

EST Xewsletter







WEDNESDAY, 19 APRIL VOLUME 17, ISSUE 190

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by m/t Energy Afrodite

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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 D &A Policy shall be immediately dismissed and will be considered non-rehireable

Senior Officers Seminar at Novorossiysk on 28 & 29 March 2023



nterprises Shipping & Trading S.A. and Alpha Marine Services hosted the first post pandemic Senior Officers Seminar on 28 and 29 March 2023 at Novorossivsk.

The event took place at "NOVOSHIP TRAINING CENTER", with the participation of our Tanker Fleet top officers that were ashore at the time.

Overall the seminar was very successful, focusing on promoting company's QHSEMS and safety culture by including a number of presentations in various fields, lesson's learned from incidents and company's culture, ethics and values.

The event was flawlessly executed under the guidance of Captain Oleg Kravchenko / General Director of AMCS

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News / Sports

16-18

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continued from page 1 "Senior Officer's Seminar 2023"

and Capt. Leonid Fedchishak / Training Manager, as well as the active participation and lectures of the following guest speakers:

- ☑ Capt. Leonid Fedchishak / Training Manager
- ☑ Victor Burlutskiy Training Officer
- ☑ Alina Checheneva AMCS Office Manager
- ☑ Irina Gorbunova AMCS Office Manager
- ☑ Marina Rybakova Lawyer
- ☑ Nataliya Jablonski Candidate of Psychological Sciences
- ☑ Evgeniy Shanin Lead GMDSS Trainer

Most importantly, this year we had the opportunity to also include various presentations from EST senior management team, who provided their expertise in the following areas:

☑ Katerina Gemidopoulou - QHSE Manager/DPA: EST safety culture - the past, present & future, MR

- KPIs, TTX results
- ☑ Orestis Perilis Vetting Manager: SIRE 2.0 Guidance and Challenges ahead
- ☑ Evangelos Candiotis Technical Fleet Manager: **Energy & Environmental Developments**
- ☑ Costas Zarmakoupis IT dept: Information & Cyber Security Awareness Session

During the closing meeting the Crewing Director Capt. John Georgalas, along with the QHSE/DPA and the Vetting Manager had the opportunity to interact with our senior officers, have an open discussion and obtain valuable feedback and also answer any questions.

We would like to take this opportunity to thank all our staff at ALPHA MARINE CREW SERVICES for their hard work and commitment towards the seminar's successful outcome.

























Katerina Gemidopoulou, QHSE Manager/DPA

Bella Politis Celebrates Three Decades in EST

ast month our friend and colleague Ms Bella Politis, Forwarding dept. Manager, completed three decades of dedicated service in EST.

To celebrate this occasion, a festive gathering took place at the Spares/Forwarding Department, during which employees from all company's departments had the opportunity to congratulate Bella on her work anniversary.

Bella joined Enterprises in February 1993 as a Junior in the then called Telex Dept., moving onto Operations, Supply and finally onto the Forwarding Dept. which she now heads for many years.

Bella plays a pivotal role in the company, as she is responsible to plan and organize the shipments to the vessels, always ensuring quality of service, speed and accuracy with every shipment. In a nutshell, she is the person who makes sure that everything is delivered on board timely and efficiently, carrying out her duties in a diligent and responsible manner, always going the extra mile.



Your positive attitude and commitment to the company is an inspiration to all of us!

We wish you all the best for the years yet to come!







What's New in the QHSEMS?

Tankers QHSEMS

- 1. Tankers Operations Manual-v.o.6
- 2. WIM, Part II, Section A, Safety & Healthv.o.5
- 3. WIM, Part III, Section A, Documentation Inspections-v.o.3
- 4. WIM, Part III, Section B, Navigation-v.o.10
- 5. WIM, Part III, Section D, Cargo Handlingv.o.8
- 6. WIM, Part IV, Section A, Shorebased Contingency Planning-v.o.11
- 7. WIM, Part IV, Section C, Contingency Plan Checklists-v.o.2
- 8. Environmental Management Manual, Section A, EMS-V.o.4
- 9. ESTSA 101 "Ship Shore Safety Checklist-v.o.3 •
- 10. ESTSA 220 "Portable Gas Detectors"-v.0.2
- 11. ESTSA 322 "Bridge Checklist 10 Navigation in Heavy Weather"-v.o.2
- 12. ESTSA 425 "Bunkering Safety Checklist" v.o.5
- 13. ESTSA 508 "Inventory of Fixed Portable Gas Analyzing Equipment"-v.o.2
- 14. ESTSA 806 "Controlled External Publications"-v.o.5
- 15. ESTSA 824 "Navigational Audit Checklist"v.o.4
- 16. ESTSA 825 "Masters Navigational Audit Checklist"-v.o.4

New Uploads (Tankers)

- VRP Core-Change 32 (All Vessels)
- SMPEP (E. Achilles, E. Afrodite, E. Apollo, E.
 Ariadne, E. Artemis, E. Athena)
- SOPEP (E. Centaur, E. Chancellor, E. Commander, E. Triumph)

- Quality, Health, Safety, Security,
 Environmental and Energy Policy Statement
- Drug & Alcohol Policy Statement
- Personnel Policy Statement
- Social Media Policy
- Company Vision, Mission and Strategy
- Information and Cyber Security Policy Statement
- Environmental and Energy Policy

Bulkers OHSEMS

- 1. Bulkers Operations Manual-v.o.9
- 2. WIM, Section B2, Firefighting-v.o.2

New Uploads (Bulkers)

- ETB (Gladiator)
- MSMPLMP (Alora, Dynamic Striker, Heroic Striker, Gladiator, Magic Striker, Virtuous Striker, Warrior)
- VGP (Livorno)
- SERS (Constantia)
- IHM Manual (Livorno)

Office QHSEMS

1. QHSE Office, Job Descriptions-v.o.4

Management Review

Annual 2022

Safety Awareness Handbook

- QHSE Alert 10/2022 "COT Framo Pump Malfunction"
- QHSE Alert 13/2022 "ME Stoppage During Fuel Change Over"
- QHSE Alerts Inventory
- Safety Update Issue 02/2023

What's New in the QHSEMS?

- Safety Update Issue 03/2023
- Safety Updates Inventory
- Collective Learning for Incident Prevention (CLIPS)

GMS Client Advisories

- GMS Arrivals Checklist Tankers 20Feb2023
- GMS Arrivals Checklist Tankers_20Feb2023 (Changed Items)
- GMS Arrivals Checklist Non Tank 20Feb2023
- GMS Arrivals Checklist Non Tank (Changed

Items)

- Client Advisory 10_23 "Federal Contingency
 Plans Core GSA Plan References
- Client Advisory 11_23 "GMS Technical Services Ship Attendance COVID 19 Policy"
- Client Advisory 12_23 "Panama Canal Green Vessel Classification"
- Client Advisory 13_23 "California Air
 Resources Board_2020 At Berth Regulation
 Enforcement Notice"
- 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 \rightarrow DM Library \rightarrow New Change Request) or via the Master's Review.

continued from page 3 "Bella Politis Celebrates 30 Years of Working in the EST



"Near Miss Rewarding" F

Te 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 Divinus **Second Officer Luchak Ivan**
- M/v Furious Cadet Jericho P. Base
- M/V Livorno Second Officer Bacomo Gerald

Program





UNSAFE CONDITION



Hazard:

Switches for the emergency light not properly marked with relevant label.

Risk:

Possible injury to a crew member in the event of a blackout not being able to identify the appropriate switch in the dark.

UNSAFE CONDITION



Hazard:

Not washing thoroughly anchor chains while heaving up the anchor.

Risk:

Transferring organisms and sediments to another environment may result in destroying the local marine ecosystem at vessel's next port of call.





Hazard:

Disposal bins in ship's hospital not fitted with a suitable metallic lid nor color-coded or marked for their content.

Risk:

Health and Safety hazards and penalties at port from not following garbage storage & segregation regulations.

Best Practice Received by m/t Energy Afrodite

e would like to thank Chief
Officer Stanislav Shovkun of
m/t Energy Afrodite 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.



In an actual emergency, time is of essence and the crew must respond immediately. Being properly prepared for an emergency requires training and observing crew's actions during drills in order to evaluate their performance and identify areas for improvement.

In this case, the gumboots were sized in accordance to Chinese measurement standards delaying the crew from finding their right boots for their size.

Therefore, the crew of mt Energy Afrodite had stenciled the the size of the boots on the side to read the EU standards, so that in case of an emergency, the crew will not waste time finding the right boots to fit them.

"IDEA" Program: m/v Furious & mv Olympius



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:

- MV Furious
- MV Olympius

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...

he 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. A. Mikheev of MT Energy Commander
- ✓ TM Capt. Leonid Fedchishak while onboard MT Energy Ariadne
- ✓ Bosun P. V. Pepito of MV Jaguar Max
- ✓ 4th Eng. V. Zamyshlyaev of MT Energy Centaur
- ✓ Chief Off. Y. Lukyanov of MV Warrior

- ✓ 2nd Eng. V. Maksimkin of MT Energy Champion
- ✓ Chief Off. A. Petrosyan of MT Energy Achilles
- ✓ 2nd Off. R. Grinko of MT Energy Apollo
- ✓ A/B Juvy Decolongon JR of MV Imperius
- ✓ O/S Ceasar Ian A. Ledesma of MV Taurus
- ✓ 4th Eng. E. Stoyanov of MT Energy Ariadne

UNSAFE CONDITION

Eyewash Station Improper Conditior



What happened:

The eyewash bottle in the battery room had been left open after use.



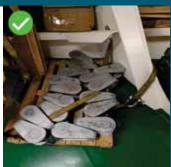
The first seconds after exposure to

a hazardous substance are critical. Delaying treatment, even for a few seconds, may cause serious injury. Your eyewash station needs to be easy to access, clean and ready for operation at all times.

UNSAFE CONDITION

amage to ship/equipment





What happened: Mandal shackles were not properly secured. Movement could lead to damage to the ship or equipment.

UNSAFE CONDITIONS

Delay in Emergency Response



STELIN

What happened:

The fire hydrant on aft station had been blocked by various items that had been stacked below the mush room vent, under the fire hydrant. This could lead in delay to emergency response during a fire on board.





What happened:

During a routine E/R inspection, it was found that a fire hose was connected to the fire hydrant. In the event of a fire, it would not be possible to immediately use the fire hose and this could lead to delays in response.

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

UNSAFE CONDITION





What happened:

During routine inspection, the garbage drum used for food waste was found leaking.

UNSAFE CONDITION





What happened: Chemical gloves were missing from the chemical treatment station of boiler feed wa-

UNSAFE ACT





What happened:

A crewmember was seen wearing an incorrectly donned safety harness. It could not be properly buckled, as it was too small and not properly fittina.

UNSAFE ACT



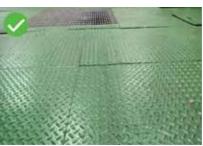


What happened:

A crewmember was seen in the accommodation wearing improper footwear.

UNSAFE CONDITION





What happened:

A deformed Engine room deck platform was detected, that had not been fixed during routine inspection.

UNSAFE CONDITIONS







What happened:

Case 1: The cover had been left open while the kettle was boiling water and there was no one in the messroom to control it.





Case 2: During fire patrol, the electric air pot was found plugged in with no water inside. This could cause a short circuit and poses a fire hazard in the accommodation. √ 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	Heroic Striker	Efren R. Canares	06/02/2023	Aratu	BRAZIL	
2	Puma Max	Felixto A. Pecaoco	17/02/2023 Yuzhniy		UKRAINE	
3	Energy Apollo	Sergey Velichko	22/02/2023	Pago Pago	AMERICAN SAMOA	
4	Energy Artemis	Andrei Gavrilenko	22/02/2023	Port Arthur	USA	
5	Magic Striker	Oleksandr Korniyenko	04/03/2023	San Lorenzo	ARGENTINA	
6	Gladiator	Gennadiy Berezin	18/03/2023	Cristobal	PANAMA	
7	Jaguar Max	Yolando Aronzado	19/03/2023	Rabigh	SAUDI ARABIA	
8	Jaguar Max	Yolando Aronzado	21/03/2023	Rabigh	SAUDI ARABIA	
9	Delphi Ranger	Yuriy Rogach	24/03/2023	Samsun	TURKEY	

IMPORTANT REMINDER!

Recreational Use of Drones on board EST ships is strictly prohibited

A Significant Near Miss was raised on board an EST managed ship, when a drone was detected on board while the ship was berthed at Valero St Charles terminal. After investigating the issue it was confirmed that there was no any drone flight nor any attempt to fly it. There was also no any photo or data collected by the drone as same was not actually used.

In fact, the Master had acquired a toy drone from the local market for leisure use after signing off. While the vessel was alongside, the Master decided to activate the drone controller and connect with the free public Wifi network in order to download the software for the drone. When the controller was connected to the Wifi to perform the software download, the terminal/authorities identified that a "Drone device" is connected. As a result, a terminal representative along with 2 Police Officers boarded the vessel asking clarifications on this issue. Although the Master was well aware that the use of Drones is strictly prohibited for security and safety reasons on our fleet and was not planning to perform a

drone flight, he mistakenly thought to update the software in order to browse system settings etc.

We take this opportunity to remind you that the existence and recreational use of drones is STRICTLY prohibited on board EST ships as they



pose not only a safety hazard but may be deemed as a security threat to shore based authorities in certain terminals and ports.

In case that a drone needs to be used by a third party for non-recreational purposes such as surveys, inspections and search & rescue operations, Headoffice approval must FIRST be obtained prior to deployment. (Ref: WIM. Part II, Section A, Ch.3 § 3.3.3)

Serious LTI — Crew Member Slipped on Deck Breaking His Leg

recent IMCA Safety Flash focuses on an incident in which three engineering crew members were involved in the manual handling of a bunker hose from an upper storage area to a lower deck storage area accessed via a spiral staircase, to provide lessons learned.

What happened

Three engineering crew members were involved in the manual handling of a bunker hose from an upper storage area to a lower deck storage area accessed via a spiral staircase. One of the engineers slipped on a greasy area of the deck breaking his right leg in the fall.

The spiral ladder did not allow evacuation by stretcher. Fortunately, however, the injured person was conscious and was able to assist the rescue team and go up the stairs. A later drill highlighted that in the case of an unconscious casualty, the safest rescue route would have been to unbolt a vertical hatch leading to the bottom carousel area, which would have been very time consuming.

What went wrong

- The area where the engineer slipped was an isolated spot that did not have any grating installed on the deck. It was also contaminated with grease and water from a previous task;
- The engineers were interrupted in their task by the requirement to conduct another task elsewhere;
- The bunker hose was routed vertically. As a result, residual water





from within the hose was able to escape and pool on the deck below where crew accessed the storage area;

- The presence of grating nearly everywhere gives a false perception of a non-slippery surface;
- A Manual Handling Assessment was not considered for the task.

Lessons Learned:

- ✓ If available, place caps on end of hoses to eliminate spillage;
- Ensure non-slip deck coating is applied in all exposed areas in storage rooms, and assess all other work and storage areas and apply same coating where required;
- Develop a manual handling assessment for the movement of bunkering hoses, incorporating the use of mechanical lifting aids wherever possible.
- Rescue equipment available onboard for an unconscious casualty a stretcher was not suitable for a rescue through the spiral ladders;
- ✓ Identify all areas onboard the vessel presenting difficult rescue (with limited access/egress) and consider additional rescue drills in all identified areas complete with designated rescues plans.

<u>Source: https://www.imca-int.com/safety-events/serious-lti-crew-member-slipped-on-deck-breaking-his-leg/</u>



Stay SEAFiT:

Identifying Early Warning Signs of Mental Health Issues

f you have mental health problems, your thinking, mood, and behaviour may be affected throughout your life. Many factors contribute to mental health issues, such as: Biological factors, such as genes or brain chemistry; Life experiences, such as trauma or abuse and; Family history of mental health problems.

Many people experience mental health issues from time to time. When ongoing signs and symptoms cause frequent stress and impair your ability to function, a mental health concern becomes a mental illness.

Positive mental health allows people to:

- ✓ Realize their full potential
- Cope with the stresses of life
- ✓ Work productively
- Make meaningful contributions to their communities

14 signs to watch out:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities



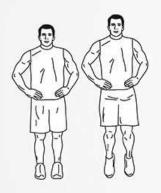
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- * Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school



Body Workout



DAREBEE WORKOUT © darebee.com Repeat 5 times in total 2 minutes rest between sets



10 hops on the spot



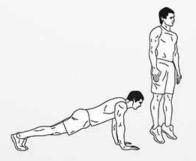
10 hops side-to-side



10 single leg hops



10 squat hops



10 b/burpees with jump



10 jump squats

The Whale Review — Brendan Fraser is Remarkable in Knotty Drama of Self-destruction



This is a slippery thing, the latest film from Darren Aronofsky. And not just because of the air of general clamminess that pervades this claustrophobic theatre adaptation (although if it were possible for a camera lens to sweat, then cinematographer Matthew Libatique's would probably do so throughout). More, it's due to the effortlessly duplicitous way the director pushes and pulls the audience of this story of grief and self-destruction, starring a fat-suited Brendan Fraser as Charlie, a chronically obese shut-in who is belatedly trying to rebuild his relationship with his estranged daughter.

Aronofsky challenges us to see beyond our biases and pre-programmed ideas of attractiveness to find beauty in Charlie, in the warm, enveloping melody of his speaking voice, in his poetic, passionate soul. But at the same time he shoots Charlie in a way that accentuates the indignity of his mostly sofa-based existence. The camera is positioned low as Charlie

heaves himself to his feet, reducing this complex, wounded character to little more than a cascade of flesh. Then there's the airless, slightly unsavoury lighting and colour palette of Charlie's living space, which looks like it was shot from the inside of a particularly fetid laundry basket. The film sets out to repulse us, and it frequently succeeds. It would be easy, and tempting, to dismiss it out of hand.

But that would be to disregard its redeeming strength – the authentically knotty characters and the performances that inhabit them. And not just the recently Oscar-nominated Fraser, although he is remarkable, his personal magnetism working overtime. Also superb is Hong Chau, as Liz, Charlie's friend and carer, and, in a blistering cameo as Charlie's ex-wife, the always formidable Samantha Morton.



SPOT THE DIFFERENCES:





EST Crossword:

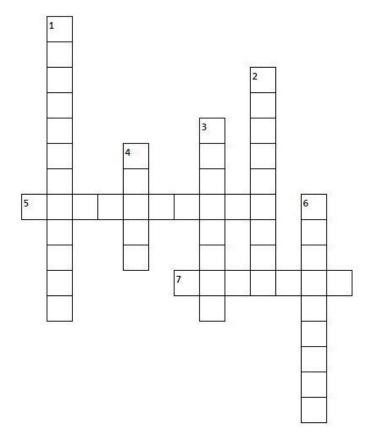
Across

5. A manual handling _____ should be developed for the movement of bunkering hoses7. happiest country in the world

Down

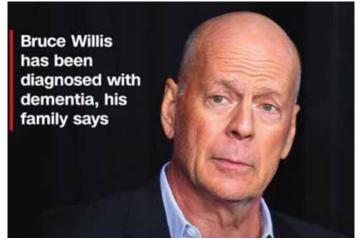
- 1. The Senior Officers Seminar was organized there
- 2. Positive mental health allows people to: Realize their full _____
- 3. Bruce Willis has been diagnosed with this illness
- 4. This football player has overtaken Cristiano Ronaldo for goals scored in European club football
- 6. Last name of the Director of "The Whale"

Answers: Across: 5. assessment, 7. Finland Down: 1. Novorossiysk, 2. potential, 3. dementia, 4. Messi, 6. Aronofsky





Bruce Willis has been diagnosed with dementia, his family says



(CNN) The family of Bruce Willis has announced the actor is suffering from a form of dementia called frontotemporal dementia, or FTD for short. In a statement shared Thursday, his family stated that while the news "is painful, it is a relief to finally have a clear diagnosis."

"Today there are no treatments for the disease, a reality that we hope can change in the years ahead. As Bruce's condition advances, we hope that any media attention can be focused on shining a light on this disease that needs far more awareness and research," the statement said.

Michael Jordan just donated \$10 million to the Make A Wish Foundation –it's largest gift ever



Basketball Hall of Famer Michael Jordan is making a record-setting \$10 million donation to Make-A-Wish America in honor of his upcoming 60th birthday, the organization has announced. The gift is the largest given by an individual in the foundation's 43-year history.

Jordan, hopes his donation will inspire others to support Make-A-Wish.

Donald Trump appears in New York courtroom



(BBC News)
Former US
President
Donald Trump
has been arrested and
charged with
34 felony
counts related to hushmoney pay-

ments to a porn star.

Mr Trump was brought before a judge on Tuesday. He has pleaded not guilty to all charges and denies criminal wrongdoing.

The case comes as Mr Trump campaigns to become president again in the 2024 election. He is the first US president in history to face a criminal trial.

Hugh Jackman urges sun safety after new skin cancer scare



Australian actor Hugh Jackman has revealed he is undergoing more skin cancer tests.

The 54-year-old star said it came after a recent medical check-up and he expects the results within the next few days.

Sporting a bandage on his nose, the Wolverine actor took to social media to urge people to get checked and follow sun safety advice.

Jackman had his first skin cancer removed in 2013, and has since had at least six procedures.

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Continued from page 16

One in six people affected by infertility globally report finds



The World Health Organization (WHO) is calling for better access to fertility care globally as a new report has shown one in six people experience infertility.

There also appears to be little difference in rates across high, middle and low-income countries. WHO defines infertility as a failure to achieve a pregnancy after 12 months or more of regular unprotected sex.

Finland named "happiest country in the world"



Finland has been named the world's happiest country for the sixth year running in an annual UN-sponsored index.

The World Happiness Report, first published in 2012, is based on people's own assessment of their happiness, as well as economic and social data.

It considers six key factors, which are social support, income, health, freedom, generosity, and absence of corruption.

Northern Europe once again dominated the top spots, with Denmark in second place followed by Iceland while the likes of the UK and US didn't make the top ten.

Knocking France off its spot, Lithuania became the only new country in the top 20.

Paris bans rental e-scooters



Paris, one of the first cities to pioneer rental escooters, has now voted to ban them.

Almost 90% of votes cast on Sunday favoured a ban on the battery-powered electric devices, official results showed.

But under 8% of the 1.38 million people on the city's electoral register turned out to vote.

The referendum was called in response to a rising number of people being injured and killed on escooters in the French capital.

Cancer and heart disease vaccines "ready by end of the decade"

Dr Paul Burton, the chief medical officer of pharmaceutical company Moderna, said he believes the firm will be able to offer such treatments for "all sorts of disease areas" in as little as five years. The firm, which created one of the leading coronavirus vaccines, is developing cancer vaccines that target different tumour types.



Burton said: "We will have that vaccine and it will be highly effective, and it will save many hundreds of thousands, if not millions of lives. I think we will be able to offer personalised cancer vaccines against multiple different tumour types to people around the world."

Barcelona are in contact with Lionel Messi about a potential summer return

arcelona vice-president Rafael Yuste says the club have been in contact with Lionel Messi about a possible return. Messi made a tearful farewell to Barcelona in 2021 after the club were unable to offer him a new deal due to major financial woes. He signed for PSG but his contract expires this summer.

Barça have made little secret of their desire to bring him back and Yuste says they had been in touch with his representatives. "Leo and his family know the affection I have for them,"



Yuste said. "I participated in the negotiations which unfortunately did not lead to a certain result. I've always had and I have this thorn in my side that Leo couldn't continue at our club. Messi knows how much we appreciate him. I would love for him to come back. We're in contact, of course, with them."

Cristiano Ronaldo breaks international appearance record

ristiano Ronaldo broke the men's record for most international appearances as he earned his 197th cap for Portugal in the team's Euro 2024 qualifying win over Liechtenstein. The previous record of 196 was held by Kuwait forward Bader Al-Mutawa. Ronaldo scored two goals in Thursday's game -- a penalty and a stunning free kick -- in the 4-0 win.



Lionel Messi has now scored 702 club goals in Europe, more than any other player

ionel Messi has overtaken Cristiano Ronaldo for goals scored in European club football after scoring for Paris Saint-Germain against Nice on Saturday. That was his 702nd goal in European club football and took him ahead of Ronaldo, who scored 701 in Portugal, England, Spain and Italy before moving to Saudi Arabia earlier this year.

Messi's 702 goals in Europe have come in 95 fewer games than it took Ronaldo to net his 701.



Vessels Under EST Management

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