



EST

Newsletter



WEDNESDAY, 15 DECEMBER 2021

VOLUME 15, ISSUE 176

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**Wishing you a
joyful CHRISTMAS
and a
Happy and Prosperous
NEW YEAR!**

*With the pandemic still running its course
testing seafarers' patience,
we would like to take this opportunity to
thank you for your
continuous support and dedication to the company and for
your tireless contribution in supporting
the global supply chain.*

EST office staff and Management

m/t Energy Artemis - Sea Trials



We are pleased to announce that the sea trials for M/T **Energy Artemis** S-1917, were successfully conducted from 27th November to 29th November, 2021 at the Korea Strait in the presence of our representatives and class surveyors.

M/T Energy Artemis is expected to be delivered mid January 2022 and we look forward to welcoming her to our fleet of high quality vessels!

As we have already announced through our newsletters, EST's current newbuilding program is expected to be completed in 2022 after the delivery of two more MR2 tankers.

Specifically, **M/T Energy Afrodite** and **M/T Energy Achilles** will join the EST Fleet in June and September 2022 respectively.



EST Receives the “Gold RME Award

It is with great pleasure to announce that Enterprises Shipping & Trading S.A. has once again been awarded with the “GOLD EXCELLENCE AWARD” at the annual European Business Ethics Network awards ceremony which was held at the art center ARTS 212 on 14th December 2021.

The GOLD RME Award was presented to EST by EBEN Greece President Anthony Gortzis.

This great accomplishment is a result of the efforts made by all employees within the company, shore based and seagoing, to ensure social, cultural, economical and environmental sustainability.



Mr. Anthony Gortzis,
EBEN Greece President

Mr. Vassilis Ferentouros,
Operations Fleet Manager



2021 Table Top Exercise (TTX)

The 2021 Annual Table Top Exercise (TTX) was carried out on November 10, 2021 at 1300 UTC.

Capt. Dmitry Maximov and his crew serving on board MT Energy Triumph participated in this year's TTX and simulated a very elaborate real-case accident scenario.

As required by VRP §7.2.3, a spill management exercise is to be conducted annually with the participation of the Company's Emergency Response Team (ERT), the QI-Spill Management Team (Gallagher Marine Services) and a vessel listed with the plan.

During the 2021 TTX the following Objectives were tested and successfully completed:

- ☑ Knowledge of the Response Plan
- ☑ Proper Notifications
- ☑ Communications System
- ☑ Incident Management Team's ability to access contracted Oil Spill Removal Organizations
- ☑ Incident Management Team's ability to coordi-

nate spill response with On-Scene Coordinator, State and applicable agencies

- ☑ Incident Management Team's ability to access sensitive site and resource information in the Area Contingency Plan
- ☑ Security

Upon completion of the exercise, the QI Exercise Controller congratulated both the office Crisis Team and Ship's response to the scenario and appreciated the procedures that are in place to quickly and efficiently respond to an ever-changing situation.



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Web-based Training Course on Paint Technology and Corrosion Science

EST personnel from the Technical, Operations, Marine and QHSE departments had the opportunity to participate in a webinar on paint technology and corrosion science on the 16th - 17th November 2021.

The syllabus of the web-based training covered the following areas:

- o Basic terminology
- o Corrosion paint technology
- o Maintenance & Repair
- o Ballast Tanks
- o Cargo Holds
- o Cargo/Chemical Tanks – TRIS



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Success Factors in On-board Maintenance and Repair

November 2021



GMS Focus & Regulatory Training Seminar

Enterprises Shipping & Trading S.A. successfully participated in the 2021 Focus & Regulatory Training Seminar and fulfilled the annual TTX requirement as a USCG Non-tank Vessel Response Planholder and a California Contingency Planholder.

The webinar was conducted by our QI, "Gallagher Marine Services" on 11 November 2021 via "GoToWebinar" platform, due to the ongoing complications with travel and COVID-19.

The virtual presentations were focused on presenting USCG's new requirements and were facilitated by the following speakers:

- ⇒ Thomas Wiker, Vice President – Operations Operations
- ⇒ Kuldeep Singh, Vice President – Technical Services
- ⇒ Kevin Perry, Senior Manager – Drills & Training Department

We take this opportunity to remind you that the QI should be immediately notified of a discharge or even of a substantial threat of discharge in the US as described in VRP manual.



U.S. OPA-90 NONTANK VESSEL RESPONSE PLAN (NTVRP)

NOTIFICATION INSTRUCTIONS

Rev

0

Date

25 Nov 2015

REQUIRED INCIDENT NOTIFICATIONS IN UNITED STATES WATERS

IN THE EVENT OF AN INCIDENT*, EMERGENCY, SPILL OR THREAT OF A SPILL IN THE U.S.A. OR CANADA, THE MASTER MUST NOTIFY THE QI IMMEDIATELY VIA TELEPHONE:

QI EMERGENCY PHONE**+1 703 683 4700 (24 HRS)****ALTERNATE EMERGENCY PHONE****+1 215 492 5473 (24 HRS)**

IF THE MASTER IS UNABLE TO REACH THE QI FOR ANY REASON, THE MASTER MUST ENSURE THAT THE BELOW, REQUIRED NOTIFICATIONS ARE MADE IMMEDIATELY.

1. National Response Center (NRC) (24 hrs.)

Phone: +1 202 267 2675

If unable to reach National Response Center, contact Local Coast Guard on Channel 16

2. Oil Spill Removal Organization (OSRO) (24 hrs.)

National Response Corp. (NARCO)

Main Phone +1 631 224 9141

All U.S. COTP Zones (offshore & onshore)

3. Salvage, Shipboard Firefighting, and Emergency Lightering Resource (SMFF) (24 hrs.)

T&T Salvage, LLC

24 Hour Phone: +1 713 534 0700

All U.S. COTP Zones (offshore & onshore)

4. U.S. Coast Guard - On-Scene Coordinator/Captain of the Port

See COTP Zone Notifications Page in NTVRP Geographic Specific Appendix I

5. State and Local Authorities

See COTP Zone Notifications Page in NTVRP Geographic Specific Appendix I

6. Owner/Operator/Manager

See [Chapter 5](#)

Ensure that Owner/Operator/Manager, P&I Club Home Office, P&I Club Local Correspondent and Port Agent are notified.

- All notifications are to be initiated immediately, or within 30 minutes of incident discovery, at most.
- Record name of agency, point of contact and report number (if provided) for all notifications including National Response Center.
- See [Chapter 2](#) of this Plan for more information regarding required notifications.

*If the vessel is disabled for any reason within 12 miles of the U.S. shoreline, the U.S. Coast Guard is to be notified within one hour of the disability. This includes but is not limited to grounding, loss of main propulsion, primary steering, component/control system causing reduced maneuverability, fire, flooding, collision, or situation creating possibility of oil spill.



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What's New in the QHSEMS?

Tankers QHSEMS

1. Technical LM 053-version 0.2
2. ESTSA 158-version 0.3
3. ESTSA 801-version 0.4
4. ESTSA 826-version 0.3
5. ESTSA 825-version 0.3
6. ESTSA 324-version 0.2
7. Environmental Management Manual, Section A-version 0.2

New Uploads (Tankers)

- Code of Safe Working Practices for

Merchant Seafarers –Amendment 6 2021

- Technical LM 053-Sample Low Load Daily Performance Evaluation Form

Safety Awareness Handbook

- QHSE Alert 99
- QHSE Alert 100
- QHSE Alert 101
- QHSE Alert 102

We take this opportunity to remind you that any feedback, suggestions for revisions or QHSEMS improvement are more than welcome and can be submitted to the QHSE department through a DCR ([Nav-Dynamics](#) → [DM Library](#) → [New Change Request](#)) or via the Master's Review.



ats

“Near Miss Rewarding” Program

We are pleased to announce the seafarers entitled to \$100.00 reward this month.

Key to this is to reward diligent crew members who contribute in a responsible manner to their own safety and that of their fellow workers.

- **M/T Energy Apollo**
Second Officer, Davydov Anton
- **M/V Heroic Striker**
Chief Officer, Kalovsky Sergiy
- **M/V Taurus**
Third Officer, Mark Anthony R. Yaris

HAZARD

VS

RISK

A HAZARD is something that has the potential to harm you



RISK is the likelihood of a hazard causing harm



UNSAFE CONDITION



Hazard:

Seat without Cushion in freefall lifeboat

Risk:

Head injury



UNSAFE CONDITION



Hazard:

Sprinkler nozzles being blocked/obstructed

Risk:

In case of fire the sprinkler system cannot operate effectively



UNSAFE ACT



Hazard:

Carbon box containing two empty aerosol products were about to be incinerated

Risk:

Serious burns from explosion



Christmas Season at Alpha Marine Novorossiysk

Capt. Oleg Kravchenko and his team in Alpha Marine Novorossiysk took the opportunity to wish to our seamen and their families a Merry Christmas and a Happy New Year by offering special presents to the children!



*Capt. O. Kravchenko
/ General Director of AMCS*



Capt. A. Gavrilenko



Right: Alina and Irina by the Christmas tree!

Left: Chief Officer Vitaliy Gorbunov



Wishes for a Merry Christmas and a Happy New Year From Philsafe

From your PHILSAFE Family, we wish you all a **Merry Christmas** and a **promising New Year**!

May the birth of our Savior, **Jesus Christ**, and the forthcoming New year bring us with a new hope as we are trying to emerge victorious from the onslaught of the COVID-19 pandemic.



Promoting Safety On Board - STAY SAFE...

The Near Misses that are received monthly from our ships provide a wealth of safety related information and lessons learnt. Not all can be published in this edition but will be used in future issues. Thank you for your participation!

In this month's issue, the contributors are:

- ☆ Chief Off. S. Kalovsky of MV Heroic Striker
- ☆ Chief Off. R. Babenko of MT Energy Panther
- ☆ Chief Off. V. Aziyev of MV Colossus
- ☆ 2nd Off. R. Zyulev of MT Energy Triumph

- ☆ Chief Off. S. Gorbenko of MV Helvetia One
- ☆ 2nd Off. M. Shepel of MV Dynamic Striker
- ☆ 2nd Off. A. Brikun of MT Energy Ariadne
- ☆ Chief Off. O. Soroka of MV Warrior
- ☆ 3rd Off. D. Gerneshiy of MT Energy Puma

UNSAFE CONDITION Loss of containment



What happened:

During a safety round on deck while the vsl was all fast at the terminal, it was noted that one of the save-alls on upper deck was not properly plugged.

BEST PRACTICE



What happened:

The snap back zones warning marks in the fwd mooring station were in bad condition and unreadable.



UNSAFE CONDITION Damage / Loss of anchor



What happened:

While standing by for anchoring, the Chief Off. noticed that the cable clench was obstructed by pieces of plywood tied up on top of the emergency hammer for anchor bitter end.



Continue in page 9

continued from page 8 "Promoting Safety On Board - STAY SAFE..."

UNSAFE CONDITION



What happened:
After planned maintenance and painting of lifeboat winch, it was observed that maker's warning sign had been painted over.



UNSAFE CONDITION



What happened:
After planned maintenance and painting of lifeboat winch, it was observed that maker's warning sign had been painted over.



UNSAFE CONDITION

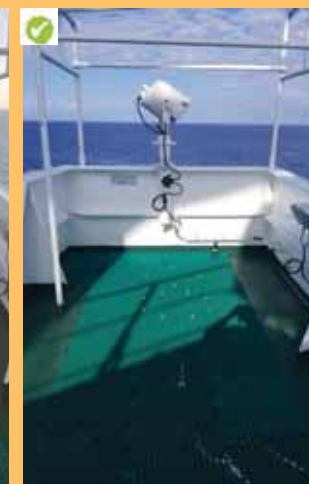
Fire dampers not fully closed



What happened:
During weekly inspection, the main funnel fire dampers port side were found not fully closed.

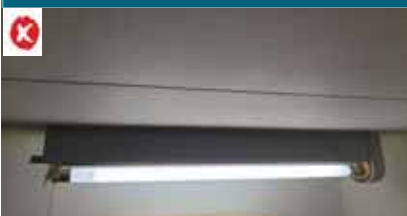


BEST PRACTICE



What happened:
Hatch cover nuts on bridge wings not easily visible by the pilots and crew passing by. They were painted yellow to be more visible.

UNSAFE CONDITION



What happened:
The protective cover was missing from the bathroom's light. This could lead to short circuit due to high humidity or splashing water.



UNSAFE CONDITION



What happened:

During routine inspection, several drums with chemicals were found not properly lashed, with the fire line acting as supporting point.



Improper lashing could lead to fire line damage in case of encountering heavy weather.



Ships with Zero PSC Deficiencies (Monthly)

We would like to congratulate the following Vessels & Crews for the successful PSC Inspections!

No.	Ship	Captain	Date	Port	Country
1	Citius	Jan Michael L. Lara	30/11/2021	Philippines	MANILA
2	Energy Panther	Vladimir Demidov	30/11/2021	Karachi	PAKISTAN
3	Energy Puma	Maxim Ivashov	23/11/2021	Quintero	CHILE

IMPORTANT REMINDER!

During an Internal Audit the following N/C was raised:

During Remote Audit noticed that certified MRV instruments (measuring tape & thermometer) not provided.

All vessels must be equipped with certified MRV instruments, such as measuring tape and thermometer.

Sounding Tapes and thermometers are to be kept in **Chief Engineer cabin**.

Chief Engineer should take care about regular renewal and/ or calibration of affected MRV equipment (MRV Chapter C.2.4):

- Certified metric stainless steel tape replaced at intervals of less than 5 years. Details as required by the regulation can be found in relevant instruments certificates, originals of which are kept onboard
- Thermometers, as per relevant certificate. Can be required annual calibration.



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EU MRV MONITORING PLAN ASSESSMENT LETTER
 No LFPD/2020/MQ254

Ship name	CONSTANTA
IMO number	9302347
Flag	ROU OF MAR
Port of registry	DOUGLAS
Ship type	BULK CARRIER
Gross Tonnage	91373
Company name	ENTERPRISES SHIPPING & TRADING S.A.
Company IMO number	0023334
EU MRV Monitoring Plan Reference Number	MP VORISOR No0 dated 18/08/2020

This is to confirm that the EU MRV Monitoring Plan for the subject vessel has been assessed and found in compliance with the applicable requirements of European Union Regulation 2015/757 and European Union Implementing Regulation 2016/1927.

procedure	Fixed and portable measuring devices are either sent ashore for calibration or replaced when their manufacturer set calibration period is up or when their accuracy is in doubt. More specifically: Sounding tapes: Every time before performing sounding measurements, the Chief Engineer or the crew member appointed for the job shall ensure that the tape is of sufficient length for the tank(s) to be gauged, the tape is graduated in feet, inches and fractions of an inch, or meters, centimeters and millimeters, same markings are visible and the tape is not kinked. In case any of the above cannot be confirmed, the sounding tape must be discarded and a new one fulfilling the criteria above should be used. Spares of each instrument are always available onboard. Thermometers: Every time before performing temperature measurements the Chief Engineer or the crew member appointed for the job shall ensure that the thermometers are in sound condition. At regular intervals accuracy of thermometers should be checked against reference thermometer. Spares of each instrument are always available onboard.
Description of EU MRV procedures if not already existing outside the MP	
Name of person or position responsible for this procedure	Onboard : Chief Officer Ashore: Fleet Manager
Location where records are kept	See section C.2.5 Originals are kept onboard and copies in the Office Further info will be provided during office visits for security reasons
Name of IT system used (where applicable)	Company's network drives

IMO update: Marine Environment Protection Committee – MEPC 77

The 77th session of the IMO's Marine Environment Protection Committee (MEPC 77) was held remotely from 22 to 26 November 2021. Highlights include recognition of the need to strengthen the ambitions in the IMO GHG Strategy, adoption of a resolution urging for the use of distillates or other cleaner fuels or technologies to reduce emission of black carbon in or near the Arctic, and revised guidelines on exhaust gas cleaning systems.

Meeting highlights

- ⇒ Agreed to initiate the revision of the Initial IMO Strategy on Reduction of GHG Emissions, to be finalized in 2023;
- ⇒ Resolution urging the use of distillates or other cleaner fuels or technologies to reduce emission of black carbon in or near the Arctic;
- ⇒ Agreed to make the Garbage Record Book mandatory also for ships between 100 and 400 GT;
- ⇒ Revised guidelines on exhaust gas cleaning systems;
- ⇒ Analysis of data from the experience building phase on ballast water management underway;

Short term GHG reduction measures:

- Correction factors for certain ship types and operating profiles and voyages will continue to be developed.
- Guidelines for the operational measure 'Ship energy efficiency management plan' (SEEMP) have been developed and are expected to be adopted at MEPC 78 in 2022.

Mid-to-long term GHG reduction measures:

- COP 26 and the Paris Agreement have called for greater ambition to aim for net zero by 2050. Consideration was given to the introduction of mid-term measures and subsequent revision of the IMO strategy. This will be



further discussed at Intersessional Working Group ISWG-GHG-12.

- The outcome of ISWG-GHG-9 and 10, paves the way in furthering the use of low and zero carbon fuels as well as market-based measures (e.g. a global GHG levy).
- Proposals for the International Maritime R&D Board (IMRB) and Fund (IMRF) were revised and to be considered at ISWG-GHG-12.
- A review of the life cycle analysis (LCA) is at an early stage, with concerns raised over the IMO's ability to oversee well-to-tank emissions

Marine plastic litter:

A resolution on the strategy to address marine plastic litter from ships was adopted at the meeting. This confirms the commitment to reducing plastic litter entering the marine environment from all ships, including fishing vessels. The aim is to strengthen the international framework and compliance with the relevant IMO instruments, endeavouring to achieve zero plastic waste discharges to sea from ships by 2025. The strategy will guide the action plan to address plastic litter from ships, adopted at MEPC 73, by setting a time frame and methods of work.



Mediterranean Sea to become an Emission Control Area by 2025



According to the IMO, the MedECA could come into force in January 2025. A passage on the reduction of harmful nitrogen emissions from ships will not be included in the proposal for the IMO for the time being. However, the coastal states have agreed to work on introducing an Emission Control Area for this over the next two years.

“The decision of the Mediterranean states in favor of an environmental zone at sea is a big step forward towards clean air in the Mediterranean region. NABU (Nature and Biodiversity Conservation Union) brought this idea to the region in 2015 after the North and Baltic Seas were declared an environmental zone at sea. Together with our partners, we have worked towards this goal for many years in order to finally get the toxic heavy oil out of the tanks and to reduce the risk of heavy oil disasters. Now we have taken an important first step for the Mediterranean”, ABU Federal Managing Director Leif Miller said.

A NABU shipping expert said “The downside of the decision is that we were unable to achieve effective regulation to reduce harmful nitrogen oxide emissions from ships. This is disappointing, as comprehensive

scientific findings show that only a joint approach to the environmentally and health-damaging sulfur and nitrogen emissions can bring maximum success for nature and health. A combined ECA in the Mediterranean could prevent 3,100 to 4,100 premature deaths annually from 2030. After almost ten years of successful ECA in the North and Baltic Seas, there is enough experience on the positive effects.

To remind, sulfur oxide, nitrogen oxide and (ultra) fine particulate matter (PM) emissions from shipping pose a significant threat to human health, the environment and the climate.

As informed, worldwide, 60,000 premature deaths per year are linked to air pollution from ships. In the EU alone, this will result in health costs of around 60 billion annually. Emissions from ships also contribute significantly to environmental pollution in the Mediterranean region, with around 250 million inhabitants.

Source: <https://safety4sea.com/>



AMSA to launch inspection campaign on ship maintenance

According to AMSA Marine Notice 09/2021, the purpose of the FIC is to determine the level of compliance with the maintenance requirements of the International Conventions.

The campaign is specific to Australia and will apply to foreign-flagged ships and Regulated Australian Vessels (RAVs) arriving at an Australian port. AMSA inspectors will undertake the FIC in conjunction with a normal port or flag State control inspection.

AMSA encourages shipowners and masters to familiarise themselves with the requirements of SOLAS Chapter 1/II and their onboard safety management systems.

Calling vessels should use this checklist to prepare for inspection.

No.	Question	Yes	No	NA
1	Have survival craft falls been inspected periodically, with special regard to areas passing through sheaves?			
2	Have the procedures for permits to work been used onboard?			
3	Have the IMO Guidelines for fixed carbo dioxide fire-extinguishing systems been incorporated in the maintenance plan??			
4	Have the air pipes to ballast and other tanks been maintained after survey?			
5	Have maintenance inspections been held at intervals in accordance with the SMS?			
6	Has the Sewage Treatment Plant been maintained to conform to the provisions of MARPOL Annex IV?			
7	Have essential software, such as engine and generator control system software, been maintained in accordance with manufacturer's instructions?			
8	Has the inventory and inspection of cargo securing equipment been conducted by the ship's crew?			
9	Has the ship been maintained after survey?			
POST INSPECTION				
Have deficiencies been issued as part of the FIC?				
Has the ship been detained as part of this FIC?				

<https://www.nepia.com/industry-news/>

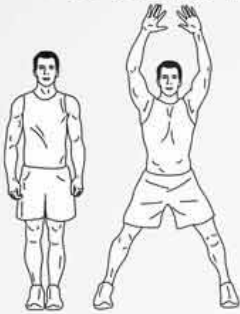


Christmas Rockout

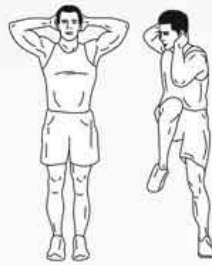
CHRISTMAS ROCKOUT

DAREBEE WORKOUT @ darebee.com

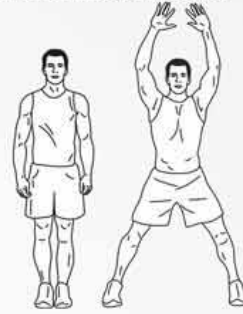
5 sets before lunch | 2 minutes rest between sets



10 jumping jacks



6 knee-to-elbows



10 jumping jacks



10 high knees



6 knee-to-elbows



10 high knees



10 squats



6 knee-to-elbows



10 squats



PREVENT PIRACY

PLAN, PREPARE, PROTECT

ASSESS RISKS:

- Review threat characteristics
- Consider ship's size, speed, freeboard, access points
- Consider defensive measures
- Evaluate crew size, experience and training level
- Consider route, weather, navigation
- Check navy presence, group transits/convoys

MITIGATE WHERE POSSIBLE!



PREPARE YOUR TRANSIT:

- Report to authorities
- Develop emergency communication plan
- Avoid areas of recent piracy activity
- Use weather as an anti-piracy measure
- If possible, transit during night
- Review Ship's Security Plan
- Limit access to key compartments and equipment
- Employ obstacles (razor wire, water spray etc.)
- Consider personal protection gear
- Establish alarm procedures
- Intensify watchkeeping, extra security personnel
- Review latest advice on Safe Muster Points/Citadels
- Drill the crew
- Equip citadel/safe muster points: communications and provisions

PLAN FOR WORST CASE!



TRANSIT WITH CARE:

- Intensify watchkeeping – employ extra lookouts
- Keep large CPA to potential threats
- Treat every contact with suspicion
- Heightened readiness – engines, power supply and steering gear
- Darken ship – navlights on
- Have alarm procedures in place
- Have search lights ready
- Have self defence measures ready

STAY VIGILANT THROUGHOUT!



IF UNDER ATTACK:

- Raise Ship's Alarm
- Muster according to ship's contingency plan
- Activate SSAS, send distress call and ensure AIS is 'on'
- Set full speed up wind
- ZigZag to force pirates to cross stern wave
- Activate self defence: water spray, obstacles in water etc.
- Keep your head down in case of shots fired!

KEEP THE INITIATIVE!



IF BOARDED:

- Alert the company and authorities
- Go to safe muster point – offer no resistance
- If using citadel, make sure entire crew is inside!
- Maintain communication with authorities
- Leave any CCTV running

REMAIN CALM!



BIMCO
www.bimco.org

Photos generously provided by NATO Shipping Centre and the Royal Danish Navy



ReCAAP
Information Sharing Centre
www.recaap.org



The Funniest Wildlife Photos Of 2021

There isn't much better than adorable animals captured on film during an opportune moment. The winners of this year's Comedy Wildlife Photography Awards are in, and they are sure to make you giggle. The photos include a very uncomfortable monkey, singing fish and swing-dancing kangaroos.



Ken Jensen was the overall winner with this image of a golden silk monkey looking rather uncomfortable, taken on a bridge in Yunnan, China.



John Speirs won the Creatures in the Air category for this pigeon with a leaf on its face.



The Creatures on the Land award went to Arthur Trevino for his photograph of a brave little prairie dog apparently scaring a bald eagle.



Sometimes, tough love is needed. Chee Kee Teo won the Creatures Under the Water award for this photo of a mother otter teaching her baby to swim.



Photographer David Eppley captured the moment a bald eagle missed its nest.

Continue on page 17

Continued from page 16



The Portfolio Award went to Vicki Jauron for her series of photos of a baby elephant enjoying a spot of messy play. This image is the first in the series.



Chu Han Lin took this photo of mudskippers in Taiwan.



Roland Kranitz submitted this photo of gophers messing around in Hungary.



Andy Parkinson took this photo of two brown bear cubs play fighting in the Kamchatka Peninsula, Russia.



Getting in the swing -- two western grey kangaroos fight in Perth, Western Australia, photographed by Lea Scaddan.



Gurumoorthy K photographed this tough-looking Indian chameleon in the Western Ghats mountain range, India.



JOKES:

Remember when people had Diaries & got mad when someone read them? Now they put everything online and get mad when people don't.



So how do I tell my boss I don't want to work anymore but I still want the money?



I MADE A HUGE TO DO LIST FOR TODAY. I JUST CAN'T FIGURE OUT WHO'S GOING TO DO IT.



Dear Santa,

This year, please give me a big FAT bank account and a slim body. And please don't mix those two up like you did last year.

Thanks!



Oh, The weather outside is frightful, and our joints are not delightful, since it's got so dang cold,

We Feel Old,
We Feel Old,
We Feel Old!!!



Dear Santa,
I know I wasn't a good person this year but I didn't kill anyone either and you know how bad I wanted to... that should count for something right?



Last year, I asked santa for the sexiest person ever for Christmas....



WordQuote.com

I woke up in a box



Church leader encourages faithful to observe 9-day 'Simbang Gabi'

THE Kalibo Bishop Jose Corazon Tala-oc is encouraging the faithful to observe the nine-day "Simbang Gabi" (Misa De Aguinaldo or dawn masses) which begins Thursday, Dec. 16. The Church leader cited the importance of the observance in the faithful's spiritual preparation for the birth of Christ.



"The Aguinaldo or 'Simbang Gabi' masses this year can be celebrated in all parish churches and chapels. However, health protocols must be strictly observed and proper coordination must be facilitated with the respective LGUs and other concerned agencies," Tala-oc said over Radio Veritas. The prelate said the nine-day novenario is in honor of the Blessed Mother. He encouraged those who are planning to observe the "Simbang Gabi" from Dec. 16 to 24 to attend the dawn masses.

"Only these holy masses are in keeping with the legitimate tradition of the Filipino people. Thus, the Misa de Aguinaldo held at dawn is the only practice to be encouraged and promoted for the same given reason, that is, for the perseverance of faith," stressed Tala-oc.

The bishop said the anticipated masses held from Dec. 15 to 23 are allowed by the diocese if these have "genuine pastoral reason," but are not being promoted. "Simbang Gabi Masses held in the evening should never be an easy substitute for anyone's convenience," he said.

Tala-oc likewise reminded dioceses to coordinate

Philippine National Police to enforce 'no jab, no duty' policy

THE Philippine National Police (PNP) is crafting the guidelines for the implementation of its "no jab, no duty" policy.

PNP chief Gen. Dionardo Carlos clarified that this should not be seen as discriminatory, but as a measure to protect those who remain unvaccinated against Covid-19. "We do not want to put them at risk," Carlos said in a press conference.

According to PNP data, 212,080 policemen or 93.98 percent of the police force have been fully vaccinated while 11,788 or 5.22 percent have taken the first dose.



Carlos over the weekend said that they are winning in their internal campaign against vaccine hesitancy as more of their personnel continue to get vaccinated. The number of unvaccinated personnel in the PNP dropped from 1,004 to 987. The number represents just 0.44 percent of the entire 225,676 police force "directly affected by this policy are some 900 unvaccinated PNP personnel who are yet to offer any reasonable excuse for their continued refusal to be vaccinated despite all the opportunities provided," Carlos said.

Some 859 personnel, meanwhile, who are not yet vaccinated have various medical conditions for skipping getting inoculated. Just last week, the PNP started giving booster shots to its frontliners, especially their medical personnel.

"As public servants and officers of the law, it is our responsibility to uphold public welfare at all times and lead by example in fulfilling the citizen's duty to promote public health and safety," Carlos said. He added that they are carefully studying the memorandum circular since most of the personnel who still does not have the vaccine are mainly due to medical reasons.



Elon Musk named Time's 2021 'Person of the Year'

(Reuters) Tesla Chief Executive Officer Elon Musk was



named Time magazine's "Person of the Year" for 2021, a year that saw his electric car company become the most valuable carmaker in the world and his rocket company soar to the edge of space with an all-civilian crew.

Deadly tornadoes hit central and southern US

(BBC) More than 50 tornadoes were reported across



eight states late Friday 10th December and early Saturday, killing dozens of people and leaving a trail of devastation.

The severe weather caused the collapse of an occupied candle factory in Kentucky, an Amazon warehouse in western Illinois and a nursing home in Arkansas, killing people at each site and leaving responders scrambling to rescue survivors.

"The level of devastation is unlike anything I have ever seen," said Kentucky Gov. Andy Beshear.

The "home alone" house could be yours for one night only. Airbnb is renting it out for just \$25.

(CNN) Airbnb is renting out the "Home Alone" house for one hijinks-filled night.

The Chicago-area home will be available for an over-

night stay on December 12, and it'll run you just \$25. The house looks much like it did in the 1990 film, complete with a candlelit dining room for eating mac and cheese and paint cans dangling above the staircase.



'Don't underestimate Omicron; it is spreading faster than expected', warns WHO

(CNN) World Health Organization Director-General Tedros Adhanom Ghebreyesus said Tuesday that 77 countries have now reported cases of Omicron, and "the reality is that Omicron is probably in most countries, even if it hasn't been detected yet."



"Even if Omicron does cause less severe disease, the sheer number of cases could once again overwhelm unprepared health systems," he said.

"Omicron is spreading at a rate we have not seen with any previous variant. We are concerned that people are dismissing Omicron as mild. Surely, we have learned by now that we underestimate this virus at our peril."

New Zealand to ban tobacco sale to people born after 2008

The country has announced that those who are born after 2008 will never be legally able to buy tobacco.

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New legislation means the legal smoking age will increase every year, to create a smoke-free generation of New Zealanders, associate health minister Dr Ayesha Verrall said on Thursday.



"We want to make sure young people never start smoking so we will make it an offence to sell or supply smoked tobacco products to new cohorts of youth. People aged 14 when the law comes into effect will never be able to legally purchase tobacco," Verrall said.

Dozen of haircare products are being recalled over concerns they contain a cancer-causing chemical

Procter & Gamble has recalled more than 30 aerosol spray haircare products, including many dry shampoos and dry conditioners, warning that the products could contain benzene, a cancer-causing agent.

The affected items include assorted Pantene, Herbal Essences, Hair Food, Old Spice and Aussie products, according to Friday's recall notice, which is P&G's second within a month.

A full list of recalled products is available on the company's website, including the production code numbers affected by the recall.



Wall-climbing superheroes greet hospitalized children



Superheroes greet hospitalised children at the window of the paediatric ward at the San Paolo hospital in Milan, Italy.

As a way to spread Christmas cheer, the acrobats put on an aerial display dressed as the childrens' heroes for them and their families.

Cristiano Ronaldo becomes first player in history to reach 800 career goals

Sports

Cristiano Ronaldo has reached another remarkable milestone as he became the first player in history to score 800 top-level career goals.

This comes months after the Portuguese became the all-time top scorer in men's international football.

While Brazil legends Pele and Romario have separately claimed to have scored more than 1,000 goals each, their numbers drop down to the 700s if you filter out friendlies.

Ronaldo's historic feat was widely celebrated



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Max Verstappen wins first F1 world title after dramatic Abu Dhabi Grand Prix ending

(CNN) Max Verstappen clinched his first Formula One World Championship after beating Lewis Hamilton in a controversial season finale at the Abu Dhabi Grand Prix on Sunday.

This season had been heralded as one of the greatest in the sport's history and the title race went down to one of the most "insane" final laps possible.

Hamilton had all but won his record-breaking eighth world title until Williams Racing driver Nicholas Latifi crashed into the barriers with four laps remaining, resulting in the safety car being called out. It meant the race restarted on the final lap, with Verstappen allowed to start almost side-by-side Hamilton, despite the Brit having established a healthy lead.

The Dutchman, on new tires, had the pace to overtake his rival and win one of the most dramatic F1 races ever. "It's insane. I don't know what to say. I'm so pleased for the team and for all these guys. I love working with them so much," an emotional and slightly stunned Verstappen, 24, said after the race. "Finally, today, I had a bit of luck. My team know I love them and I want to do this with them for the next 10 or 15 years!". The victory means Verstappen prevented Hamilton from surpassing the record he still shares with racing legend Michael Schumacher.

Mercedes furious

Mercedes team principal Toto Wolff was left visibly furious after stewards allowed the race to finish with such drama, but Hamilton was sporting in defeat.

"Firstly, congratulations to Max and his team. I think we did an amazing job this year. The team, everyone back at the factory, all the men and women we have, worked so hard all year in a difficult season," he said after the race.

Mercedes confirmed it had lodged two protests



Verstappen is congratulated by Lewis Hamilton after the race.

Formula 1				
BRAZILIAN GP QATAR GRAND PRIX SAUDI ARABIAN GRAND PRIX ABU DHABI GP				
Race details				
Date: Sun, Dec 12, 3:00 PM				
Track: Yas Marina Circuit				
Results				Final
Pos	Driver		Time	Pts
1	M. Verstappen Red Bull - #33		1:30:17.345	26
2	L. Hamilton Mercedes - #44		+2.256s	18
3	C. Sainz Jr. Ferrari - #55		+5.173s	15
4	Y. Tsunoda AlphaTauri - #22		+5.692s	12
5	P. Gasly AlphaTauri - #10		+6.531s	10



Vessels Under EST Management

	Vessel	Flag	Class		Vessel	Flag	Class
1	Alora	BMA	BV	19	Energy Patriot	IOM	DNV
2	Braverus	IOM	BV	20	Energy Progress	IOM	DNV
3	Citius	IOM	BV	21	Energy Puma	IOM	DNV
4	Colossus	IOM	BV	22	Energy Triumph	IOM	DNV
5	Constantia	IOM	BV	23	Furious	IOM	BV
6	Delphi Ranger	BMA	BV	24	Gladiator	BMA	BV
7	Divinus	IOM	BV	25	Helvetia One	LIB	BV
8	Dynamic Striker	BMA	BV	26	Heroic Striker	BMA	BV
9	Energy Apollo	IOM	BV	27	Imperius	IOM	BV
10	Energy Ariadne	IOM	BV	28	Jaguar Max	BMA	BV
11	Energy Athena	IOM	BV	29	Magic Striker	BMA	BV
12	Energy Centaur	IOM	DNV	30	Olympius	IOM	BV
13	Energy Centurion	IOM	DNV	31	Panther Max	BMA	BV
14	Energy Challenger	IOM	DNV	32	Puma Max	BMA	BV
15	Energy Champion	IOM	DNV	33	Taurus	IOM	BV
16	Energy Chancellor	IOM	DNV	34	Virtuous Striker	BMA	BV
17	Energy Commander	IOM	DNV	35	Warrior	BMA	BV
18	Energy Panther	IOM	DNV	EST - New Building Orderbook			

Affiliated vessels

1	Good Hope Max	IOM	BV
2	Victorius	IOM	BV

#	Hull Nr	Name	Expected Delivery Date
1	S-1917	Energy Artemis	Jan. 2022
2	S-1918	Energy Afrodite	June 2022
3	S-1919	Energy Achilles	Sep. 2022

Calling all our seamen onboard:

We are looking for new ideas, themes & articles of your interest (e.g. hobbies, events onboard, favorite recipes, safety concerns, environmental matters, etc.) to include in the company's monthly Newsletter.

If you'd like to be featured in the next issue, please email ism@ensh.com.



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