



EST Newsletter

WEDNESDAY, 15 SEPTEMBER 2021

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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.

MV Panther Max The first EST vessel being vaccinated

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

[Continue in page 2](#)



Continued from page 1 "MV Panther Max-The first EST vessel being vaccinated against COVID-19"

The crew of MV Panther Max was vaccinated at New Orleans on 20/08/2021 with the Johnson and Johnson vaccine by a duly authorized CDC pharmacist.

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.

Many 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.

Vaccination seems to be the solution to crew changes and thankfully, the list of ports where sea-

men can be vaccinated is constantly growing.

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.

We will also be monitoring the situation and vessel's schedule and we will keep you informed accordingly.



Life on board

My Mind Matters...Emotional Support at Sea

Seamen who may be feeling stressed, low or need someone to talk to, to reach Mind Call: a dedicated emotional support helpline available for free to seafarers 24 hours per day, 7 days a week, 365 days per year.

Being able to talk anonymously, and in complete confidence, without fear of repercussion or unwanted intervention, can be very helpful in times of emotional distress.

The Mind Call team speaks; Arabic, Chinese, French, Hindi, Russian, Spanish and Tagalog as well as English and you can request a call back, use live chat or send an email instead.

Mind Call's helpline staff are trained in counselling skills and offer emotional support.



Mental health and emotional wellbeing at sea

Contact our confidential helpline +44 191 235 3917



Call

[+44 191 2353917](tel:+441912353917)



Email

contact@mindcall.org



Live Chat

Chat to an advisor

What's New in the QHSEMS?

Tankers QHSEMS

1. Policy Manual Chapters 1,2,3,4,5,6,7,8,9,11,12,13,14,15,16,17,18,19,20,21,22-version 0.3
2. Policy Manual Chapter 10-version 0.4
3. Policy Manual Intro-version 0.3
4. EMM Section D "Emission Control Areas"-version 0.2
5. EMM Section C "Bunker Management Plan"-version 0.3
6. EMM Cover-version 0.3
7. WIM Part III Section A "Documentation Inspections"-version 0.2
8. Recovery of Persons From Water Exercise Record"-version 0.2
10. Form 1140 "Weekly Emergency Fire Pump Test Record"-version 0.2
11. Form 1141 "Fire Drill Record"-version 0.2
12. Form 1142 "Boat Drill Record"-version 0.2
13. Form 1143 "Helicopter Operation Drill Shipboard Safety Checklist"-version 0.2
14. Form 1144 "Enclosed Space Rescue Resuscitation Escape Drill Record"-version 0.2
15. Form 1150 "Enclosed Space Entry Permit"-version 0.2
16. Form 1154 "Weekly Emergency Generator Test Record"-version 0.2
17. Form 30 "Brake Holding Capacity Test" -version 0.2

New Uploads (Tankers)

- Live Message 067 "ECA Change Over Procedures"
- Live Message 067 Attachments (1-7)
- COVID 19 Vaccination for Seafarers and Shipping Companies A Practical Guide
- VRP Appendix I COTP Zones (All Tankers)

Bulkers QHSEMS

1. Divinus MRV Plan-version 0.2
2. Colossus MRV Plan-version 0.2
3. Technical Manual "Circular 59"-version 0.2
4. Technical Manual "Circular 65"-version 0.2
5. Technical Manual Contents-version 0.2
6. Technical Manual "Circular 62"-version 0.2
7. EMM Section D "Emission Control Areas"-version 0.2
8. EMM Cover-version 0.3
9. Form 1138 "Man Overboard Search-Rescue and

New Uploads (Bulkers)

- VGP (All Bulkers)
- NTVRP (All Bulkers)
- NTVRP Appendix I COTP Zones (All Bulkers)
- NTVRP Core (All Bulkers)
- SERS (m/v Olympius)
- COVID 19 Vaccination for Seafarers and Shipping Companies A Practical Guide
- Technical Manual-Circular 71

Office QHSEMS

1. ESTSA 900 "Office Forms Index"-version 0.3

New Uploads (Office)

- ESTSA 950-958-Internal Audit Checklists

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 Patriot, 2nd Officer Bolonin Kirill
- M/V Helvetia One, Chief Officer Shsshurin Y.
- M/V Puma Max, Chief Officer Mark Jester L. Din



UNSAFE CONDITION



Hazard:

Rusted hatchet (corroded cutting edge) in lifeboat

Risk:

In case of vessel's abandonment, the crew will be unable to cut/break/free any object which may be entangled to the lifeboat. For eg. cutting of painter wire.

UNSAFE CONDITION



Hazard:

Eye wash kit missing from designated place.

Risk:

Eye injury from not flushing necessary fluids to wash the eyes after chemicals being splashed.

UNSAFE ACT



Hazard:

Fumigant gases coming out from cargo hold's manhole.

Risk:

Serious illness for Inhaling fumigant gases when PPE are not used.

Best Practice Received by Chief Officer on Energy Centaur

We would like to thank Chief Officer S. Skripko of m/t Energy Centaur 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.



MARPOL Annex VI requires representative bunker samples to be taken and retained on board. The bunker samples provide vital evidence to support claims against suppliers and to provide protection when facing Port State Control. It is important to retain the bunker samples onboard to determine the quality specification and to demonstrate compliance with Annex VI. The crew on mt Energy Centaur fabricated a cabinet by installing a steel door with padlock to avoid unauthorized access and ensure the proper management of the samples bottles.



"IDEA" Program: m/v Citius m/v Constantia, m/v 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.



MT Energy Centurion Completes Trip Around the World

11 Crewmembers receive an onboard certificate of Circumnavigator from Capt. Roman Kostin!

Eleven seafarers serving on board our MT Energy Centurion managed to achieve the rare status of a **Circumnavigator** by successfully completing a full trip around the world heading west and arriving to the same place where they embarked on board the vessel!

The famous Portuguese explorer Ferdinand Magellan (1480–1521) has been credited with masterminding the first expedition to circumnavigate the world. In 1519, Ferdinand Magellan set sail from Spain with five ships to find a western route to the Moluccas. Battling storms, mutinies, and the unknown, Magellan died before reaching his destination. One ship ultimately returned to Spain after circumnavigating the world.



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. S. Kalovsky of MV Heroic Striker
- ☆ El. V. Sborshchik of MV Warrior
- ☆ AB R. Fedoseenko of MT Energy Ariadne
- ☆ 2nd Eng. V. Ilyushkin of MT Energy Patriot
- ☆ Cadet R. Balbuena of MV Panther Max
- ☆ 2nd Eng. O. Kostyk of MV Dynamic Striker
- ☆ Chief Off. O. Sokolov-Rosha of MV Braverus
- ☆ Chief Off. S. Kalovsky of MV Heroic Striker
- ☆ 2nd Off. R. Bamburov of MT Energy Puma
- ☆ Seaman Q. D. Bontigao of MV Constantia
- ☆ 2nd Eng. I. Karakash of MT Energy Puma
- ☆ A/B K. Kaliberda of MT Energy Progress
- ☆ Chief Off. A. Shvets of MT Energy Centurion

UNSAFE ACT: Fire Hazard



What happened:
During breakfast it was noticed that a plate with food that was covered in aluminium foil was placed in the microwave.



ALUMINIUM FOIL SHOULD NEVER BE USED INSIDE THE MICROWAVE AS IT CAN QUICKLY HEAT UP AND CAUSE SPARKS OR IGNITE.

UNSAFE CONDITION: Hazard of Electrocution

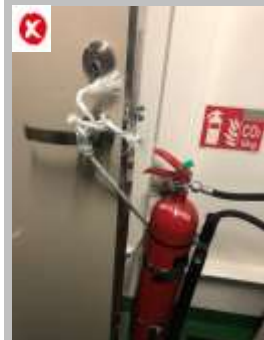


What happened:

The El. Cadet noticed an electrical socket placed near the faucet, without being properly covered to be waterproof. Same was removed.



UNSAFE CONDITIONS



What happened:

The OOW found that a fire door was improperly fixed in a open position in order to complete installation of CCTV on the bridge and was then left open after completion of works.



What happened:

During a safety round in the E/R and Steering Gear Room, the fixing pin of a fire door's self-closing device was found damaged.



What happened:

Watertight doors must be properly secured when in open condition to avoid crew injury in case that the door closes on itself due to vessel's rolling.



Continue in page 8

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

UNSAFE ACTS

Use proper PPE for each job



What happened:

A seaman was working in the E/R without proper safety equipment.



What happened:

The Cook was tidying up/cleaning inside the meet refrigerator without proper clothing for low temperatures.



UNSAFE CONDITION:



What happened:

During drying clothes, it was observed that the filter in the dryer was clogged by dust.



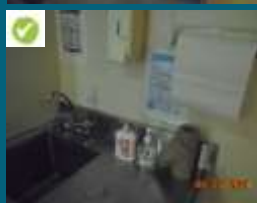
COVID-19 Protection on board



What happened: During pilotage, a crew member was seen on the bridge without properly wearing his face mask.



What happened: Only a bar soap and cloth towel was available in the hand wash station.



Liquid soap, paper towels and anti-septic solution must be used to prevent spread of COVID-19.

UNSAFE CONDITION

FIRE HAZARD



What happened: Used oil rugs were left next to hot pipes in the boiler area.



UNSAFE ACTS

Damage / Personal Injury



What happened:

During a safety round on deck, the AB knelt to tie his shoe-laces and the UHF antenna almost poked his eye. UHF radio was provided with hand free device to avoid personal injury or damage to equipment due to accidental fall.

UNSAFE ACTS

Food Waste Management



What happened:

During routine inspection of the galley, it was found that the food waste disposer was not being properly used as per the operation instructions.



This could lead to failure of the equipment and blockage of the decanting pipe.



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	11/08/2021	Kwangyang	KOREA
2	Divinus	Oleksandr Vydrich	20/08/2021	Kuantan	MALAYSIA
3	Dynamic Striker	Vitaliy Skidanov	19/08/2021	Lome	TOGO
4	Panther Max	Andrzej Winiarkiewicz	03/08/2021	Itaqui	BRAZIL

IMPORTANT REMINDER!

EU MRV Regulation-Document of Compliance

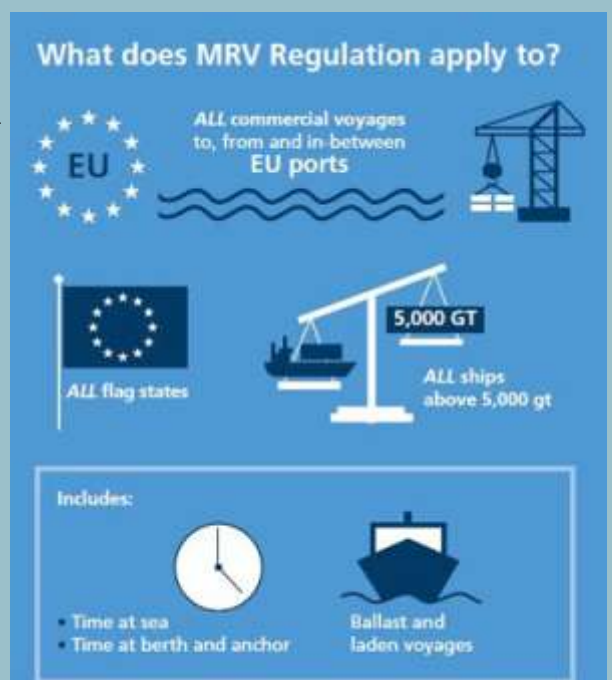
According to regulations, companies' vessels of over 5000GT which carry cargoes for commercial purposes to or from European ports, are required to submit their monitoring plans to an accredited verifier by 30th April of each year.

A "MRV" Document of Compliance is issued on June 30th of each year and is valid for a period of 18 months after the end of the reporting period.

As you are already aware, the emission reports covering the reporting period 2020, have been submitted in a timely manner to the verifier and class has already issued the new MRV Documents of Compliance for those vessels that have carried cargo to European ports.

Vessels that may have called a European Port in 2020 for any reason other than cargo transportation (eg hull cleaning, crew change) have not been issued such a certificate.

During a PSC inspection, the PSCO may request to see the DOCUMENT OF COMPLIANCE and therefore, the Master in such case must be able to respond accordingly in order to avoid a deficiency or even a fine being imposed on the vessel. In case office assistance is required, please let us know the soonest possible.



Pilot Transfer Arrangements: Common Defects



As you are aware, the Company has launched QHSE Safety Campaign #01/2021 taking place between 1 July and 30 September 2021, which is focused on pilot transfer arrangements and pilot ladder safety.

In that regard, please see some common defects highlighted by the Bahamas Maritime Authority, based on the campaign results of 2020.

#1 Use of deck-tongue: If weight is momentarily removed due to swell or interaction with the launch the ladder, and pilot, may be lost. Weight of ladder (and user) is on a single step, which may not have sufficient strength to comply with loading requirements.

#2 Ladder rigged over railings: Pilot needs to climb over railing or manoeuvre sideways to reach opening in railings, increasing risk of falling. Railings are generally not certified to comply with loading requirements.

#3 Ladders secured to deck fittings: Vents, sounding pipes and other non-load tested fittings are not certified to comply with loading requirements.

#4 Ladder reel on winch brake only: Ladder not secured to a strongpoint independent of the winch. Increases risks due to single point failure.

#5 Incorrect set-up for freeboard: Combinations with too much (or not enough) climb from water level to accommodation ladder platform (maximum 9m, minimum 1.5m) increase risk of injury.

#6 Accommodation or pilot ladder not secured to hull: Both pilot ladder and accommodation ladder must be secured to the hull, they must also be secured independently to avoid the entire arrangement collapsing in the event of a single failure.

#7 Unsafe platform: Stanchions are required on both sides of the accommodation ladder's platform to allow safe transfer and reduce risk of falling.

#8 Accommodation ladder on winch brake only: When the ladder is not secured to a strongpoint independent of the winch it increases risks due to single point failure.

#9 Non-compliant trapdoor system: If the ladder does not run through the platform it increases difficulty to climb and therefore risk of falling. When the ladder is not attached to the hull independently of the accommodation ladder it increases risks due to single point failure. Trapdoor openings should be of a sufficient size to allow safe passage.

AMSA to Launch Inspection Campaign on Safety of Navigation

The Australian Maritime Safety Authority (AMSA) has announced a Focused Inspection Campaign (FIC) on safety of navigation, running from 1 August 2021 to 30 September 2021.



- the level of compliance with the safety of navigation requirements of international conventions; and
- the familiarity of the master and officers with their processes for ensuring safety of navigation

According to AMSA Marine Notice 04/2021, the purpose of the FIC is to determine:

- the level of compliance with the safety of navigation requirements of international conventions; and
- the familiarity of the master and officers with their processes for ensuring safety of navigation

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

Calling vessels should use this checklist to prepare for inspection:

No.	Question	Yes	No	NA
1	Has the passage plan been appraised to cover the whole voyage / berth to berth and readily available on primary and back-up navigation systems?			
2	Does the SMS contain guidance on best practice watchkeeping, including appropriate Under Keel Clearance (UKC) and safety contour settings?			
3	Are official up to date navigational charts (ENCs) being used onboard for navigation?			
4	Has the previous voyage been executed and monitored in accordance with the plan?			
5	Can watchkeeping officers demonstrate familiarization with ECDIS?			
6	On ships with ECDIS installed, can the alarm sound be demonstrated?			
7	Is the bridge visibility obstructed by cargo, cargo gear or other obstructions forward of the beam?			
8	Is there evidence of an effective lookout being maintained at all times in accordance with COLREGs?			
9	Is a pilot transfer arrangement provided onboard in accordance with SOLAS Chapter V, Reg 23?			
10	Are required inputs to ECDIS connected and configured correctly Gyro, Continuous position fixing system (CPS) and speed and distance measuring device)?			
11	Is there evidence of periodic testing of navigation equipment during the watch?			
Post inspection		Yes	No	NA
12	Have deficiencies been issued as part of the FIC? (Form B)			
13	Has the ship been detained as part of this FIC?			
	Comments:			

China Increases Fines for Breaches of Safe Navigation from 1st Sept 2021



The Maritime Traffic Safety Law of the People's Republic of China (MTSL) is the primary law regulating maritime traffic safety in the sea areas within the jurisdiction of the People's Republic of China. The latest amendments to the MTSL came into effect on September 1, 2021, providing a systematic administration of maritime traffic safety in China, while also increasing the penalties of various breaches of safe navigation.

The penalizable breaches stipulated in the amended law mainly include:

- ✓ If a vessel or offshore installation fails to hold valid certificates or documents as per the requirements of relevant laws and regulations.
- ✓ If the actual condition of a vessel or offshore installation is inconsistent with the certificates and documents held.
- ✓ If a vessel fails to fly the flag or flies a flag of another country, region or organization; or fails to indicate its name vessel identification number, port of registry and load line mark as required; or fails to

maintain minimum safe manning.

- ✓ If the relevant certificates and documents are obtained for a vessel of Chinese nationality by fraud, bribery or other inappropriate means, or if the certificates of competency are obtained by fraud, bribery or other inappropriate means.
- ✓ If a crew member fails to ensure safe performance of watch-keeping duties, or violate the relevant provisions by ingesting food, medicine or other articles that may affect the watch-keeping safety, or commits other act in violation of the rules on watch-keeping duties at sea;
- ✓ If a crew member fails to hold certificates of competency or health certificates or these certificates held fail to satisfy the requirements;

Source: safety4sea.com

Healthy Eating

In recent years there has been, quite rightly, a greater focus on seafarers' mental wellbeing. Apart from our mental health, we should also take good care of our physical health. Taking good care of our physical wellbeing enables us to better cope with emotional problems. A healthy diet, along with exercise and rest, plays a vital role in ensuring you maintain a healthy body and a healthy mind.

Fruit and vegetables : Eat at least five portions of a variety of fruit and vegetables every day. It doesn't need to be fresh –you can also choose from frozen, tinned, dried or juiced.

Carbohydrates: This includes potatoes, bread, rice, pasta and other starchy carbohydrates. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. They should make up just over a third of the food we eat.

Dairy: Choose lower fat and lower sugar options. Milk, cheese and yoghurt are good sources of protein and they're also an important source of calcium, which helps keep your bones strong.

Protein: Beans, pulses, fish, eggs and lean meat are good sources of protein, vitamins and minerals but try to cut down on red and processed meat products.

Oils and spread: Choose unsaturated oils and use in small amounts.

Hydration: It is important to drink plenty of fluids. Safe drinking water, lower-fat milks and lower-sugar or sugar-free drinks, including tea and coffee, all count.

Watch the calories: When we eat and drink more calories than we use up, our bodies store the excess as body fat. This can lead to obesity, which in



turn increases the risk of diabetes and heart disease. Men need around 2,500kcal a day to maintain a healthy body weight.

Let's get physical: Scientific evidence has proven that physical activities can:

- ✓ Cause chemical changes in the brain which can help to positively change our mood
- ✓ Help people with mild depression and may prevent anxiety
- ✓ Improve self-esteem, self-control, and the ability to rise to a challenge

Exercise can enable you to deal with problems more calmly. Whilst on board it may seem difficult to find time and means to exercise but even moderate exercise can lift your mood as well as assisting with better sleep.

Fight against fatigue: Managing fatigue on board may be difficult due to the pressures and long hours of work. But you can help yourself by making sure that you prioritise sleep during rest periods and avoid heavy meals and caffeine before bed.

Source: www.nepia.com

Body Workout

RECOVERY WORKOUT

BY DAREBEE © darebee.com**30** low side leg raises (right)**6** hip rotations (right)**30** low side leg raises (left)**6** hip rotations (left)**30** straight leg back swings (right leg)**6** hip rotations (right)**30** straight leg back swings (left leg)**6** hip rotations (left)**6** back and forth tilts**6** side-to-side tilts**6** neck rotations (3/3)

JOKES:

H.o.m.e.w.o.r.k.=
Half
Of My
Energy
Wasted On
Random
Knowledge.



Q: Why do birds fly to warmer climates in the winter?
A: It's much easier than walking!



I'm so single that
if I win a trip for 2,
I'm going twice.



The fact that Jellyfish
have survived for
650 million years
despite not
having
brains
gives hope
to many people.



DespicableMeMinions.org

"USERNAME OR PASSWORD
INCORRECT."



DESPICABLEMEMINIONS.ORG

...WELL
AT LEAST
TELL ME
WHICH
ONE IT IS.

TOP 7 THINGS MAN DO THAT UPSET WOMEN.

1. Lie
2. Be honest
3. Not Talk
4. Talk too much
5. Not show emotions
6. Be too emotional
7. Breathe



Fb.com/MinionQuote

DespicableMeMinions.org

MEN tal Anxiety
MEN tal Breakdown
MEN strual Cramps
MEN opause...

Did you ever
notice how all
your problems
begin with **MEN** ?



Philippines opts for "granular lockdowns" for Metro Manila



The Philippines is again easing quarantine restrictions across its sprawling capital region from Wednesday (Sept 8) – switching to targeted curbs as a new tactic against the extremely contagious Delta variant that is fueling record surges in Covid-19 infections.

"Experts believe granular lockdowns will be more effective," Mr. Harry Roque, President Rodrigo Duterte's spokesman, said in a news briefing on Monday. "We've seen that even although we're on (sweeping lockdowns), the cases don't seem to be going down," he said. "Although projections say we're on track (to bringing the numbers down), they're still high."

Mr. Roque said Metro Manila – home to some 13 million, or over a 10th of the nation's population – would be under the more relaxed "general community quarantine" from Wednesday till the end of the month. But there would be places in the capital region that would be placed under "total lockdowns". "This means no one can go in and out during the duration of the granular lockdown. People will not be allowed to leave their homes even to buy food or medicine. The government will provide for their needs," Mr. Roque added.

Philippine President decision to keep VFA put PH-US ties back on track – Foreign Affairs Secretary

PRESIDENT Rodrigo Duterte's restoration of the Visiting Forces Agreement (VFA) put the relationship between the Philippines and the United States back on track and restored the security balance

in the Asia-Pacific.

Foreign Affairs Secretary Teodoro Locsin, Jr. stressed this on Wednesday during his meeting with some members of the US-Asean (Association of Southeast Asian Nations) Business Council (USABC). He met with USABC President and Chief Executive Officer Ted Osius during his working visit to the US to mark the 75th anniversary of Philippines-US diplomatic relations on September 8.

In a statement on September 9, the Department of Foreign Affairs (DFA) said Locsin and Osius discussed ways to further expand the three-decade-old partnership between the Philippines and USABC. They noted that USABC has been instrumental in ensuring that US businesses find a reliable trade and investment partner and hub for their regional operations in the Philippines.

Beyond health-related cooperation, the Philippines remains open to opportunities for collaboration in the energy, information technology, manufacturing, and telecommunications sectors, it added.

Philippines posts all-time high of daily COVID-19 cases at 22,820



The Philippines on Thursday, September 9, recorded 22,820 new COVID-19 cases, the highest single-day tally since the pandemic began.

Before this, the highest daily tally was reported on September 6.

The new record of cases on Thursday raised the country's total COVID-19 caseload to 2,161,892. Of these, 7.7% or 166,672 cases are active or currently sick.

The DOH also recorded 61 deaths. The total death toll due to COVID-19 now stood at 34,733. Meanwhile, recoveries were up by 12,337 for a total of 1,960,487.

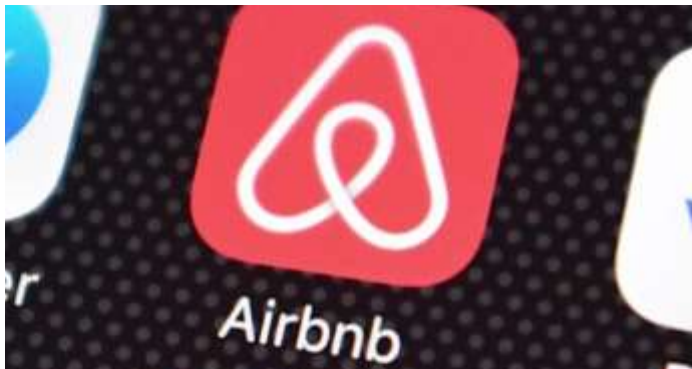
The all-time high COVID-19 cases come as the Philippines is dealing with the highly transmissible Delta variant that has crippled the healthcare systems of Southeast Asian countries, such as in Indonesia, Thailand, and Malaysia.

Your old video games may worth millions



CNN AUG. 23-The market for vintage games is rapidly evolving, with auction houses taking notice. An unopened copy of "Super Mario Bros.," released in 1985, set a new world record when it sold for \$2 million. As digital games become the norm, collector Roberto Dillon believes limited-edition physical games will become the next big collectibles.

Airbnb has pledged to provide free housing for 20,000 Afghan refugees



CNN AUG. 24-Airbnb has pledged to provide free housing for 20,000 Afghan refugees. CEO Brian Chesky said Tuesday that the program would begin immediately, and that Airbnb would pay for the stays.

The company will work closely with NGOs and its nonprofit arm, Airbnb.org, which provides housing to people in need following natural disasters and other crises.

Tens of thousands of people have been attempting to leave Afghanistan in recent days after the country's capital, Kabul, fell to the Taliban. Many Afghans have come to the airport in Kabul in hopes of departing on evacuation flights operated by the United States and other governments.

Eating a single hot dog could take 36 minutes off your life

CNN AUG. 31-You may want to skip the toppings on your next hot dog, or skip it altogether: Health researchers at the University of Michigan have found that eating a single hot dog could take 36 minutes off your life. In their study, published this month in the journal *Nature Food*, researchers looked at 5,853 foods in the US diet and measured their effects in minutes of healthy life gained or lost. The team came up with an index that calculates the net beneficial or detrimental health burden in minutes of healthy life associated with a serving of food.



China Bans kids from playing video games during the week



CNN AUG. 23-China has barred children under the age of 18 from playing online video games on weekdays. Now, kids are limited to just three hours most weekends, plus some time on Friday evenings and on public holidays.

"Many parents said that teenagers' addiction to online games seriously affected their studies, and physical and mental health, leading to a series of social problems, making many parents suffer," said a representative for the National Press and Publication Administration, according to a report by Xinhua.

Taliban tells working women to stay home because soldiers aren't trained to respect them



CNN AUG. 23-Working women in Afghanistan should stay home for their own safety because Taliban soldiers are “not trained” to respect them, Zabiullah Mujahid, a spokesperson for the militant group, said Tuesday. Mujahid said the guidance to stay home would be temporary. The Taliban banned women from the workplace and leaving their homes unaccompanied when the group was last in power in Afghanistan between 1996 and 2001. The group has said its new era will be more moderate, but Taliban leaders have refused to guarantee women's rights won't be stripped back.

Nirvana sued by the baby from Nevermind's album cover.



Spencer Elden, the man who was photographed as a baby on the album cover for Nirvana's Nevermind, is suing the band alleging sexual exploitation. The cover depicts Elden as a four-month-old in a swimming pool, grasping for a dollar bill that's being dangled in front of him on a fishing line. Now 30, Elden says his parents never signed a release authorising the use of his image on the album. He also alleges the nude image constitutes child pornography.

Non-sexualised photos of infants are generally not considered child pornography under US law. However, Elden's lawyer, Robert Y. Lewis, argues that the inclusion of the dollar bill (which was superimposed after the photograph was taken) makes the minor seem “like a sex worker”.

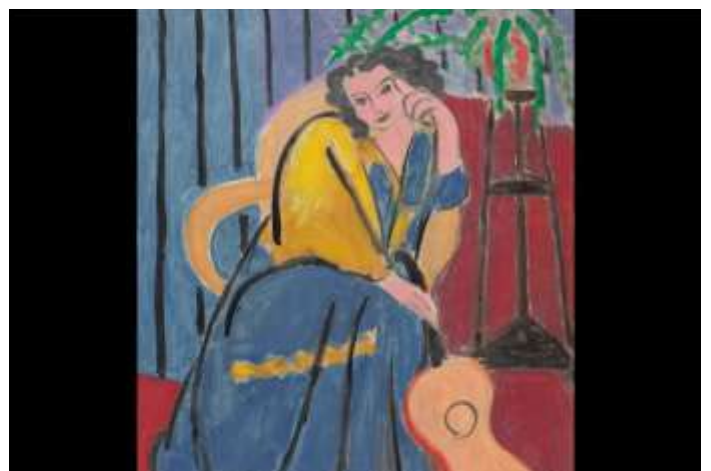
FDA grants full approval to PHIZER/BioNtech vaccine



CNN AUG. 23-The US Food and Drug Administration on Monday granted full approval to the Pfizer/BioNTech Covid-19 vaccine for people age 16 and older. This is the first coronavirus vaccine approved by the FDA, and is expected to open the door to more vaccine mandates.

Artwork stolen by the Nazis before and during WWII will be on display in New York

Dozens of artworks once stolen from Jewish collectors by the Nazis in the 1930s and '40s will be exhibited in Manhattan's Jewish Museum starting on Friday. The Nazis are known to have looted hundreds of thousands of pieces, including works by European greats Pablo Picasso, Camille Pissarro and Paul Cézanne. Some were returned to their original owners or their descendants, and many remain missing or are the subject of ongoing legal battles.



Tennis:

Daniil Medvedev ends Novak Djokovic's calendar slam dream in US Open final



The Russian wins his first major tournament after a 6-4, 6-4, 6-4 victory over legend Novak Djokovic! As Daniil Medvedev stood in the tunnel of Arthur Ashe Stadium before the US Open final, the last man standing in front of Novak Djokovic's historic grand slam attempt, he was asked in his pre-match interview exactly what he learned from losing to Djokovic in the Australian Open final in February. He responded calmly and without hesitation: "Well, I learned that I have to be much better."

This was supposed to be Djokovic's moment, the day that he would finally surge past Roger Federer and Rafael Nadal and officially become the greatest player of all time.

He entered this tournament tied with Federer and Rafael Nadal in the race for the most career Grand Slam titles, with 20. He desperately wants that record, to seal his legacy as the greatest player in tennis history. Tennis, though, can be so hard sometimes, even for the world's greatest player, who had made it look so easy for so long.

Qualifier Emma Raducanu completes 2021 US Open dream run



In the US Open's first all-teen championship clash since 1999, 18-year-old qualifier Emma Raducanu completed her dream debut with a 6-4, 6-3 triumph over 19-year-old Leylah Fernandez to claim her first Grand Slam crown.

"I think this final shows that the future of women's tennis and just the depth of the game right now is so great," Raducanu said during the on-court ceremony. "I think every single player in the women's draw definitely has a shot to win any tournament. I hope that the next generation can follow in the steps of the greatest legends - like Billie Jean King - and everyone who is at the top of the game right now."

	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

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

Calling all our seamen onboard:

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

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



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