



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.

M/V Gladiator Crew Vaccination at Terneuzen on 14th July 2022



We would like to congratulate the nine crew-members of MV Gladiator for the important step they took in the fight against COVID-19 by getting vaccinated at Terneuzen on 14th July 2022.

We hope that more vessels will have the chance to be vaccinated soon, as the issue of crew changes is still a huge problem with many impacts

on the physical and mental health of seafarers.

It is still a fact that some countries are still facing high or even increasing infection rates and crew changes are difficult to be arranged. Certainly, this leaves the crew with feelings of fear and anxiety, worrying about access to the required medication and medical treatment ashore as well as fatigue for serving beyond their contractual agreements.

[Continue in page 2](#)

continued from page 1 “M/V Gladiator Crew Vaccination at Terneuzen on 14th July 2022”


As already mentioned in a previous issue, vaccination seems to be the solution to crew changes. As a company, Enterprises Shipping and Trading S.A. supports crew vaccination program.

It is likely that SARS-CoV-2, the virus that causes COVID-19, will continue to circulate and evolve. It is not possible to predict how infectious or severe new variants of the virus will be. It is therefore very important to achieve and maintain high vaccination coverage across all communities and population groups. Vaccination remains a key component of the multi-layered approach needed to reduce the impact of SARS-CoV-2.

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.

In the meantime, all measures for controlling the spread of the virus – physical distancing, appropriate hand hygiene, respiratory etiquette and the use of face masks where required – are still important regardless of whether someone has been vaccinated or not.

Please be reminded that the company must be kept informed of seafarers intention to be vaccinated in order to provide final approval.  sz

What's New in the QHSEMS?

Bulkers QHSEMS

1. Dynamic Striker-SEEMP Part II-v.1.3
2. Helvetia One-SEEMP Part II-v.1.1
3. Magic Striker-SEEMP Part II-v.1.1
4. Virtuous Striker-SEEMP Part II-v.1.1
5. Form 41 “Navigational Publications List”-version 0.4
6. Helvetia One –IHM Manual (re-upload after change of flag)
7. Form 40.1 “Deck Familiarization for All Deck Officers and Deck Ratings”-version 0.2
8. Quality and Safety Manual-Emergency Procedures-version 0.2

New Uploads (Bulkers)

- Mooring System Management Plan & Line Management Plan (Imperius, Taurus & Citius)

Information and Cyber Security Manual

- Information and Cyber Security Policy Statement

Safety Awareness Handbook

- QHSE Alert 4/2022 “Main Engine Shutdown at Dardanelles”
- QHSE Alerts Inventory

GMS Client Advisories

- Client Advisory 15-22 “GMS to Achieve Full California External SMT Certification Update”
- GMS-List of Advisories

Maritime Wellbeing

- Building Healthy Habits Exercise Cards
- Building Healthy Habits FAQ Exercise
- Flexibility Circuit Cards
- Types of Exercise and Important Top Tips
- Endurance Circuit Cards
- Strength Core Circuit Cards
- Strength Upper Body Circuit Cards
- Strength Lower Body Circuit Cards
- Fatigue Risk Management

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/V Dynamic Striker - **Chief Officer, Yaroslav Bondarenko**
- M/T Energy Ariande - **2nd Engineer, Kharchenko Dmitriy**
- M/T Energy Centaur - **4th Engineer, Viktor Kruze**



Hazard:
Operating the Windlass without goggles

Risk:
Eye injury from debris or rust getting into the seaman's eyes



Hazard:
Pipes not properly stowed, protruding from the storage area.

Risk:
Although an obvious danger, however in a moment of distraction, a seaman can hit himself as he passes-by.



Hazard:
Hammer not properly maintained.

Risk:
Injury due to cracks, chips, or splintering that might cause the hammer to break and hurt someone.

Best Practice Received by m/v Imperius

We would like to thank **Seaman Ranilo D. Pojas JR** of m/v **Imperius** 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.



When we throw away used soft drink cans, we usually dispose them as such, without compressing the can so as to reduce its size.

However, the volume of used cans accumulated onboard a vessel can be quite excessive and can take up a lot of space in the garbage room.

As suggested by a crew member onboard mv Imperius, one way to deal with the reduction of the garbage piled-up onboard is to compress the used can just before throwing it into the dustbin.

Then, when garbage is gathered from the bins into the garbage room there will be no need to compress all those used cans at that point so as to make room in the area.

Also, charges when delivering garbage ashore is based on the volume and not weight. Therefore, reducing the amount of garbage given ashore will result in paying less to the Port Reception Facilities.

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



"IDEA" Program: m/vs Furious and Panther Max



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

- m/v Furious
- m/v Panther Max

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



Promoting Safety On Board - STAY SAFE...

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

In this month's issue, the contributors are:

- 2nd Off. D. Sokolov of MV Braverus
- 2nd Eng. V. Maksimkin of MT Energy Challenger
- Seaman Del Castillo German of MV Gladiator
- 2nd Off. P.T. L. Dela Cruz of MV Furious
- Bosun Q. F. Toledo of MV Panther Max
- Bosun V. Kukharenko of MV Colossus
- 2nd Off. Y. Gotyunov of MT Energy Apollo
- Chief Off. O. Karnagel of MV Warrior
- Bosun V. Koshevoi of MT Energy Challenger

UNSAFE CONDITION



What happened:
A barbell and weights were left lying around at the gym floor on completion of the workout and were not properly secured to avoid damage of equipment.

UNSAFE CONDITION



What happened:
During the fire hose test it was found that the hose couplings were not suitable for the fire nozzle although of the same type and size. These were immediately replaced.

BEST PRACTICE



What happened: A remote key was manufactured in order to reliably secure the machine crane in place and prevent unintentional movement.

UNSAFE CONDITION

Expired medicine in 1st Aid Kit



What happened:
Prior arrival to the port, the First Aid Kits were thoroughly inspected and several expired medicine were found.

In any case, maintaining a proper medical inventory is of paramount importance as having the right medication on board could save a life in case of an injury or illness on board.

UNSAFE CONDITION

X

What happened: After completing the rescue boat drill, there was no circulation of fresh water through the outboard motor and out through the exhaust outlet. If not flashed with fresh water, the cooling water inlet mesh/ports may be blocked by salt deposits and further damage may be caused to the impeller.

✓

UNSAFE CONDITION DETAINABLE PSC DEFICIENCY



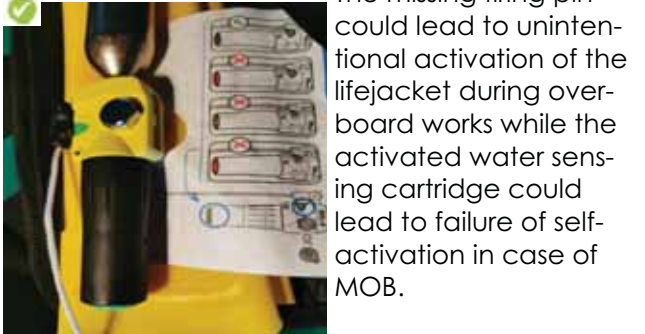
What happened: During planned inspection and maintenance of bunker tank vent heads, the vent head of Lub Oil tank was found damaged and heavily rusted. Rubber gasket was out of place.



UNSAFE CONDITION

X

What happened: During routine inspection of LSA, the inflatable jacket used for deck works was found in improper condition. The water sensing cartridge had been activated and the manual firing pin was missing. The missing firing pin could lead to unintentional activation of the lifejacket during overboard works while the activated water sensing cartridge could lead to failure of self-activation in case of MOB.



UNSAFE CONDITION Warning signs and notices

X

What happened: After loading grain cargo and fumigation, no warning sign was posted on bosun's store door.

V

UNSAFE CONDITION Hindered fire fighting appliances

X

What happened: A paper box was left open directly below the sprinkler nozzle. In case of fire in the pain store the sprinkler's nozzle would be prevented from effectively extinguishing same.

kg

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	Jaguar Max	Efren R. Alonzo	03/07/2022	El Dekheila	EGYPT
2	Energy Ariadne	Maxim Ivashov	06/07/2022	Veracruz	MEXICO
3	Energy Chancellor	Mark Safonichev	11/07/2022	Mississippi River	USA
4	Energy Triumph	Andrey Shibkov	12/07/2022	Rotterdam	NETHERLANDS

IMPORTANT REMINDER!

Single-Gas Detection Device Dräger Pac 6000 O₂

The disposable personal single-gas detection device, Dräger Pac 6000 with which company's bulker vessels are equipped, measures CO, H₂S, SO₂ or O₂ and it lasts for two years.

However, on various occasions, we have observed that the equipment is being used improperly by users.

The personal gas detection device contains a powerful battery that ensures a maximum life of up to two years. However, when the device is forgotten switched on, the battery will die faster and the device of course will need to be replaced by a new one.

Therefore, we would like to remind you that the device must be turned off when not in use and not left switched on all the time in order for the battery to last its full lifespan (2 years).



New PSC Concentrated Inspection Campaign on STCW

Paris and Tokyo MoU will jointly launch a new Concentrated Inspection Campaign (CIC) on STCW compliance from 1st September 2022 to 30th November 2022. The inspection campaign will be additional to the regular PSC inspections.



The purpose of the Inspection Campaign is to determine the level of compliance with the requirements of STCW on board. As per the new revised guidance for PSC, issued by IMO Res. A.1155(32) "Procedures for Port State Control, 2021", the PSCOs will focus on specific related items of Appendix 11 "Guidelines for Port State Control Officers on certification of seafarers, manning and hours of rest". This means that PSCOs will not limit inspections only to a typical certification check but they will expand their focus on the evaluation of the Master, officers and crew's competences when performing duties and during emergency scenarios.

The CIC questionnaire has already been sent to the fleet through an information notice and can be used in order to properly prepare for the CIC.

IMO Res. A1155(32) – Appendix 11 Focus Points

The PSCO will focus on 3 basic issues:

- ✓ Seafarer certification
- ✓ Manning
- ✓ Hours of Rest

Additionally, depending on ship's overall PSC performance and the existence of clear grounds for more detailed inspection, PSCOs may require the demonstration of competency of each crew member. In that regard, they will check compe-

tences of the Master, officers and crew when performing duties and during emergency scenarios.

Documentation Required

The documentation required for the inspection referred to in these Guidelines consists of:

1. Seafarer certification

- certificate of competency;
- certificate of proficiency;
- endorsement attesting the recognition of a certificate (flag State endorsement);
- documentary evidence (passenger ships only);
- medical certificate;

2. Manning

- minimum safe manning document;
- muster list;

3. Hours of rest

- table of ship working arrangements and/or watch schedule; and
- records of daily hours of rest

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

UK: New Law Restricts Ships Discharge of Ballast Water

The Merchant Shipping (Control and Management of Ships' Ballast Water and Sediments) Regulations 2022 introduces legislation into UK law controlling the discharge of ships' ballast water into UK waters.

By introducing the Ballast Water Management Convention into UK law, the UK coastline will be protected from harmful aquatic species and pathogens that may be present within the ballast water by UK and foreign-flagged ships entering the UK after travelling internationally.

This aims to prevent the introduction of species not yet present in the UK and make sure the colonies of those organisms that may already be present are not further supported by new introductions.

The new legislation, put forward by the Maritime & Coastguard Agency (MCA), is based on the international Ballast Water Management Convention



which was negotiated at the International Maritime Organization.

Katy Ware, director of UK Maritime Services for the MCA, said: "By introducing this Convention into UK law, we are protecting our coastline from potentially harmful aquatic species and pathogens such as Chinese Mitten crabs and Zebra mussels, which could be discharged by ships visiting the UK".

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



Legal

India Establishes Traffic Separation Scheme in Gulf of Kutch

India announced that the existing Deep Water route will be replaced by a Traffic Separation Scheme and existing safety fairway on approaches to the Gulf of Kutch is also replaced with revised safety fairway, from 1st September 2022.

According to the Directorate General of Shipping, Mumbai, all shipping traffic in the region are to use the traffic separation scheme, so that safety of life, property and the environment can be improved in the region.

This Merchant Shipping Notice comes into force with effect from 1st September 2022 and is issued with the approval of the competent authority.

The Gulf of Kutch area has number of ports and terminals due to which large number of vessels operate in the area making it one of the busiest shipping routes in Indian waters.

The large number of merchant vessels and other smaller vessels operating in the area has resulted



in some of the accidents in recent past. The accidents have resulted in loss of property and environmental pollution.

Considering these accidents in the Gulf of Kutch waters, it has become imperative to establish a Traffic Separation System in the area that will not only ensure improvement in safety of navigation, avoidance of collision, ease in flow of traffic and the avoidance of areas of heavy traffic, but also improve safety of life, property and the environment. Source: <https://safety4sea.com/>



RECAAP Half Yearly Report

The Asian region during the period January-June 2022, had no incident of piracy (occurred on high seas), however, the region witnessed 42 incidents of armed robbery against ships (occurred in internal waters, archipelagic waters and territorial seas). This accounts for a 11% increase compared to 38 incidents reported during the same period in 2021. In addition, there was an incident in Bangladesh reported to the flag State. The incident is pending verification by ReCAAP Focal Points. It will be included in the forthcoming ReCAAP ISC report based on the outcome of the verification.

The increase in incidents of armed robbery has occurred in Bangladesh and Singapore Strait (SS). Three incidents were reported in Bangladesh during the period January-June 2022 against no incident during the same period in 2021. A total of 27 incidents were reported in SS, in comparison with 20 incidents during the period January-June 2021. The situation in the Singapore Strait remains an area of concern. On the positive side, there has been a decrease in incidents in the waters of Malaysia,



the Philippines and Vietnam. In Malaysia, no incident occurred during January-June this year, compared to one incident during the same period in 2021. In the Philippines, three incidents were reported against six incidents in 2021, and in Vietnam, no incident was reported, compared to two incidents during January-June 2021.

Continue in page 11

Continue from page 10 “RECAAP Half Yearly Report”



RECOMMENDATIONS



LITTORAL STATES

- To increase surveillance and enforcement
- Respond promptly to incidents
- Strengthen coordination and promote information sharing
- Arrest and prosecute perpetrators

SHIP MASTER AND CREW

- Keep abreast of latest situation (www.recaap.org), tune-in to advisories and navigational broadcasts
- Maximise vigilance and lookouts
- Report all incidents to nearest coastal State and flag State immediately
- Sound alarm when sighted unauthorised persons on board ship or suspicious boats in vicinity

ABDUCTION OF CREW IN SULU-CELEBES SEAS AND WATERS OFF EASTERN SABAH



No abduction of crew incident reported during January-June 2022



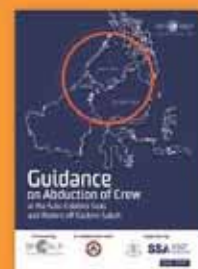
Last known incident occurred in January 2020



No crew is held in captivity (as of 30 June 2022)

ADVISORY AND GUIDANCE

- Threat of abduction of crew remains potentially high
- ReCAAP ISC Advisory to ships to re-route where possible, otherwise:
 - Exercise enhanced vigilance
 - Adopt piracy countermeasures to mitigate risk
 - Maintain communications with authorities
 - Make timely report to national reporting centres of Philippines and Malaysia
- Refer to *Guidance on Abduction of Crew in the Sulu-Celebes Seas and Waters off Eastern Sabah*



...Enhancing Regional Cooperation

MARITIME WELLBEING

Stepping Stones to Health and Wellbeing

2.3 How much should I eat?

To build a healthy eating habit, let's think a bit more about the amount of which foods we eat.

We need to eat more of:

- Vegetables and fruit, particularly green, orange and red vegetables, such as broccoli, carrots, capsicum and sweet potatoes, and leafy vegetables like spinach, and legumes/ beans like lentils.
- Grain (cereal) foods, particularly wholegrain cereals like wholemeal breads, wholegrain/high fibre breakfast cereals, oats, wholegrain rice and pasta.
- Reduced fat milk, yoghurt and cheese varieties.
- Lean meats and poultry, fish, eggs, nuts and seeds and legumes/beans.
- Water instead of soft drinks, cordials, energy drinks, sports drinks and sweetened fruit juice drinks and/or alcoholic drinks.



We need to eat less of:

- Meat pies, sausage rolls and fried hot chips
- Potato crisps, savoury snacks, biscuits and crackers
- Processed meats like salami, bacon and sausages
- Cakes, muffins, sweet biscuits and muesli bars
- Confectionary (sweets or candy) and chocolate
- Ice cream and desserts
- Cream and butter
- Jam and honey
- Soft drinks, cordial, energy drinks and sports drinks
- Wine, beer and spirits

Next time you have a meal there is a very easy measurement you can do just using your hand.



Protein
per serving



Vegetables
per serving



Carbohydrates
per serving



Fat
per serving

- Protein per serving
Women 1 palm
Men 2 palms
- Vegetables per serving
Women 1 rounded fist
Men 2 rounded fists
- Carbohydrates per serving
Women 1 cupped hand
Men 2 cupped hands
- Fat per serving
Women 1 thumb
Men 2 thumbs

Bullet Train Review — Fast Paced, Fun, and Relentlessly Overstuffed

You will have far worse cinematic experiences than David Leitch's *Bullet Train*. It's an action-packed, bloody thrill ride that satisfies anyone's craving for mindless theatrical big studio fun. The cast is star-studded — the big-name cameos are plentiful and that's a subplot in itself. However, the real sell here is ultra-laid back and amusing performances by the film's magnetic lead.



Brad Pitt stars as Ladybug, an unlucky assassin who always seeks peaceful negotiation out of any assignment. He needed therapy after a couple of his jobs, had gone off the rails in recent years. His next assignment takes him on the fastest modern locomotive in the history of our existence — the bullet train. A beast of a machine in Japan that can reach 320km per hour. However, when Ladybug feels his luck is going to change after finding the package he is supposed to intercept, as he tells his handler (from the voice, you will know who it is immediately), he is about to step off the train when he runs into an old enemy. You see, Ladybug cannot get off this train.

Instead of giving into unlucky thoughts, he feels something is not right. It's now a game of hide and seek as he hides the briefcase's original handlers. They came into the case's possession when saving the son of a notorious gangster, White Death. So, what's the big deal? Why doesn't Pitt's Ladybug jump off at the next stop? The problem is he needs the package, but White Death keeps waiting for his mercenaries to deliver at every stop. (He can outrun a bullet train?). Why? Well, White Death has a personal issue with Ladybug. He keeps running into others who want the package, mainly involving a sub-

plot with a former Yakuza called The Elder and an assassin, The Prince.

Based on the book by Kotaro Isaka and with an adaptation from Zak Olkewicz, *Bullet Train* is never more entertaining when focusing on Brad Pitt's Ladybug and the action scenes involving his character. While the hand-to-hand combat never really reaches the levels of bone-crunching fun as *Nobody* or the John Wick franchise, much of it is played for well-executed laughs. Pitt has a surprising knack for physical comedy and dry delivery.

You will either love the cameos or find them too tiresome. With this being a movie just aimed to entertain, I think most will find them enjoyable. That being said, the action tends to be overwrought, and you cannot help but wonder if some of the subplots could have found their way to the cutting room floor.

Bullet Train has its heart in the right place because it just wants to offer viewers a fun time at the movies. A big screen, fast-paced, fun, darkly comic, and relentlessly overstuffed adventure movie to entertain the masses.

SUDOKU:

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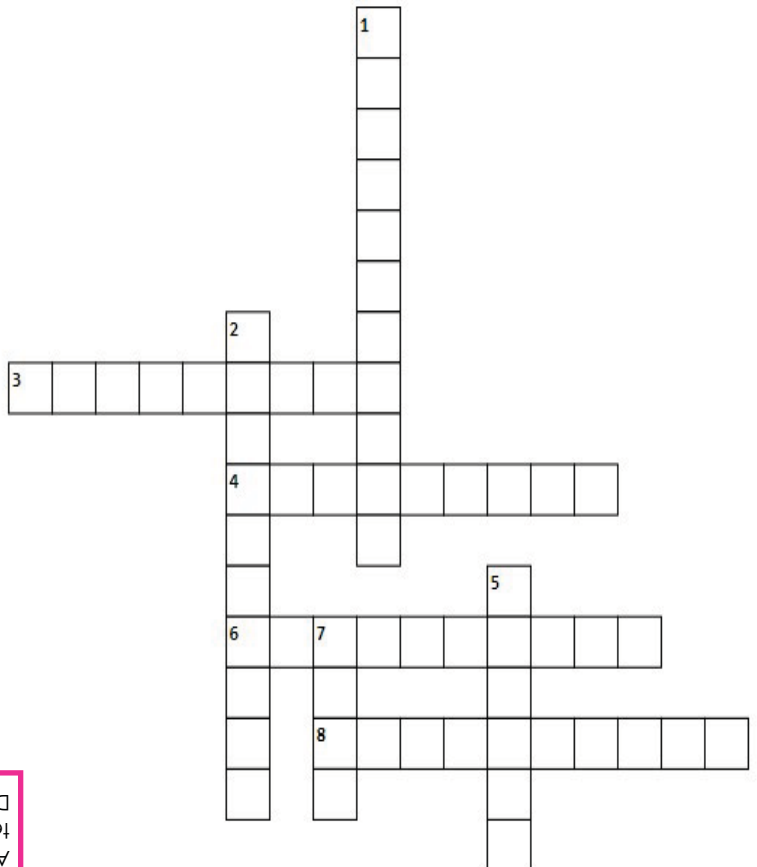
EST Crossword:

Across

- 3. These "die" faster when a device is continually switched on
- 4. The crew of MV Gladiator were vaccinated at this port
- 6. physical ___ is still a required measure against COVID-19
- 8. a certificate of ___ is required for each seaman

Down

- 1. This process can reduce the size of a soft drink can
- 2. ___ pipes cause a risk of tripping
- 5. A traffic separation ___ is established in the Gulf of Kutch, India
- 7. a new CIC on this will be launched in September 2022



Answers:
 Across: 3. batteries, 4. Ternuzen, 6. distancing, 8. competency
 Down: 1. compressing, 2. protruding, 5. scheme, 7. stew

DOH confirms 2 more cases of monkeypox in PH

The Department of Health (DOH) confirmed on Friday, Aug. 19, two additional cases of monkeypox in the country, raising the total number of cases to three.

DOH Officer-in-Charge Maria Rosario Vergeire said that the two cases, aged 34 and 29, both “had recent travel history to countries with confirmed cases” of monkeypox. The DOH official did not specify the gender of these new cases. The two new cases are currently not in severe condition, Vergeire noted.

Vergeire said that the country's monkeypox cases have exhibited lesions on their faces and other parts of their bodies.

As of this time, the DOH considered these cases “imported.” The DOH, meanwhile, is not ruling out the possibility of “undetected” cases of monkeypox in the country.

Vergeire also said there will be no changes in the protocols versus monkeypox. “As to the protocols, we will not change anything. The first question is do we need to close our borders, we don't need to do that. Even WHO, in countries where there are really high cases of monkeypox, doesn't recommend closing their borders,” she said.

It's all systems go for the opening of classes — Department of Education

Three days before the incoming school year opens, the Department of Education (DepEd) on Friday, Aug. 19, expressed confidence that schools nationwide are ready to accommodate learners — especially those who will attend in-person (FACE TO FACE) classes.

“All systems are on the go for the opening of classes,” said DepEd Spokesperson Michael Poa during the joint press briefing of DepEd and the Office of the Vice President (OVP).

Citing recent data, Poa said that there are around 27 million enrolled learners for School Year (SY) 2022



-2023. The current enrollment figures, Poa explained, are 96 percent of DepEd's enrollment target for SY 2022-2023 which is 28.6

million. Given this, Poa once again encouraged parents to enroll their children as soon as possible to prepare the schools based on the “actual number” of learners they would cater to. Asked for any plans to extend the enrollment period, Poa said that the last day of enrollment will still be on Aug. 22 which is also the first day of classes.

Based on the recent meeting with DepEd regional officials, Poa said that they have expressed readiness and confidence to ensure the smooth opening of classes. The regional directors, he said, have already conducted mapping of basic education resources. For schools with a shortage in resources such as classrooms, Poa said that regional offices were directed to implement various strategies such as shifting classes and blended learning.



Sugar shortage in the Philippines



A scheme to smuggle sugar into the country using “recycled import permits” was uncovered after Malacañang Pal-

ace ordered a series of inspections on warehouses suspected to be hoarding sugar.

Malacañang disclosed on Friday, Aug. 19, that a shipment of 7,021 metric tons of sugar from Thailand using a “recycled” import permit was intercepted by the Bureau of Customs in Zambales. The foiled shipment contained 40,000 bags of white refined sugar, with total tax payment valued at P45,623,007.51. It was loaded in the cargo vessel MV Bangpakaew, which entered the Philippines through Subic Port. The attempt to smuggle the sugar was uncovered before it could be unloaded from the ship Thursday morning.

How the world's biggest four-day workweek trial run changed people's lives



More than two years into the pandemic, many have burned out, quit their jobs or are struggling to make ends meet as record inflation takes a huge bite out of their paychecks. But, for the past eight weeks, thousands of people in the United Kingdom have tested a four-day schedule — with no cut to their pay — that could help usher in a new era of work. It's the world's biggest trial of a four-day work week so far. Already, some workers have said they feel happier, healthier and are doing better in their jobs. The six-month pilot commits 3,300 workers across 70 companies to work 80% of their usual week in exchange for promising to maintain 100% of their productivity. Researchers will measure the impact the new working pattern will have on productivity levels, gender equality, the environment as well as worker well-being. At the end of November, companies can decide whether or not to stick with the new schedule.

Sprite shifting from green to clear bottles to boost recycling

Coca-Cola said Wednesday it's changing the packaging of Sprite from green to clear plastic beginning August 1 as part of broader efforts to become more environmentally responsible.



Sprite's current plastic contains green polyethylene terephthalate (PET), an additive that can't be recycled into new bottles, a key initiative for the company as it looks to reduce plastic waste.

Serena Williams leaves tennis just as she played – on her own terms



Serena Williams has announced that she will "evolve away from tennis" after this year's US Open to focus on "other things that are important to me." In an article in Vogue, the 23-time grand slam winner said that, although she will try to win at the US Open, it is time for her to move "in a different direction." "There comes a time in life when we have to decide to move in a different direction," Williams posted on Instagram with a picture of herself on the cover of Vogue with the title: 'Serena's Farewell...I'm terrible at goodbyes.'

Fourth patient seemingly cured of HIV

A 66-year-old man has been told he's in remission from HIV after decades of living with the condition. The man, who does not want to be identified, has stopped taking HIV medication.

He said he was "beyond grateful" that the virus could no longer be found in his body. In a statement, the man said: "When I was diagnosed with HIV in 1988, like many others, I thought it was a death sentence.

"I never thought I would live to see the day that I no longer have HIV." However, he was given the therapy not for his HIV, but because he developed the blood cancer leukaemia at the age of 63.

The man's medical team decided he needed a bone marrow transplant to replace his cancerous blood cells. By coincidence, the donor was resistant to HIV.



Man who's had HIV since 1980s fourth case to seemingly be cured

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Spanish prosecutor asks for eight-year jail term for Shakira



A Spanish prosecutor is seeking a prison term of eight years for Colombian superstar Shakira over a 14.5 million-euro tax fraud case, a prosecutor's office document showed on Friday.

The singer, who has sold more than 80 million records worldwide with hits such as "Hips Don't Lie", earlier this week rejected a settlement offer from the prosecutor's office to close the case.

She is accused of failing to pay taxes between 2012 and 2014, a period in which Shakira says she did not live in Spain.

It asked for an eight-year prison sentence and a fine of more than 23 million euros (\$23.5 million) should she be found guilty. No date for a trial has been set yet.

Napping regularly linked to high blood pressure and stroke, study finds



People who often nap have a greater chance of developing high blood pressure and having a

stroke, a large new study has found.

This may be because, although taking a nap itself is not harmful, many people who take naps may do so because of poor sleep at night. Poor sleep at night is associated with poorer health, and naps are not enough to make up for that.

The results held true even after researchers excluded people at high risk for hypertension, such as those with type 2 diabetes, existing high blood pressure, high cholesterol, sleep disorders and who did night-shift work.

Elon Musk sends social media into frenzy with joke on Twitter about buying Man Utd

Was the world's richest man going to buy Manchester United?



Just after 01:00 BST on Wednesday 17 August, Elon Musk - who is reported to have a net worth of \$270bn (£223bn) according to Forbes - posted on Twitter: "Also, I'm buying Manchester United ur welcome."

Cue pandemonium on the social network, with the American's tweet receiving more than 400,000 likes. Some fans welcomed Musk's interest in their club, which was valued at \$4.6bn (£3.8bn) by Forbes earlier this year.

Musk, who has more than 103 million followers on Twitter and is currently trying to unwind his \$44bn (£36.3bn) offer to buy it, later clarified he was just joking.

Just as the UK was waking up, Musk was asked if he was "serious" about the bid, and replied at 5:34 BST: "No, this is a long-running joke on Twitter. I'm not buying any sports teams."



The European Athletics Championships will be held from 15-21 August 2022 in Germany for the fourth time and for the second time in Munich after 2002. Athletes from approximately 50 countries are competing in the second edition of the European Championships from August 11-21 in Munich.

There are medals on offer across nine sports - Athletics, Beach Volleyball, Canoe Sprint, Cycling, Gymnastics, Rowing, Sport Climbing, Table Tennis, and Triathlon.

Greek veteran Drisbioti wins gold in Munich

Antigoni Drisbioti has won the gold medal in the



women's 35km race walking at the European Athletics Championships 2022 in Munich.

The 38-year-old Greek covered the distance in 2 hours and 47 minutes.

Miltiadis Tentoglou clinches gold

Olympic champion Miltiadis Tentoglou achieved a Championship Record of 8.52m to win the men's



Long Jump at the European Championships in Munich on Tuesday.

Jacob Fincham-Dukes from Britain took 2nd with 8.06m, same as Thobias Montler from Sweden who came 3rd on countback.

Rowing: Four medals for Greece in the European Championships

The Greek flag rises to the sky and the national anthem echoes in the city of Munich. Antonis Papa-konstantinou wears the gold medal around his neck and is anointed European champion in the lightweight single sculls.



sz/kg/ats

Rank	Member Federation	🏆	🥈	🥉	Total	Rank by Total
1	Germany	26	20	14	60	1
2	Great Britain	24	19	17	60	1
3	Italy	14	18	19	51	3
4	France	11	17	22	50	4
5	Hungary	11	7	5	23	8
6	Spain	9	11	12	32	6
7	Netherlands	9	7	12	28	7
8	Poland	8	16	15	39	5
9	Romania	8	2	5	15	10
10	Greece	6	4	0	10	12
11	Ukraine	5	8	9	22	9

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

Affiliated vessels

1	Good Hope Max	IOM	BV
2	Victorius	IOM	BV

EST - New Building Orderbook

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

Calling all our seamen onboard:

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

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



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