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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.

EST Fleet Renewal Program: Newbuildings' Steel Cutting



Steel Cutting of HN 5096 tbn Energy Dioni on 29 April 2024

As advised in EST Newsletter issue 191, two Crude Oil Tankers of DWT 157.000t have been contracted with the South Korean Daehan Shipbuilding.

The tanker ships, are expected to be delivered as follows:

- Hull #5095 tbn Energy Delos with expected delivery on December 2024
- Hull #5096 tbn Energy Dione with expected delivery on January 2025

The photos from the steel cutting of 5095 and 5096 were taken on 1 and 29 April 2024!

Furthermore, we are pleased to announce that as part of the Company's ongoing

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continued from page 1 “EST Fleet Renewal Program: Newbuildings’ Steel Cutting

tanker fleet renewal and expansion program, a new contract has been signed on 03 June 2024 with Daehan Shipbuilding for 1 x 157,200t Crude Oil Tanker.

The vessel with hull number 5110 is scheduled for delivery in December 2026.



Steel Cutting of HN 5095 tbn Energy Delos on 01 April 2024

ECS BWTS Training

On May 30, 2024, a group of ESTSA Supts. from Technical Department visited the Techcross Training Center to participate in specialized training on the ECS (Electro-Clean System) Ballast Water Treatment System. This visit aimed to enhance their understanding with the ECS, a leading technology in ballast water management systems.

The ECS is an innovative BWMS that employs direct electrolysis technology to treat ballast water. The ECS operates by passing incoming seawater through an Electro-Clean Unit (ECU), where it undergoes sterilization via direct electric processes. This method effectively eliminates harmful microorganisms. The treated seawater is then stored in the vessel's ballast tank, with residual hypochlorite acid ensuring the prevention of microorganism regrowth.

During the deballasting process, the remaining Total Residual Oxidants (TRO) in the treated water are neutralized to mitigate environmental impact. Unlike the ballasting process, the seawater is directly discharged without re-passing through the ECU, making the system efficient and environmentally friendly.



Mr. G. Roussos, Mr. I. Kokiopoulos & Mr. N. Bougioukas, Technical Supts. (Left to right)

Dynamic Striker Recognized for Responsibility in Whale Protection

We are proud to announce that our vessel, M/V Dynamic Striker, has been recognized by the National Oceanic and Atmospheric Administration (NOAA) for its compliance with speed restrictions while transiting the Stellwagen Bank National Marine Sanctuary, an area crucial for the protection of endangered North Atlantic Right Whales.

These restrictions are in effect from January 1 to May 15 and March 1 to April 30 annually and aim to reduce ship collisions with these whales.

The acknowledgment, based on data from the United States Coast Guard's Automatic Identification System (AIS), highlights vessel's adherence to the 10-knot speed limit, reflecting our commitment to maritime safety and environmental conservation.



We commend the Master, Officers and crew for their dedication and encourage continued vigilance in supporting whale conservation efforts.



EST Receives the “Kyniskas Olympic Wreath Award”

It is with great pleasure to announce that Enterprises Shipping & Trading S.A. has been awarded with the “KYNISKAS’ OLYMPIC WREATH AWARD” at the annual gala RESPONSIBLE MANAGEMENT EXCELLENCE AWARDS 2024 which was held at the venue “Ploes” on 29 May 2024.

Mr. Vassilis Ferentouros, Operations Fleet Manager, proudly accepted the award on behalf of EST. This recognition for ethical excellence signifies our company’s commitment to ethical business practices. It not only enhances our reputation but also strengthens stakeholder trust, potentially leading to increased loyalty from customers, employees, and partners.



Mr. V. Ferentouros, Operations Fleet Manager, receiving the award for EST

This outstanding achievement reflects the collective efforts of all our employees, both shore-based and seagoing, in ensuring social, cultural, economic, and environmental sustainability.

The EBEN Model, a voluntary standard, provides guidelines for companies committed to operating in a socially responsible, ethical, and transparent manner. Adhering to these guidelines has helped us earn this notable distinction.

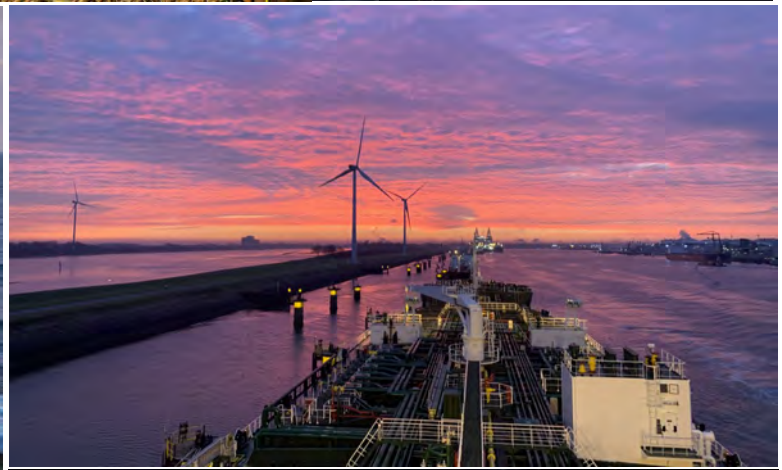
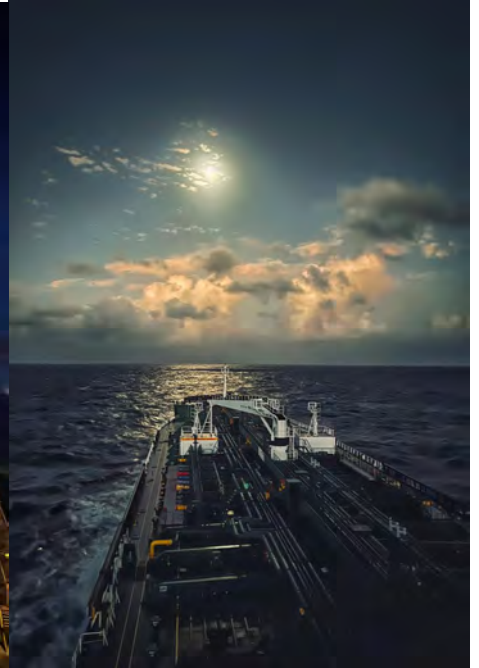


Photo Competition 2024 - Thank You!

We would like to thank everyone who participated in the contest and sent us their photographs! Below, you will find a selection of the incredible photos we received during the contest. The winners of the competition were announced in our previous issue, where you can find the list of winners and their photos.

Participants:

- Master Andrzej Winiarkiewicz
- Master Andrey Dvoretzkiy
- 2nd Officer Alexey Mikheev
- 3rd Officer Puey Entry
- Bosun_A. Varykha
- 3rd Engineer Oleksandr Babey
- A/B Errol Satioquia



What's New in the QHSEMS?

Tankers QHSEMS

1. PM 1 Intro_Mission Vision-version 0.6
2. PM Chapter 01_Policy Statements-version 0.5
3. WIM Part III Section B_Navigation-version 0.16
4. WIM Part IV Section A_SHOREBASED Contingency Planning-version 0.1
5. Tankers Ops Manual-version 0.8
6. ESTSA 108 IGS Maintenance Record Book-version 0.2
7. ESTSA 108a IGS Maintenance Check Point Chart-version 0.2
8. ESTSA 159 Boat Drill Record-version 0.3
9. ESTSA 203 Pre arrival conference check list-version 0.5
10. ESTSA 211 Pumping Log-version 0.2
11. ESTSA 211a Pumping Log vessels with Framo-version 0.2
12. ESTSA 218 Cargo Related Equip Maintenance_Test Records-version 0.4
13. ESTSA 258 Cargo Ballast Pumps Temperature Monitoring Log-version 0.1
14. ESTSA 301 Voyage Passage Plan-version 1.0
15. ESTSA 305 Pilot Card-version 0.3
16. ESTSA 810 Cargo Ops Audit Checklist-version 0.3
17. ESTSA 824 Navigational Audit Checklist-version 0.7
18. ESTSA 826 Mooring_Anchoring Audit Checklist-version 0.6
19. INDEX OF TECH LIVE MESSAGES FILE-version 0.4
20. SORB Sect 1_Form 01 Life Saving CHART-version 0.2
21. Energy Afrodite MSMLP FULL-version 0.2
22. Energy Ariadne MSMLP FULL-version 0.2
23. Energy Artemis MSMLP FULL-version 0.2
24. Energy Apollo MSMLP FULL-version 0.2
25. Energy Athena MSMLP FULL-version 0.2
26. Energy Centaur MSMLP FULL-version 0.4
27. Energy Chancellor MSMLP FULL-version 0.4
28. Energy Triumph MSMLP FULL-version 0.4

New Uploads (Tankers)

1. LM 134 Cargo Tanks Cleaning_Preparation_Rev 6
2. Live Message Index
3. Tech LM 057_IGG Unit Inspection
4. Tech LM 057_IGG Unit Inspection_attachments
5. Vetting and Audits Observations_Q2 2024

Bulkers QHSEMS

1. Policy Manual-version 0.6
2. WIM_Section B_Safety and Health-version 0.7
3. WIM_Section B1_Permit System-version 0.3
4. WIM_Section C_Bridge and Deck Instructions-version 0.5
5. FORM 40 Safety and Environmental Familiarization for all Personnel-version 0.4
6. FORM 40_1 Deck Familiarization for all Deck Officers and Deck Ratings-version 0.3
7. FORM 40_2 Engine Familiarization for all Engineer Officers and Engine Room Ratings-version 0.2
8. FORM 59 Annual Emergency Response Drill Guideline Chart-version 0.6
9. FORM 78 Auxiliary Equipment Maintenance-version 0.2
10. FORM 1124 Defect Report-version 1.1
11. FORM 1141 Fire Drill Record-version 0.4
12. FORM 1143 Helicopter Operation Drill Shipboard Safety Checklist-version 0.3

New Uploads (Bulkers)

1. Policy Manual-Mental Health and Wellbeing Policy
2. FORM 1267 Engine Room Watch Schedule-version
3. Environmental Management Manual-Section E-SEEMP Part III "SHAFT POWER LIMITATION_ShaPoli for EEXI COMPLIANCE"
4. Livorno_EU Monitoring Plan

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continued from page 5 “What’s New in the QHSEMS?”

5. Livorno_Ballast Water Management Plan
6. Dynamic Striker_SEEMP Part III
7. Heroic Striker_SEEMP Part III
8. RISQ 3.1-Protected (All Vessels)

Crew Management

1. Crew Circulars
2. Crew Corrective Actions
3. Manning Office Circulars
4. Manning Office Corrective Actions

Office QHSEMS

1. ITC Department PROCESSES-version 0.2

Office QHSEMS (New Uploads)

1. ESTSA 921A_Office Visit Questionnaire_Bulkers

Information and Cyber Security

1. Information and Cyber Security Policy Statement

Reflective Learning_LET_Resilience

1. ESTSA 104a Reflective Learning Training Forms Q3Q4_2024

Safety Awareness Handbook

1. QHSE Alert 09_24_RightShip Inspection at Acu on 04 April 2024
2. QHSE Alert 10_24 Finger Injury during heaving port side gangway
3. QHSE Alert 11_24_Helicopter Landing Operation Near Miss Incident caused on 25 May 2024
4. QHSE Alert 12_24_RightShip Inspection at Mundra on 24 April 2024
5. QHSE Alerts inventory
6. Safety Update_Issue 4_2024
7. Safety Update Inventory
8. CLIP 02_2024_Loss of Propulsion

GMS Client Advisories

1. Client Advisory_19_24_Panama Authorized Person_AP_Contact Information
2. Client Advisory_20_24_RRG_Update for Existing Subscribers and Offer for All GMS Planholders
3. GMS_List of Advisories

Record of PMS Changes

1. Change Request List RECORD OF PMS CHANGES

Technical Supporting Documents

Chevron Lubricants FAST (All Vessels):

- Chevron Marine Lubricants Handbook_May2024
- Sampling Points Names
- Lub Chart
- Equivalent List
- 1_FAST_InstructionLeaflet_0417_1
- 2_Chevron Marine Laboratories
- 3_onboard-sticker-antwerpen
- 4_onboard-sticker-shanghai
- 5_Proforma invoice example FAST samples
- 6_Used Lubricating Oil SDS
- 7_Chevron Sample Point Instruction Sheet

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.

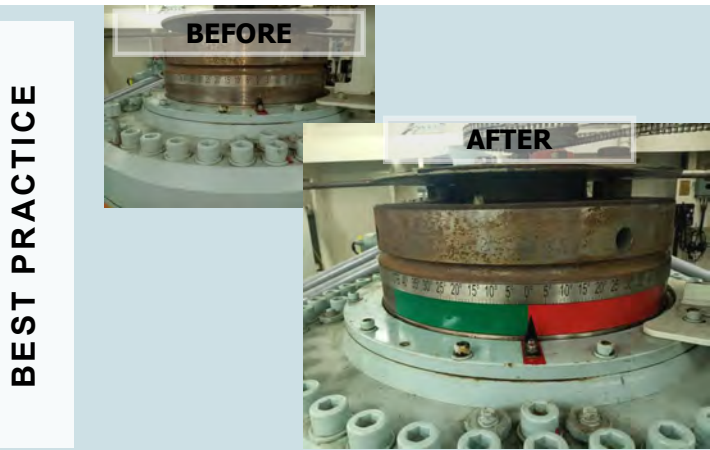
- MV Virtuous Striker - **2nd Engineer M. Kopylov**
- MV Alora - **2nd Engineer Yakiv Tatarinov**
- MT Energy Artemis - **Chief Officer Andrey Brikun**



Hazard:
No labels to indicate the cylinders' fill status inside Oxygen Room and Acetylene Room.

Risk:
Without clear labels, crewmembers might mishandle cylinders, assuming they are empty when they are full or vice versa.

Best Practice:
Labels indicating the presence of gases have been installed on all cylinders to ensure quick and accurate replacement.



Hazard:
Rudder color indicators (red for port, green for starboard) are missing.

Risk:
Navigation confusion leading to accidents and potential finding during 3rd party inspections.

Best Practice:
Steering gear rudder has been marked with red and green colors.



Hazard:
Not enough space in the CCR to accommodate the jackets, shoes, and helmets of the Officers.

Risk:
Disorder in CCR.

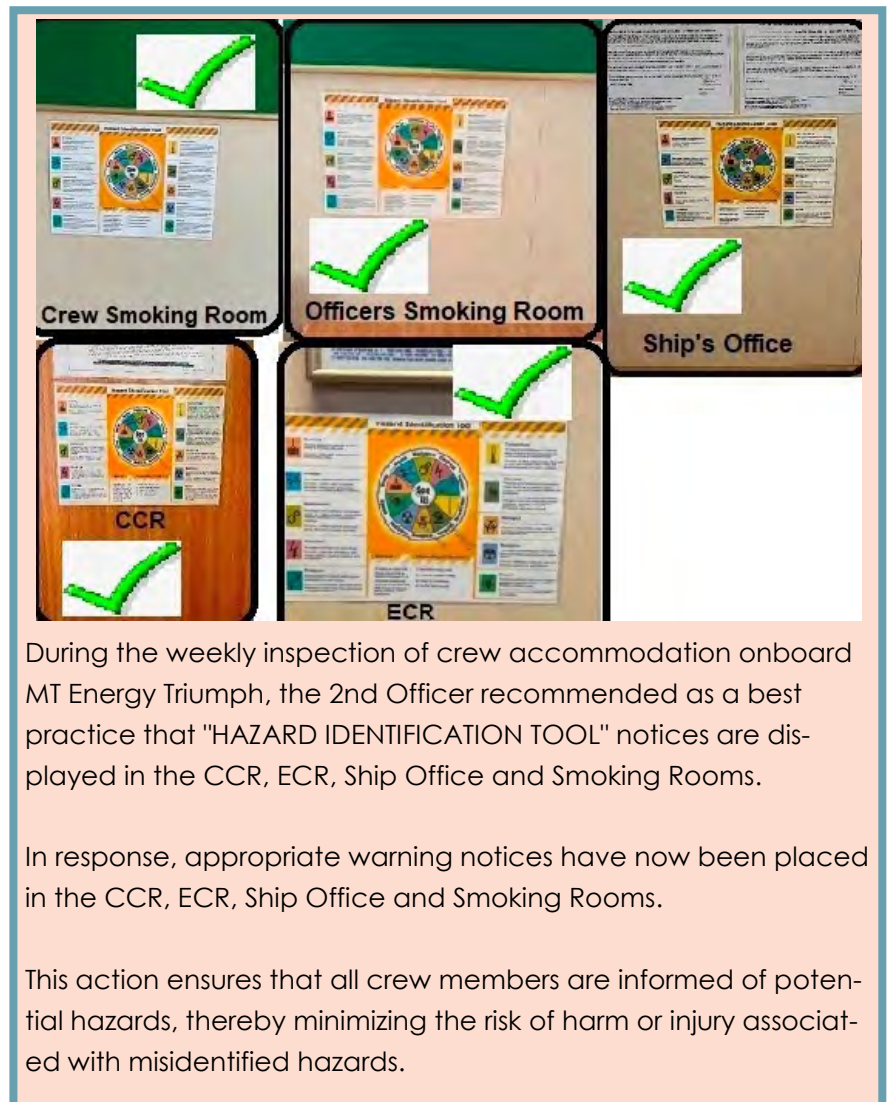
Best Practice:
Additional coat pegs have been installed to enhance organization and order.

Best Practice Received by M/T Energy Triumph

We would like to thank the **2nd Officer R. Zyulev of MT Energy Triumph** for providing us this Best Practice.

At EST SA, 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 the weekly inspection of crew accommodation onboard MT Energy Triumph, the 2nd Officer recommended as a best practice that "HAZARD IDENTIFICATION TOOL" notices are displayed in the CCR, ECR, Ship Office and Smoking Rooms.

In response, appropriate warning notices have now been placed in the CCR, ECR, Ship Office and Smoking Rooms.

This action ensures that all crew members are informed of potential hazards, thereby minimizing the risk of harm or injury associated with misidentified hazards.

“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:

- M/V Divinus
- M/V Puma 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.

2024 Campaign by IMO -Safety Tips at Sea



June 25 is the Day of the Seafarer, an annual and International Event Day coordinated by the International Maritime Organisation. This special day provides an opportunity to pay tribute to the world's 1.5 million seafarers for their unique and all-too-often overlooked contribution to the well-being of the general public.

For 2024, the IMO is highlighting seafarers' contributions to making the maritime sector a safer workplace. To engage seafarers, the organization invited them to share their best safety tips at sea, whether it's the gear they wear or the training they receive.

As part of the campaign, seafarers were also encouraged to share pictures of themselves in their working environments, showcasing how they keep their workplace safe.

Highlights from the Campaign

Seafarers from around the world shared their safety tips and the equipment they use to keep the workplace safe. They highlighted the special training they received and how they work to enhance maritime safety and security, along with protecting the marine environment. Many seafarers also discussed how they keep up with technological changes and innovations to stay safe onboard.

Seafarer organizations also participated by sharing pictures and stories of how they help seafarers stay safe. The wider public showed their appreciation for the work of seafarers, recognizing that their safety at sea is in the interest of everyone.



Photo contributions from around the world for 2024
IMO Safety Campaign

We would like to take this opportunity to express our sincere appreciation to our seafarers for the exceptional professionalism and resilience you demonstrate. Your dedication and hard work ensure that our operations run smoothly, even amidst challenges.

Thank you for your unwavering commitment and outstanding service!

Celebrating Day of the Seafarer Onboard m/v Furious

We would like to thank Captain Jan Michael L. Lara, Officers and crew of m/v Furious for sharing with us their beautiful photos taken during the Day of the Seafarers Celebration onboard.

To promote harmony and mental well-being, the crew participated in various recreational activities, fostering a sense of unity and relaxation. They enjoyed a delightful meal, bringing everyone together in a joyous feast.

The crew also took the



opportunity to celebrate the successful outcome of the RightShip Inspection carried out at Bahrain, underscoring the importance of team effort to achieve successful results!



Happy Father's Day From M/V Imperius

We would like to thank Capt. Mark Jester C. Din, the Officers and Crew of MV Imperius for sending us their photos taken during celebrating Father's Day onboard!

From the Officers & Crew of MV IMPERIUS:

"At this moment, we celebrate and honor the incredible Father's who sail the seas, braving the vast oceans to provide for our families.

Your dedication, strength and sacrifices are deeply appreciated.

We are not only navigators of ships but also guiding lights for your loved ones.

Thank you for your unwavering commitment and hard work. May we always have a safe voyages and calm seas ahead.

Happy Father's Day to all of our dear Seafarers World Wide! SALUTE!"

Please feel free to share with us any photos, in case any recreational activities or teambuilding gatherings take place onboard!



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:

- ✓ Captain Jan Michael L. Lara of MV Furious
- ✓ Cadet John Stephen E. Gonzales of MV Taurus
- ✓ Chief Officer Mykola Shepel of MV Magic Striker
- ✓ Chief Officer Volodymyr Khomenko of MV Divinus
- ✓ Third Officer Danil Kurbatov of MT Energy Athena
- ✓ Cadet Jhon Llyod G. Tanaman of MV Citius
- ✓ Chief Officer Abner Osias of MV Furious
- ✓ Electrician A. Brigadir of MT Energy Apollo
- ✓ Chief Officer Vitaly Senataev of MT Energy Ariadne

UNSAFE CONDITION Reduced Visibility

What happened:

During the safety routine inspection, it was observed that the Lifeboat helmsman window was not clear.



In an emergency, impaired visibility can delay response times and increase the risk of accidents or collisions, compromising the safety of all crewmembers.

UNSAFE ACT Risk of Falling

What happened:

An engine crew member was carrying two bags of garbage up the ladder to the garbage store with both hands, while the ship was in rough seas.



Always ensure to

hold onto the ladder with one hand while carrying items to keep your balance especially during adverse weather conditions.

UNSAFE CONDITION Delay in Emergency Response



What happened:

During inspection on deck, it was found that access to the helicopter equipment is obstructed, impeding fast access.



This blockage could pose significant delay in the event of an emergency or during regular helicopter operations.

What happened:

During a routine inspection, it was found that the box containing Fire Equipment and Breathing Apparatus was covered by safety harnesses.

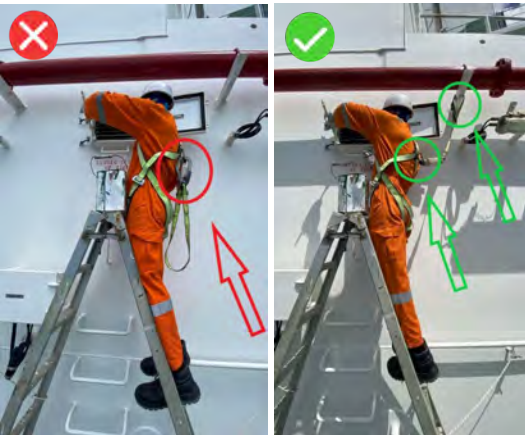
Ensure that fire equipment and breathing apparatus are always easily accessible so that they can be used in case of an emergency.



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UNSAFE ACT

Failure to use PPE properly



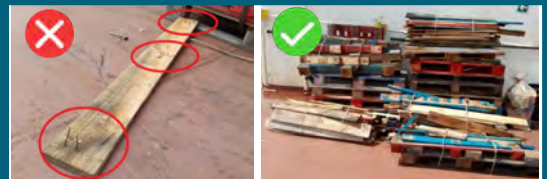
What happened:

While working aloft, the crewmember used all required PPE, however, he did not properly secure the safety harness to a strong point.

Always ensure to properly secure the safety harness when working aloft.

UNSAFE CONDITION

Risk of Injury



What happened:

Pallets were not stacked correctly, and nails were protruding from one of the pallets.

Before leaving an area after completing a task, verify that everything is properly arranged and in its correct place.

UNSAFE CONDITION

Ineffective Fire Suppression



What happened: The connections and fittings of the CO2 bottle were found not properly tightened.

If the CO2 system does not function correctly due to loose connections, it will be unable to effectively suppress or extinguish a fire.

UNSAFE CONDITION

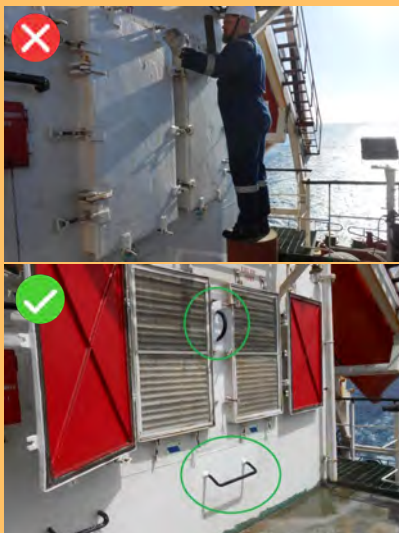
Potential Rightship Finding



What happened: During E/R inspection, it was found that the insulation mats around the starter and distribution panels, were not of an approved type, and no certification was available for those mats.

All such insulation mats should be in accordance with international standards, stamped and/or certified and be able to withstand the maximum voltage onboard (which is AC 440V)

BEST PRACTICE



What happened:

During the fire drill, it was discovered that the ventilation latches were positioned too high and there were no steps or handles for quick closing.

Inability to quickly close the ventilation latches during an emergency.

An additional step and handle were installed to quickly and easily close the ventilation.

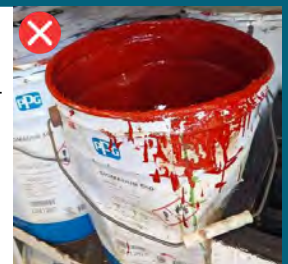
UNSAFE CONDITION

Exposure to Fumes/Fire Hazard

What happened:

Tins of paint were left open inside the paint locker.

Open paint tins can release harmful fumes, posing health risks such as respiratory problems. Additionally, they present a fire hazard due to the potential accumulation of flammable vapors.



Ships with Zero PSC Deficiencies

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

May					
No.	Ship	Captain	Date	Port	Country
1	Energy Ariadne	Vladimir Demidov	01/05/2024	Boston	USA
2	Warrior	Oleksandr Korniyenko	17/05/2024	Veracruz	MEXICO
3	Energy Apollo	Leonid Savelyev	21/05/2024	Mizushima	JAPAN
June					
4	Energy Chancellor	Dmitrii Manuilo	04/06/2024	Callao	PERU
5	Delphi Ranger	Vladyslav Sergiyenko	04/06/2024	El Dekheila	EGYPT
6	Puma Max	Alfredo Musones	04/06/2024	Aliaga	TURKEY
7	Dynamic Striker	Vadym Matyushenko	06/06/2024	Barcelona	SPAIN
8	Energy Athena	Vladimir Tretyak	14/06/2024	Singapore	SINGAPORE
9	Energy Artemis	Andrei Gavrilenko	18/06/2024	Swinoujscie	POLAND

IMPORTANT REMINDER !


Tokyo and Paris MOU CIC on Crew Wages and SEA from 1 September to 30 November 2024

We remind you that a Concentrated Inspection Campaign (CIC) focused on Crew Wages and Seafarer Employment Agreements will be conducted from **September 1 to November 30, 2024**, in the regions covered by the Tokyo Memorandum of Understanding (MOU) and the Paris MOU.

During this period, each ship will undergo a single inspection as part of this CIC, which will be performed with the normal PSC inspection.

Inspection Focus: Port State Control Officers will use a pre-defined questionnaire to assess that crew wages, seafarers' employment agreements (SEAs) and financial securities provided comply with the relevant MLC requirements.

Upon completion of the CIC, ensure that a copy of the PSC inspection report (Forms A and B) and the completed CIC questionnaire are retained onboard for record-keeping purposes.



MEMORANDUM OF UNDERSTANDING ON PORT STATE CONTROL IN THE ASIA-PACIFIC REGION

CONCENTRATED INSPECTION CAMPAIGN ON CREW WAGES AND SEAFARER EMPLOYMENT AGREEMENT (MLC) 01/09/2024 to 30/11/2024

CIC on Crew Wages and Seafarer Employment Agreement (MLC)					
Inspection Authority					
Ship Name		IMO Number			
Date of Inspection		Inspection Port			
No.	Item	Yes	No	N/A	Detention
Q1*	Is the seafarer given a SEA signed by both the seafarer and the shipowner or a representative of the shipowner?				
Q2*	Is the seafarer able to access information regarding their employment conditions on board?				
Q3	Are standard form of seafarers' employment agreements and parts of any applicable collective bargaining agreements subject to port State control under Reg.5.2, available in English?				
Q4*	Does the seafarers' employment agreement include all the required elements specified in the MLC, 2006?				
Q5*	Do particulars included in the seafarers' employment agreement comply with MLC, 2006 requirements?				
Q6*	Are wage or salary payments made to the seafarer at no greater than monthly intervals?				
Q7*	Have seafarers been given a status of accounts and wages paid on at least a monthly basis?				
Q8*	Are wage or salary payments in accordance with any applicable CBA or SEA?				
Q9*	If payments made to a seafarer include deductions, are they in accordance to the MLC, 2006?				
Q10a*	Is a certificate or documentary evidence of financial security, issued by the financial security provider, available on board in the event of compensation for death and long-term disability?				
Q10b*	Is a certificate or documentary evidence of financial security, issued by the financial security provider, available on board in the event of the repatriation?				

Note:

- Questions 1 to 10b answered with a "NO" MUST be accompanied by a relevant deficiency on the Report of Inspection.
- If the box "NO" is ticked off for questions marked with an "*", the ship may be considered for detention.

Lessons Learned: Emergency Drill and Fire Safety

Lessons learned from two incidents relating to emergency drills and musters.

Incident 1 – Emergency button stuck

During an emergency drill, it was found that the General Emergency alarm on the bridge was delayed whilst being activated.

Further investigation revealed that the dedicated Emergency button was stuck, and it failed to perform its function in a timely way.

Lessons learned

Check: could your emergency alarm buttons be stuck or seized? When was the last time anyone actually pressed the fire alarm button?



Incident 2 – Near Miss – Smoke at muster station

A fire alarm was set off on the port side muster station where there was a smoking area. An AB and the 2nd Mate were sent to investigate what was going on. On arrival at the muster station there was dense smoke coming from the ashtray stand. The ashtray was opened, and a smouldering paper cup was found, along with recently discarded cigarette butts.

The smoker had, instead of bringing the cup to the dedicated waste bin which was 10 metres

away, just opened the standing ashtray and dumped the paper cup together with the still burning cigarette butt and closed it. This action caused smouldering and a small fire and could have developed into a much more serious situation.

What went wrong

- Personal negligence and not following basic rules;
- In other circumstances and conditions such negligence could have led to a more serious fire.

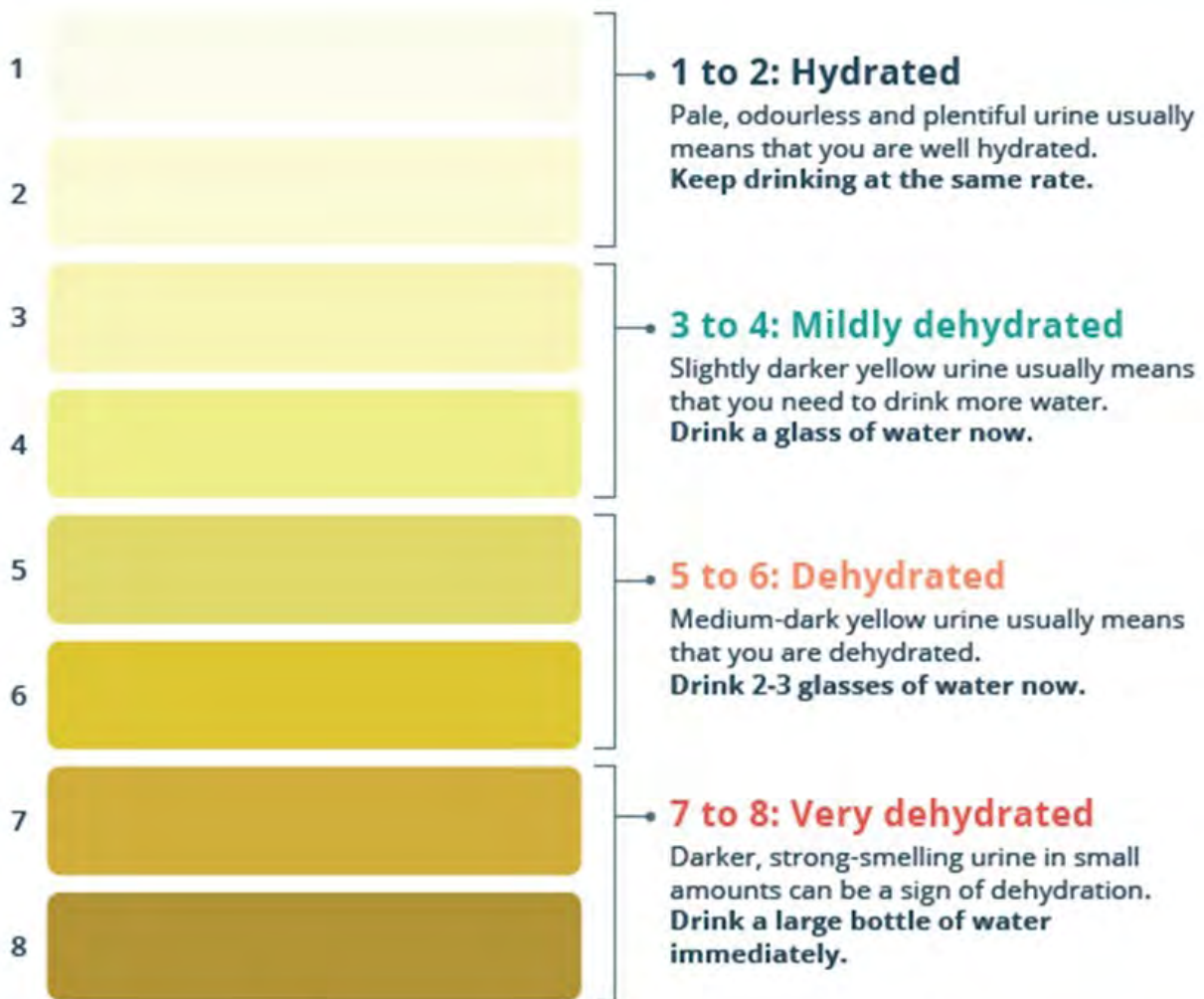


Am I Drinking Enough Water?



Am I drinking enough water?

Use this urine colour chart to check how hydrated you are. It is important to drink plenty of water every day to stay healthy.



?

What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.

!

Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

Body Workout

HOLIDAY MODE

DAREBEE WORKOUT @ darebee.com

60 seconds rest between exercises

SILENT



30sec tricep dip hold



30sec wall sit



30sec calf raise hold



30sec elbow plank hold



60sec side elbow plank hold
30sec per side

SPOT THE 5 DIFFERENCES:



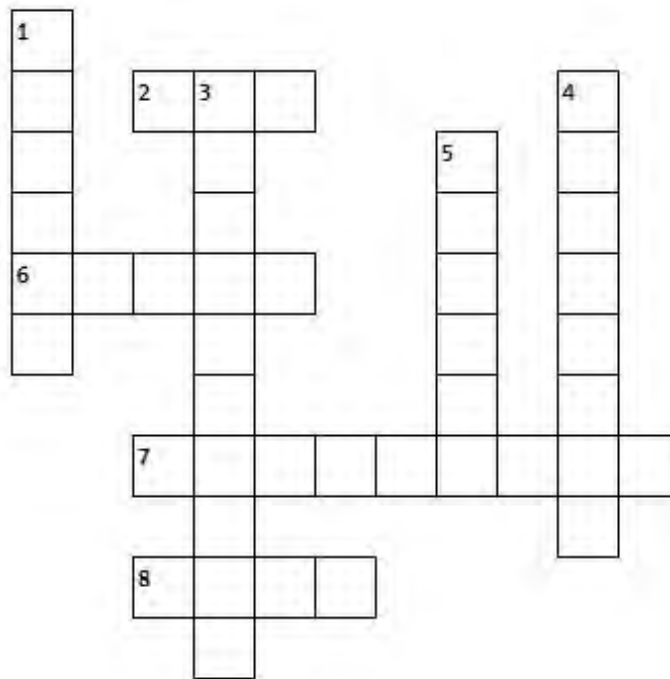
Olympic Games Crossword:

Across

- 2. Noah Lyles home country.
- 6. China's youngest Olympian
- 7. Holder of the World Record in men's pole vault.
- 8. Sang in the opening ceremony of the Olympic Games

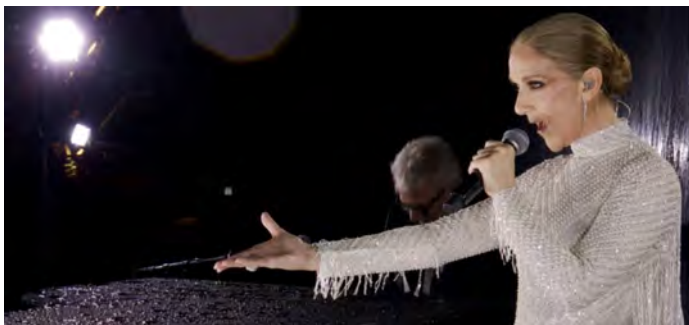
Down

- 1. Leteris Petrounias won this metal in men's ring final.
- 3. This country won an Olympic medal for the first time.
- 4. Won Olympic gold metal in tennis.
- 5. Number of Olympic medals won by Simone Biles.



Answers:
 Across: 2. USA, 6. Zheng, 7. Duplantis, 8. Dion
 Down: 1. Bronze, 3. Saint Lucia, 4. Djocovic, 5. Eleven

Celine Dion dazzles Olympics after four-year health absence



Celine Dion has returned to the stage for the first time since revealing a serious health condition, delivering a typical powerhouse performance at the Paris Olympics opening ceremony.

The Canadian superstar had been rumored to be singing a duet with Lady Gaga, but instead went solo on the Eiffel Tower to bring the four-hour event to a stirring climax.

It was Dion's first live performance in four years, and came a year and a half after she revealed a diagnosis of Stiff Person Syndrome (SPS).

Duplantis breaks pole vault world record on way to gold



Sweden's Armand Duplantis set a new world record of 6.25m after winning gold in the men's pole vault. The 24-year-old, who had secured successive Olympic titles by clearing six metres, set an Olympic record of 6.10m with his next attempt. The two-time world champion has now broken the record on nine occasions.

Zheng, 11, becomes China's youngest Olympian

An 11-year-old who was born on the penultimate

day of the London 2012 Olympics has become China's youngest Olympian. Zheng Hao-hao was among the competitors in the wom-



en's skateboarding park in Paris.

Zheng scored a best of 63.19 to finish 18th in the preliminary round - missing out on a final that was won by Australia's Arisa Trew, 14.

Having only taken up skateboarding at the age of seven, she leaves France as one of the youngest Olympians of all time.

Andy Murray says goodbye to tennis, like only he can



When Andy Murray announced he would retire from professional tennis after the Paris Olympics, the script seemed to be set. The three-time grand slam could bow out of his incredible career with yet another Olympic gold, in a tournament that has meant so much to him throughout the years. But, as it turned out, medals were not necessary for Murray to say the perfect goodbye.

After losing in straight sets to American's Taylor Fritz and Tommy Paul on Thursday, Murray and his British teammate Dan Evans shared an emotional embrace on court. Despite not winning a medal, the pair had written one of the best stories of this year's Games, twice producing logic-defying comebacks to even make it to the quarterfinal of the men's doubles tournament.

Spain Wins Euro 2024, Defeating England 2-1 in a Dramatic Final to Claim Record Fourth European Championship

Spain won a record-breaking fourth European Championship, defeating England 2-1 following a drama-filled second half in the Euro 2024 final on Sunday in Berlin.

Nico Williams – one of Spain's breakout performers at the tournament – gave La Roja the lead minutes into the second half when he smartly finished in the bottom corner from a perfectly-weighted pass from the team's other emerging star, freshly turned 17-year-old Lamine Yamal.

England equalized midway through the second half



through a brilliantly placed left-footed effort from Cole Palmer from outside the box to restore parity at the Olympiastadion in the German capital.

But with just under five minutes remaining in regulation time, Spain took a late lead when Mikel Oyarzabal tapped home an inch-perfect pass from Marc Cucurella to cap off a victory and a terrific tournament for La Roja.

It is Spain's fourth Euro title – having previously won in 1964, 2008 and 2012 – while for England, it is heartbreak for a second straight European Championship having been beaten by Italy on penalties at Euro 2020.

Argentina Win Record 16th Copa America in Match Marred by Crowd Chaos

Argentina have lifted their 16th Copa America title, with their biggest star Lionel Messi likely bidding farewell to international football.

The game in the US city of Miami, which was delayed by more than an hour after thousands of fans without tickets tried to enter the stadium, was a cagey affair for more than 90 minutes but opened up in the extra period.

Lautaro Martinez, the tournament's leading scorer, latched onto a precise through ball from Giovanni Lo Celso before lifting his effort over advancing Colombia goalkeeper Camilo Vargas in the 112th minute to spark wild celebrations among Argentina fans. Just inside the penalty area, Martinez sent a right-foot shot through the upraised arms of sliding goalkeeper Camilo Vargas for his 29th international goal, his tournament-high fifth.

Argentina's latest title, their 16th Copa win, comes on the back of their triumphs at the 2022 World Cup and 2021 Copa America and gives eight-times Ballon d'Or winner Messi the perfect sendoff in what could be his last international tournament.



Olympic Games-Paris 2024

Djokovic Beats Alcaraz to Win Long-awaited Olympic Gold

S Novak Djokovic beat Carlos Alcaraz in thrilling fashion to secure a long-awaited Olympic title and complete the career 'Golden Slam'.

Djokovic, who has won a men's record 24 majors and swept up every title there is in tennis, finally clinched Olympic gold at his fifth Games.

The Serb, 37, put in his best performance of the year to beat French Open and Wimbledon champion Alcaraz 7-6 (7-3) 7-6 (7-2) in front of a packed crowd in Paris. He sealed the title with a forehand winner, then



turned towards his box - arms outstretched in disbelief - before throwing his racquet to the floor after a draining match which lasted just under three hours.

After hugging Spain's Alcaraz, Djokovic immediately burst into tears and fell to his knees in the middle of the court. He then unfurled a Serbian flag and clambered into the stands to celebrate with his family and support team. Djokovic is just the fifth player to win the 'Golden Slam' in singles - all four majors and the Olympic title - after Rafael Nadal, Serena Williams, Andre Agassi and Steffi Graf.

Simone Biles Didn't Finish With Gold, But the Paris Games Still Belonged to Her

Artistic gymnastics at the Paris Olympic Games came to a dramatic end Monday, as Simone Biles won the silver medal in the floor exercise final.

She won her 11th Olympic medal and seventh gold in Paris, leaving her within striking range of Soviet legend Larisa Latynina's nine golds, the most of any gymnast. Brazil's Rebeca Andrade bested Biles for the floor gold, becoming the nation's most decorated Olympian. In one of the most dramatic twists of the Games, Jordan Chiles won her first individual Olympic medal after appealing her score, adding a floor bronze to her two team medals: a Paris gold and a silver in Tokyo.

"Obviously, it wasn't my best performance," Biles said after the meet. "But at the end of the day, whoever medaled medaled, and that's what's so exciting, because you just never know, it's gymnastics."



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Lyles Wins Sensational 100m Gold by 0.005 Seconds

US sprint star Noah Lyles won the Olympic 100m title by five-thousandths of a second from Jamaica's Kishane Thompson in a dramatic photo finish at Paris 2024.

Showman Lyles overhauled his rivals in the second half of the race to triumph by the finest of margins in a personal best 9.79 seconds.



Lefteris Petrounias Wins Bronze Medal in Rings



Legendary Lefteris Petrounias earns bronze in men's rings final, marking his third consecutive Olympic medal and the fifth medal for the Greek team at the Paris Olympics.

He is the legend of the rings, and he proves it at every opportunity. For the third time in his illustrious career, renowned Lefteris Petrounias has climbed the Olympic podium, winning the bronze medal. With a score of 15.100, Petrounias earned his third consecutive Olympic medal, following his gold in Rio de Janeiro and bronze in Tokyo.

Chinese gymnast Yang Liu secured the gold medal with a score of 15.300, while his compatriot Zou Jingyuan took silver with a score of 15.233. Petrounias' medal marks Greece's fifth in the Paris Olympics.

Julien Alfred's Historic Gold Win for Saint Lucia

As Julien Alfred powered past the finish line, the new Paris 2024 women's 100m Olympic champion screamed with joy and pointed to the crowd before bursting into tears.

In the blink of an eye, the three-time NCAA champion had pulled off a stunning victory in the Stade de France, beating pre-race favourite Sha'Carri Richardson to gold in 10.72 seconds and giving Saint Lucia its first Olympic medal in the history of the Games.



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

Affiliated vessel

	Vessel	Flag	Class
1	Good Hope Max	IOM	BV

EST - New Building Orderbook

#	Hull Nr	Expected Delivery Date
1	5095 tbn Energy Delos	December 2024
2	5096 tbn Energy Dione	January 2025
3	5110	December 2026

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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.
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