



EST Newsletter

WEDNESDAY, 18 MAY 2022

VOLUME 16, ISSUE 180

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EST'S DRUG AND ALCOHOL POLICY - ZERO TOLERANCE

The possession, consumption, trafficking and sale of alcohol and/or drug substances aboard is strictly prohibited during the seafarers' employment agreement. All Company's seafarers are subject to testing and screening for drugs and alcohol abuse. The Master has the authority to carry out an alcohol test whenever he suspects that a seafarer is under alcohol influence.

Any seafarer not complying with the Company's Drug and Alcohol Policy **shall be dismissed** immediately and shall not be re-recruited on-board the Company's ships.

Crew of M/V Jaguar Max Vaccinated at New Orleans

We would like to congratulate the crewmembers of MV Jaguar Max for the important step they took in the fight against COVID-19 by getting vaccinated.

[Continue in page 2](#)



continued from page 1 “Crew of M/V Jaguar Max Vaccinated at NOLA

The Captain and 7 crewmembers of MV Jaguar Max were vaccinated at New Orleans on 11/05/2022.

We hope that more vessels will have the chance to be vaccinated soon as the issue of crew changes is still a huge problem with many impacts on the physical and mental health of seafarers.

Some countries are still facing high or even increasing infection rates and do not allow crew changes. This fact leaves the crew with feelings of fear, anxiety and loneliness, worrying about access to the required medication and medical treatment ashore as well as fatigue for serving beyond their contractual agreements.

As already mentioned in a previous issue, vaccination seems to be the solution to crew changes. As a

company, Enterprises Shipping and Trading S.A. supports crew vaccination program.

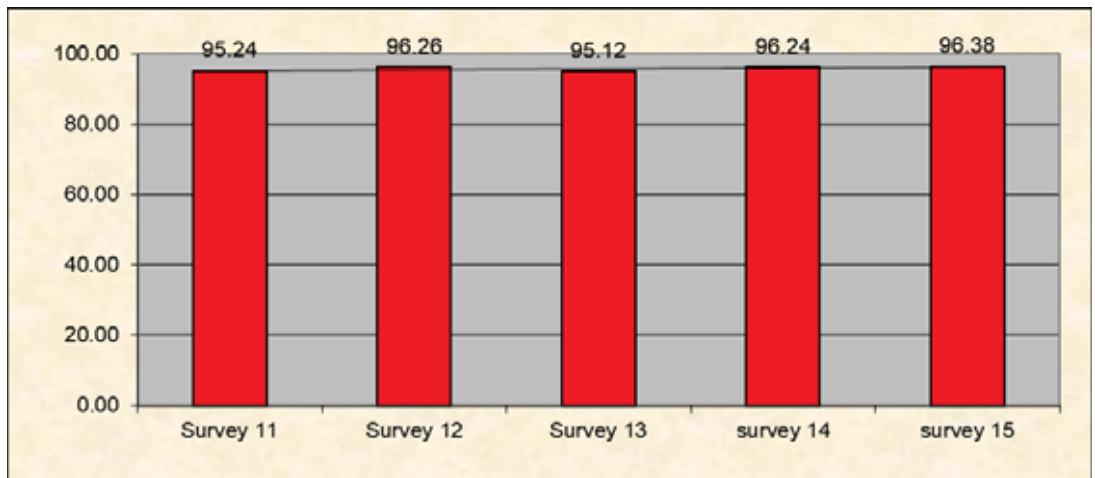
Therefore, we recommend that you contact the agent each time the vessel proceeds to a convenient port so as to explore the possibility of arranging crew vaccination with a single dose vaccine such as Johnson & Johnson at an authorized medical facility or onboard by an authorized doctor/ pharmacist.

Please be reminded that the company must be kept informed in order to provide the vessel with its final approval.



Mariners Satisfaction Survey

We are pleased to announce the results of the “Mariners’ Satisfaction Survey-Year 2021”. The objective of the survey was to seek seafarers and shore based employees’ opinion on company’s performance so as to identify areas for improvement.



The total number of the questionnaires received by the vessels was 286 which represents a quite good sample of the Mariners’ opinion. The results obtained from the Marines’ Satisfaction Survey was **96.38%**.

Although high scores were achieved on all areas, the survey also revealed “weak” areas such as “Company’s effective problem solving in relation to tis employees”, “Communicating suggestions & opinions” and “Company’s image”.

On the other hand, “Understanding of Responsibilities”, “Company’s Appraisal System”, “Working Environment” and “Guidance Provided by the Supervisors”, were identified as “strong” areas.

We would like to thank you for the time invested to provide us with your sincere opinion and for your efforts to improve company’s quality services and safety standards.



What's New in the QHSEMS?

Tankers QHSEMS

1. Emergency Towing Booklet (Energy Panther, Energy Puma & Energy Centurion) - rev 1
2. Tankers Form Index - version 0.6
3. SORB Section 2 "Cover"-version 0.3
4. EMM-Section A, EMS-version 0.3
5. Policy Manual, Chapter 2-version 0.4
6. WIM, Part IV, Section A "Shorebased Contingency Plan"-version 0.7
7. WIM, Part III, Section B "Navigation"-version 0.8
8. Policy Manual, Chapter 9-version 0.4
9. Index of Tech. Live Messages File-version 0.2

New Uploads (Tankers)

- SERS-Energy Commander
- ESTSA 109 "Permit for Small Craft Alongside
- SORB Section 2-Form 9
- SORB Section 2-Form 12
- Tech LM 075 "ME Scavenge Air System Maintenance"
- VOC Plans (E. Centaur, E. Centurion, E. Challenger, E. Champion, E. Chancellor, E. Commander, E. Triumph

- Company's Signed Policy Statements

New Uploads (Bulkers)

1. SORB Manual
2. MSMPLMP (Braverus & Colossus)
3. Biofouling-Annex III (All Bulkers)

GMS Client Advisories

1. GMS Client Advisory 07_2022
2. GMS Client Advisory 09_2022
3. GMS Client Advisory 10_2022

Regulatory Updates

1. Q1 2022

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.

“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 Athena - **Chief Officer, S. Gumma**
- M/T Energy Patriot - **4th Engineer, Zamyshlyayev Vladimir**
- M/V Gladiator - **Third Officer, O. Tkachuk**



Hazard:
Not wearing safety goggles while handling razor wire

Risk:
Possible eye injury if not working carefully.



Hazard:
Passing by an opened Hatch which has not been properly marked/ fenced off.

Risk:
Possible falling / tripping over at a moment of distraction.



Hazard:
Gratings not properly maintained / corroded

Risk:
Leg injury when passing by without wearing appropriate safety shoes

Best Practice Received by A/B on m/v Helvetia One

We would like to thank **A/B Pavlenko Vitalii** of **m/v Helvetia One** for providing us this Best Practice.

As already mentioned in previous issues the value of implementing "Best Practices" that can improve safety standards onboard or simplify our daily performance is of great importance especially, when they address matters related to chaotic processes or dangerous work spaces.

Of even greater importance is to share them with the rest of the fleet. As such, we are looking forward to receiving your "Best Practice" that you are implementing onboard through the Near Miss software.



While painting with stencils, the AB onboard lost a lot of time looking for the necessary letters and symbols. Therefore, a portable stand was made by the A / B for the stencils with letters and symbols. Remember, maintaining good housekeeping practices in the workplace can improve the efficiency and productivity at any workplace.

Organizing materials and inventories, putting back in place tools and equipment and tidying up the workplace at the end of the job not only improves the functionality onboard but also creates a hazard-free working environment.

Keep in mind that the company rewards every month, the four most meaningful near misses / best practices / ideas.



"IDEA" Program: m/t Energy Commander m/v Panther Max, m/v Puma Max



We would like to thank once again the crew of the following vessels for submitting the last three months their IDEA as well as the Captains for supporting them to do so:

- m/t Energy Commander
- m/v Panther Max
- m/v Puma Max

For those who are about to submit their ideas, please check our issue 133 for more information. Having in mind that all of us have good ideas for improving our job and the Company as a whole, we anticipate receiving the ideas from all ranks.



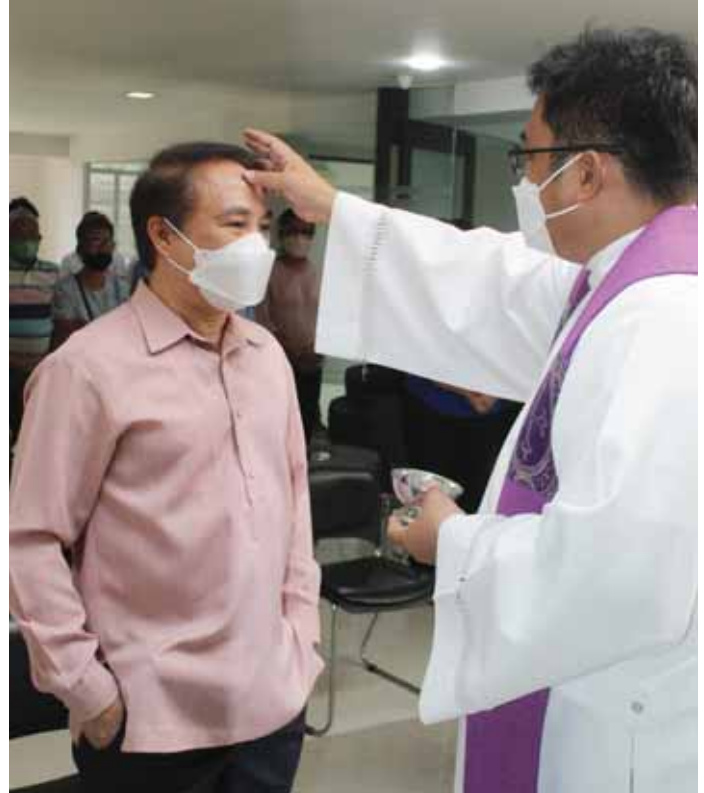
Philsafe Celebrates 10-year Anniversary



On 2 March 2012, the Philippine Overseas Employment Administration (POEA) has issued a license to Philsafe Marine Services Inc., thereby allowing this newly born manning agency to commence with recruitment activities in order to cater to the Filipino crew requirements of Enterprises Shipping & Trading S.A. and Universal Overseas Pte. Ltd. (now Central Ship Management Inc.). Exactly a decade later after that memorable day, the management and staff of Philsafe could not just simply let the passage of time roll without commemorating the day that the office has reached a 10-year milestone.



A simple, although heartfelt 10-year anniversary celebration, was held in the office of Philsafe on the 2nd of March of this year. For the management and staff, the celebration should rather be solemn than full of revelry. For it should be a day that office employees should look back to the humble beginning of their journey aboard Philsafe and thank God for the guiding hand in navi-



gating the office through the seas froth with wave after wave of incessant new challenges. Thus, to outwardly manifest their inward faith, a Catholic Priest was requested to offer a mass at the vicinity of the office. Fr. Geowen Porcincula arrived at the office of Philsafe at 10:30 in the morning and the people in the office gathered for the mass. It is actually a mass of thanksgiving for the employees of Philsafe! The mass attendees, comprising of Philsafe employees and their respective families, were blessed by the Priest with ashes on their forehead. Soon after the mass, a simple lunch followed for both the office employees and the visitors. Quite a simple lunch actually since it was also Ash Wednesday when Catholics are supposed to observe "fasting." The employees and visitors confessed that though it may be tempting to feast to a hearts content on this occasion, however the spirit of fasting has reminded the staff members that the food preparation shall be limited only. After all, the emphasis of the 10-year anniversary celebration is to thank God and express appreciation for the tireless support of Philsafe's Principals, the Enterprises Shipping & Trading S.A. and the Central Ship Management Ltd.

Promoting Safety On Board - STAY SAFE...


The Near Misses and Best Practices 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:

- 2nd Off. D. Shtern of MT Energy Panther
- 2nd Off. K. Bolonin of MT Energy Patriot
- Chief Off. V. Sergiyenko of MV Alora
- Chief Off. M. J. Din of MV Puma Max
- Chief Off. D. Sapunov of MT Energy Centaur
- 2nd Off. D. Zelenskiy of MT Energy Centurion
- Chief Off. M. B. Zuniga of MV Furious
- 2nd Eng. R. Zvanov of MV Helvetia One

UNSAFE CONDITION

Navigation Lights

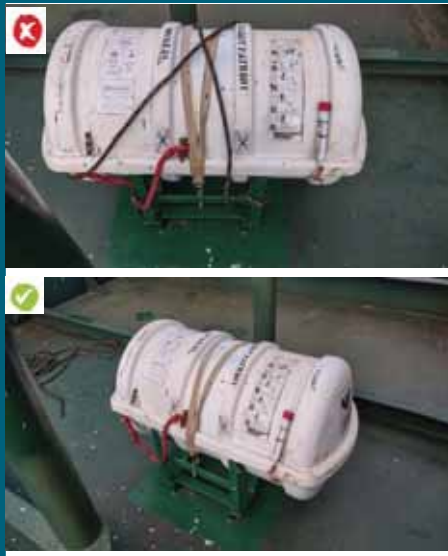


What happened:
P/S Navigation lights compartment was painted in glossy black instead of matt black as required by COLREGs, Annex I, Section 5.

Glossy paint instead of matt black can cause dispersion of light and lead to reduced visibility from other ships.

UNSAFE CONDITION


LSA



What happened:
The forward liferaft was found to be secured by rope.

Liferafts must be ready for immediate launch and deployment in case of emergency situation.

UNSAFE CONDITION




What happened:
During a routine deck round, it was found that the platform truck was left on main deck P/S in way of CH#5 without being properly fastened - even temporarily.

Potential loss:

- Injury to personnel
- Damage to ship and/or equipment

UNSAFE CONDITION

Citadel provisions

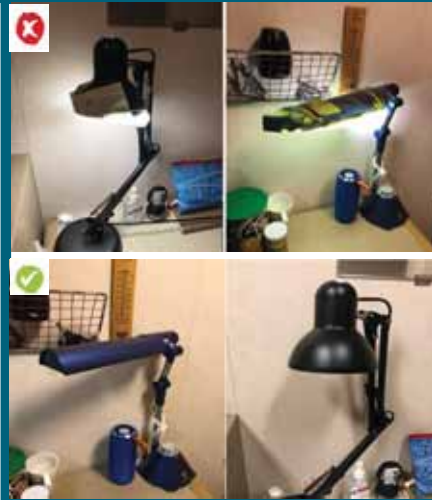


What happened:
It was found that the extra provisions stored inside the Citadel had been expired and wasted.

Continue in page 8

UNSAFE CONDITIONS

Fire Hazards in accommodation spaces



What happened:
During weekly inspection of the accommodation spaces, two desk lamps in crew cabins were found switched on with custom made paper and plastic covers.

This poses a serious fire hazard from overheating of the unauthorized lamp covers.



What happened:
Paper cups had been placed on the toaster, creating an ignition hazard due to being close to a heat source.

UNSAFE CONDITION Health & Hygiene Hazard



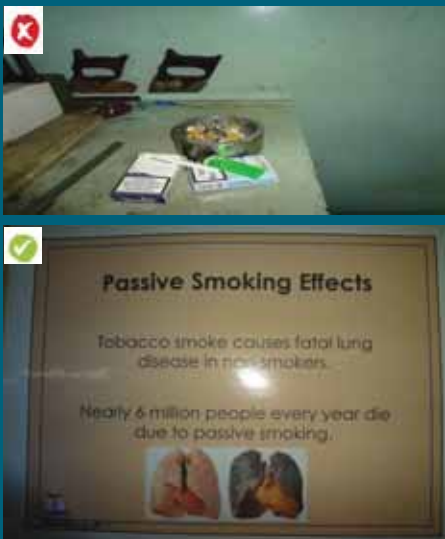
What happened: During Health & Safety inspection of the accommodation, it was found that the drinking fountain on the bridge did not have any water filters.

UNSAFE CONDITION



What happened: Metal triangle handles of smoke dampers were found with detached and sharp metal plates posing a risk of injury to personnel.

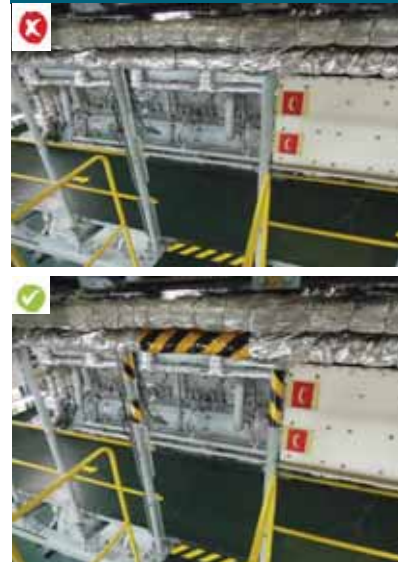
UNSAFE CONDITION Fire Hazard



What happened:
A full ashtray and cigarettes was found in an unapproved location onboard a bulker ship.

Ashtray was removed, crew were reminded that smoking is only allowed in designated spaces inside the accommodation.

UNSAFE CONDITION Personnel Injury



What happened:

Several pipes on the intermediate platform of M/E had not been marked with warning reflective tapes, posing a hazard to personnel.

Ships with Zero PSC Deficiencies

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

No.	Ship	Captain	Date	Port	Country
1	Energy Patriot	Anton Khudyakov	06/04/2022	Corpus Christi	USA
2	Heroic Striker	Efren R. Canares	14/04/2022	Abidjan	IVORY COAST
3	Jaguar Max	Efren R. Alonzo	15/04/2022	Brownsville	USA
4	Energy Ariadne	Igor Dzhioev	20/04/2022	Callao	PERU

IMPORTANT REMINDER!

The following deficiency has been issued during a recent USCG inspection:

“Samples which react with each other dangerously shall not be stowed close to each other, cargo samples were not labeled. Unknown cargo samples are being stowed together with no way of verifying proper segregation.”



Please refer to WIM, Part III, Section D, Chapter 12, par.12.3 on cargo samples and especially on storage and retention of samples on board.

Cargo samples are to be sealed and marked to clearly identify their origin and retained on board stowed in a suitable locker, separated from any shore samples, for a period of 3 months from the date of cargo discharge.

All samples should be labelled with the following information:

- Name of vessel
- Voyage Number
- Type of cargo
- Port of loading or discharge
- Type of sample, i.e. tank number, line number, header, etc
- Date sample taken, and name of person who took sample

New Focused Inspection Campaign on Work and Rest Hours by AMSA



The Australian Maritime Safety Authority (AMSA) announced that a new Focused Inspection Campaign (FIC) on hours of work and rest has been initiated from 1 May 2022 to run up to 30 June 2022.

This FIC has been initiated by AMSA and is specific to Australia. It will apply to foreign flagged ships and Regulated Australian Vessels (RAVs) arriving at an Australian port.

The purpose of the FIC is to determine:

- ✓ The level of compliance with the maximum hours of work or minimum hours of rest for seafarers in accordance with the requirements of International Conventions, and
- ✓ The familiarity of the master and officers with implementing the provisions when working onboard ships.

AMSA inspectors will undertake the FIC in conjunction with a normal port or flag State control inspection. Any port State control deficiencies will be reported to regional port State control databases.

AMSA encourages ship owners and masters to familiarise themselves with the requirements of the Maritime Labour Convention 2006 (MLC) and the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers

(STCW), Australian Marine Orders 11 and 28 and their respective safety management system, including how they are implemented onboard.

Inspectors will complete a checklist when conducting focused inspections so that AMSA can collate and report on the outcomes. As announced, the results of the FIC will be analysed at the conclusion of the campaign, and a de-identified report will be published on AMSA's website.

No	Question	Yes	No	NA
1	Is a table of shipboard working arrangements posted for seafarers accessible?			
2	Does the table of shipboard working arrangements ensure that the first watch at the commencement of the voyage and subsequent relieving watches are sufficiently rested and otherwise fit for duty?			
3	Do records of the daily hours of work or rest show compliance with the actual hours of work and rest hours, including the requirements for rest breaks?			
4	Do any seafarers have periods of shipboard employment exceeding 11 months?			
5	Has adequate compensatory rest been given to seafarers who have had their rest disturbed by call-outs to work? (e.g. such as when a machinery space is unattended)			
6	Has the master suspended the schedule of hours of work or hours of rest, with in the last 3 months, and required any seafarer to perform any hours of work necessary until the normal situation has been restored?			
7	Have musters, fire-fighting and lifeboat drills, and drills prescribed by national laws and regulations and by international instruments, been conducted in a manner that minimizes the disturbance of rest periods and does not induce fatigue?			
8	Where non-compliance with the work and rest hours has been recorded, has the Safety Management System corrective action process (ISMC 9) been used to rectify non-conformance by determining the cause and preventing recurrence?			

In early 2022, AMSA launched a Focused Inspection Campaign (FIC) on Planned Maintenance, conducted from 15 January 2022 to 30 March 2022. Furthermore, last year, AMSA conducted a Safety of Navigation Focused Inspection Campaign (FIC) over the period 1 August to the 8 September 2021 and found that a significant number of ships failed to comply to basic navigation safety requirements.

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

US Creates New Task Force Focusing on the Red Sea

The US established a new Combined Task Force 153 within the Combined Maritime Forces in the Middle East to focus on the Red Sea.

The new task force reflects growing international interest in the Red Sea area, and aims to “enhance security and stability” in the region, according to US Navy Vice Adm. Brad Cooper, which includes combating human trafficking and narcotics and weapons smuggling as part of the mission.

While officials have not been explicit about the task force playing a role in countering threats from Houthi forces in Yemen, Houthi maritime attacks are a risk that the task force will seek to deter.

Part of CTF 153’s mission will be addressing human trafficking and drug and weapons smuggling. The task force might also respond to humanitarian or environmental emergencies.

According to IMB’s latest piracy report, although no



incidents were reported there since the start of the year, the threat of piracy still exists in the waters off the southern Red Sea and in the Gulf of Aden, which include the Yemeni and Somali coasts.

Although the opportunity for incidents has reduced, the Somali pirates continue to possess the capability and capacity to carry out incidents, and all merchant ships are advised to adhere to the recommendations in the latest Best Management Practices, while transiting in these waters

<https://www.safety4sea.com>

ReCAAP ISC: No Piracy Incident Against Ship in Asia the Last Week

During the period 4-9 May 22, no incident of piracy or armed robbery



against ship in Asia was reported to the ReCAAP ISC. However, the Centre advises ships to continue to exercise enhanced vigilance.

On 23 Apr 21, the Philippine Armed Forces conducted a military operation against members of the ASG during which, one of the ASG leaders responsible for the abduction of crew in the area of Sulu and Tawi-Tawi had managed to escape. However, the threat of the abduction of crew in the Sulu-Celebes Seas and waters off Eastern Sabah remains potentially

high, particularly in the areas of Sulu and nearby waters off Tawi-Tawi as the ASG is still active and the leaders of the ASG who were responsible for the past incidents of abduction are at large.

The ReCAAP ISC reiterates its advisory issued via ReCAAP ISC Incident Alert dated 21 Nov 16 to all ships to reroute from the area, where possible. Otherwise, ship masters and crew are strongly urged to exercise extra vigilance while transiting the area, and report all incidents immediately to the Operation Centres of the Philippines and Eastern Sabah Security Command (ESSCOM) of Malaysia.

The ReCAAP ISC urges ship master and crew to report all incidents of piracy and armed robbery against ships to the nearest coastal State and flag State, exercise vigilance and adopt relevant preventive measures. <https://www.safety4sea.com>

Mental Health and Work: Stop Ignoring Your Burnout

Physical and emotional exhaustion maybe a familiar sense for most working professionals, but it was not until May 2019, when WHO included burnout in its 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon, and not until January 2022 that this officially came into force. According to WHO, burnout is a syndrome “resulting from chronic workplace stress that has not been successfully managed” and is characterized by three dimensions:

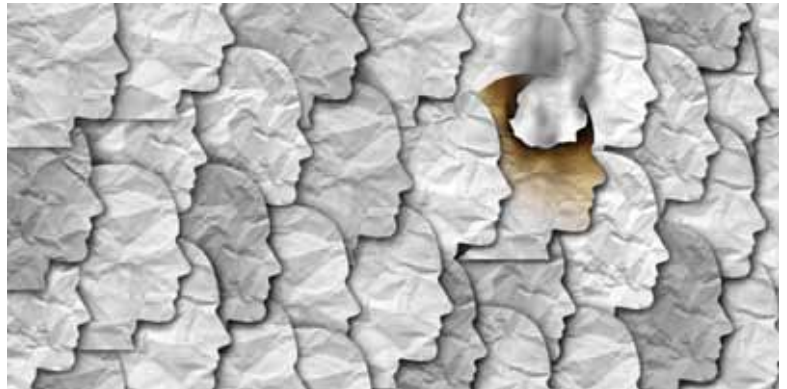
- feelings of energy depletion or exhaustion;
- increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job; and
- reduced professional efficacy.

It is noted that, while WHO does not classify burnout as a medical condition, it recognizes that it can lead to serious physical and mental health concerns.

The effects of a burnout, especially when continually ignored, can range from mental health issues to social isolation. In many cases, you may present several of the following symptoms but fail to realize that these are correlated:

- ✓ **Exhaustion:** The main symptom of burnout is feeling physical, mental and emotional exhaustion, which can be translated into routine changes like different sleep patterns or loss of appetite.
- ✓ **Prone to illness:** Mental and physical health are always associated. As such, feeling burned out can lower your immune system, making you more prone to colds and sickness.
- ✓ **Isolation:** When feeling overwhelmed from work requirements, spending time alone away from your people may seem as a more and more attractive plan.

However, the most severe issue relating to burnout is that, in many cases, people are aware that they



have reached the point of burnout but are unaware of their problems and try to continue their lives as if these did not exist.

How can I prevent burnout?

Taking care of your mental health as part of your everyday routine is generally the most efficient way to minimize likelihood of a burnout:

Eat well: A healthy diet is the A and Z to a sense of wellbeing. For instance, eating omega-3 fatty acids -found mostly in fish- can be a natural antidepressant.

Get a quality sleep: Set an alarm at a regular time each day, avoid computer when you go to bed, and use your bed mainly for sleep.

Exercise: Exercise can clear your thoughts and get into a better state of mind to deal with your problems.

Take care of others: Reach out to any of your friends, relatives or colleagues who seem to be feeling down. Even the smallest act can count, whether it's a smile, a thank you or a kind word.

Ask for help: If you are recognizing yourself in any of the above signs, do not hesitate to ask for help. You may start with a check along with your own people, but experts are always there to help you. For example, recently, the Shipowners' Club and ISWAN announced a new app for seafarers, which can be used offline to provide help around the clock. Remember, it is ok to not be ok.

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

Body Workout

HERMIES

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



20 high knees



20 march steps



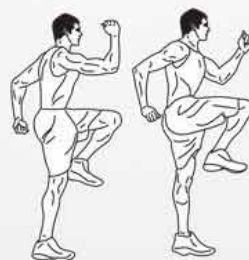
10 reverse lunges



20 high knees



10 reverse lunges



20 march steps

Top Gun: Maverick Movie Review: Tom Cruise Made Us Wait For 36 Years & Compensated Blazingly With His Inevitable Charm

Tom Cruise is back at what he does best and with some more this time.

Pete Mitchell aka Maverick (Tom) has been in the service for 30 long years. One mistake and he is called at the Top Gun facility back as a punishment. Can the Top Gun facility ever be a punishment for Maverick? Certainly not. He takes up a task and gets on to it. But this time around it is not just the personal bonds but even the conflicts that have been born out of them between the aim and Pete. What does Pete do in the movie?



It's Top Gun: 'MAVERICK' and thank God it is about Pete and not everything else. All these years the missions of the Top Gun have been above anyone on the team. Cruise was in service and the script looked at him as a backdrop to the mission and not the main conflict itself.

Now that he returns to service after 3 decades and the events that led to the death of his closest mate (guys you have all the time to watch the last film, don't you dare call this a spoiler), he comes in with a baggage. In the story based on Jim Cash, Jack Epps Jr's characters and written by Peter Craig with Justin Marks, the world of Top Gun now revolves around Maverick and his life. Because we all know the last epic batch of the recruits gave us Maverick and there is no one better than him. We aren't told that



all over again through any kind of flashback, rather an aged but still smoking hot Pete enters the screen doing what he knows best. Making love to an airplane.

He can fly his jet even from between two closely stuck poles. What the screenplay written by Christopher McQuarrie, Eric Warren Singer, and Ehren Kruger, excels in is acknowledging the fact that thirty years have passed, technology has advanced and there are more skilled people on the planet. Which means there are more who can fly their jets through the worse conditions (at least basic worse). So what makes Maverick The Maverick who can rule them all? His experience and the baggage.

The writers now write Maverick as once a Casanova now a lonely man who lives to test limits, defy the rules of speed, nature and his bosses, and make sure no one else is hurt because of him. He is alone because maybe attachments make him vulnerable, maybe them going away breaks him into tiny pieces. There is regret that he couldn't save his man and guilt that he walked away. And how this all culminates into a beautiful story is commendable.

Tom Cruise is back at what he does best and with some more this time. It might bother some as there is not human enemy against them, but surrender yourself and you will enjoy.

SUDOKU:

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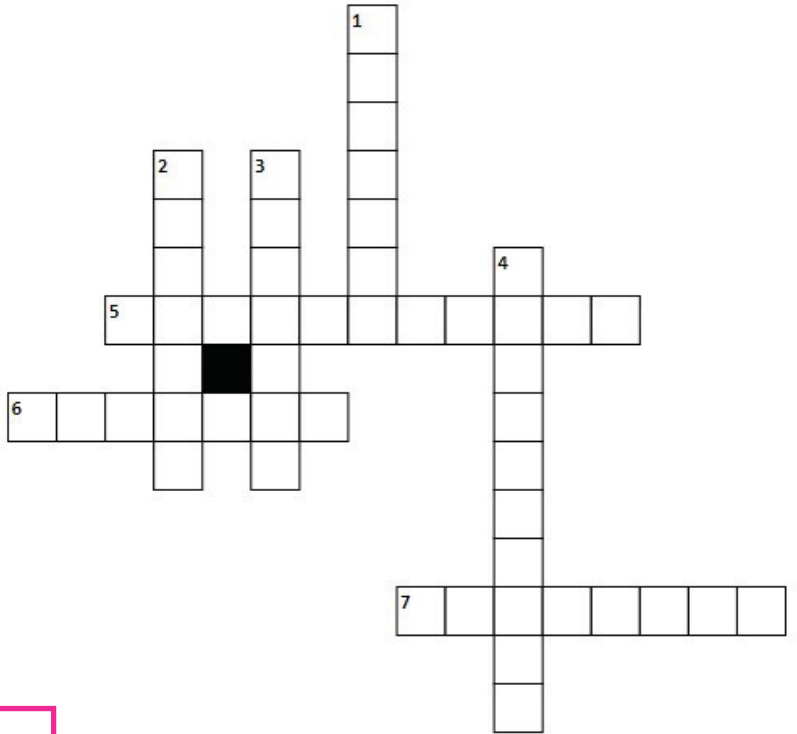
EST Crossword:

Across

- 5. Our Philsafe Celebrates 10-year _
- 6. AMSA launches a _ Inspection Campaign on Work and Rest Hours
- 7. The name of the song that has won the 2022 Eurovision song contest

Down

- 1. _ smoking effects cannot be disregarded
- 2. This can cause exhaustion
- 3. The results of this satisfaction survey are presented in this issue
- 4. Best _Practices must be followed while transiting piracy waters



Answers:
 Across: 5. Anniversary, 6. Focused, 7. Stefania
 Down: 1. passive, 2. burnout, 3. marines, 4. Management

SON of the late Philippine strongman, wins the Presidential election

FORMER senator Ferdinand "Bongbong" Marcos Jr., the son of the late Philippine president Ferdinand Marcos, won the presidential election against his nearest rival, Vice President Maria Leonor "Leni" Robredo. He received more than 31 million votes. With this, Marcos surpassed the record 16 million votes that President Rodrigo Duterte got in 2016. Vice President Leni Robredo, Marcos' closest rival, is in second place, getting about 15 million votes. Marcos' running mate for vice president is Davao City Mayor Sara Duterte-Carpio, the daughter of outgoing president Rodrigo Duterte. Many of their supporters voted to see a continuation of Duterte's policies, including his controversial war on drugs.



Results also show Duterte-Carpio is also leading the race for the vice presidency, also with more than 31 million votes, followed by Senator Francis Pangilinan, the running mate of Vice President Leny Robredo, with only about 9 million votes.

Meanwhile, the Marcos camp urged Filipinos to support the president-elect regardless of their political colors. "We should rally behind the president-elect, whoever it will be, and right now, it looks like that it is presidential frontrunner Bongbong Marcos," Victor Rodriguez, spokesman of Marcos, said. "We need to support him regardless of our political color, race, or belief because he is now the president of the country. He will be the president of the country, he will be the leader, we only have one country and that is the Philippines," he added.

Throughout their campaign, Marcos and Duterte-Carpio have consistently appealed to all Filipinos to join in their call for national unity. As part of its Covid-19 pandemic recovery plan, the UniTeam tandem has pledged to revive the agriculture sector and continue President Duterte's Build, Build, Build infra-

structure program to generate jobs and jumpstart the economy. It believes that creating a unified front amid the problems created by the Covid-19 pandemic is the best hope for the country to recover swiftly. For Duterte-Carpio's camp, the results of May 9 elections is a significant step in unifying the Philippines.

First PH disaster response ship sails from Japan

THE first 97-meter multi-role response vessel (MRRV), considered as the largest vessel acquisition to date of the Philippine Coast Guard (PCG), is on its way to the Philippines.

Upon its arrival in the Philippines, the MRRV-9701 will be commissioned into the Coast Guard service as BRP Teresa Magbanua in honor of the Filipina schoolteacher and military leader during the 1896 Philippine Revolution against Spain who was dubbed as the "Visayan Joan of Arc." MRRV-9701--modeled



after the Japan Coast Guard Kunigami-class vessels--is the first of two 97-meter vessel projects financed by the Japanese government under Phase 2 of the Maritime Safety Capability Improvement Project (MSCIP) between the Philippine government through the Department of Transportation and Japan in October 2016. The project terms called for the application of Japanese technology, recognizing their notable expertise in shipbuilding. Each of the new MRRVs measure approximately 97 meters, has a maximum speed of not less than 24 knots, and an endurance of not less than 4,000 nautical miles. The ships are capable of conducting sustained maritime patrols in the country's maritime jurisdictions, including the West Philippine Sea and Philippine Rise.

In addition, the two vessels will significantly boost the capabilities of the PCG in conducting maritime search and rescue, maritime law enforcement, as well as humanitarian assistance and disaster response operations in the country's waters and exclusive economic zone.

Smart tech is helping to save China's giant pandas

The giant panda has long been the face of animal conservation, ever since WWF adopted the adorable black-and-white bear as its logo in 1961. But, after decades of intensive conservation programs, pandas are no longer endangered.

The biggest threat to the wild panda population is



habitat loss. Its reliance on bamboo for sustenance has made the species particularly vulnerable to environmental changes, and China's rapid urban development over the past century has pushed pandas into a fraction of their historic range.

Now, conservationists hope that smart tech can help to safeguard the panda's future. To protect panda habitat the "Digital Panda System," developed in a joint venture between the Sichuan Forest and Grassland Administration and Chinese tech giant Huawei, was deployed across forest and grasslands in Sichuan province in February 2021. The instant reporting system helps to detect wildfires in hard-to-reach areas, alerting rangers and fire departments so they can intervene quickly, as well as monitoring wildlife.

Meanwhile, another smart technology -- facial recognition -- could help identify individual pandas more accurately.

Full lunar eclipse creates rare super blood Moon

Stargazers have been treated overnight to a stunning and unusual sight - a super blood Moon.

Shortly after 03:30 GMT on Monday 16/05, Earth's orbit meant that for several minutes our planet was positioned directly between the Sun and the Moon.

In that time the Moon fell completely into Earth's shadow - temporarily turning it a dusky shade of dark red.



Its hue was created by sunlight being projected through Earth's atmosphere onto the Moon's shadowed surface.

The lunar eclipse coincided with a separate event - a super Moon. This is when the Moon is at its closest point to Earth in its orbit and so appears larger than usual.

Those watching out for the resulting super blood Moon got the best view from 03:29 GMT, the moment the full lunar eclipse started and the event became visible in the Western hemisphere.

Uber to test delivering food with robots



Uber is the latest company to try delivering food to people's homes with robots.

The company, which has long

claimed that automation is key to its future profitability, is launching two test programs to deliver Uber Eats in greater Los Angeles this month, including four-wheeled robots that roll on sidewalks for short trips as well as self-driving cars for longer distances.

Starting Monday Uber Eats customers will be given the option to have their meals delivered by one of the robots, rather than a traditional human delivery. Customers will receive instructions in the Uber app for how to retrieve their food from inside the robot. The Serve robot resembles a colorful cooler on wheels, with a lid that flips open to reveal a delivery inside. The robot, which will operate in West Hollywood, has headlights that resemble eyes, making it

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look like something out of a cartoon.

There are only 10 of the world's smallest marine mammal left in the world

The world's smallest marine mammal is so critically endangered that there are only about 10



remaining in its sole habitat of Mexico's Gulf of California. But that may not yet spell doom for the vaquita porpoise, according to new research.

Vaquitas have been pushed to the brink of going extinct due to illegal gillnetting, which is used to capture shrimp and totoaba fish that share the same habitat as the porpoises. The vaquitas, about 4 to 5 feet in length, end up as "bycatch" since they aren't the intended target of the nets.

Now, a team of scientists have studied genetic patterns from vaquita tissue samples collected between 1985 and 2017 by Mexican researchers. It turns out that these little porpoises have enough resilience encoded in their genetics to recover if gillnetting is stopped.

"If we can allow these animals to survive, they can do the rest," said study coauthor Jacqueline Robinson, a postdoctoral researcher at the University of California, San Francisco, in a statement.

"Genetically they still have the diversity that let them thrive for hundreds of thousands of years, until the gillnets arrived."

China: Why is the WHO concerned about its zero-Covid strategy?

The World Health Organization (WHO) has said China should rethink its strict Covid strategy aimed at halting the spread of the virus.

While many countries are now relying on vaccination and improved treatments, China has stuck to a policy of lockdowns and other restrictions. The WHO says that with more transmissible Omicron variants spreading, this approach is not "sustainable."

China requires cities to enter strict lockdowns even if



just a handful of cases are reported - one of the toughest policies in the world. With thousands of new cases reported daily during the latest wave, more than 60 million people have been living under some kind of lockdown. Mass testing has been rolled out in cities such as Shanghai and Beijing, and roads have been blocked to prevent people from travelling. Business and schools have been closed until local authorities announce there are no infections in a city's active population.

Ukraine's Kalush Orchestra wins Eurovision Song Contest 2022!



Kalush Orchestra have won the 2022 Eurovision Song Contest for Ukraine with their song 'Stefania'!

After the jury scores were tabulated, the United Kingdom's entry Space Man by Sam Ryder was leading the pack with 283 points, with Sweden and Spain close behind with 258 and 231 points, but as we all know, that's only half of the story.

After a tension-packed vote announcement, it was revealed that Ukraine claimed top marks with the public from throughout Europe and Australia with 439 points. With those numbers aggregated, Ukraine claimed the win with 631 overall points.

This is the nation's third win, following victories in 2004 and 2016.

Roma win inaugural Europa Conference League

Roma won their first major European trophy by beating Feyenoord in the inaugural Europa Conference League final in Tirana.

Jose Mourinho's first season in charge of the Italians ended with a trophy after Nicolo Zaniolo chested down Gianluca Mancini's lofted pass before beating goalkeeper Justin Bijlow with a clever flick.

Mourinho, who has won the Champions League, Europa League and the Uefa Cup, is the first manager to win all of Uefa's major European trophies.

The Portuguese was criticised after Roma were embarrassed 6-1 in Norway by Bodo/Glimt in the group stage last October.

But this win continued the former Chelsea and Manchester United manager's perfect record in European finals, having now overseen five wins in five finals.

"This is a competition we believed we could win since the start," Mourinho Sky Sport Italia.

"I knew the moment I arrived what it meant to the people. They had been waiting for something like this. This was not work tonight, this was history. We had to write history. We wrote it."

Feyenoord, whose campaign started in the qualifying rounds back in July, were denied an equaliser when Rui Patricio tipped Tyrell Malacia's attempt on to the bar soon after Mancini inadvertently hit his own post while trying to make a clearance.



	Vessel	Flag	Class		Vessel	Flag	Class
1	Alora	BMA	BV	19	Energy Panther	IOM	DNV
2	Braverus	IOM	BV	20	Energy Patriot	IOM	DNV
3	Citius	IOM	BV	21	Energy Progress	IOM	DNV
4	Colossus	IOM	BV	22	Energy Puma	IOM	DNV
5	Constantia	IOM	BV	23	Energy Triumph	IOM	DNV
6	Delphi Ranger	BMA	BV	24	Furious	IOM	BV
7	Divinus	IOM	BV	25	Gladiator	BMA	BV
8	Dynamic Striker	IOM	BV	26	Helvetia One	IOM	BV
9	Energy Apollo	IOM	BV	27	Heroic Striker	BMA	BV
10	Energy Ariadne	IOM	BV	28	Imperius	IOM	BV
11	Energy Artemis	IOM	BV	29	Jaguar Max	BMA	BV
12	Energy Athena	IOM	BV	30	Magic Striker	IOM	BV
13	Energy Centaur	IOM	DNV	31	Olympius	IOM	BV
14	Energy Centurion	IOM	DNV	32	Panther Max	BMA	BV
15	Energy Challenger	IOM	DNV	33	Puma Max	BMA	BV
16	Energy Champion	IOM	DNV	34	Taurus	IOM	BV
17	Energy Chancellor	IOM	DNV	35	Virtuous Striker	IOM	BV
18	Energy Commander	IOM	DNV	36	Warrior	BMA	BV

Affiliated vessels

1	Good Hope Max	IOM	BV
2	Victorius	IOM	BV

EST - New Building Orderbook

#	Hull Nr	Name	Expected Delivery Date
1	S-1918	Energy Afrodite	June 2022
2	S-1919	Energy Achilles	Sept. 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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