SLINGIN' HASH AND HAULIN' OIL



<u>CASTIN' OFF</u>

1. Middle of Somewhere (prelude)

• Reflections on becoming a sailor on a tugboat hauling an oil barge, examination of the sense of place.



2. The Call

• My evolution to sailor, at 51. The difficulties inherent to one with no connections in the maritime field attending seamanship school.



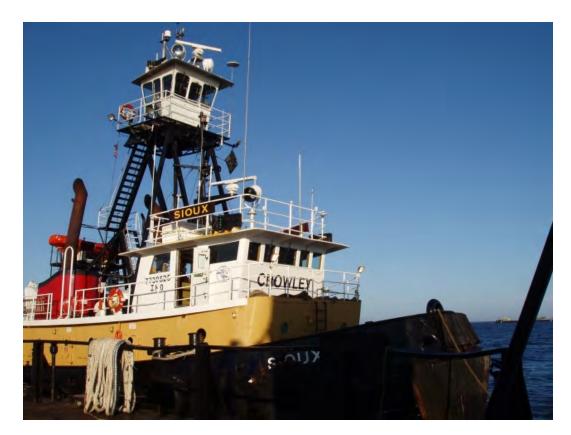
3. Sea Change

• The interview and process of becoming a seafarer on a commercial petroleum hauling tug and barge.



4. Tug Immersion School

• Touch down in Alaska. The fear and excitement of arriving on the Tug Sioux. The scope of Crowley Maritime's influence.





REFINERY HOSES



5. Stores

• The desperate circumstances of a boat with no food as I arrive just before Christmas in Valdez, AK.



6. Shopping in Koz

• Shopping above the Arctic Circle. Native Alaskan lifestyle & culture.





7. Changing Course

 The year of tragedy which jettisoned my life into sailing the sea for solace.



SLINGIN' HASH

8. Gearing Up

Considerations and planning for 28, 45 or 60 days at sea.



9. My Day

• The activities of a cooking day in the tugboat galley, the challenges of storage and working on the water.





10. The Anti-Christ Stove pg. 52

• Equipment woes and Machiavellian corporate purchase procedures.



11. The Benefits of Rough Weather

• The bright side, inside a forty-foot long tugboat in swells of 20 feet and

winds of 90 miles

or more.



12. Staying in Bed

• Tricks for staying in bed, cooking, showering and walking at sea in rough weather.



13. Saucy Work

• The spunk, resilience and persistence of my personality win over the NRA.



14. What's @ Steak

• Why I cook on the tugboat, the fulfillment, challenges and joys.



15. Smokin' Fish

• The irony of barbequing and smoking fish on a tugboat fifty feet from a petroleum barge.





HAULIN' OIL

16. Words to Live By

• A psychological picture of tug crew interactions



17. ATB or Awfully Tall Boat

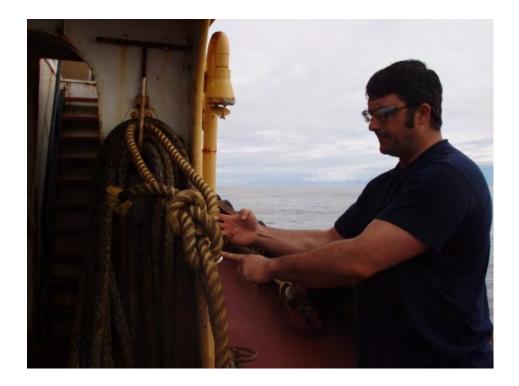
• The benefits and foibles of improved tugboat design. A reflection of modern life.





18. Wally the Whirlwind

• How a funny, wildly energized crewmember enriched my boating life.



19. In it for the Money

• Some folks work only for the money of a high paying job, with no love for it. Happens on the sea too, with dire consequences.



20. Guardsman and Gladiator Death & Destruction Tour 2009

• Ill equipped, in dire straits, we survive destruction and death to sail again.



21. Musk Ox

Security breach above the Artic. Mayhem and hilarity among the crew.



22. Cribbage, Not Just a Game

• Like the title says...



23. Mt Redoubt I'll Get to Work

 Most folks have to deal with rush hour in their commute. I have to deal with volcanic eruptions and blizzards.



24. For Those Who Perished...

• Safety Drills; Man Over Board and Fire, in the middle of the night

Good Job to Who .

25. Goin' Home pg. 112

• Preparing for the turnover of crew. What reentry to land life is like.



26. The End



Slingin' Hash and Haulin' Oil

Three Sections – Castin' Off, Slingin' Hash and Haulin' Oil 26 Chapters 32 Photos Recipes Included

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