made with nonstick metal or coated with a nonstick surface is a terrific investment, because it lets you use little or no oil without having food

stick. You also can use a nonstick vegetable spray, a small amount of broth, or a tiny bit of oil rubbed onto the pan with a paper towel. When necessary, use liquid vegetable oils that have no more than 2 g of saturated fat per tablespoon.

Steam. Steam vegetables in a basket over simmering water. They'll retain more flavor and won't need any salt.

Fleeting Barges

When fleeting barges be alert to current and future river stages. Follow the mooring instructions given by the fleet. And use your experience & judgment. Be sure to safely and securely tie up any barges you leave in a fleet.

TWIC Delays

The delay from the time you apply until your TWIC card is ready to be picked up is now at a minimum of 8 weeks. Adding to that the time you are not able to get to the TWIC office to pick it up will cause more delays. As time goes on and more people apply there will be further delays. **Do not wait** for the last minute to apply. You might not be able to work.

Health Insurance

August 1st is Open Enrollment for your health insurance. You may add or drop your dependents to your health insurance at that time. If you wish to make any changes to your health insurance, please let Paula know before August 1st.

Attn. License/MMD Applicants

Beginning 4/7/08, when you receive a letter from the Regional Examination Center or the National Maritime Center requesting additional information, you will have 90-days from the date of the letter to provide the information. **If you do not respond within 90-days, the entire application and all associated documents will be withdrawn from processing and returned to you.** If you obtain the information after 90-days, you will be required to reapply which includes a new evaluation fee. As a “best practice” you are highly encouraged to submit complete applications from the start in order to avoid the application being withdrawn from processing.