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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.

M/V Warrior Search & Rescue Operations



On September 3, 2024, M/V Warrior, successfully carried out a search and rescue operation in response to a distress call, 53 nautical miles southwest of Crete Island, resulting in saving the lives of 69 persons.

At 01:15 UTC, Captain Gennadiy Bezezin received an emergency message via VHF Channel 16 from Olympia Radio, which was promptly followed by instructions from RCC Piraeus to assist a vessel in need.

The crew swiftly adjusted their course to the designated coordinates of Lat

34° 23.25'N, Long 023° 59.10'E. Upon arrival, the vessel discovered a floating boat with 69 individuals in distress. All were safely rescued and brought aboard M/V Warrior.

Following the successful rescue, RCC Piraeus instructed the Master to proceed to the rendezvous point at Lat 35° 11.20'N, Long 024° 07.80'E to transfer the rescued persons to patrol boat "121."

M/V Warrior arrived at the meeting point at 12:28 LT (09:28 UTC) and established communication with the patrol

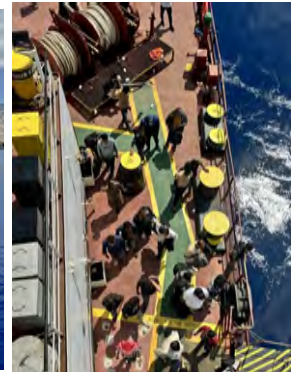
[Continue in page 2](#)

continued from page 1 “M/V Warrior—Search & Rescue Operations”

boat. The disembarkation process began shortly after and was completed by 13:10 LT (10:10 UTC), with all individuals safely transferred.

In recognition of their prompt and effective response during this SAR operation, M/V Warrior received a letter of appreciation from the Hellenic Coast Guard, highlighting the crew's dedication to maritime safety and their exemplary service in the face of emergencies.

We would also like to congratulate Captain Gennadiy Berezin and all crew onboard m/v Warrior for their professional conduct and good seamanship practice during this SAR operation!



Piraeus, 17th September 2024

Capt. Gennadiy Berezin
Master of M/V "WARRIOR" / I.M.O Nr.: 9605865/ (Bahamas flag)
(E-mail: warrior@om-email.net)
Copy: Restis Group
(E-mails: management@ensh.com ; operations@ensh.com)

Dear Captain,

I hereby express my sincere gratitude for the invaluable contribution and assistance offered by you and the crew members of M/V "WARRIOR" to the Search and Rescue operation, which resulted in the rescue of 69 persons from a boat in distress, in the sea area 53 nautical miles Southwest of Crete island, on the 3rd of September 2024.

This action is consistent with the principles of humanism and solidarity, proving your strong commitment to the long-lasting values of seamanship.

I wish you fair winds and following seas.

Best Regards,

Vice Admiral (H.C.G.) Georgios ALEXANDRAKIS

EST SA Employees Participate in Greece Race for the Cure 2024

EST S.A. employees and friends participated in this year's "Race for the Cure," one of the most significant socially impactful sporting events in Greece and Europe, aimed at raising awareness about breast cancer.

The Greece Race for the Cure, organized by the Panhellenic Association of Women with Breast Cancer "Alma Zois" and the Municipality of Athens (OPANDA), is the second largest Race for the Cure event globally, engaging thousands of participants each year.

On Sunday, September 29, the event featured a 5 km race and a 2 km walk, drawing over 51,000 men, women, and children from across Greece. Survivors, runners, and walkers of all ages celebrated life and conveyed the powerful message that TOGETHER we are stronger than breast cancer!

EST S.A.'s team had 88 participants, making it one of the prominent teams, and raised 828 euros for the cause!



Senior Leadership Visit on M/T Energy Triumph Guide2Inspection Application

On September 11, the Vetting Manager & Company's Supt. attended Energy Triumph at Agioi Thodoroi, Greece, to test and demonstrate the new **Guide2Inspection application**.

This innovative tool is designed to enhance vessel training standards and streamline pre-vetting preparations. It helps seafarers prepare for inspections such as **SIRE 2.0, Rightship RISQ 3.0, USCG, and AMSA**, offering detailed checks without the need for external guidance.

The app allows users to attach evidence photos and comments for each check they perform. Reports are synced with a centralized admin panel, enabling shore management to review and analyze data. It also includes a library of over 2,300 example photos and micro learning videos, providing clear and realistic guidance to help crew members identify the correct conditions and improve their knowledge, focusing on what matters most.

We expect to roll out the new application to all



company vessels, along with the necessary devices, before the end of the year, further supporting our commitment to maintaining high standards of compliance and crew readiness.



Microsoft Power BI Training Seminar at EST Premises

A training seminar on **Power BI** was conducted at EST premises, in two sessions, from 18-20 September and 25-27 September 2024.

The seminar aimed to familiarize employees with the essential features of **Power BI, a Microsoft tool that transforms data into clear visuals and reports, facilitating better business decisions.**

The seminar was led by EpsilonNet, a company spe-

cializing in Power BI Data Analysis, and focused on equipping participants with practical skills in data analysis and reporting.

The training achieved several key outcomes, including enhancing participants' ability to:

- ✓ Simplify the generation of the company's KPIs.

Continue in page 5

continued from page 4 “Power BI Training Seminar at EST Premises”

- ✓ Monitor the company's performance more effectively.
- ✓ Contribute to informed decision-making regarding the company's operations.



What's New in the QHSEMS?

Tankers QHSEMS (Revisions)

1. PM Chapter 03_Organization-version 0.7
2. Tankers Forms Index-version 0.14
3. ESTSA 103 Visitor And Contractor Safety Info Sheet-version 0.2
4. ESTSA 119 Contractor Work Permit-version 0.2
5. ESTSA 707b Records of Hours of Work-version 0.2
6. ESTSA 818 Incident Report-version 0.3
7. ESTSA 825 Masters Navigational Audit Checklist-version 0.7
8. WIM Part III Section D_Cargo Handling-version 0.11

9. Energy Chancellor_SOPEP-version 0.13

Tankers QHSEMS (New Uploads)

1. ESTSA 260 Line Setting Checklist
2. SMPEP (Energy Athena, Energy Apollo, Energy Ariadne)
3. CCP Core (Change 29)
4. CCP Appendix I (Energy Artemis, Energy Chancellor, Energy Athena)
5. LM135_EU Advanced Cargo Declarations
6. Live Message Index
7. Recovery of Persons from the Water (E. Achilles, E. Apollo, E. Afrodite, E. Chancellor)

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

Bulkers QHSEMS (Revisions)

1. Policy Manual-version 0.7
2. Form 14a Daily Work Planning Meeting-version 0.2
3. FORM 32 Inventory of Ships Wires_Ropes and Cargo Blocks-version 0.5
4. FORM 36 Status of Certificates and Safety Equipment-version 0.4
5. FORM 45a Incident Report Form-version 0.2
6. FORM 59 Annual Emergency Response Drill Guideline Chart-version 0.7
7. FORM 62 Safety Committee Meeting-version 0.2
8. FORM 64 Log Book Delivery Receipt IOM-version 0.2
9. FORM 1150 Enclosed Space Entry Permit-version 0.5
10. FORM 1167 Bridge Check List_12 Changing Over The Watch-version 0.3
11. WIM_Section C_Bridge and Deck Instructions-version 0.7
12. MLC TRAINING MANUAL_BULKERS-version 0.8
13. Safety Label 1_2_Nav-version 0.2
14. SORB Section 1_Form 10 Immersion Suits Maintenance and Inspection-version 0.2
15. SORB Section 1_Form 03 Lifeboats Checklist-version 0.2

Bulkers QHSEMS (New Uploads)

1. RISQ 3.1
2. Form 1268 Daily Tests and Checks
3. Safety Label 1_7_Nav
4. California Non Tank Contingency Plan (Heroic Striker, Livorno, Magic Striker, Virtuous Striker, Warrior)

Office QHSEMS (Revisions)

1. ESTSA 921A_Office Visit Questionnaire_Bulkers-version 0.2
2. ESTSA 921 Office Visit Questionnaire-version 0.2
3. ESTSA 930 Action Required for Newbuilding Delivery-version 0.4

Safety Awareness Handbook

1. QHSE Alert 14_24_ACP Monitor Malfunction
2. QHSE Alert 15_24_MF HF Equipment Failure
3. QHSE Alerts inventory
4. Safety Update_Issue 6_2024
5. Safety Update Inventory

GMS Advisories

1. GMS Arrivals Checklist NonTank_29Aug2024
2. GMS Arrivals Checklist NonTank_29Aug2024_ChangelItems
3. GMS Arrivals Checklist_Tanker_29Aug2024
4. GMS Arrivals Checklist_Tanker_29Aug2024_ChangelItems
5. Client Advisory_22_24_CARB Updates Regarding the Ocean Going Vessels
6. GMS List of Advisories

Record of PMS Changes

Change Request List RECORD OF PMS CHANGES

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 Constantia - **Bosun Oleksandr Davydov**
- MV Furious - **Second Officer Dusty Road Parcon**
- MV Furious - **Chief Officer Joel S. Nacion**

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:

Deck tool box of emergency towing equipment not marked/highlighted.

Risk:

Delay response during emergencies.

Best Practice:

The emergency towing equipment box was properly marked and placed in an accessible location with clear markings for both the box and the nearby "Tow Book".

BEST PRACTICE



Observation:

Crew mugs were not properly organized.

Best Practice:

An organizer cabinet was fabricated to provide designated storage for each crew member's coffee mug creating a more organized workplace.

BEST PRACTICE



Observation:

Bolts and nuts were mixed up in various bins.

Best Practice:


Bolts and nuts were separated by size and properly labeled in designated storage boxes preventing the time spent searching for the correct parts.

Best Practice Received by M/T Energy Triumph

We would like to thank the **Cadet Kalliopi Niki Karpouzi 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.



The various country flags stored onboard the m/t Energy Triumph were disorganized, with some in incorrect positions, mismatched with their labels, or missing entirely. Additionally, some flag labels were present without their corresponding flags available.

To address these issues, the flags were reorganized in alphabetical order and labels for flags not on board were archived. This reorganization created a more efficient system, eliminating the confusion and inefficiencies caused by the previous mixed order and outdated labels.



“IDEA” Program-m/v Furious



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

- **m/v Furious**

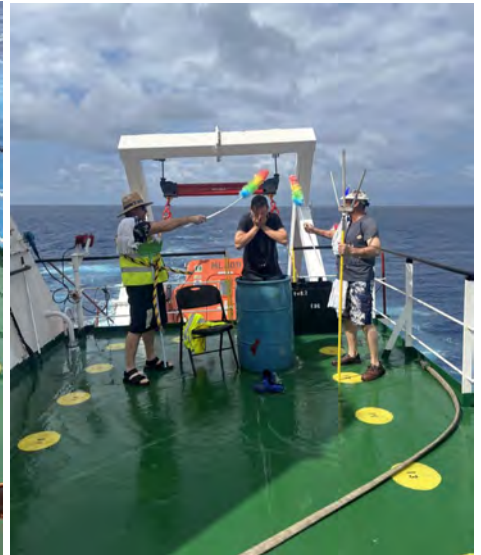
For those who are about to submit their ideas, please check our issue 133 for more information. Having in mind that all of us have good ideas for improving our job and the Company as a whole, we anticipate receiving the ideas from all ranks.

Magic Striker: Earth Equator Crossing Celebration

We would like to thank the Captain Yuriy Rogach, the Officers, and crew of m/v Magic Striker for sharing with us the photos taken during their north-bound crossing of the Earth's equator on September 15, 2024.

The crew marked this significant moment with a celebration, particularly for those experiencing their first equator crossing.

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






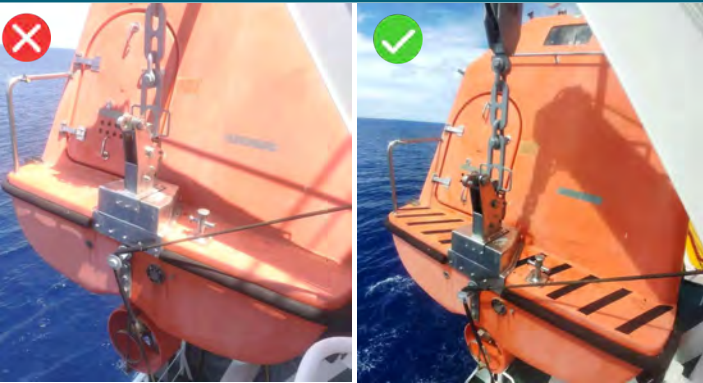
Promoting Safety On Board - STAY SAFE...

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:

- ✓ Pumpman Stanislav Usik of m/t Energy Ariadne
- ✓ Training Officer Capt. Leonid Fedchishak from m/t Energy Chancellor
- ✓ 3rd Officer Denver L. Basarte of m/v Taurus
- ✓ 2nd Officer Konstantin Kaliberda of m/t Energy Artemis
- ✓ 2nd Officer Mykyta Korniienko of m/v Colossus
- ✓ Chief Officer Sergey Shulgin of m/t Energy Chancellor
- ✓ Bosun Vladimir Larin of m/t Energy Athena
- ✓ Chief Officer Oleg Sokolov-Rosha of m/v Divinus
- ✓ Chief Officer Sergiy Kalovsky of m/v Braverus
- ✓ Engine Cadet Dexter B. Ancheta of m/v Imperius

UNSAFE CONDITION Fire Line Integrity Risk	UNSAFE CONDITION Risk of Injury
<p>What happened:</p> <p>A fire hydrant near the manifold area was found leaking.</p> <p>This issue could compromise the fire line's integrity and lead to potential deficiency during PSC.</p> <p>Ensure that damaged hydrants are promptly repaired or replaced to keep FFE operational and effective during emergencies.</p>	<p>What happened:</p> <p>No helmets were available for visitors at the ship's gangway.</p> <p>The absence of additional helmets for visitors at the gangway increases the risk of head injuries and poses a risk of non-compliance with regulations, potentially leading to observations during audits or inspections.</p>
	

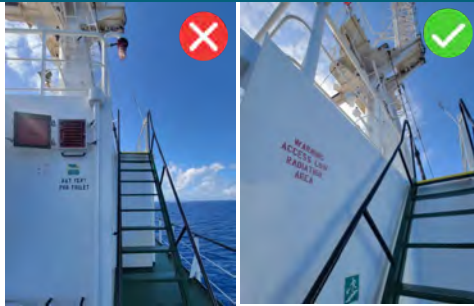
UNSAFE CONDITION LSA	
<p>What happened:</p> <p>The rescue boat's lashing was in bad condition and could have been broken during bad weather or during vessel's rolling.</p> <p>This could hinder emergency operations and compromise the safety of crew members in a critical situation.</p> <p>Always ensure that the lashing securing the rescue boat is regularly inspected and maintained in good condition to prevent failure during heavy movement or bad weather.</p>	<p>What happened:</p> <p>It was discovered that the stern lifeboat area was too slippery and unsafe for standing.</p> <p>Always ensure to apply anti-slip measures, such as tape, in areas like the lifeboat stern, to prevent slipping during drills and emergency situations.</p>
	

UNSAFE CONDITIONS

Missing / Unreadable Warning Notices

What happened:

It was observed that the warning notice indicating entry in the Magnetic Compass Deck was missing.



The magnetic compass deck is equipped with antennas which emit low radiation.

Warning posters should be placed in visible locations near all areas with any radiation exposure risks.



What happened: Warning sign on the door of the ship's paint store was unreadable.

Renew or replace any unreadable warning notices to ensure they are clear and legible.

UNSAFE CONDITIONS

Improper Garbage Segregation



What happened: Plastic waste was mixed with paper waste in a wastebasket in the galley and accommodation areas.

Mixing plastic waste with paper waste can result in inefficiencies in recycling and pose environmental hazards.



What happened:

E-waste items had been improperly disposed in the garbage bin designated for plastic waste.

Make sure to dispose e-waste in designated bins, ensuring compliance with relevant environmental regulations.

BEST PRACTICES



What happened:

A ladder was found inside Bosun's stores without any usage information and with some parts damaged.



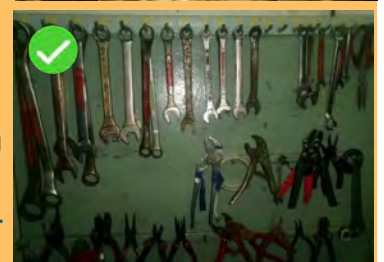
Ladder with damaged parts has been labelled as out of order.

What happened:

Frequently used tools were being misplaced due to lack of a permanent storage onboard.



All tools were placed in visible and accessible spots, ensuring crew accountability, as any missing tool will be immediately noticeable due to the empty space.



Ships with Zero PSC Deficiencies

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

August NO.	Ship	Captain	Date	Port	Country
1	Energy Centaur	Capt. Andrey Sevryuk	03/08/2024	New York	USA
2	Citius	Capt. Vitaliano Reyes	12/08/2024	Dung Quat	Vietnam
3	Panther Max	Capt. Ramel Sugon	14/08/2024	Mobile	USA
4	Energy Chancellor	Capt. Dmitrii Manuilo	20/08/2024	New Orleans	USA
5	Energy Achilles	Capt. Oleg Somko	23/08/2024	Sariaya	Philippines
6	Jaguar Max	Capt. Felixto Pecaoco	25/08/2024	Rabigh	Saudi Arabia
September					
1	Virtuous Striker	Capt. Segiy Gorbenko	09/09/2024	New Orleans	USA
2	Gladiator	Capt. Maksym Machusky	25/09/2024	Barranquilla	Colombia

IMPORTANT REMINDER !

RightShip Finding-VDR Policy / Safety Label #1.7

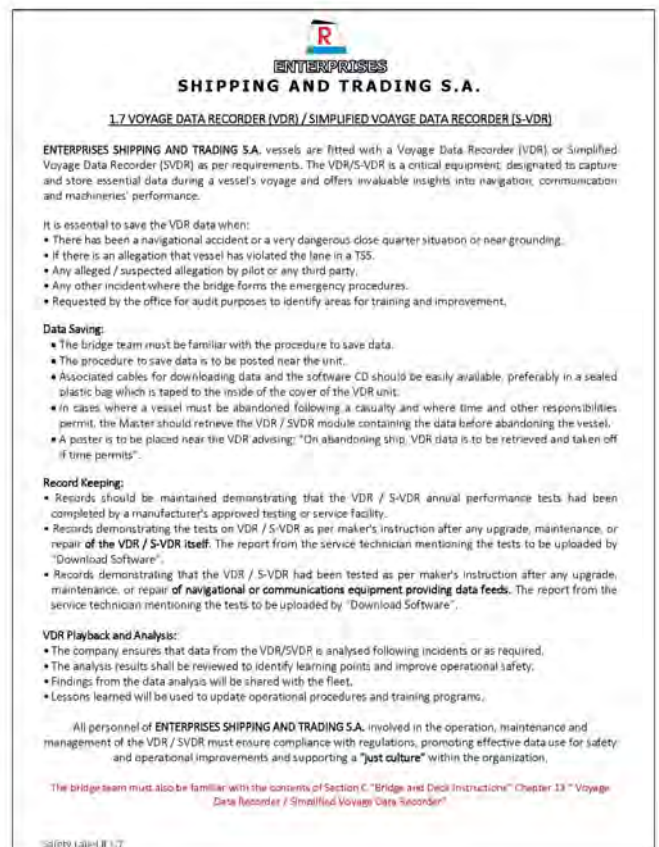
Following recent Rightship Inspections onboard under management vessels, the following finding was issued:

Finding (RSQI 3.15): Company policy relating to the playback of the VDR data for the purpose of analyzing the performance of bridge team was not contained within the SMS. There was no record on board of any playback being analyzed by the company.

Correction: To address this finding, a new policy under Safety Label #1.7, has been introduced, which outlines procedures for preserving VDR, as well as for VDR playback and analysis.

Actions Required:

- ✓ Post the new VDR policy, available in the DM Library and ensure that it is easily accessible on the bridge.
- ✓ Ensure that all bridge team members are fully familiarized with its contents, particularly the procedures for preserving VDR data after an incident and the requirements for proper recordkeeping.



Lessons Learned: Always Wear Eye Protection



Incident
A small object fell into a crew member's eye due to the lack of proper PPE.

The vessel was at anchor and the crew were engaged in daily maintenance. After completing a scheduled lifeboat waterborne drill, one deck crew member was instructed to secure and store the fall prevention device inside the lifeboats. While working on the fall protection device, the crew member was looking up, and a small foreign particle entered his right eye.

The crew member did not report the issue immediately, but a few days later, the Bosun noticed redness and swelling in his right eye. The injury was then reported to the Chief Officer.

The crew member was transferred to the ship's hospital and given first aid. After consulting with the MEDICO, further instructions for medical treatment were provided. The first examination revealed a small particle stuck in the eye, causing irritation. Following treatment onboard and advice from MEDICO, the object was removed, and the irritation subsided the next day.

Lessons learned

- ✓ Wear eye protection at all times and for all tasks. Ideally eye protection should become as ubiquitous as hardhat use. Why not?
- ✓ Any injury or anomaly should be reported by the victim immediately to superiors. Do not wait!

Riyadh MOU: CIC on Ship Lifting Appliances and Loose gear

The Riyadh MOU, which includes Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the UAE, is launching a **CIC on ship's lifting appliances**, to run from **1 September 2024 to 30 November 2024**.

'Lifting appliances' are all stationary or mobile appliances which are used on board ships to suspend, raise, lower any loads or furthermore to move them from one position to another while suspended.

The 'loose gear' means any gear which is not an integral part of a lifting appliance or a load, but through which the latter may be attached/connected to the first one.

Aim of CIC

The purpose of this CIC is to make sure that all lifting appliances and loose gear which are used on board ships are examined, tested and

properly maintained on regular/specific time intervals. The campaign also aims to ensure that crew members occupied with lifting operations are aware of the risks these operations contain and comply with the best practices outlined in the safety manuals for such tasks.

Actions Required by the Vessels:

- ✓ Ensure all lifting appliances and loose gear are inspected, maintained and tested as per required intervals, confirming that they meet the regulatory safety standards.
- ✓ Ensure crew members involved in lifting operations are adequately trained and aware of the risks associated with handling lifting appliances and loose gear.

Questionnaire

Riyadh MoU PSC Officers will use the released CIC questionnaire, additional to PSC inspection checklist, as follows:



Annex A

No	Description	Yes	No	Detention
1.	Are all relevant documentation for the ship's lifting appliances, including cargo operation manuals, approved lifting gears certificates, and loading instrument function documentation, available on board the ship?			
2.	Is the cargo gears record logbook and loose gears conformance test report of all the ship's lifting devices available onboard the ship?			
3.	Are the inspection reports for the lifting appliances, including those conducted by the classification society and the ship's crew, available onboard the ship?			
4.	Are the lifting appliances maintained and working in good condition?			
5.	Are the ship's communications devices maintained and working in good condition?			
6.	Are the safety operation procedures available onboard the ship?			
7.	Is the master's order for cargo operations available onboard the ship?			
8.	Is cargo operation Risk Assessment available onboard the ship?			
9.	Have the lifting appliances on the ship been inspected for oil leaks and cleanliness?			
10.	Are the ship's crew and shore operators properly familiarized with the cargo and lifting appliances operations?			

IMO Designates Canadian Arctic and Norwegian Sea as ECAs



The International Maritime Organization has adopted significant amendments to MARPOL Annex VI during the 82nd session of the Marine Environment Protection Committee (MEPC), September 30 to October 4, 2024, establishing **two new Emission Control Areas (ECAs)**.

The amendments designate **the Canadian Arctic and the Norwegian Sea as Emission Control Areas (ECAs) for nitrogen oxides (NOx), sulfur oxides (SOx), and particulate matter (PM)**.

The new regulations will impose stricter emission limits for vessels operating within these areas, aiming to mitigate the negative impacts of shipping on air quality and marine

ecosystems.

Within ECAs, vessels must adhere to lower limits on emissions of:

Nitrogen Oxides (NOx): Gases that contribute to air pollution and can lead to respiratory problems in humans and damage to the environment.

Sulfur Oxides (SOx): Pollutants primarily produced by the combustion of sulfur-containing fuels, which can cause acid rain and have adverse health effects.

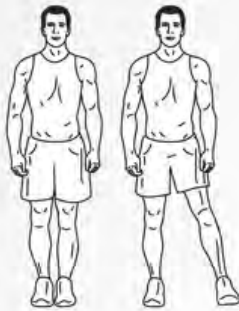
Particulate Matter (PM): Tiny particles suspended in the air that can penetrate deep into the lungs and cause various health issues.

Body Workout

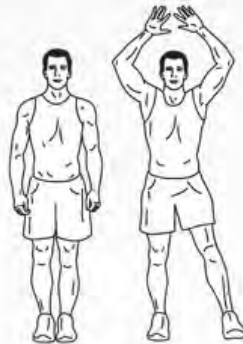
SPOTLIGHT

DAREBEE WORKOUT © darebee.com

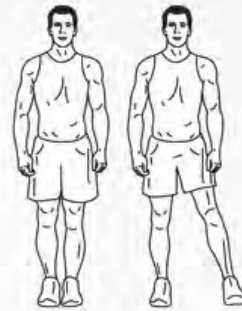
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



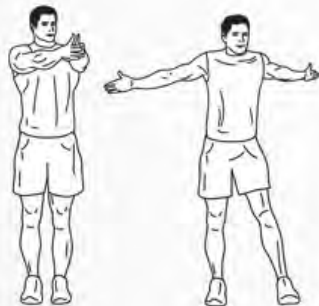
10 step half jacks



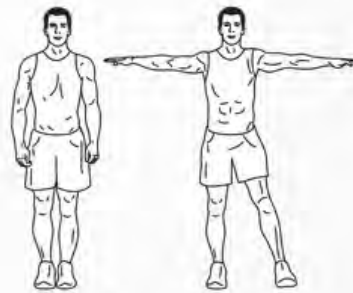
10 step jacks



10 step half jacks



10 step seal jacks



10 step Ts



10 side jacks

Easy Tips for Everyday Mindfulness to Relieve Stress



Mindfulness Day, celebrated on September 12, is a great opportunity to explore techniques that can help reduce stress, improve focus, and promote well-being. While this day serves as a reminder, these practices can be beneficial year-round. Why not try a few and see how they make a difference in your day-to-day life?

Below are some simple techniques you can start practicing right away and easily incorporate into your daily routine.

3 Morning Rituals for Mindful Living:

- 1. Morning Stretching Routine:** Start your day by gently stretching, paying attention to how your body feels.
- 2. Mindful Breathing Exercise:**
 - Close your eyes for a few minutes and take deep breaths, focusing on the sensations of your breath.
 - Notice the gentle expansion of your abdomen.
 - Count how many sounds you can hear around you.
 - This helps bring your focus to the present moment.
 - Consciously release any tension or stress
- 3. Setting Daily Intentions:** Take a moment to set a clear, positive intention for the day ahead.

4 Steps for Mindful Eating:

1. Approach the table with a moderate appetite—avoid eating when overly hungry.
2. Take smaller bites.
3. Chew your food well.
4. Enjoy your meal slowly.

3 Steps for Digital Detox:

1. Set limits on screen time
2. Remove distractions from your environment
3. Turn off push notifications

Additional Tips for Mindful Living:

Mindfulness in Music: Pay close attention to the sounds, rhythms, and emotions conveyed in the music you listen to.

Mindful Travel: When traveling, focus on your surroundings, the sights, and sounds, rather than rushing through experiences.

Mindful Hobbies: Engage fully in hobbies that bring you joy and help you disconnect from daily stresses.

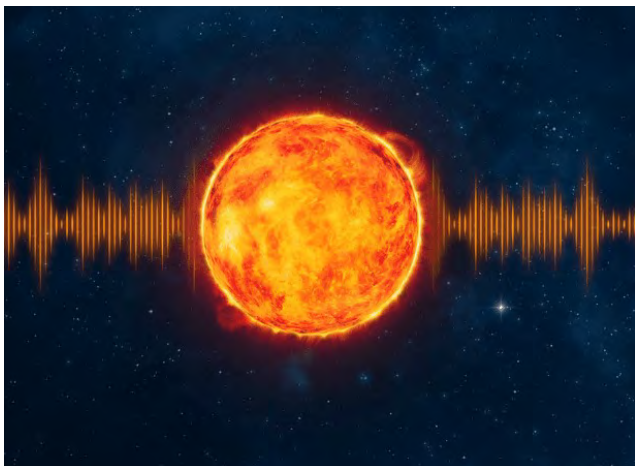
If you're looking to dive deeper, there are plenty of online resources to further explore mindfulness. **Why?** Research shows that mindfulness reduces stress and depression, improves concentration and memory, and promotes clearer thinking. It can also help manage pain, improve sleep, and even support weight loss by promoting mindful eating habits.

SPOT THE 5 DIFFERENCES:



FUN FACTS:

The Sun makes a sound but we can't hear it.



In the form of pressure waves, the Sun does make a sound. The wavelength of the pressure waves from the Sun is measured in hundreds of miles, however, meaning they are far beyond the range of human hearing.

Ice pops were invented by an 11-year-old by accident



In 1905, an 11-year-old boy named Frank Epperson left soda powder and water outside overnight with its wooden stirrer still in the cup. The mixture had frozen in the chilly nighttime weather, and so the Epsicle was born. He sold the treat around his neighborhood and a nearby amusement park and even patented the recipe. Years later, he changed the name to Popsicle because that's what his kids called their pop's concoction.

Korean author Han Kang wins the 2024 Nobel prize in literature



South Korean novelist Han Kang has won the 2024 Nobel Prize in Literature for her "intense poetic prose that confronts historical traumas and exposes the fragility of human life."

Known for works like *The Vegetarian* and *Human Acts*, she is the first South Korean author to win the prize.

Korean President Yoon Suk Yeol praised her for transforming the nation's painful history into literature. Han's works explore themes of violence, grief, and humanity. Her latest novel, *We Do Not Part*, will be published in English in 2025.

Dame Maggie Smith died at 89



Dame Maggie Smith, renowned British actress of stage and screen, has passed away at 89, her sons announced. She began her acting career in the 1950s, earning her first Academy Award in 1969 for *The Prime of Miss Jean Brodie*. Smith later gained wider recognition for her role as Professor Minerva McGonagall in the *Harry Potter* series. In her later

years, she became a symbol of ageing gracefully, admired for her wit and charm.

The iPhone 16 isn't selling as well as Apple may have hoped



Apple's iPhone 16 launch has faced a lukewarm response, with early reports indicating pre-orders are down over 12% compared to last year's iPhone 15.

Analyst Ming-Chi Kuo estimates that Apple sold approximately 37 million units during the first weekend of pre-sales, with the iPhone 16 Pro and Pro Max models seeing significant year-over-year declines of 27% and 16%, respectively.

However, experts remain optimistic about the iPhone 16's long-term prospects, particularly as the crucial holiday sales season approaches, with analyst Dan Ives stating, "It's all about a monster holiday quarter and the supercycle begins for iPhone 16 in our view."

Rafael Nadal announces his upcoming retirement from tennis

Tennis legend Rafael Nadal has announced his retirement from professional tennis, with his final appearance scheduled for the Davis Cup finals in November.

At 38 years old, Nadal is celebrated as one of the greatest players in history, boasting 22 Grand Slam titles—the second-most in men's tennis. Known as the "King of Clay," he won 14 of his Grand Slam titles at the French Open but has faced ongoing injury struggles that limited his ability to compete in recent years.

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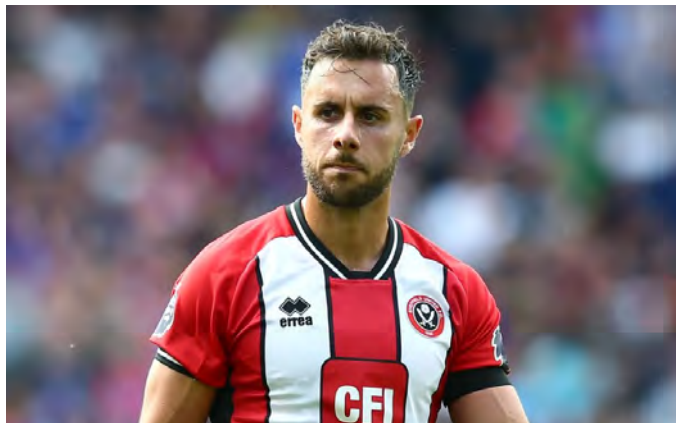
continued from page 19



In a heartfelt video, Nadal expressed gratitude for the support he has received throughout his career, stating, "I leave with the absolute peace of mind of having given my best."

As he prepares to close this chapter, Nadal leaves behind a remarkable legacy that will inspire future generations of athletes.

Soccer star George Baldock dies at 31



George Baldock, a British-born soccer player who played for Panathinaikos and the Greek national team, has tragically passed away at the age of 31. His body was found in a swimming pool at his home in Glyfada, Athens. Greek authorities confirmed there were no signs of criminal activity. Panathinaikos, which signed Baldock earlier this year, expressed shock at his sudden death, stating, "The family of Panathinaikos mourns his loss." Baldock represented Greece 12 times and was remembered by both Panathinaikos and Sheffield United, where he previously played, with heartfelt tributes.

Hurricane Milton Slams Florida



Hurricane Milton made landfall on October 10th, near Siesta Key, Florida, as a Category 3 storm with winds reaching up to 120 mph. It caused widespread destruction across the state, triggering tornadoes and leaving over 3 million people without power. Areas like St. Petersburg, Sarasota, and Venice experienced severe wind damage, while flooding impacted regions such as Orlando. There were at least 10 confirmed fatalities, and significant structural damage, including collapsing cranes and homes catching fire, was reported across the state.

Italy and Switzerland have agreed to shift their shared border in the Alps. Here's why

Due to glacier melt, part of the border between Italy and Switzerland



land is being redrawn near the iconic Matterhorn Peak, a significant feature of the Alps. The boundary in this region is historically defined by glaciers and snow fields, which have shifted due to climate change. Both countries agreed to modify the border in 2023, and Switzerland officially approved the adjustment recently. This change highlights the tangible impact of global warming on even national borders, as glaciers continue to recede.

US OPEN

World No. 2 Aryna Sabalenka Wins US Open over American Jessica Pegula

Aryna Sabalenka would not be denied hoisting the US Open championship trophy this year.

Sabalenka, the world No. 2 from Belarus, defeated American Jessica Pegula 7-5, 7-5 at Arthur Ashe Stadium to win the US Open for the first time.

This is Sabalenka's third career grand slam singles title, having won the Australian Open for the second consecutive year back in January.

She's the first woman to sweep the hard court grand slams since Angelique Kerber in 2016.



Sinner Storms Past Fritz to Win First US Open Title

World number one Jannik Sinner stormed past Taylor Fritz to win the US Open and secure a second Grand Slam title of the year.

Italy's Sinner, who won his first major title at the Australian Open in January, held off a late charge from American 12th seed Fritz to win 6-3 6-4 7-5.

It comes just 19 days after it was revealed he had been cleared of any wrongdoing after twice testing positive for a banned substance in March.

The 23-year-old held his arms aloft and looked up to the sky as he became the first player since Guillermo Vilas in 1977 to win his first two Grand Slam titles in the same season.



	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 tbn Energy Delphi	December 2026

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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