



EST

Newsletter

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WEDNESDAY, 21 DECEMBER 2022

VOLUME 16, ISSUE 187

*One of the real joys of the Holiday Season is the opportunity to say
Thank You
for your continuous support and let you know how much you are appreciated.*

*May you and your family be blessed with peace,
love and happiness for the New Year!*

Delivery of MV Livorno (ex Nord Corona)



On 22nd of December 2022, Enterprises Shipping & Trading S.A. celebrated the new acquisition of M/V Livorno-IMO 9855549 (ex M/V Nord Corona), at Manila, Philippines.

M/V Livorno is a gearless bulk carrier built in a shipyard in Tongzhou in 2019. She has a gross tonnage of 43968 and powered by a 9928-kilowatt MAN B&W 6S60ME main engine.

Capt. Manolo Fetiza, a long-time Master of the company is in the command of the vessel, together with Mr. Rodrigo Rodrigo, also being a long-time Chief Engineer of the company.

Also, the company's Security Officer Mr. Christoforos Bissias and Technical Superintendent Mr. Wieslaw Zieba, arrived in Manila to assist in the vessel's

smooth handover by the Seller's crew.

All parties involved co-operated smoothly, achieving a successful taking over of the vessel.

Having placed the crew on the right track and completed audits and inspections successfully, it is anticipated that the vessel will live up to her expectations of efficient port and cargo operations and timely delivery of cargoes, to the full satisfaction of the Charterers.

Join us in welcoming M/V Livorno to our fleet with our best wishes for smooth and prosperous voyages to Captain Manolo R. Fetiza, Officers and crew on board!



Social Improvement Initiative Team: 34th Blood Donation!

The company's Social Improvement Initiative Team (S.I.I.T) had the pleasure to organize the 34th Blood Donation at our premises on 2nd December 2022 in co-operation with Sotiria Hospital.

The S.I.I.T once more hosted a blood donation and due to our colleagues enthusiastic participation managed to collect 25 units of blood!

Even though not all volunteers were able to complete the process and donate blood, it is worth mentioning that the 34th blood donation had one of the largest participation rates in the history of the company's blood donations.

It is also worth reminding you that 10% of the blood collected is being used for children suffering from Mediterranean Anemia.

Benefits of Blood Donation:

- ✓ Stimulates Blood Cell Production
- ✓ Helps reduce the risk of heart attack and cancer
- ✓ Donation of blood, burns calories & helps in weight loss
- ✓ Helps to maintain a healthy liver
- ✓ Prevents Hemochromatosis and helps to maintain iron level

Most importantly:

- ✓ **By donating blood you can save someone's life!**



Continue in page 4

continued from page 3 "Social Improvement Initiative Team: 34th Blood Donation!"



The Management and S.I.I.T would like to take this opportunity to sincerely thank all donors for their continued support since the implementation of the blood donation scheme over 15 years ago!



ats

2022 Table Top Exercise (TTX)

The 2022 Annual Table Top Exercise (TTX) was carried out on November 23, 2022 at 1300 UTC.

Capt. Maxim Ivashov and his crew serving on board MT Energy Ariadne 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 2022 TTX the following Objectives were tested and successfully completed:

- ☒ Notifications
- ☒ Staff Mobilization
- ☒ Containment of Discharge Source Control
- ☒ Protection of Sensitive Areas
- ☒ Procurement
- ☒ Documentation

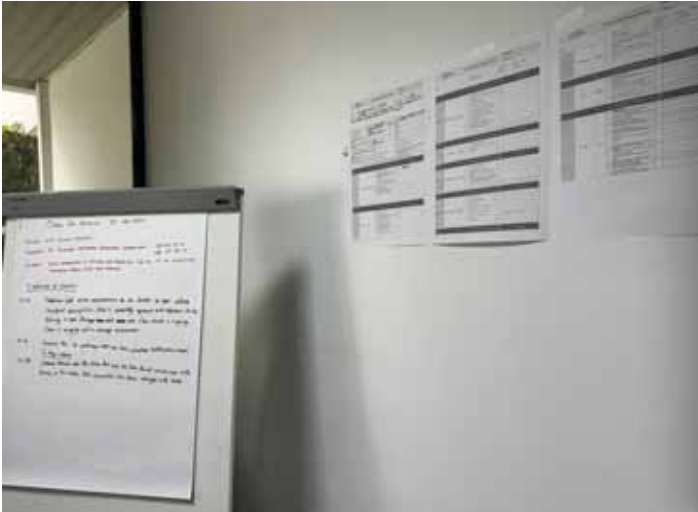
Upon completion of the exercise, the QI Exercise

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.



Continue in page 5

continued from page 4 “2022 Table Top Exercise (TTX)”



ats

What's New in the QHSEMS?

Tankers QHSEMS

1. ESTSA 425 “Bunkering Safety Checklist”- version 0.3
2. WIM, Part II, Section B, Permit System- version 0.4
3. WIM, Part IV, Section A, Shorebased Contingency Planning-version 0.9

New Uploads (Tankers)

- VRP Core 30 (All vessels)
- VRP Sister Vessel List (All vessels)
- VRP Enterprises Shipping SMFF Written Consent (All vessels)

Safety Awareness Handbook

- QHSE Alert 08-22 “Main Engine Starting Failure”
- QHSE Alert 09-22 “NCs Further to a Rightship Inspection
- QHSE Alerts Inventory

GMS Client Advisories

- Client Advisory 20_22 “National Response Corporation_Emergency Response Telephone Number Change”
- Client Advisory 21_22 “Annual Reporting Requirements for the 2022 Calendar Year”
- GMS List of Advisories

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/V Delphi Ranger**
Chief Officer, Sergiy Kalovsky
- **M/T Energy Commander**
Second Engineer, E. Mitrofanov
- **M/V Panther Max**
Chief Officer, Ramel Sugon

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:

Missing grate from Lifeboat's embarkation area

Risk:

Delay in crew disembarkation in case of an emergency situation can lead to an injury

UNSAFE ACT



Hazard:

Portable lamp left on a cardboard

Risk:

Start of fire

UNSAFE CONDITION



Hazard:

Galley exhaust fan obstructed by garbage bins drums.

Risk:

Spreading of fire in the galley due to delay in closing exhaust fan covers



Season Greetings from M/V Furious

We would like to thank Capt. Joel B. Loquias, the Officers and Crew onboard m/v Furious for their wishes and for sharing with us their beautiful "green" Christmas decorations made from empty tin cans, thus minimizing garbage disposal!



Christmas Blessings from 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!



kg



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:

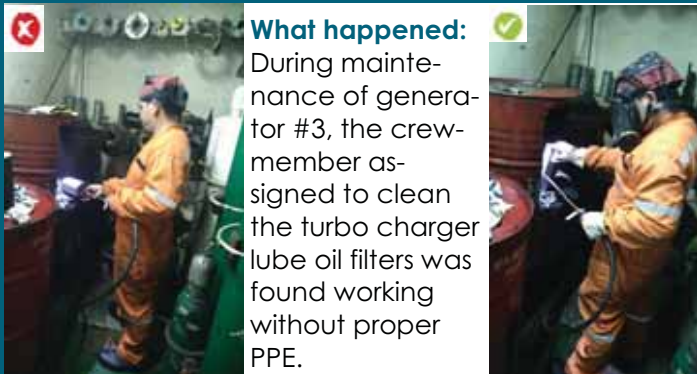
- ☆ Cadet A. M. Coldas of MV Panther Max
- ☆ Oiler A. Shcherbakov of MT Energy Champion
- ☆ Cadet Ralph J. N. Tabornal of MV Constantia
- ☆ Chief Off. O. Soroka of MV Helvetia One
- ☆ Pumpman A. Vladyzhenskiy of MT Energy Af-

rodite

- ☆ 2nd Off. V. Zhilyakov of MT Energy Achilles
- ☆ Cook Oleg Bykov of MT Energy Chancellor
- ☆ 3rd Eng. N. Shershakov of MT Energy Achilles
- ☆ 2nd Eng. V. Lugovy of MV Divinus
- ☆ Chief Off. O. Kharchenko of MV Colossus

UNSAFE ACTS

Failure to wear appropriate PPE



BEST PRACTICE



Continue in page 9

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

UNSAFE CONDITION**What happened:**

The cooling system of the bridge computer was in poor condition and as a result the PC was performing poorly.

**UNSAFE CONDITION****What happened:**

During a safety / security round it was observed that water was leaking overboard from the closed scupper plug. The scupper plug was properly secured immediately and crew reminder to always ensure that scupper plugs are securely fitted to avoid any spill overboard.

**UNSAFE CONDITION****What happened:**

The main operation panel was left without protective cover. This could lead to unintentional change of operation mode and other settings.

**UNSAFE CONDITION****Health & Hygiene Hazard****What happened:**

Used cooking oil was stored in a container of the same type and was not properly marked.

**UNSAFE CONDITION****What happened:**

During weekly routine inspection, dirty filters were found in the accommodation sanitation vent.

**UNSAFE CONDITION****What happened:**

The placard with the operation instructions for the free-fall lifeboat was not readable.

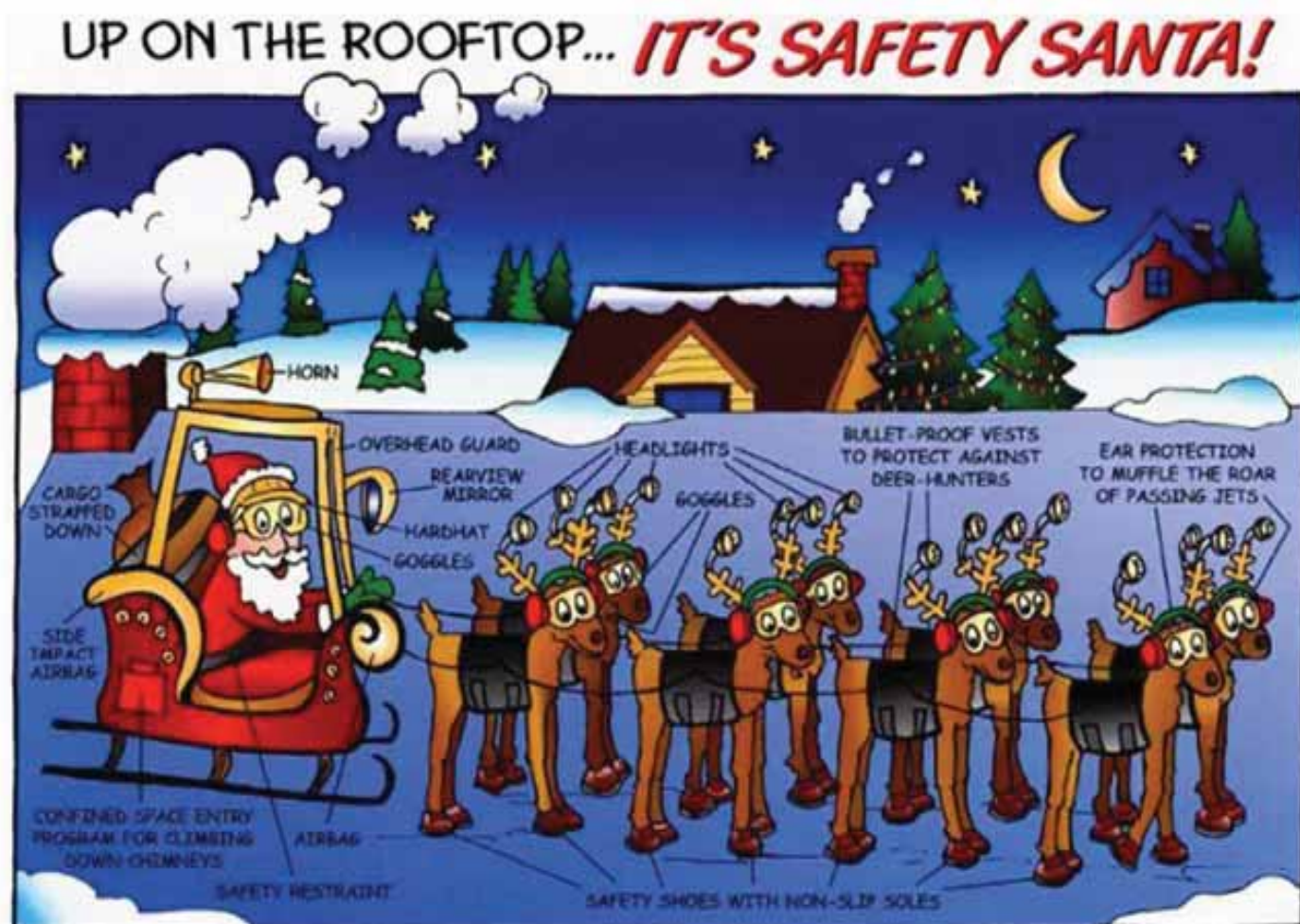


Ships with Zero PSC Deficiencies (Monthly)

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

No.	Ship	Captain	Date	Port	Country
1	Delphi Ranger	Oleh Melnyk	13/11/2022	Freetown	SIERRA LEONE
2	Dynamic Striker	Igor Chumakov	15/11/2022	San Pedro	IVORY COAST
3	Gladiator	Gennadiy Berezin	28/11/2022	Constantza	ROMANIA
4	Energy Achilles	Oleg Grebelny	07/11/2022	Chittagong	BANGLADESH
5	Energy Afrodite	Valerii Moskin	28/11/2022	Savannah	USA
6	Energy Artemis	Evgenii Berillo	08/11/2022	Callao	PERU

IMPORTANT REMINDER!



Lessons learned: Effective Passage Monitoring Can Reduce Likelihood of Accidents

According to UK MAIB, a cargo vessel grounded on a stone training wall, suffering substantial damage to the hull bottom and significant flooding of the engine room and ballast tanks.



The incident

A local pilot boarded a cargo vessel in preparation to navigate it into port and, after a brief handover with the master, took the helm. The pilot needed to time the entrance into the approach channel so that there was sufficient water under keel on the rising tide and depth of water on the berth.

Each side of the channel was bordered by stone training walls, which concentrated the tidal water flow out of the river to help keep the channel clear. Because of the large tidal range the training walls were visible at low tide but submerged during favorable navigation tides, and were marked along their length by beacons.

The ship entered the channel mid-afternoon, 15 minutes after the pilot boarded. He navigated the vessel at slow speed down the starboard side of the channel, waiting for the tide to rise.

The wind and the flood tide pushed the vessel across the channel further to the starboard side and over the top of the training wall.

About 10 minutes later the ship grounded on the eastern training wall, causing substantial damage to the hull bottom and significant flooding of the engine room and ballast tanks. The ship was refloated and eventually made its way to a safe haven and onwards to a shipyard for repairs.

Probable cause

Although the master and chief officer (C/O) were in the wheelhouse, they had not actively participated in the vessel's navigation.

Neither the electronic chart systems nor the radars

were fully used by the pilot or ship's crew to monitor the vessel's position during pilotage.

The ship's crew had used charts and sailing directions to prepare a passage plan, but did not include details about the arrival pilotage area, the approach channel and river, or any potential hazards.

Furthermore, on boarding the vessel, the pilot did not provide a detailed pilotage plan to the master and verbally communicated scant information.

Lessons learned

- ☑ **Plan:** Preparation of a detailed port entry plan would have highlighted the local hazards and optimal tidal conditions. Without visibility of the prepared pilotage plans during the master and pilot exchange, the master and his team were unable to effectively monitor the execution of the pilotage into port. Effective planning, communication and passage monitoring can reduce the likelihood and occurrence of accidents in coastal and pilotage waters.
- ☑ **Communicate:** Pilots provide the master and his team with up-to-date local information. It is important that the bridge team engages the pilot via effective master and pilot exchange and that the vessel's navigation is not left to the pilot to execute.
- ☑ **Equipment:** Electronic navigation aids should be set up correctly and used to enhance safe navigation, especially in higher risk operational scenarios such as coastal passages and arrival into port.

MEPC 79: Mediterranean Sea to Become Emission Control Area from 2025



During MEPC 79, IMO decided to designate the Mediterranean as a Sulphur Emission Control Area (SECA), marking a significant step forward towards cleaner air in the whole region.

MEPC 79 adopted amendments to designate the Mediterranean Sea, as a whole, as an Emission Control Area for Sulphur Oxides and particulate matter, under MARPOL Annex VI. In such an Emission Control Area, the limit for sulphur in fuel oil used on board ships is 0.10% mass by mass (m/m), while outside these areas the limit is 0.50% m/m.

The amendment is expected to enter into force on 1 May 2024, with the new limit taking effect from 1 May 2025.

Commenting on this decision, NABU welcomed “a shift to cleaner fuels and improved air quality for almost 150 million people around the Mediterranean.”

“This decision is a huge step forward towards cleaner shipping. The rising fuel quality requirements not only serve to clean up the air substantially but likewise encourage energy efficiency and climate

measures in shipping” stated Sönke Diesener, Transport Policy Officer at NABU, adding however that “policy makers missed the chance to enforce a full ECA covering both sulphur and nitrogen oxides. A Nitrogen Emission Control Area (NECA) like in the North and the Baltic Sea would further improve air quality and save hundreds of lives annually.”

As NABU explained, in order to clean up the air in both port cities and coastal regions and to protect the environment a swift establishment of a Nitrogen Emission Control Area is needed.

“A combined ECA covering sulfur and nitrogen as established in North America and in northern Europe would improve air quality further while also boosting the necessary shift towards climate-friendly e-fuels based on renewable energy”

For this reason, NABU together with its partner-NGOs calls to not stop the efforts with the designation of the SECA in the Mediterranean but also support the establishment of a NECA as the next goal.

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

Boosting Physical Wellbeing Onboard: Top 10 Anti-aging Foods

Working onboard can expose a seafarer to long-hour sunlight, which is the number one reason for premature aging.

The good news here is that the great progress of human knowledge can be used to slow down the appearance of aging signs, helping us select aliments rich in antioxidants to help ourselves age gracefully, both externally and internally. Some of these aliments are rich in vitamins or help enhance the creation of collagen, a leader protein in anti-aging.

10 aliments to help anti-aging

#1 Avocado

Containing vitamin C and K, potassium and folate, avocado can improve your health in an abundance of ways. Avocados are high in inflammation-fighting fatty acids that promote smooth skin. The natural oils and antioxidants in avocados nourish and hydrate the human skin, fighting the radicals that cause wrinkles.

#2 Red peppers

Vitamin C is vital for our body to produce collagen which helps our skin cells to stay together. While the orange is the queen of Vitamin C, red peppers contain 153 mg of vitamin C per serving, which is more than oranges. In addition to their high vitamin C content, they contain powerful antioxidants.

#3 Broccoli

Broccoli is a star of our diet, as it is full of vitamins C and K, antioxidants, fiber, folate, and more ingredients that help our body defend against disease.

#4 Pomegranates

Being high in vitamin C and a variety of potent antioxidants, pomegranates may protect our body from free radical damage and reduce levels of inflammation in our system. They also contain a compound called Punicalagins, which may help to preserve collagen in the skin, slowing signs of aging.



#5 Sweet Potatoes

This comforting root vegetable is a great source of vitamins C and E—both of which may protect our skin from harmful free radicals. In addition, sweet potatoes can stimulate the production of collagen and help minimize wrinkles.

#6 Beans

This is not widely known, but beans are not only beneficial for our health but also for our skin. Beans contain loads of protein and fiber and prevent the spike in blood sugar that accelerates aging, while being rich in antioxidants.

#7 Tomatoes

Tomatoes are a powerful weapon against skin aging because they contain lycopene, the plant nutrient responsible for their red color and known for its antioxidant function.

#8 Nuts

Several nuts -mostly almonds- are a great source of vitamin E, which may help repair skin tissue, retain skin moisture, and protect skin from damaging UV rays.

#9 Berries

All berries, and especially blueberries, contain polyphenols that help against stress and free radicals, while they contain a high level of vitamin C.

#10 Beetroots

Beets are rich in nitric acid helping in good circulation of blood and oxygen in the body, which is essential for younger and firmer skin. Like tomatoes, they also contain lycopene and are rich in antioxidants.

First 'Avatar: The Way of Water' Reactions Call it "Immersive," "Stunning," and Better Than the First Film



Critics, journalists, and more are back from their first visit to Pandora in over a decade, and they have plenty to say in their first reactions to *Avatar: The Way of Water*. The film is James Cameron's long-awaited return to the world he built in the highest-grossing film of all time, and it looks to set the groundwork for a potential franchise based around Jake (Sam Worthington), Neytiri (Zoe Saldana), and their family's exploits on the foreign planet.

Set over 10 years after the original film, the new adventure will take Jake and his family across parts of Pandora audiences have never seen before all in the name of finding safe haven. With the RDA redoubling its mining efforts on the planet, they look for a way to keep their family together as well as fight back against the encroaching threat. Trailers so far have showcased some absolutely stunning vistas as the franchise takes to a new, aquatic region. Despite the changes, Cameron aims to reinforce the original film's themes with *The Way of Wa-*

ter, focusing heavily on familial connections.

The return of such a revolutionary film warrants a cast packed with new and returning talent. Worthington and Saldana reprise their roles alongside Matt Gerald, Joel David Moore, CCH Pounder, Dileep Rao, Giovanni Ribisi, and, in a shocker, Stephen Lang. Sigourney Weaver also returns to the franchise, though she'll play a different role as Kiri, the adopted daughter of Jake and Neytiri. Cameron also brought in some exciting newcomers to join his returning cast members with Kate Winslet, Cliff Curtis, Edie Falco, Michelle Yeoh, Jemaine Clement, Oona Chaplin, and Vin Diesel all set to set foot on Pandora for the first time. For what it's worth, the stars haven't been quiet about their excitement to be a part of the film with Worthington even going as far as to claim the sequel blows its predecessor out of the water (pun intended).



Christmas Quiz

1. In the song "Last Christmas", who does the singer give their heart to?

- a. Someone special
- b. Someone precious
- c. Someone loved



2. Where can people eat a "Wigilia supper" at Christmas?

- a. Belarus
- b. Poland
- c. Lithuania

3. Which country started the tradition of putting up a Christmas tree first?

- a. Germany
- b. Norway
- c. Italy



4. In Home Alone, where are the McCallisters going on vacation when they leave Kevin behind?

- a. London
- b. Rome
- c. Paris

5. What famous Christmas carol became the first song ever broadcast from space?

- a. Jingle Bells
- b. All I want for Christmas is You
- c. Silent Night

6. Which fairy tale served as an inspiration for the first gingerbread houses?

- a. Snow White and the Seven Dwarfs
- b. Hansel and Gretel
- c. Sleeping Beauty



7. Where do candy canes come from?

- a. Germany
- b. USA
- c. Czech Republic

8. Which country does Eggnog, a Christmas drink, originate from?

- a. Ireland
- b. England
- c. Finland

9. Throughout the holiday season, under which type of plant are people supposed to kiss?

- a. Poinsettia
- b. Christmas Rose
- c. Mistletoe

10. What does Santa traditionally put in your stock-

ing if you've been bad?

- a. Coal
- b. Rocks
- c. Paper

11. In Charles Dickens 'A Christmas Carol', what is Scrooge's first name?

- a. Stuart
- b. Ebenezer
- c. Keith



12. In Venezuela, what do people traditionally do on Christmas morning?

- a. Chase people dressed as Father Christmas
- b. Argue about the washing up
- c. Go roller-skating

13. Christmas was banned in this island country from 1969 to 1998.

- a. Iceland
- b. Cuba
- c. Cyprus



14. Christmas trees in the western part of this Eastern

European country are often decorated with artificial spider webs because of the story of The Christmas Spider.

- a. Ukraine
- b. Romania
- c. Hungary

15. This country's culinary traditions include serving 12 dishes meant to give good luck for the next 12 months. For Catholics, it's meant to reflect the number of Apostles.

- a. Poland
- b. France
- c. Italy

16. Christmas has only been widely celebrated in this country for the last few decades as a non-religious holiday and Kentucky Fried Chicken is the popular choice for a Christmas Eve meal.

- a. Albania
- b. India
- c. Japan



17. The poinsettia plant originally came from which country?

- a. Mexico
- b. Brazil
- c. Canada

18. Where did the real St Nicholas live?

- a. Finland
- b. Sweden
- c. Turkey

13.b, 14.a, 15.a, 16.c, 17.a, 18.c
1.a, 2.b, 3.a, 4.c, 5.a, 6.b, 7.a, 8.b, 9.c, 10.a, 11.b, 12.c,

Answers



ats

Senators slam Chinese intrusion in WPS

SENATORS have denounced China's incursion in the West Philippine Sea (WPS) which they say undermines Philippine

sovereignty and violates international maritime law. On the last day of its session, the Senate passed a resolution expressing its stand against China's intrusion into Philippine waters.

Sen. Francis Tolentino said Beijing "remains dedicated to using gray zone tactics in the West Philippine Sea to advance its illegal claims without sparking conflict actions that push the boundaries of acceptable behavior under maritime international laws." "These gray zone tactics include swarming activities within the territorial seas of our nine stations in the West Philippine Sea," he said in a privileged speech. Tolentino said that in the Pag-asa Island, which are within the 12-nautical-mile territory over which the Philippines has full sovereignty, vessels from the China Coast Guard and Chinese maritime militia have been massing.

Sen. Joseph Victor "JV" Ejercito urged the government to expedite the buildup of defense forces in the WPS, since China's military assets "appear to be moving closer" to the Philippines' coastline. "If we continue to be a laggard, they might be able to annex Palawan," Ejercito said in Filipino and English.

To strengthen the country's defense against external threats, Ejercito asked fellow senators to increase funding for the Armed Forces of the Philippines (AFP) and its modernization program. He urged the national government to acquire missiles, advanced combat aircraft, submarines, and naval assets to force China to think twice before violating the country's territorial integrity. "This is my wishlist so that they would know that they cannot bully us. We will have anti-aircraft missiles, surface-to-surface missiles, surface-to-air so that they will not easily conduct aircraft intrusions," he said.



More faithful expected to attend dawn masses

WITH Covid-19 restrictions eased, Catholic Churches in the Philippines expect more devotees to flock to the nine-day, pre-Christmas Simbang Gabi.

"We are more relaxed now compared to the previous years at the height of the pandemic," Fr. Earl Allyson



Valdez, attached priest of the Quiapo Church and Media Correspondent for Nazareno 2023, told The Manila Times on Thursday. "Since we now have a more expanded capacity in churches, more people can now go to church this year for the traditional Simbang Gabi."

Valdez said what has been retained is the wearing of masks. "This has been the decision that inside and around churches where we are gathered for prayer and celebration of the sacraments we need to wear face masks properly and at all times. We will not remove the face masks in all places of worship despite the order of the national government that face masks are no longer mandatory in public places and also physical distancing will still be observed," he said.

Valdez said there will be different entry and exit points in the churches to avoid crowding.

The Misa de Aguinaldo in preparation for Christmas day and devotion to the Blessed Virgin Mary began on December 16. He said Simbang Gabi at the Quiapo Church is from 7 p.m. to 8 p.m. from December 15 to 23 while Misa de Gallo will start from December 16 to 24, beginning 4 a.m. to 5 a.m. Not all churches have the same schedules for the Simbang Gabi and Misa de Gallo. Devotees are advised to check their local churches.

Valdez said the nine Masses "will be more of remembering the Christmas story from the Annunciation onwards. This is a look back at the events leading up to the birth of Jesus Christ."



Elon Musk no longer world's richest man



Elon Musk is no longer the world's richest man after a sharp drop in the value of his shares in electric car company Tesla this year.

According to both Forbes and Bloomberg, Mr Musk has been overtaken at the top spot by Bernard Arnault, the chief executive of luxury goods group LVMH.

Mr Musk is chief executive and the largest shareholder in Tesla, with a reported stake of about 14%. He completed a \$44bn takeover of social network Twitter in October.

According to Forbes, Mr Musk is now worth about \$178bn (£152bn). Meanwhile, Bernard Arnault has a value of \$188bn.

Chris Hemsworth to take acting break over Alzheimer's risk



BBC Nov. 22 | Chris Hemsworth has said he is taking a break from acting, after learning he has a heightened risk of developing Alzheimer's disease. The Thor star made the discovery after undergoing tests as part of his documentary series Limitless. The 39-year-old said the tests confirmed his "biggest

fear".

While he stressed that he was not resigning from his acting life, the star said he would be returning to Australia to spend more time with his partner and their children.

A severe bomb cyclone continues to grip much of North America



BBC Dec. 25 | A powerful Arctic winter storm sweeping across the US and Canada has been linked to at least 37 deaths ahead of the holiday weekend.

More than 1.5 million people lost power and thousands of flights have been cancelled.

Temperatures in Montana have dropped as low as -50F (-45C). The vast storm extends more than 2,000 miles (3,200km) from Texas to Quebec in Canada.

A bomb cyclone, when atmospheric pressure plummets, has brought blizzard conditions to the Great Lakes on the US-Canada border.

Cristiano Ronaldo is leaving Manchester United

CNN Nov. 22 | Cristiano Ronaldo is leaving Manchester United with immediate effect, the English Premier League club announced on Tuesday.

In a brief statement, United said the decision, which comes a week after Ronaldo gave an explosive TV interview about his frustrations at the club, was made by mutual agreement.



Continue on page 19

The best space photos of 2022

CNN - This year, space missions provided an entirely new way of looking at the cosmos, from the celestial backyard of our solar system to incredibly distant galaxies that were created shortly after the Big Bang.

The James Webb Space Telescope turned its infrared gaze on the universe for the first time in July, revealing unseen aspects and stunning new details of planets, stars and galaxies. The historic Artemis I mission journeyed to the moon and back. And a NASA spacecraft deliberately slammed into a tiny asteroid to test the technology that one day may be used to defend our planet from space rocks.

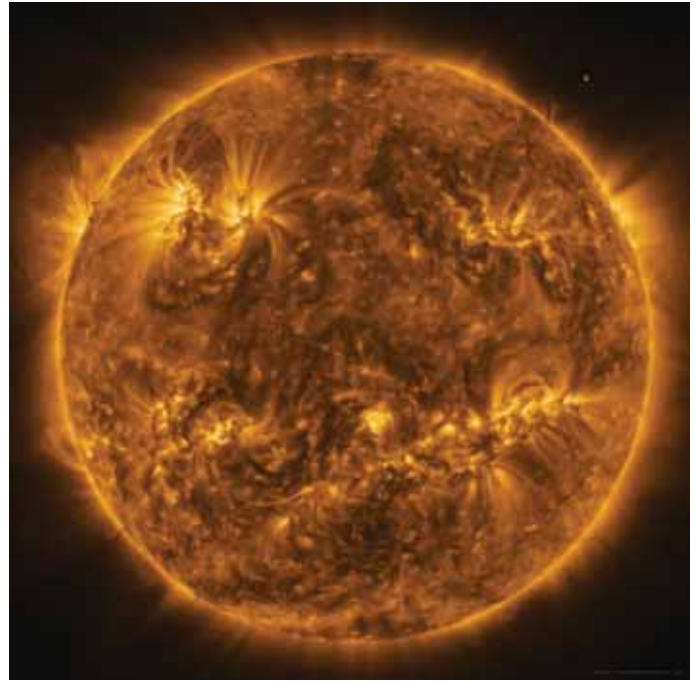
Explore the cosmos like never before as we look back on some of the most memorable space images from 2022.



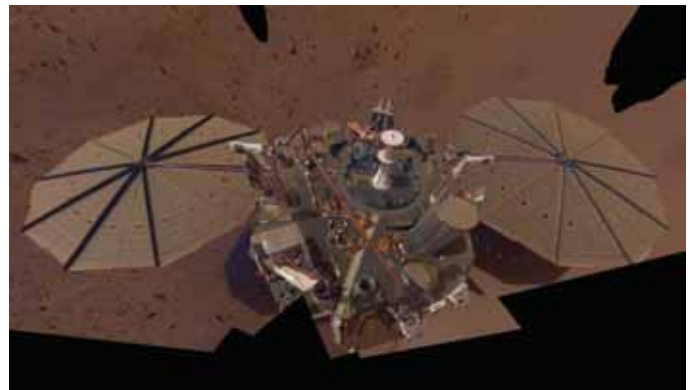
The International Space Station captured this image of the moon above Earth's horizon on January 21. NASA



Ganymede, one of Jupiter's four largest moons, casts a shadow on the planet on February 25. NASA's JunoCam recorded the image from approximately 44,000 miles away.



The Solar Orbiter showed unprecedented details of the sun's outer atmosphere in March, capturing the star in extreme ultraviolet light.



NASA's InSight Mars lander poses for its final selfie. The space agency said it would soon cease scientific operations due to decreasing power supply.



The Orion spacecraft made its second close flyby of the moon's surface and captured a selfie.

FIFA World Cup Results 2022

Lionel Messi and Argentina return home to heroes welcome as thousands of fans line streets

(Sporting News) After 64 matches, Argentina were crowned champions of the 2022 FIFA World Cup in Qatar.

Despite starting the tournament with a shock 2-1 loss to Saudi Arabia, Lionel Messi and Co. responded perfectly to win six straight matches.

Argentina faced a defiant France in the final as Les Bleus looked to claim back-to-back World Cup titles.

Messi gave Argentina the perfect start with an early penalty before Angel Di Maria gave the South Americans some breathing space before halftime.

With France looking down and out, their young superstar Kylian Mbappe stepped up with just 10 minutes of regular time remaining with two goals in as many minutes.

In extra time, Messi restored Argentina's lead before Mbappe once again equalized for Les Bleus in the dying minutes.

Emiliano Martinez came up with a clutch save to deny France a late winner and then made a crucial stop in the penalty shootout as Argentina triumphed 4-2.

Messi finally winning his first World Cup, along with another Golden Ball, while Mbappe took out the Golden Boot courtesy of his hat-trick in the final.



Vessels Under EST Management

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

Affiliated vessels

	Vessel	Flag	Class
1	Good Hope Max	IOM	BV
2	Victorius	IOM	BV

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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