



ENTERPRISES  
SHIPPING &  
TRADING S.A.

**EST**

*Newsletter*



WEDNESDAY, 27 DECEMBER 2023  
VOLUME 17, ISSUE 197

**INSIDE THIS ISSUE:**

◆ Wishes to the fleet	1
◆ Senior Officers Seminar Novorossiysk 28- 29/11/23	2-3
◆ 2023 Table Top Exercise (TTX)	4
◆ EST Vessels receive AMVER Awards	5
◆ EST Goes Green with DHL	5
◆ Internal Auditor Training by BV	6
◆ GMS Focus Training Seminar (FTS)	6-7
◆ What's New in the QHSEMS?	7
◆ "Near Miss Rewarding" Program	8
◆ Best Practice, MT Energy Afrodite	9
◆ "IDEA" Program	9
◆ Season Greetings - M/V Furious	10
◆ Wishes from AMCS	10
◆ MT Energy Afrodite - Christmas Ap- preciation Gift from EQUINOR	11
◆ Wishes from m/v Taurus	12
◆ Promoting Safety On Board - STAY SAFE...	13- 14
◆ Ships with Zero PSC Deficiencies	15
◆ Important Reminder	15
◆ Lessons Learned: Evaluate your Safety at Mooring Station	16
◆ Right Whales Speed Reduction Zones	17
◆ Quishing: Mitigate the Risk from QR Code exploitation	18
◆ Body workout	19
◆ Spot the Differences / JOKES	20
◆ News/Sports (Reuters, BBC, CNN)	21- 23
◆ Vessels Under EST Management	24

*During this joyous time of the year,  
we would like to thank you for the  
dedication and the hard work that  
you have put in this year.*

*We wish you and your loved ones  
a great deal of joy and peace*

*Stay safe, take care and have a*  
**HAPPY NEW YEAR!**



# Senior Officers Seminar at Novorossiysk on 28 & 29 November 2023



**T**he second Senior Officers Seminar for 2023 was hosted by Enterprises Shipping & Trading S.A. and Alpha Marine Services on 28 and 29 November 2023 at Novorossiysk.

The event once again took place at "NOVOSHIP TRAINING CENTER", with the participation of our Tanker Fleet top officers that were ashore at the time as well as physical and virtual presence of EST Head office representatives.

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

- ☑ Capt. Asterios Molochas - Vetting Supt., attending from EST Head office
- ☑ Capt. Leonid Fedchishak - Training Manager
- ☑ Irina Lebedinskaya - AMCS Office Manager
- ☑ Marina Rybakova – Lawyer
- ☑ Nataliya Jablonski - Candidate of Psychological Sciences
- ☑ Capt. Vladimir Svetlov - Head of Navigation simulator center of SCF Novoship Training



Capt. J. Georgalas, Crew Director and Ms. K. Gemidopoulou, QHSE Manager

Once more,

**Continue on page 3**

continued from page 2 “Senior Officers Seminar at Novorossiysk on 28 & 29 November 2023”

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 GOLDEN ANNIVERSARY - 50 years of safety - the past, present & future, MR KPIs](#)
- ☑ 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.

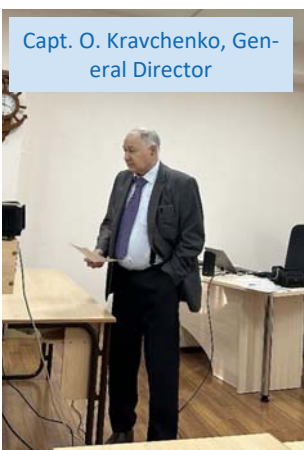
We would like to take this opportunity to thank all our staff at ALPHA MARINE CREW SERVICES for their hard work and commitment towards the seminar’s successful outcome.



Alpha Marine Crew Services personnel with Capt. A. Molochas



Capt. L. Fedchishak during his presentation



Capt. O. Kravchenko, General Director



Irina Lebedinskaya



Capt. A. Molochas, Vetting Supt



Orestis Perilis, Vetting Manager



Marina Rybakova, Lawyer



Nataliya Jablonski



kg

# 2023 Table Top Exercise (TTX)

The 2023 Annual Table Top Exercise (TTX) was carried out on November 30, 2023 at 1300 UTC.

Capt. Aleksandr Otrubennikov and his crew serving on board MT Energy Artemis participated in this year's TTX and simulated a very elaborate real-case accident scenario.

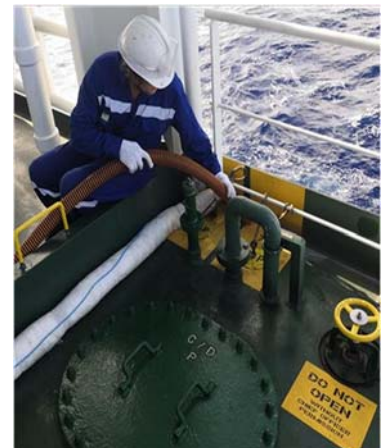
As required by VRP §7.2.3, a spill management exercise is to be conducted annually with the participation of the Company's Emergency Response Team (ERT), the QI-Spill Management Team (Gallagher Marine Services) and a vessel listed with the plan.

During the 2023 TTX the following California objectives were tested and achieved:

1. Notifications
4. Unified Command
5. Public Information
6. Liaison Contact with Stakeholders
7. Safety - Site safety assessment

Upon completion of the exercise, the QI Exercise Controller congratulated both the office Crisis Team and Ship's response to the scenario.

The Exercise controller also expressed appreciation and excitement for the active participation of the entire crew, in a way that goes beyond the usual level of engagement. The sharing of photos enabled the whole crisis team to observe and document their involvement.



# EST Vessels receive AMVER Awards

**W**e are pleased to announce that our Company and Fleet were once more congratulated by the USCG for the invaluable support to provide a worldwide safety network so as to assist in search and rescue operations and save lives.

**Fifteen** "Certificates of Merits" for the year 2022 were delivered to Capt. Tasos Triantafyllidis, who accepted the awards on behalf of Enterprises Shipping & Trading S.A.

Eligibility Requirements for the Awards Program are those vessels with at least 128 days on the Amver plot in a calendar year are eligible for an award.

AMVER's success is tied directly to the number of merchant vessels regularly reporting their position. The more ships on plot, the greater the chance a ship will be identified near the position of distress.

It has to be noted that EST vessels are voluntarily par-



icipating to AMVER program for over two decades!

**As such, we take great pride in the professionalism and safety culture developed among our crew and we would like to congratulate all our officers and crews on their voluntary commitment and continuous support to the safety of life at sea!**



kg

## EST Goes Green with DHL: Partnering with DHL to Reduce Carbon Footprint

**E**ST has recently joined forces with DHL, the world's leading logistics company, in a partnership aimed at reducing our carbon footprint and addressing Scope 3 emissions.

In an effort to take responsibility for our environmental impact, EST has started a strategic collaboration with DHL, a company renowned for setting high standards in sustainable development. Scope 3 emissions, encompassing all indirect emissions in a company's value chain, including downstream transportation and distribution, are a key focus of this partnership.

### DHL's GoGreen Service: A Game-Changer in Sustainability

DHL Express introduces the GoGreen service, an initiative designed to help businesses in their sustainability journey. This service is tailored to reduce CO2 emissions associated with Scope 3, targeting indirect greenhouse gas emissions linked to the supply chain.



As we embark on this green journey, EST is excited about the positive impact we can collectively make on the environment.



kg

# Refresher ISM Internal Auditor Training Course by Bureau Veritas

**A** refresher ISM Internal Auditor Training Course was carried out on 01/11/2023 by Bureau Veritas trainer, Mr. Anastasios Magiatis.

The purpose of the course was to refresh and enhance the internal auditors' understanding, knowledge and skills in order to effectively carry out or participate in the company's ISM internal audit process.

**The learning objectives included:**

- ✓ Understanding the ISM Code
- ✓ Understanding the Requirements for Certification and Verification
- ✓ Planning and Executing an Internal Audit
- ✓ Understanding the Auditee-Auditor relationship
- ✓ Gaining Preliminary Experience on how to Audit effectively the ISM Code

Additionally, the training course will reinforce the culture of continuous improvement and commitment to maintaining the highest standards in company's safety management system.



# Annual Participation in GMS Focus Training Seminar (FTS)

**E**nterprises Shipping & Trading S.A. successfully participated in the 2023 Athens FTS, thus fulfilling the annual TTX requirement as a USCG Non-tank Vessel Response Planholder and a California Contingency Planholder.

The seminar was conducted by our QI, Gallagher Marine Services on Thursday 9 November 2023 at the Divani Apollon Palace & Thalasso and in addition to the annual drill accreditation hosted a number of prominent speakers and a thorough review of upcoming and recent regulatory changes.



Ms. S. Zogana-DPA Bulkers/QHSE Manager, Mr. D. Vergis-Claims Executive (front)  
Mr. K. Kasmias- Assistant Operator, Mr. E. Kokiopoulos-Technical Superintendent

**We take this opportunity to remind you that the QI should be immediately notified of a discharge or even of a substantial threat of discharge in the US.**

Continue on page 7

continued from page 6 "Annual Participation in GMS Focus Training Seminar (FTS)



In the event of an incident, emergency, spill or threat of a spill in the U.S.A. or Canada, the Master must notify the QI immediately via TELEPHONE:

- Telephone: +1 703 683 4700 (24hrs)
- Alternate: +1 215 492 5473 (24hrs)

## What's New in the QHSEMS?

### Tankers QHSEMS

1. PM Chapter 09\_Maintenance of the ship and equipment-version 0.5
2. WIM Part IV Section A\_SHOREBASED Contingency Planning-version 0.13
3. ESTSA 172 Safety Environmental Familiarization-version 0.3
4. ESTSA 172a Deck Familiarization-version 0.2
5. ESTSA 208 Cargo heating record sheet-version 0.2
6. ESTSA 218 Cargo Related Equip Maintenance\_Test Records-version 0.3
7. ESTSA 326 Monthly Charts Pubs Correction Cert-version 0.2
8. ESTSA 801 Forms List-version 0.6
9. Tankers Ops Manual-version 0.7

### New Uploads (Tankers)

- ESTSA 205a LOP Generic Template

### Bulkers QHSEMS

1. FORM 41 Navigational Publications List-version 0.6

### GMS Client Advisories

- Client Advisory\_25\_23\_Biofouling Management Plan\_Release of New Version Under MEPC 378
- Client Advisory\_27\_23\_Enforcement Alert\_Northern Right Whale Speed Reduction Zones
- Client Advisory\_28\_23\_GMS and ECM Merger Update\_QI Notification and Exercises Procedure Change
- GMS\_List of Advisories

### Safety Awareness Handbook

- QHSE Alert 16\_23\_Eye Injury During Lifeboat Maintenance\_Post Incident Investigation
- QHSE Alerts inventory

We take this opportunity to remind you that any feedback, suggestions for revisions or QHSEMS improvement are more than welcome and can be submitted to the QHSE department through a DCR ([Nav-Dynamics](#) → [DM Library](#) → [New Change Request](#)) or via the Master's Review.



# “Near Miss Rewarding” Program

**W**e are pleased to announce the seafarers entitled to \$100.00 reward this month.

Key to this is to reward diligent crew members who contribute in a responsible manner to their own safety and that of their fellow workers.

- MV Constantia - **Third Officer Inocente Guimbaolbot**
- MV Imperius - **Chief Officer Florencio L. Asis Jr.**
- MV Virtuous Striker - **Chief Officer A. Yerebakan**

HAZARD	vs	RISK
A HAZARD is something that has the potential to harm you		RISK is the likelihood of a hazard causing harm
		

BEST PRACTICE



**Hazard:** Fire hose box covers not properly secured, opening during strong winds.

**Risk:** Potential damage to hinges and plastic cover, leading to exposure of fire hoses and nozzles to sea moisture.

**Best Practice:** The crew utilized tie wires, cut to 5 inches, painted red, and positioned them to secure fire hose box covers from opening during strong winds.

BEST PRACTICE



**Hazard:**

Provisions stored in carton boxes.

**Risk:**

Carton boxes absorbing moisture which can impact the quality of the stored fruits and vegetables.

**Best Practice:**

The carton boxes were replaced by plastic trays that allow proper air circulation, minimizing the risk of food spoiling

BEST PRACTICE



**Hazard:**

Storage of products (salt, sugar, and flour) in similar bags in the dry provision store with no labelling.

**Risk:**

The products can get mixed which can lead to product contamination and spoilage.

**Best Practice:**

The crew separated all product bags and label them correctly to ensure accurate recognition and prevent cross-contamination.



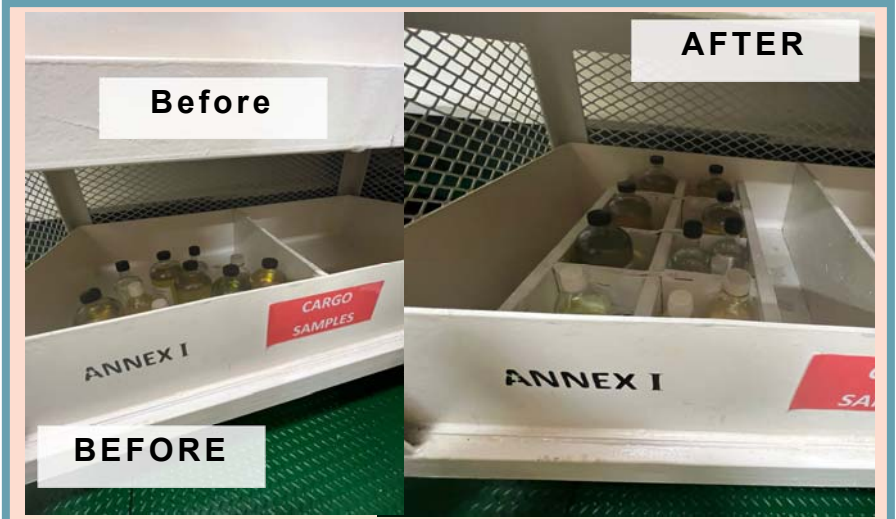


# Best Practice Received by MT Energy Afrodite

**W**e would like to thank the Seaman **Malkhazov Pavel** of MT Energy Afrodite for providing us this Best Practice.

At EST S.A., we understand the significance of implementing Best Practices and firmly believe in the power of sharing knowledge and experiences within our fleet. As such, we kindly request you to share the Best Practice you are implementing onboard through our Near Miss software. This will enable us to disseminate your insights to the rest of the fleet, allowing them to benefit from your expertise and contribute to further enhancing our safety standards.

Furthermore, we would like to remind you that EST S.A. rewards the four most meaningful near misses, best practices, or ideas every month. Your contribution may have a significant impact and be recognized as one of the most valuable submissions.



During a routine inspection following cargo operations on board mt Energy Afrodite, it was noted that the cargo samples were inadequately secured within the sample box.

This poses a risk of breaking the cargo samples, creating a hazardous atmosphere and potentially glass shards could cause an injury.

To address this matter of properly securing cargo samples, the crew onboard mt Energy Afrodite fabricated a specially designed box with dividers to protect the samples from breakage.



SZ

## “IDEA” Program



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 Citius
- mv Puma Max
- mv Taurus

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



SZ

# Season Greetings from M/V Furious

**W**e would like to thank Capt. Capt. Zaldy A. Villafior, the Officers and Crew onboard m/v Furious for their wishes and for sharing with us their sparkling Christmas decorations!



## Christmas Blessings from Alpha Marine Crew Services

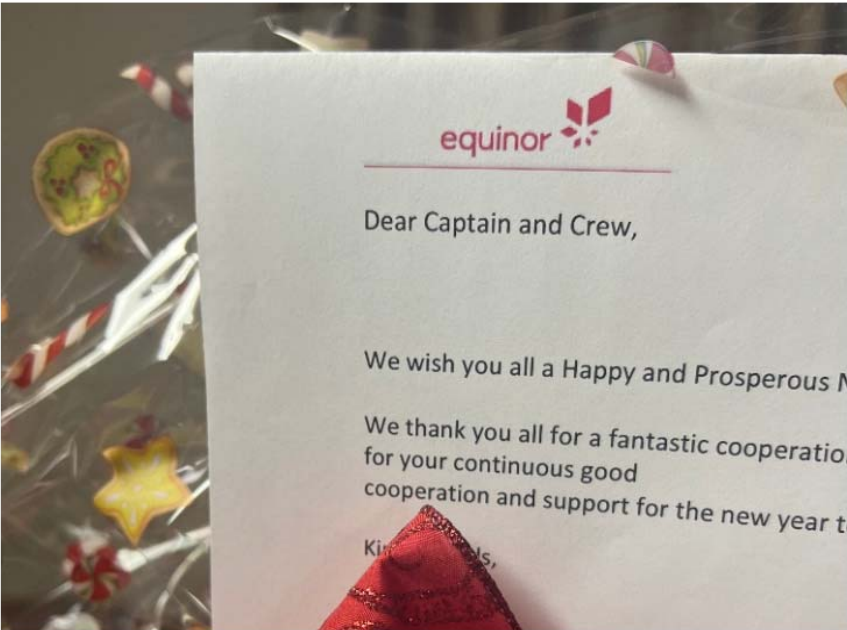
**C**apt. Oleg Kravchenko and his team in Alpha Marine Crew Services Novorossiysk took the opportunity to wish to our seamen and their families a **Merry Christmas and a Happy New Year** by once again offering special presents to the children!



kg



# MT Energy Afrodite Receives Christmas Appreciation Gift from EQUINOR



**C**apt. Andrey Dvoretzkiy and his Crew on board MT Energy Afrodite received a gift basket filled with Christmas delicacies from Equinor as a token of appreciation for the impeccable co-operation and support throughout the past year!



# Wishes from m/v Taurus



**C**apt. Felvin V. Maray, the Officers and Crew of m/v Taurus would like to wish everyone Merry Christmas and a Happy New Year! We would like to thank them for their wishes and for sharing with us their beautiful photos!

Please feel free to share with us any photos from any Holiday gatherings onboard so that you can be featured in company's next newsletter!



ats

# Promoting Safety On Board - STAY SAFE...

**T**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:
- ✓ *Messman W. W, Casero of MV Livorno*
  - ✓ *4th Eng. J. K. L. Casas of MV Constantia*
  - ✓ *2nd Off. V. Yun of MT Energy Ariadne*
  - ✓ *Ch. Off. M. Zhenilov of MT Energy Commander*
  - ✓ *2nd Eng. Y. Tatarinov of MV Warrior*
  - ✓ *Ch. Off. O. Sokolov-Rosha of MV Delphi Ranger*
  - ✓ *Cadet J. M. G. Villafranca of MV Puma Max*
  - ✓ *2nd Eng. N. Shershakov of MT Energy Achilles*

## UNSAFE CONDITION INCIDENT - LTI Injury

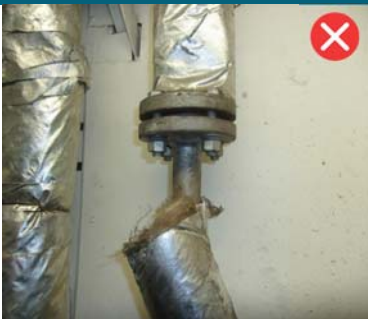
**What happened:** Lifeboat cylinders air charging: there is an incompatibility between the High-Pressure air supply hose and the air charging arrangement thread, leading to the inability to be tightened properly to its full extent.

**This Unsafe Condition was identified as one of the Root Cause of an incident that occurred onboard a sister ship the previous month:**

The 2nd Off connected the supply hose to the cylinders' charging point in order to refill the cylinders. He then instructed the 3rd Off to start the compressor. As the pressure in the hose began to increase, there was a sudden disconnection of the supply hose from the cylinder. The disconnected coupling struck the 2nd Officer in the right eye, causing injuries to his eyelid, bruising his eyeball, and a slight wound to his nose.

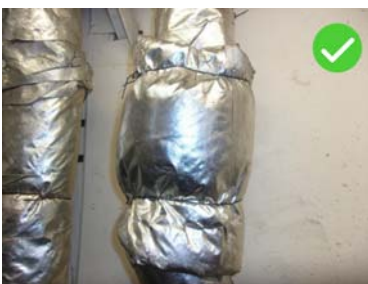


## UNSAFE CONDITION Thermal Insulation damaged



**What happened:** Thermal insulation was not restored on the Fuel Oil transfer pipe after fixing steam leaks.

Improperly insulated pipes can become hot to the touch, posing a burn hazard to personnel working in the vicinity. Also, steam, when escaping from pipes, can be at high temperatures.



It also increases the risk of fire in case flammable materials come into contact with hot surfaces.

## UNSAFE ACT Fire Hazard



**What happened:**

During the safety round before UMS, it was found that oily rags and pieces of cartons had been left in the suction strainer of F.O supply pump posing a fire hazard.



Continue in page 14

### UNSAFE CONDITION Explosion Hazard



**What happened:**

While pre-heating the oven, the Cook opened the lid and found two cans of soft-drink inside.



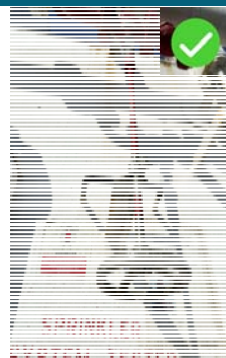
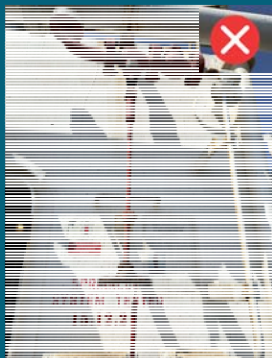
### UNSAFE ACT Risk of Injury



**What happened:** During rough sea, a crewmember was inspecting the incinerator combustion chamber using his body to keep the door open.

**Using the body to hold the door open in rough seas poses a high risk of injury.**

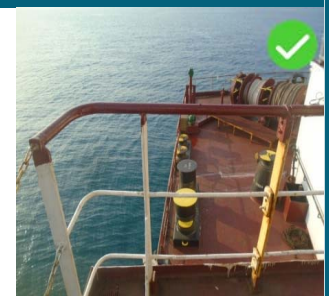
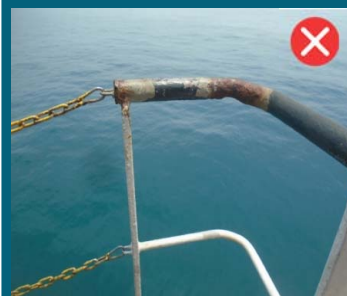
### UNSAFE CONDITION Delayed Emergency Response



**What happened:** The sprinkler valve for the paint locker was corroded.

**Corrosion on the sprinkler valve can compromise its functionality, rendering the fire suppression system ineffective in case of a fire emergency in the paint locker.**

### UNSAFE CONDITION Maintenance Issues



**What happened:** The railings besides the inflatable liferaft were rusted.

**Make sure that deck maintenance is carried out as per company's requirements.**

### UNSAFE CONDITION Slip and Fall Hazard



**What happened:** During safety round on main deck, it was found that the platform and steps of the accommodation ladder had not been properly cleaned after snowfall.



**Accumulated snow on the platform and steps of the accommodation ladder creates a slip hazard.**

### UNSAFE ACT Chemical Exposure



**What happened:** The seaman was not wearing proper PPE while performing boiler water analysis.



**Handling chemicals without proper protection increases the potential for skin contact leading to skin irritation, burns, or other adverse health effects.**



# 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	Colossus	Dmytro Grinchenko	06/11/2023	Al Hidd	BAHRAIN
2	Energy Achilles	Oleg Somko	15/11/2023	Fujairah	UAE
3	Panther Max	Jose Abraham Apostol	26/11/2023	Jeddah	SAUDI ARABIA
4	Gladiator	Gennadiy Berezin	30/11/2023	Lome	TOGO

## IMPORTANT REMINDER !



### HOLIDAY SAFETY

WELL SANTA, NOW YOU'RE READY TO CLIMB DOWN THE CHIMNEY!



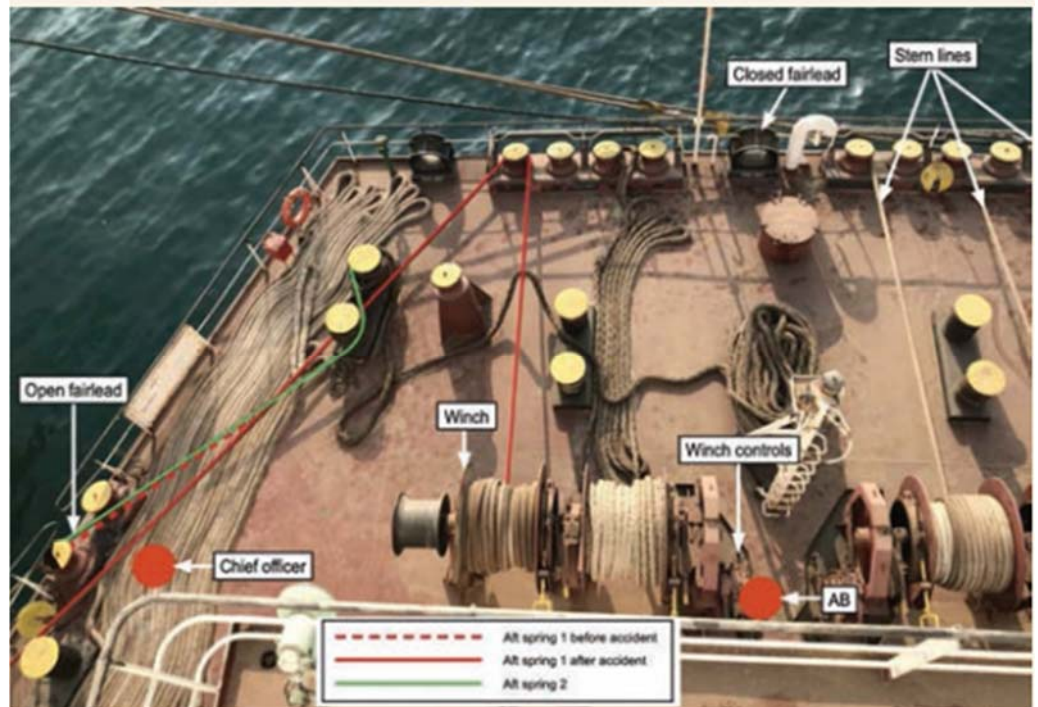
# Lessons Learned: Always Evaluate your Physical Position at a Mooring Station

The Nautical Institute presents an incident where, a bulk carrier had arrived at an anchorage to load a cargo of grain from an anchored bulk carrier which was acting as a grain storage vessel.

## The incident:

The vessel was moored under pilotage alongside the anchored storage vessel and prepared for the ship-to-ship (STS) transfer of cargo. The mooring arrangement agreed between the Master and pilot consisted of three head lines, three stern lines, two forward springs and two aft springs; all lines belonged to the receiving vessel. Loading commenced using the storage vessel's crane grabs. At this time the two vessels had similar freeboard.

Some 22 hours later, with loading near 80 percent complete, the forward crane operator on the storage vessel advised his duty officer that the receiving vessel needed to be moved forward to



allow the crane grab to reach part of the hold he was loading. By this time, the storage vessel's deck was about eight metres higher than that of the receiving vessel.

## Lesson Learned

- ✓ An operation to shift a vessel involved in an STS transfer should be assessed for the development of potential new hazards over the course of the operation – for example, the change in relative vertical reference due to draft changes of each vessel
- ✓ During STS transfer operations, mooring lines will develop increasingly vertical leads as the discharging vessel's freeboard rises and that of the loading vessel falls. To ensure containment of mooring lines that have or develop more vertical leads, closed fairleads should be used.
- ✓ Always evaluate your physical position at a mooring station and stay clear of potential snap-back or other energy release zones.
- ✓ Compliance with STCW work/rest requirements does not guarantee a person is not fatigued. Each individual is responsible for ensuring their own sleep hygiene is adequate.

Source: <https://safety4sea.com>





# Right Whales Speed Reduction Zones



## NOAA FISHERIES SERVICE

Mandatory speed restrictions of 10 knots or less are required in Seasonal Management Areas along the U.S. East Coast during times when right whales are likely to be present. The purpose of this regulation is to reduce the likelihood of deaths and serious injuries to these endangered whales that result from collisions with ships.



NOAA

Vessels may operate at a speed greater than 10 knots only if necessary to maintain a safe maneuvering speed in an area where conditions severely restrict vessel maneuverability as determined by the pilot or master.

If a deviation from the 10 knot speed restriction is necessary, the following information must be entered into the logbook:

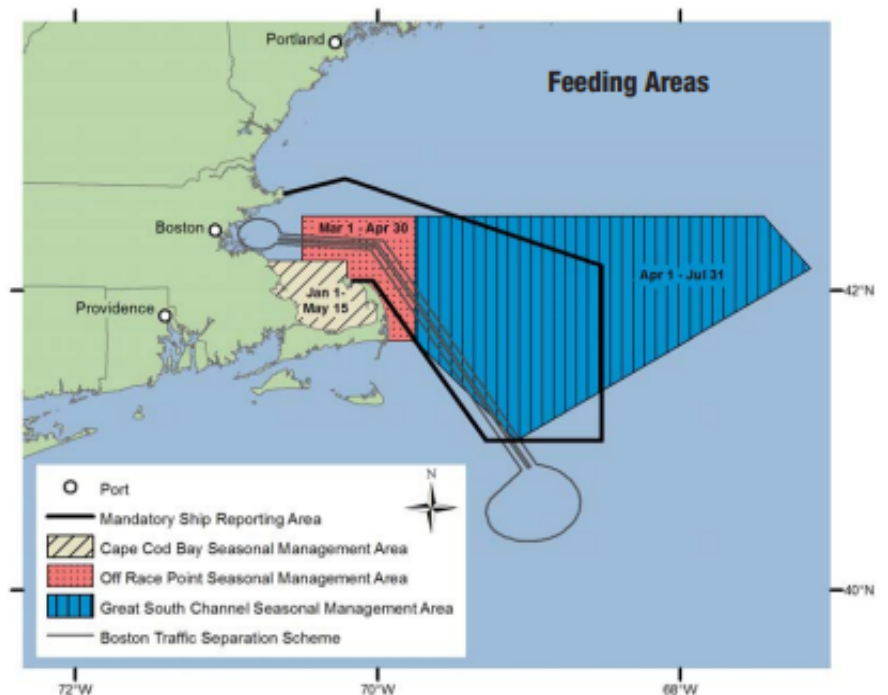
- Reasons for deviation
- Speed at which vessel is operated
- Latitude and longitude at time of deviation
- Time and duration of deviation
- Master of the vessel shall sign and date the logbook entry

## Compliance Guide for Right Whale Ship Strike Reduction Rule (50 CFR 224.105)

**ATTENTION:** All vessels greater than or equal to 65 ft (19.8 m) in overall length and subject to the jurisdiction of the United States and all vessels greater than or equal to 65 ft in overall length entering or departing a port or place subject to the jurisdiction of the United States.

**YOU MUST SLOW TO SPEEDS OF 10 KNOTS OR LESS IN SEASONAL MANAGEMENT AREAS**

### Northeast U.S. Seasonal Management Areas



### Feeding Areas

#### Cape Cod Bay

January 1 - May 15  
Includes all waters of Cape Cod Bay with Northern Boundary of 42°04'56.5"N, 070°12'W to 42°12'N, 070°12'W then due west back to shore.

#### Off Race Point

March 1 - April 30  
Waters Bounded by:  
42°04'56.5"N 070°12'W  
42°12'N, 070°12'W  
42°12'N, 070°30'W  
42°30'N, 070°30'W  
42°30'N, 069°45'W  
41°40'N, 069°45'W  
then due west back to shore.

#### Great South Channel

April 1 - July 31  
Waters Bounded by:  
42°30'N, 069°45'W  
42°30'N, 067°27'W  
42°09'N, 067°08'24"W  
41°00'N, 069°05'W  
41°40'N, 069°45'W  
then back to starting pt.

The rule does not apply to waters inshore of COLREGS lines.



kg

# Quishing: How Attackers Exploit QR Codes and how to Mitigate the Risk

**Q**R code phishing attacks – or “Quishing” – are currently on the rise and present a significant threat to users and organizations alike.

## What is a QR code (quick-response code).

It is a method of encoding a phrase into an image, in order for machines to be able to recognize it easier than printed text.

## See the following example:

The phrase "ENTERPRISES SHIPPING & TRADING S.A." is encoded in the following image. You may test the below, by opening the camera of your Phone, and focusing on the image. As you will notice, it will de-code the image and the phrase "ENTERPRISES SHIPPING & TRADING S.A." will be displayed under it.



## Why is a QR code dangerous.

It becomes apparent that phrases like URLs may be encoded using QR code technology. So any resource, like a web page, an application location, a bank transfer authorization etc. may be encoded as a QR code. **It is your Phone's automation that elevates those QR codes from a harmless text, to a manifested threat.**

## The method of operation is as follows:

Let's assume that you receive a QR code. If your phone sees it (with its camera) then, your phone decodes the QR code, into a web address and it automatically opens it. As a result you are instantly exposed to an imminent threat (e.g. the web site you see is a replica of your bank's web site and you are lured into keying in your credentials).

**So, its just PHISING with extra steps.**

## What should we do.

- ✓ THINK BEFORE YOU CLICK (or in this case show a QR code to your phone).
- ✓ Always pay attention when using information systems.
- ✓ When in doubt always ask for help or guidance.

## Also, please pay attention to the following:

- ✓ The email address of the e-mail sender, might have been forged. We should, examine the email-headers and verify the real originator's address. If, despite our detective actions, we remain in doubt regarding the identity of the sender, then we should utilize an alternative communication-channel and contact our associate to confirm with him the validity of the message-context.
- ✓ Frequently forged emails exhibit grammatical and spelling errors. This must raise suspicion.
- ✓ Suspicion must be also raised by uncommon communications of highly ranked administration officers, requesting information or prompting for action, especially when those communications are self proclaimed urgent.
- ✓ A good practice is to examine the stationary of the e-mail message and compare it to previously received legitimate messages.

Generally, don't believe whatever you witness without judgment. Those fraudulent tricks are based on human psychology, and exploit human emotions by inflicting to the victim anxiety, fear of consequences, urgency, collectiveness.

It is very difficult to detect each and every one of these frauds, for that reason let's always follow the designated company's procedures for our actions.



# Body Workout

# SANTA

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

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



20 march steps



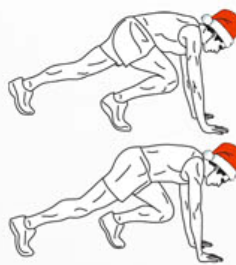
20 high knees



20 butt kicks



20 shoulder taps



20 climbers



10-count plank hold



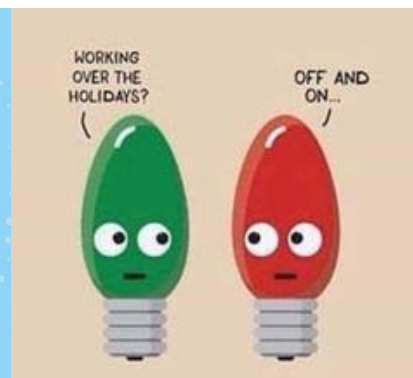
20 crunches



### SPOT THE 7 DIFFERENCES:



### CHRISTMAS JOKES :



**Large Icelandic volcano eruption misses local town**



(Reuters) A volcano erupted on 18/12/2023 in south-west Iceland, spewing lava and smoke through a 4 km fissure, after weeks of intense earthquake activity. The volcano is about 30 km southwest of Iceland's capital Reykjavik. Authorities last month evacuated the nearly 4,000 inhabitants of the fishing town of Grindavik. Located between the Eurasian and the North American tectonic plates, among the largest on the planet, Iceland is a seismic and volcanic hot spot because the two plates move in opposite directions.

**Google to pay \$700 mln to US consumers, states in Play store settlement**



(Reuters) Google has agreed to pay \$700 million and to allow for greater competition in its Play app store, according to the terms of an antitrust settlement with U.S. states and consumers disclosed on Monday in a San Francisco federal court.

Google will pay \$630 million into a settlement fund for consumers and \$70 million into a fund that will be used by states, according to the settlement, which still requires a judge's final approval.

**TomTom creates AI-based conversational assistant for vehicles with Microsoft**

Digital mapping specialist TomTom said on Tuesday it has partnered with tech giant Microsoft (MSFT.O) to create an artificial intelligence (AI)-powered conversational assistant for vehicles. The assistant will allow users to "converse naturally with their vehicles" and enable voice interaction with information, location search, and vehicle command systems, the company said.



TomTom, which competes with Google Maps and the world's biggest mapping platform HERE, used various Microsoft services like its Azure OpenAI Service to create the voice assistant.

**In History: The first ever video game console, 50 years on**

(BBC) Fifty years ago, an episode of the BBC's Tomorrow's World introduced the Magnavox Odyssey, the world's first ever home video games console. It was a basic but visionary design, and led to today's multi-billion-pound industry.

The invention was the brainchild of Ralph Baer, a German-American engineer, who had been tinkering with the idea of interactive television games since the 1960s. With a small team he had devel-



Continue on page 22

Continued from page 21

oped multiple prototype consoles, before unleashing the Odyssey on an unsuspecting American public in 1972, the year before the BBC broadcast.

### EU takes action against Elon Musk's X over disinformation

The European Union has formally announced it suspects X, previously known as Twitter, of breaching its rules in areas including countering illegal content and disinformation.



These are the first formal proceedings launched under the Digital Services Act (DSA), the tough new rules for big tech firms the EU has introduced. The DSA places extra obligations on major companies to protect users against extreme content. If they fail to do so they can face enormous fines or be suspended.

### Taylor Swift ruled pop culture in 2023. She will dominate again in 2024



(Reuters) Pop superstar Taylor Swift rocked concert stages, cinemas, local economies - and even the Earth - in 2023.

Swift's Eras Tour sold out stadiums and pumped millions of dollars into each city it visited. A movie version of the show lit up theaters, racking up \$250 million in ticket sales.

With 26 billion streams, Swift ranked as Spotify's most popular artist of the year. In July, the 33-year-old became the first female artist to have four albums on Billboard's top 10 list at the same time.



### Djokovic and Sabalenka named ITF's 2023 'world champions'

The International Tennis Federation (ITF) named Novak Djokovic and Aryna Sabalenka as its 'world champions' of 2023 after their performances at this year's Grand Slams.

Djokovic was given the men's singles award for a record-extending eighth time after winning three out of the four majors.

Sabalenka won her maiden major at the Australian Open, finished runner-up at the U.S. Open and reached the semi-finals at both the French Open and Wimbledon.

### Thai farmer creates cat-themed art in his rice field

(CNN) A sleeping cat hugs a fish in a picture seen from the air, picked out in sprouting rainbow seedlings in a rice field in Thailand to illustrate a traditional proverb about abundance. Farmer Tanyapong Jaikham and a team of workers planted the seedlings at various spots in the field in the northern province of Chiang Rai to depict cartoon cats, hoping to lure tourists and cat lovers.



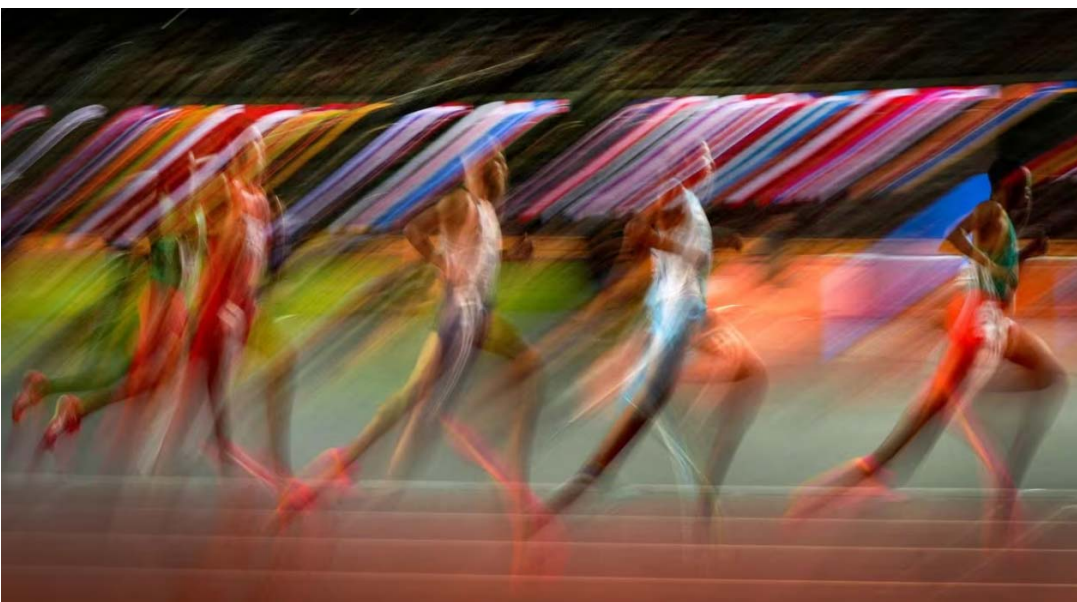
# 2023 Sporting Moments in Pictures



1. Poland's Iga Swiatek is pictured in action through a glass during her finals match at the French Open in Paris, June 10, 2023 .

2. Chile's Rodrigo Echeverria in action with Peru's Pedro Galles during their World Cup qualifier in Santiago, Chile, October 12, 2023.

3. The United States perform during the Teams Acrobatic Routine at the Pan-Am Games in Santiago, Chile, November 3, 2023.



4. A general view of athletes in action during the Men's 5000m final at the World Athletics Championship in Budapest, Hungary, August 27, 2023



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

Affiliated vessel				EST - New Building Orderbook		
	Vessel	Flag	Class	#	Hull Nr	Expected Delivery Date
1	Good Hope Max	IOM	BV	1	5095 tbn Energy Delos	December 2024
				2	5096 tbn Energy Dione	January 2025

### Calling all our seamen onboard:

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

If you'd like to be featured in the next issue, please email [ism@ensh.com](mailto:ism@ensh.com).



### Enterprises Shipping & Trading S.A.

11, Poseidonos Avenue, Elliniko,  
GR 167 77, Athens.

Tel: 0030 210 8910111  
Fax: 0030 210 8945716  
E-mail: [ism@ensh.com](mailto:ism@ensh.com)  
[www.ests.gr](http://www.ests.gr)

### Editing Team:

**ats:** Anna Tsesmoglou  
**bp:** Bella Politis  
**cr:** Costas Roussos  
**kg:** Katerina Gemidopoulou  
**sz:** Sofia Zogana