



# EST Newsletter

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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.

## Captain Sergiy Korniyenko AFRAS / AMVER Ceremony at the Capitol, Washington DC, 2 November 2021



**O**n November 2, 2021, Captain Sergiy Korniyenko had the honour of attending the AFRAS / AMVER Award Ceremony at the Capitol in Washington DC in order to receive "the Association for Rescue at Sea AMVER" award on behalf of Captain Vitailiy Skidanov who was unable to attend.

On July 24, 2019, Captain Vitaliy Skidanov, Master of m/v Virtuous Striker and his crew had participated in the rescue of one person, 330 miles southeast of Nantucket.

The ceremony was attended by Members of the Congress, the Commandant of the United States Coast Guard and his senior staff and members of AFRAS.

In his speech, Captain Sergiy thanked all those who contribute their time and energy to support maritime rescue operation. He also thanked ENTERPRISES for cultivating such an ethos among its seafarers encouraging initiatives that promotes consideration to a fellow person in need.

Of course he did not forget to refer to Captain Vitaliy congratulating him on the award. He continued by saying "It was an honour to represent you at the ceremony. I am very glad that we are personally acquainted and that I also contributed to your appointment as a Captain. I am twice pleased that I was not wrong about you and that you continue good

Continue in page 2

continued from page 1 "Captain Sergiy Korniyenko at the Capitol..."

maritime traditions. I'm really sorry you didn't get to come."

Under international maritime law, it is the master's duty to render assistance to those in distress at sea, but in reality rescuing lives at sea is an honorable tradition that needs to be preserved.

The Association for Rescue at Sea ("AFRAS") is a non-profit foundation with charitable status devoted to supporting services concerned with saving lives at sea. Also, AFRAS is an affiliate member of the International Maritime Rescue Federation ("IMRF").

AFRAS annually present a plaque to an Amver participating vessel for exceptional humanitarian service in aiding in a rescue at sea. Since the Covid 19 pandemic cancelled last year's ceremony, during this year ceremony, awards were also presented to vessels from previous year.



1. Captain Vitaliy Skidanov, 2. Captain S. Korniyenko with Commandant of the USCG and AFRAS members

## What's New in the QHSEMS?

### Tankers QHSEMS

1. ESTSA 406 "ME Cylinder Measurement Report"- version 0.2
2. Procedures Manual –PR 15 "Inspections"- version 0.2
3. ESTSA 824 "Navigational Audit Checklist"- version 0.3

### New Uploads (Tankers)

- SORB
- Safety Labels 1.5, 1.6 & 16
- Cyber Security Labels 1,2,3

### Bulkers QHSEMS

1. NTVRP Approval (All Bulkers)
2. Bulkers Operations Manual-version 0.4
3. Form 40 "Safety & Environmental Familiarization for all Personnel"-0.2

### New Uploads (Bulkers)

- Safety Labels (1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2,
- Cyber Security Labels 1,2,3

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

**W**e 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/V Citius, Third Officer Lyndon A. Deocades
- M/T Energy Progress, Chief Officer V. Senatev
- M/V Furious, Third Officer Lastico Tommy



**UNSAFE ACT**

**Hazard:**  
Sharing with other crew members SCBA facemask without disinfecting the mask from a previous user.

**Risk:**  
Transmitting COVID-19 among seafarers



**UNSAFE CONDITION**

**Hazard:**  
Lifejacket safety sign printed and laminated by crew

**Risk:**  
Safety sign not visible at night cannot quickly guide the crew to reach out for a lifejacket in case of emergency



**UNSAFE CONDITION**

**Hazard:**  
Incompatible HRU of EPIRB unit not properly fitted in EPIRB casing .

**Risk:**  
In case of any emergency the incompatible HRU may not release the EPIRB automatically from its casing

# Best Practice Received by Chief Officer on mt Energy Athena

**W**e would like to thank Chief Officer V. Kolesnikov of mt Energy Athena 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.

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



At night during navigational watch, visibility on the bridge is insufficient and can cause injuries or falls to the crew when hitting against obstacles while moving around. The crew on mt Energy Athena had assessed the risks and used special signs that accumulate energy in daylight and at night they become visible. The strips were put in places where the crew might stumble and fall. In addition, the reflective signs point out the right direction to follow so as the crew to avoid the obstacle in their way.

## “IDEA” Program: m/vs Citius, Constantia & Furious



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/V CITIUS
- M/V CONSTANTIA
- M/V FURIOUS

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.  SZ

# Tanker Fleet's Most Instagrammable Photos!

The Instagram account of Alpha Marine Crew Services contains a wealth of our tanker fleet's photos and videos! Some of them are included herewith so that you can enjoy them!

Follow on Instagram: [alphamarine\\_nvrsk](#)



MT Energy Centaur



MT Energy Progress



MT Energy Centaur



kg

## MV Alora photo by Captain M. Machusky

**W**e would like to thank Captain Maksym Machusky for providing us with a photo taken of mv Alora while entering Balboa port.

The photo was taken from Cargo Surveyor who then shared same with Captain Maksym Machusky.

sz



sz

# 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:

- ☆ Chief Off. Arthur A. Bellosillo of MV Citius
- ☆ 2nd Eng. A. Moskalenko of MT Energy Triumph
- ☆ Chief Eng. G. Smirnov of MV Colossus
- ☆ A/B Mhark E. Villas of MV Panther Max
- ☆ Chief Off. Mark J. C. Din of MV Puma Max
- ☆ 2nd Off. Ev. Kulikov of MT Energy Commander
- ☆ Chief Off. O. Pigorov of MV Delphi Ranger
- ☆ Chief Off. V. Senataev of MT Energy Progress
- ☆ 3rd Eng. S. Oleshchenko of MT Energy Apollo

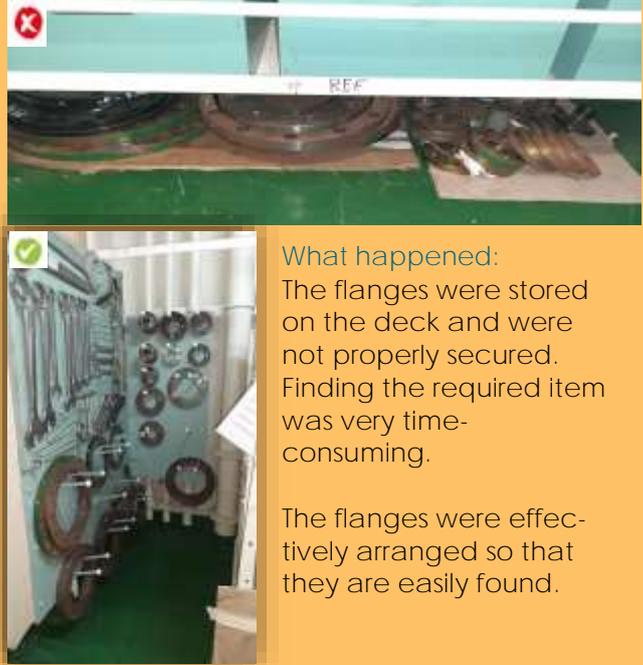
### UNSAFE CONDITION: Personal Injury



**What happened:** While the crew were involved in housekeeping tasks, it was noticed that the watertight door had been connected to an extended wire to reach the securing point because a garbage drum was preventing direct access.

The additional garbage was immediately removed to allow for the door to be properly secured in order to prevent inadvertent closing that could lead to serious crew injury.

### BEST PRACTICE



**What happened:** The flanges were stored on the deck and were not properly secured. Finding the required item was very time-consuming.

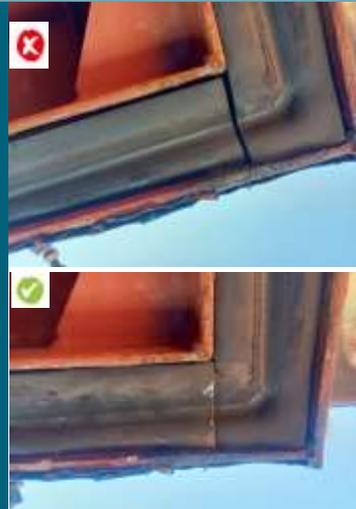
The flanges were effectively arranged so that they are easily found.

### UNSAFE CONDITION



**What happened:** During a safety familiarization on how to operate the rescue boat davit by accumulator mode to lower the rescue boat in emergency situations, the A/B found out that the valves were not properly marked.

### UNSAFE CONDITION

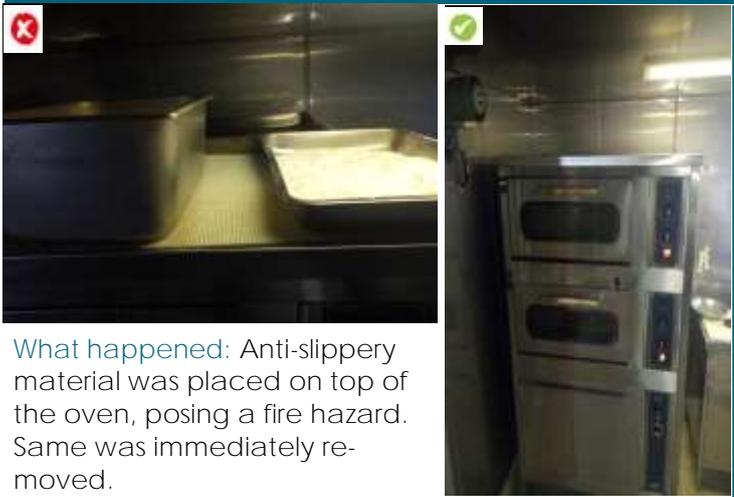


**What happened:** During an inspection of the rubber packing on hatch cover, it was found that there was a gap at the connecting point of the rubber packings. The packing was immediately rectified to prevent water ingress.

Continue in page 8

continued from page 7 "Promoting Safety On Board - STAY SAFE..."

UNSAFE CONDITION  
Fire Hazard



What happened: Anti-slippery material was placed on top of the oven, posing a fire hazard. Same was immediately removed.

UNSAFE CONDITION



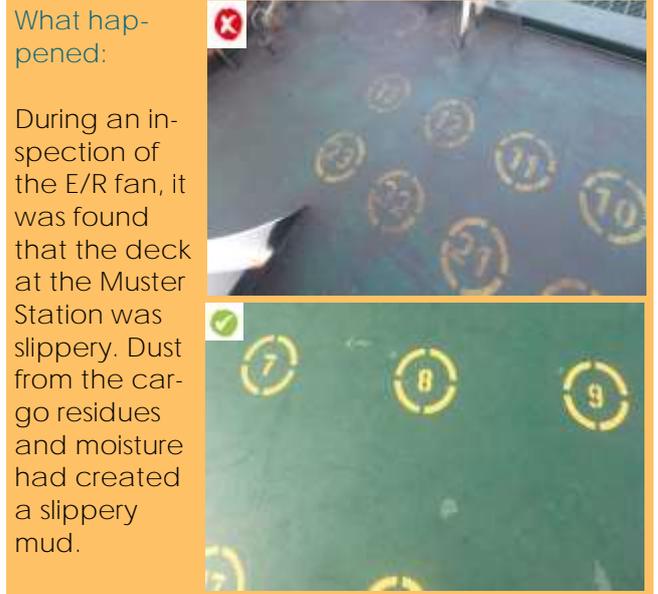
What happened: It was found that the crane's securing point was not marked with yellow paint so as to be visible.

UNSAFE CONDITION  
Exit door blocked



What happened: During routine inspection of galley & provision store, it was found that the exit door was slightly blocked by empty boxes.

BEST PRACTICE



What happened: During an inspection of the E/R fan, it was found that the deck at the Muster Station was slippery. Dust from the cargo residues and moisture had created a slippery mud.

UNSAFE CONDITION



What happened: Following departure from port the pilot ladder was not properly secured and left unprotected.

UNSAFE CONDITION



What happened: A crew-member was carrying out his routine tasks without wearing the proper PPE.

# 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	Alora	Maksym Machusky	25/10/2021	Bilbao	SPAIN
2	Braverus	Apostolos Parlapanidis	18/10/2021	Haypoint	AUSTRALIA
3	Divinus	Oleksandr Vydrich	27/10/2021	Port Hedland	AUSTRALIA
4	Dynamic Striker	Yuriy Samovych	19/10/2021	Mina Saqr	UAE
5	Panther Max	Andrzej Winiarkiewicz	31/10/2021	Port Talbot	UK
6	Virtuous Striker	Maksim Dorofeev	04/10/2021	Hon Gai	VIETNAM
7	Virtuous Striker	Maksim Dorofeev	28/10/2021	Moroni	COMOROS

## IMPORTANT REMINDER!

During an Inspection carried-out on a vessel the following finding was raised:

*While fast line aft on inbound vessel MV Divinus, two ship's crew were observed attempting to rig the ship's gangway on the port quarter without a safety harness. This action poses a risk to the ship's crew.*

According to Master's statement, there were three crewmembers participating in the rigging of the accommodation ladder. The one who was on Gangway was in safety harness but the other two crewmembers that were assisting him from the Main Deck, were wearing only lifebelts.

Corrective action: Two training sessions will be included in company's training program for the next 12 months on the PPE which must be used (how, when and where) according to company's LABEL 16 for tankers & LABEL 2 for bulkers "Personal Protective Equipment Guide Matrix"

Also "Safety Familiarization form" has been revised to ensure that crew is familiarized with the usage of the necessary PPE according to assigned tasks.

# Lessons Learned: Always Wear Full Face Mask During Heavy De-rusting



**I**n its latest version of Safety Flashes, IMCA summarizes a case where a crewmember suffered eye injury while descaling rust.

## The incident

During descaling operations using a chipping hammer, a worker got dust or rust in his eye, although he was wearing goggles and a mask at the time. The incident occurred while descaling rust from inside the brake band of a winch, using a chipping hammer and a sanding disc.

## What were the causes?

It is thought that owing to the awkward nature and inaccessible location of the brake band, the goggles loosened as the worker moved his head, allowing dust to enter.

## Lessons learned

Full face mask with respirator filter suitable for dust/particles to be used for heavy de-rusting and other similar maintenance activities;

- Check inside of full-face mask for foreign bodies before use;

- Take great care when removing head and face protection;
- Bend forward at the waist. This will ensure any debris falls onto the deck away from the body and not into the face;
- Check hair and run hands through hair/over the head to remove any debris/particles prior to removing goggles/full face mask;
- Carefully clean full-face masks before and after use;
- Get a colleague to help you can remove any debris from your PPE and clothing before removal.

Eye injuries arising either from incomplete protection of the eyes, or from material getting into the eyes from a person's hair or from the mask itself, have arisen a number of times before. Captains, Officers and Crew must focus on this area during work pre-planning meetings.

# California: New ballast Water Discharge Standards from Jan 2022

California has introduced a new at-berth emission regulation that aims to **further reduce the public's exposure** to air pollution generated by vessels berthed at its busiest ports, and greatly enhanced the criminal penalties for oil spill related offences in its waters. The new requirements will become effective on 1 January 2022.



Under its Marine Invasive Species Program (MISP), California established biofouling management and ballast water discharge standards that are more strict than those enforced under the US federal regulations and IMO's international maritime conventions.

As a temporary measure until technological advances enable compliance with the State's more stringent ballast water discharge performance standards, the California State Lands Commission (SLC) has aligned its discharge requirements for vessels arriving at California ports with those set by the US Coast Guard (USCG).

**California's ballast water management requirements will become effective on 1 January 2022, including the following main changes:**

- Federal ballast water discharge standards set forth, and the corresponding implementation schedule outlined in 33 CFR 151.2035 (b), into California law.
- Delays the compliance dates for the more stringent interim and final California ballast water discharge performance standards to 2030 and 2040, respectively, due to a lack of available ballast water treatment technologies to enable vessels to meet the California standards at this time.
- Establishes operational monitoring and recordkeeping requirements for vessels that use a ballast water treatment system to meet ballast water discharge performance standards.

- Authorizes SLC staff to collect ballast water and sediment samples for research purposes in addition to compliance assessment.

Once fully implemented, the new Vessel Incidental Discharge Act (VIDA) may prevent State authorities from implementing State-specific management requirements or standards for vessel discharges, including ballast water, that are stricter than the federal standards.

## Practical implications

All eligible vessels that are discharging ballast water in California will be required to use one of the following methods to comply:

- A ballast water treatment system that has been type approved by the USCG;
- A ballast water treatment system that has been designated as an Alternating Management System (AMS) by the USCG;
- Use water from a US public water system as ballast water.

What is more, under the federal ballast water regulations, the USCG accepts ballast water exchange as an accepted ballast water management method until a vessel reaches its compliance date, or as granted by an extension. After a vessel's compliance date, the vessel will be required to use one of the acceptable methods listed above.

<https://www.safety4sea.com>



# DEALS & STEALS

MAKE SURE PERSONAL DETAILS ARE PROTECTED WHEN SHOPPING ONLINE

**NOT ALL GREAT DEALS ARE LEGIT!**



# Body Workout

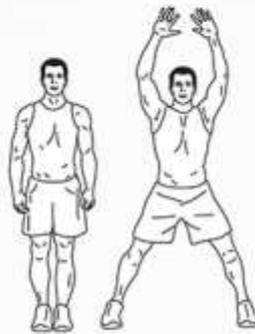
# Code Red

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 high knees



20 jumping jacks



20 high knees



20 split jacks



20 high knees



20 butt kicks

# Squid Game on Netflix: Everything to know about the disturbing breakout hit

**T**he No. 1 show on Netflix at the moment is a Korean series with an odd name. Squid Game is a disturbing nine-episode series about a world where children's games turn deadly. Squid Game is the first Korean drama to hit the No. 1 spot on Netflix, reaching the milestone just four days after its release, and now marks the company's biggest series launch ever. It's bloody and violent, but it's also addictive and highly bingeable. Here's what to know about the wildly popular show.

What's Squid Game about?

Squid Game, which started streaming on Sept. 17, focuses on a desperately indebted group of people in South Korea. They're first tricked into a deadly tournament of children's games, but then many of them volunteer to come back, realizing the games may be their only chance to win the money they need to survive. Big bucks are at stake -- 45 billion South Korean won, which translates to \$38 million US. But the odds of survival aren't good. Think The Hunger Games, only featuring contests such as Red Light, Green Light and marbles.



What does the name Squid Game mean?

In the first episode, main character Seong Gi-hun explains that Squid Game was a game kids in his neighborhood once played on a squid-shaped court. It's kind of like Red Rover, or an elaborate ver-



sion of tag. No spoilers, but the Squid Game itself eventually comes up in the deadly tourney.

Why should you watch Squid Game?

No question the show has a dark theme and blood spurts freely. Watching children's games turned into deadly battles is unnerving, and it's not for everyone. But the characters are well-developed and the action moves quickly and never lets up for long.

Main character Seong Gi-hun is a desperate dad who's easy to root for, but he's not perfect -- there's a heartbreaking episode where his actions lead to a wrenching loss. And he's not alone -- other contestants include an elderly man who becomes the grandfather of the group, a North Korean refugee, a gangster with a snake tattoo on his face, and a highly educated man who was the pride of his hometown, but didn't quite live up to his potential.

The characters are introduced quickly and smoothly, and then the games are on. Once you've watched an episode, it's hard not to keep coming back for more, even if just to see who survives the next twisted game. And then ... that ending.

JOKES:

**BOSS: YOU SHOULD'VE BEEN HERE AT 8**

**ME: WHY, WHAT HAPPENED AT 8?**

**sometimes I wonder what happened to the people who asked me for directions?**



**GOOD JUDGEMENT COMES FROM EXPERIENCE.**



**AND EXPERIENCE? WELL THAT COMES FROM POOR JUDGEMENT.**

**Be decisive.**

**Right or wrong, make a decision.**

**The road of life is paved with flat squirrels who couldn't make a decision.**

**People are usually shocked when they find out I'm not a very good electrician.**

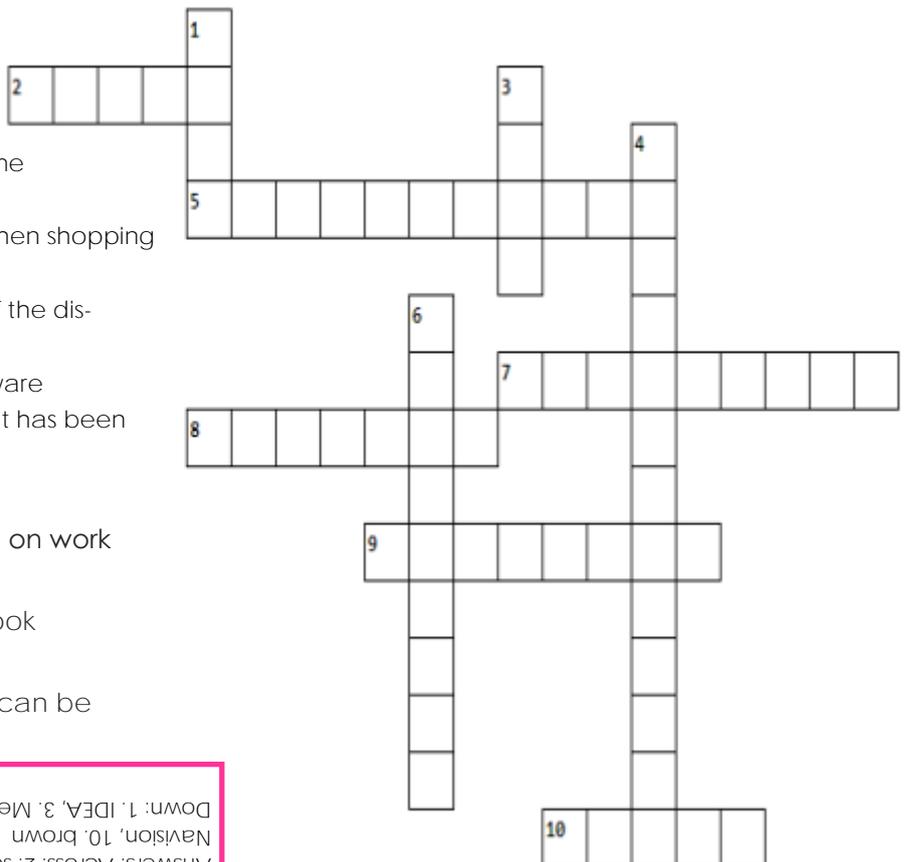
EST Crossword:

Across

- 2. \_\_\_ Game: Korean series with an odd name
- 5. AFRAS is the \_\_\_ for Rescue at Sea
- 7. Make sure that personal details are \_\_\_ when shopping online
- 8. California has issued new requirement of the discharge of \_\_\_
- 9. The DM Library can be found in this software
- 10. \_\_\_ Sugar: classic Rolling Stones song that has been removed from the group's concerts

Down

- 1. Company's program for suggestions on work related suggestions
- 3. The new corporate name of Facebook
- 4. MVP in the 2021 MBA finals
- 6. AMCS posts and photos of the fleet can be found there



Answers: Across: 2. squid, 5. Association, 7. protected, 8. ballast, 9. Navision, 10. brown  
Down: 1. IDEA, 3. Meta, 4. Antetokounmpo, 6. Instagram

# Metro Manila shift to Alert Level 1 seen by December

THE Department of Health (DoH) believes that Metro Manila could downshift to a more lenient Alert Level 1 by December as long as the drop in the number of Covid-19 cases is sustained.

The daily case average in Metro Manila plateaued last week, with 435 cases reported, slightly higher than the 404 reported the week before.

Health Undersecretary Maria Rosario Vergeire said that the plateau in cases increases the possibility that the region could safely transition to Alert Level 1.



earlier said that for the NCR to shift to Alert Level 1, it has to

register a continued decline in the average daily attack rate, number of cases and hospital utilization rate, as well as sustain its low-risk status for two incubation periods or 28 days. At least 70 percent of its population should also be fully vaccinated as well as 70 percent of its senior citizens and persons with comorbidities.

Vergeire said the Inter-Agency Task Force for the Management of Emerging Infectious Diseases also requires that the majority of the establishments earn a safety seal as an "additional safeguard."

The Health department also reported 630 cases of the Delta variant and one case of the Alpha variant in recent and retrospective samples.

## Face Shields No Longer Mandatory in the Philippines

The Philippine government will no longer require the use of face shields in areas under Alert Levels 1 to 3, President Rodrigo Duterte announced on November 15, almost a year after it was first implemented.



The COVID-19 task force made face shields "voluntary" in areas under Alert Levels 1 to 3, which includes Metro Manila now under Alert Level 2. In areas under Alert Level 4, "local government units and private establishments are given discretion to mandate the use of face shields." For November 17-30, the only area under Alert Level 4 is Catanduanes.

For alert level 5 and granular lockdowns, the use of face shields in community settings shall be mandatory.

## Philippines ready for eventual reopening of borders to foreign tourists

The Bureau of Immigration reported they are ready should the national government lift its restrictions on foreign travelers amid the continuing decline in new COVID-19 cases in the country.

"Our frontline officers at the airports are ready and prepared,



and we assure the traveling public of uninterrupted service should they decide to travel to the Philippines," Immigration Commissioner Jaime Morente said in a statement.

The bureau issued this statement after presidential spokesperson Harry Roque said that the Philippines will reopen its borders to international tourists in "due time." "We are also looking at the experience of other countries that already opened to international tourism," Roque said last week.

Facebook is changing its company name to Meta



(CNN) Founder Mark Zuckerberg said that Facebook will change its corporate name to Meta. The name change, aligns with its growing focus on the metaverse, which refers to efforts to combine virtual and augmented reality technologies in a new online realm.

US President Joe Biden commits to slashing global methane emissions by 30% by 2030



US President Joe Biden committed to reducing global methane emissions by 30% by 2030 and said "over 80, it's approaching 100 countries" pledged to accomplish this goal. "This is going to make a huge difference. And not just when it comes to fighting climate change as [EU President Ursula von der Leyen] pointed out. Physical health of individuals and whole range of other things,

**Michael Jordan's sneakers sell for record-breaking \$1.47 million**

(BBCnews) The basketball star wore the red and white sneakers during his fifth NBA game in his rookie season with the Chicago Bulls on November 1, 1984. The shoes set a new world record for the highest price achieved for a pair of sneakers at auction, according to Sotheby's auction house.



**United States issues first gender neutral "X" passport**

The first ever non-binary US passport has an "X" in the gender box, signalling that the holder does not identify as either male or female.

It was issued to Dana Zzyym, a 66-year-old intersex activist, who sued the State Department over the issue in 2015. The US Navy veteran said it was "an exciting moment for me" after getting the new passport.

More than 10 countries, including Canada, Germany, Australia and India, already offer a third gender on documents.



**Moscow enters partial lockdown due to record Covid cases**

(BBCnews) Teams of people in hazmat suits are sanitising parts of Moscow as Russia deals with an increase in coronavirus cases.

Shops, restaurants and schools have shut in a partial lockdown, while authorities have given workers nine days off in a bid to curb infections.

Russia has reported a record 1,159 deaths from Covid in the past 24 hours, while there's been a rec-



ord 40,096 new infections in 85 regions of Russia.

The Rolling Stones have retired their classic song **“Brown Sugar”**

(CNN) The Rolling Stones have retired their classic song “Brown Sugar,” which begins with a slave narra-



tive and sexualizes young Black women. Mick Jagger told the Los Angeles Times that the band had phased the song out of their concert lineups.

“We’ve played ‘Brown Sugar’ every night since 1970, so sometimes you think, ‘We’ll take that one out for now and see how it goes,’” he said. “We might put it back in.” Keith Richards told the Times he hopes to be able to play some version of the song in the future.

Portugal makes it illegal for your boss to text you after work

(Guardian) Lawmakers in Portugal have passed new rules which say companies must avoid con-



tacting workers outside office hours, as well as contribute to expenses resulting from remote working, such as electricity and internet bills.

Pfizer says its experimental Covid-19 pill cuts hospitalization and death for high risk patients by about 89%

(CNN) Pfizer hopes it can eventually offer the pill, given in combination with an older antiviral drug called ritonavir, to people to take at home before they get sick enough to go to the hospital.



A so-called interim analysis showed an 89% reduction in the risk of hospitalization or death from Covid-19 if patients got the pill soon enough, the company said. The data has not been peer reviewed or published.

Strange solution to plastic crisis

(BBCearth) It is estimated up to 12.7 million tonnes of plastic end up in our oceans each year,<sup>1</sup> and the consequences for sealife are tragic, from choking turtles to poisoning whales. The big problem with plastic is that it doesn’t break down or degrade.



A group of microbiologists in Pakistan found that *Aspergillus tubingensis* could degrade polyurethane (PU). The fungus secretes enzymes degrade the plastics, and in return, the fungus gets food from it by dissolving the plastics,

NBA: Giannis Antetokounmpo stars as the Bucks beat the Lakers

Giannis Antetokounmpo scored 47 points as reigning NBA champions Milwaukee Bucks claimed a 109-102 win over the Los Angeles Lakers.

The Greece-born star scored 28 first-half points on his way to recording his best scoring figures this term.

LeBron James was again absent for the Lakers with an abdominal strain. The four-time NBA champion is hoping to return to action when the Lakers face the Boston Celtics on Friday. Talen Horton-Tucker replied with 25 points for the visitors, with Russell Westbrook also contributing 19 points but it was not enough to prevent the Lakers from slipping to back-to-back defeats for the third time this season.

Elsewhere, Devin Booker hit 24 points as the Phoenix Suns beat the Dallas Mavericks 105-98 to claim their 10th consecutive win.

The Charlotte Hornets stopped the Washington Wiz-



Giannis Antetokounmpo was the MVP in the 2021 NBA finals

ards from continuing their five-game winning streak with a 97-87 victory.

James Harden recorded 27 points as the Brooklyn Nets registered a 109-99 win over the Cleveland Cavaliers to sit second in the Eastern Conference. Terrence Ross notched 19 points as the Orlando Magic secured their second win at Madison Square Garden this season, by beating the New York Knicks 104-98.

WTA Finals: Garbine Muguruza beats Anett Kontaveit to win season-ending tournament



Garbine Muguruza collapsed to the ground after winning

(BBC) Garbine Muguruza beat Anett Kontaveit in straight sets to win her first WTA Finals title in Guadalajara, Mexico.

Sixth seed Muguruza won 6-3 7-5 to become the first Spaniard to win the season-ending finals, beating Estonian eighth seed Kontaveit for the second time

this week.

The two-time Grand Slam champion will rise to third in the world rankings on Monday.

"Right now, I feel extremely happy and relieved," said Muguruza, 28.

"It's a tournament that I've struggled at the beginning, then I managed to play well.

"I think I'm staying composed a little bit now because it means really a lot to me to win such a

big, big, big tournament in Latin America, here in Mexico. I think it's just perfect."

Victory marked former world number one Muguruza's 10th career WTA singles title. "I'm just very happy I proved to myself once again I can be the best, I can be the maestra, as we say in Spanish,"

	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](mailto:ism@ensh.com).**



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