



ENTERPRISES
SHIPPING &
TRADING S.A.

EST Newsletter



WEDNESDAY, 27 MAY 2026
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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: New Ultramax Bulk Carrier with COSCO KHI Ship Engineering Co., Ltd. (NACKS)



Further to Company's Newsletter Issue 207, where the contracting of a new 64,000 DWT Ultramax bulk carrier at Dalian COSCO KHI Ship Engineering Co., Ltd. (DACKS) in China was announced, we are pleased to confirm the signing of an additional sister vessel under the same series.

The new vessel, Hull No. NE537, will be constructed at the sister yard Nantong COSCO KHI Ship Engineering Co., Ltd., part of the same group under COSCO Shipping Heavy Industry and Kawasaki Heavy Industries and is scheduled for delivery in June 2028.

The vessel will follow the established specifications of the series and will be equipped with a MAN B&W 6S50ME-C9.7-HPSCR main engine, along with high quality equipment in line with the initial vessel. This will ensure consistency in design, machinery, and overall operation across the fleet, while supporting reliable and efficient performance.

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This development reflects our Company's ongoing commitment to expanding and renewing its fleet, maintaining a modern and competitive presence in the market while meeting evolving environmental and regulatory requirements.

At the same time, the Company continues to pursue steady growth, relying on the experience and established partnerships built over the years to secure quality vessels that support its long term direction.

The current status of the vessels under the series is summarized below:

- **Dalian COSCO KHI (DAKS) – Hull No. DE176 | Expected delivery: 30 November 2027 | Class: Bureau Veritas | Bulk Carrier 64,000 DWT**
- **Nantong COSCO KHI (NACKS) – Hull No. NE537 | Expected delivery: 9 June 2028 | Class: Bureau Veritas | Bulk Carrier 64,000 DWT**



EST Renews Commitment to Green Logistics: GoGreen Plus Certificate 2025

We are pleased to announce the continuation of our partnership with DHL, as part of our ongoing efforts to reduce our carbon footprint and address Scope 3 emissions across our operations.

For 2025, EST has once again received the DHL GoGreen Plus Certificate, recognizing our commitment to sustainable logistics and low-emission transportation solutions.

Our collaboration with DHL began in 2023 and focuses on reducing indirect greenhouse gas emissions generated throughout the transportation and distribution value chain. Through DHL's GoGreen Plus service and the use of Sustainable Aviation Fuel (SAF), EST contributed to an 18.78% reduction in transport-related emissions during 2025, supporting more sustainable shipping practices.

By continuing this strategic alliance, EST reaffirms its commitment to responsible business practices and environmental sustainability. Together with DHL, we continue taking meaningful steps toward a cleaner and greener future for the shipping and logistics industry.



GOGREEN PLUS CERTIFICATE 2025

ENTERPRISES SHIPPING & TRADING SA .

used DHL GoGreen Plus Low Emission Transportation Services for air transportation, facilitated by sustainable aviation fuel. For the period between 01/01/2025 and 31/12/2025, a third-party auditor verified the below numbers as part of this service:

Measure	Unit	Low Emission Transport Service	Reference Standard Service ¹
Total Air WtW emissions	t CO ₂ e	38.10	46.91
Air Tonne-km transported	tkm	63,408.09	63,408.09
WtW Carbon Intensity	g CO ₂ e / tkm	600.89	739.81

		Sustainable Aviation Fuel	Reference Jet A
Energy Source (Fuels/Electricity) ²	Tonnes	2.68	12.29
	MJ	118,033.14	529,483.99
Sustainable Aviation Fuel Share	%	21.84%	

Reduced Air WtW emissions t CO₂e **8.81 (-18.78%)**

Listing fuel locations:

Supplier	Process	Feedstock	Certification	Station	Reductions
Shell	Co-processing	Spent Bleaching Earth	ISCC CORSIA	BRU	4.21
World Fuel Services	Hydrotreated Esters and Fatty Acids (HEFA)	Technical Corn Oil	ISCC CORSIA	MIA	1.67
Neste	Hydrotreated Esters and Fatty Acids (HEFA)	Used Cooking Oil (UCO) only	ISCC CORSIA	LAX	1.61
AirBP	Co-processing	Used Cooking Oil (UCO) only	ISCC Plus	LEJ	1.31

Certificate ID: DHL-EXP-TDI-202512-0501515

Michiel Greeven
 Executive Vice President
 Global Commercial DHL Express

This certificate is issued by DHL Express. The greenhouse gas emissions have been calculated and reduced based on expenditures of the GoGreen Plus Services and contractually agreed emission reduction abatement price for sustainable aviation fuel. Through a book-and-claim accounting process, the greenhouse gas emission reductions are allocated to the customer's emission balance even if DHL Express is not physically using SAF at the locations where the customer's shipments are transported. For further details please see the glossary page.

¹Reference Standard Service – refers to entire contracted logistic service.
²The above Energy Source figures are calculated with verified conversion factors and are provided for reference only.

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CEO & Senior Leadership Visit Onboard m/t Energy Triumph



Mr. Orestis Perilis, Vetting Manager – Capt. Sergey Velichko, Master of m/t Energy Triumph-Mr. Christoforos Bissias, Crew Manager/CSO (Left to Right)

On 15 March 2026, Mr. George Sarris, Managing Director and President of EST S.A., along with several members of the company's senior management team, had the opportunity to visit our vessel, m/t Energy Triumph, during her stay at Piraeus Anchorage. Representing the company during the visit along with Mr. Sarris were, Mr. Orestis Perilis-Vetting Manager, Mr. Christoforos Bissias-Crew Manager / CSO, Mr. George Chronis-Technical Fleet Manager and Capt. Aristeidis Zoros-Marine / Vetting Superintendent.

The visit provided a valuable opportunity to engage directly with the vessel's Master, officers and crew and to exchange views in a positive and collaborative atmosphere.

During the visit, open and constructive discussions took place regarding safety practices, operational procedures and everyday life at sea, further strengthening the communication and cooperation between the vessel and shore management. The presence of the company's CEO highlighted EST's commitment to maintaining close relationships with our vessels and the people who operate them safely and efficiently every day.

We would like to warmly thank Captain Sergey Velichko and his crew for their kind hospitality, professionalism and continued dedication to maintaining the highest standards of safety and operational excellence.

Social Improvement Initiative Team: 40th Blood Donation

The company's Social Improvement Initiative Team (S.I.I.T) had the pleasure to organize the 40th Blood Donation at our premises on 3rd April 2026 in co-operation with Sotiria Hospital.

The S.I.I.T once more hosted a blood donation and due to our colleagues enthusiastic participation managed to collect 16 units of blood!

Benefits of Blood Donation:

- ✓ Stimulates Blood Cell Production
- ✓ Helps reduce the risk of heart attack and cancer
- ✓ Donation of blood, burns calories & helps in weight loss
- ✓ Helps to maintain a healthy liver
- ✓ Prevents Hemochromatosis
- ✓ Helps maintain iron level in blood

Most importantly:

- ✓ By donating blood you can save someone's Life!

The Management and S.I.I.T would like to take this opportunity to sincerely thank all donors for their continued support since the implementation of the blood donation scheme over 15 years ago!



What's New in the QHSEMS?

Tankers QHSEMS (Revisions)

- WIM Part II Section B_Permit System-v.0.10
- WIM Part III Section B_Navigation-v.0.27
- WIM Part III Section D_Cargo Handling-v.0.20
- WIM Part III Section F_Maintenance-v.0.10
- WIM Part IV Section C_Contingency Plan Checklists-v.0.8
- ESTSA 113 Enclosed Space Entry Permit-v.1.6
- ESTSA 209 Cargo Operation Plan-v.0.4
- ESTSA 260 Cargo Ops Valve Line Setting Checklist-v.1.0
- ESTSA 314 Bridge Checklist 2 PreDeparture-v.0.3
- ESTSA 315 Bridge Checklist 3 PreArrival-v.0.2
- ESTSA 337 Echo sounder performance-v.0.2
- ESTSA 491 ER PreArrival Checklist-v.1.1
- ESTSA 492 ER PreDeparture checklist-v.1.2
- Tankers Forms Index-v.0.20
- Safety Label 16_PPE-v.0.3
- SORB Sect 1_Form 09 Lifebuoys
- SORB Sect 5_Form 1 Navigation Lights-v.0.3
- Energy Achilles SMPEP-v.0.4
- Energy Afrodite SMPEP-v.0.4
- Energy Apollo SMPEP-v.0.4
- Energy Ariadne SMPEP-v.0.5
- Energy Artemis SMPEP-v.0.4
- Energy Athena SMPEP-v.0.4
- Energy Triumph SOPEP-v.0.1
- Vetting and Audits Observations_Q1 2026

New Uploads (Tankers)

- ESTSA 125 Ship Specific Enclosed Space Register
- ESTSA 126 Enclosed Space Risk Assessment Matrix
- ESTSA 256 Ballast Water Handling log
- EMM_Section C_Appendix C_MEPC 321 74
- EMM_Section C_Appendix D_MEPC 2_18
- Energy Achilles_Fuel EU Monitoring Plan

Bulkers QHSEMS (Revisions)

- WIM_Section B_Safety and Health-v.12
- WIM_Section C_Bridge and Deck Instructions-v.0.11
- FORM 34 Radio_Bridge Navigational Equipment-v.0.2
- FORM 41 Navigational Publications List-v.0.8
- FORM 46 SEA Monthly List_UKR-v.0.2
- FORM 57 Maintenance of Deck Items-v.1.0
- FORM 93 Forms List for Dry Cargo Vessels-v.0.14
- FORM 1136 Health and Safety Inspection_Monthly-v.1.2
- Technical Circular 70-v.1.2
- Revised Attachments for Technical Circular 70:
 1. Attachment 1_Scavenge Drains Sampling Procedure_VERILUBE_Upd_08_2025
 2. Attachment 3_Drip Oil Analysis Landing Form_VERILUBE_Upd_08_2025
 3. Attachment 11_Bottle Labels and Full Style Address
 4. Attachment 12_Announcement-Instructions for Sample Dispatch
 5. Attachment 13_SL2025-776
- Ballast Water Treatment Management Plan-D2 Addendum (Alora, Citius, Colossus, Constantia, Divinus, Furious, Gladiator, Imperius, Jaguar Max, Magic Striker, Panther Max, Puma Max, Taurus, Virtuous Striker, Warrior)
- MSMP LMP (Alora, Citius, Colossus, Constantia, Divinus, Furious, Gladiator, Jaguar Max, Livorno, Magic Striker, Panther Max, Puma Max, Virtuous Striker, Warrior)
- Safety Label 2_Personal Protective Equipment PPE-v.0.6
- SORB Section 1_Form 09 Lifebuoys-v.0.2
- SORB Section 2_Form 07 Water Fire Hose Reel With Hose-v.0.2
- SORB Section 3_Form 04 Water fire-fighting equipment-v.0.3

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

- ECDIS ISSUES_o6 XTD Cross Track Distance Settings-v.0.2

New Uploads (Bulkers)

- Fuel EU Monitoring Plan (Good Hope Max)
- EU Monitoring Plan (Good Hope Max)
- California Non Tank Contingency Plan-Revision 14
- Ballast Water Management Plan—D2 (Alora, Citius, Colossus, Constantia, Divinus, Furious, Gladiator, Jaguar Max, Magic Striker, Panther Max, Puma Max, Taurus, Virtuous Striker, Warrior)

Safety Awareness Handbook

- QHSE SAFETY CAMPAIGN 1_2026_Tankers
- Safety Update_Issue 2_2026
- Safety Update Inventory
- BP 26 Gas Detectors Shoulder Straps
- Best Practice - Index

User Manuals

- Mathreex Offline Clean Installation Detailed Guide

GMS Client Advisories

- GMS-Arrivals-Checklist-Non-Tank-27-Feb-2026
- GMS-Arrivals-Checklist-Non-Tank-27-Feb-2026-Change-Items
- GMS-Arrivals-Checklist-Tanker-27-Feb-2026
- GMS-Arrivals-Checklist-Tanker-27-Feb-2026-Change-Items
- GMS Client Advisory 01-26 - CA MISP 2026 Program Updates
- GMS Client Advisory 02-26 - 2025 VGP Annual Reporting Requirement Reminder
- GMS Client Advisory 03-26 - USCG Marine Safety

Alert 03-26

- GMS Client Advisory 04-26 - 2026 GMS Seminar Schedule Drill Requirements
- GMS Client Advisory 05-26 -CA COFR Maintenance
- GMS Client Advisory 06-26 - USCG Port Security Advisory 1-26
- GMS Client Advisory 07-26 - Biofouling Management Update
- GMS Client Advisory 08-26 - USCG BWMS Type Approval and Marking Requirements
- Client Advisory 11-26 - Transport Canada NA Right Whale Protection Measures
- GMS Client Advisory 10-26 - USCG Processing Changes Delays

Regulatory Updates

- Regulatory Update_01 2026

Publications External

- Code of Safe Working Practices for Merchant-Seafarers_2026 Edition

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.

- MT Energy Delos, **Chief Officer Gakaev Adam**
- MT Energy Achilles, **Third Officer Nikolai Petrenko**
- MV Taurus, **Third Officer Ednar B. Bensurto**

HAZARD

vs

RISK

A HAZARD is something that has the potential to harm you



RISK is the likelihood of a hazard causing harm



Hazard:

No proper storage for securing gym weights and barbells.

Risk:

Equipment movement during vessel's rolling may cause injury or damage to the gym floor.

Best Practice:

Install storage racks for safe storage and rubber mats for floor protection.



Hazard:

Poorly charged flashlight used during safety and security rounds.

Risk:

Reduced visibility during night patrols, delaying hazard identification.

Best Practice:

Ensure flashlights are fully charged before safety and security rounds.



Hazard:

Incorrect donning instructions displayed for immersion suits.

Risk:

Confusion and incorrect donning during an emergency.

Best Practice:

Ensure immersion suit instructions display the correct donning procedure for the actual equipment carried onboard.

Best Practices Received MT Energy Centaur & MT Energy Dione

We would like to thank **Chief Officer Maxim Zaloga** of **MT Energy Triumph** and **Third Officer Niki Karpouzi** of **MT Energy Centaur** for providing us this Best Practices.

At EST SA, we value the implementation and sharing of Best Practices across our fleet. We kindly encourage you to share yours through the Near Miss software.

A reminder that EST S.A. rewards the four most meaningful near misses, best practices, or ideas every month. Your input could make a real difference and be recognized among the top submissions.

During preparations for receiving provisions onboard M/T Energy Triumph, a crew member reported to the main deck ready to help with the operation.

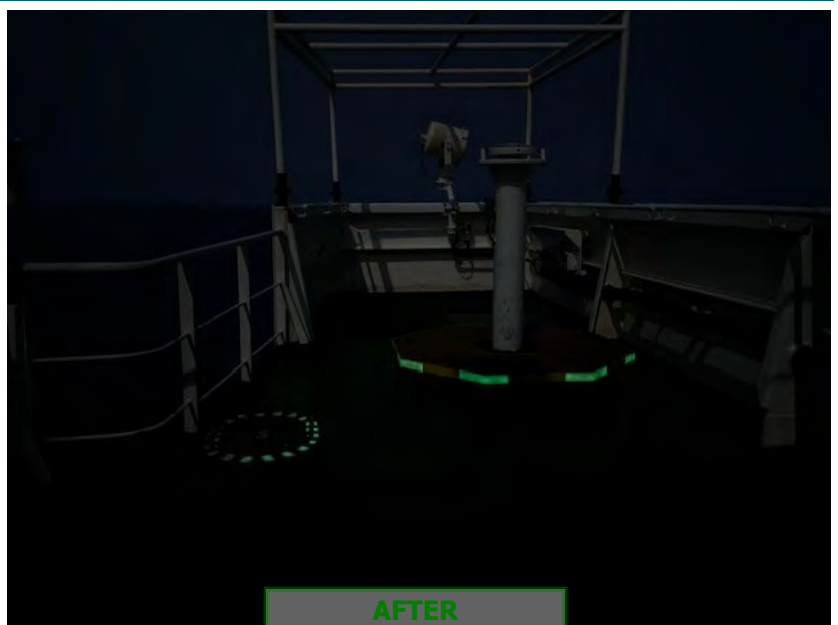
Before the task commenced, the Chief Officer checked the crew member's work and rest hours records and identified that the crew member was in the middle of a mandatory rest period. Participation in the operation would therefore have resulted in a breach of minimum rest hour requirements.

The crew member was instructed to return to his cabin and continue his rest period, while another crew member was assigned to the task. This timely intervention prevented a potential fatigue-related risk and ensured compliance with work and rest hour regulations.



A potential trip-and-fall hazard was identified onboard M/T Energy Centaur when it was noted that the manholes located on the bridge wings and around the compass stepping table were difficult to distinguish during night time, due to the absence of fluorescent markings.

To address this, the crew applied fluorescent tape to these areas, making them easier to identify in low-light conditions. This simple yet effective improvement significantly increases awareness of deck hazards during low-light conditions and contributes to a safer working environment onboard.



Positive Observations During Sire 2.0 Inspection Across our Fleet

We are pleased to share the results of a recent SIRE inspection across our fleet, where our crew members once again demonstrated exceptional professionalism, knowledge and commitment to safety.

MT Energy Dione - Equinor SIRE Inspection

The following crewmembers were recognized for exceeding expectations during the inspection:

- * **Chief Officer Evgeny Savelyev** was recognized for exceeding normal expectations by demonstrating good familiarity with SMS procedures, the test/inspection requirements and the records to be maintained.
- * **2nd Officer Vladislav Denisenko** was recognized for exceeding normal expectations by demonstrating good familiarisation with ECDIS procedures and the set-up and operation of the equipment.

These commendations highlight the professionalism and vigilance of our seafarers, whose actions play a vital role in maintaining safety and operational excellence across the fleet.



Under the SIRE 2.0 regime, such positive observations serve as a powerful reminder for all crew members to continue adhering to and promoting best safety practices onboard.

Easter Celebration Onboard Panther Max

Captain Ramel C. Sugon, Officers and crew of Panther Max, shared lovely moments from their Easter celebrations on board, reflecting the strong spirit of teamwork and togetherness maintained at sea.

We would like to thank them for sharing this special occasion with us and wish them fair winds and safe voyages ahead!



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



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:

- ✓ Chief Officer Maxim Zaloga of MT Energy Triumph
- ✓ Third Officer David Melwin Selecka of MV Jaguar Max
- ✓ Engine Cadet Mark Erwin Cadena of MV Puma Max
- ✓ 2nd Engineer Vladimir Antonov of MT Energy Triumph
- ✓ 4th Engineer Roman Replianchuk of MV Constantia
- ✓ 2nd Engineer Sergiy Gradinar of MV Alora
- ✓ 2nd Engineer Maxim Balchenkov of MT Energy Afrodite
- ✓ 2nd Engineer Gideon Camba of MV Imperius
- ✓ O/S Aldrin Silva of MV Good Hope Max
- ✓ 4th Engineer Georgy Lobodenko of MT Energy Artemis

UNSAFE CONDITION Missing Safety Signage

What happened:

During maintenance, no "DO NOT START" signage was placed on the whistle panel.

Accidental whistle activation may cause hearing damage.

Always place warning signs before maintenance work.



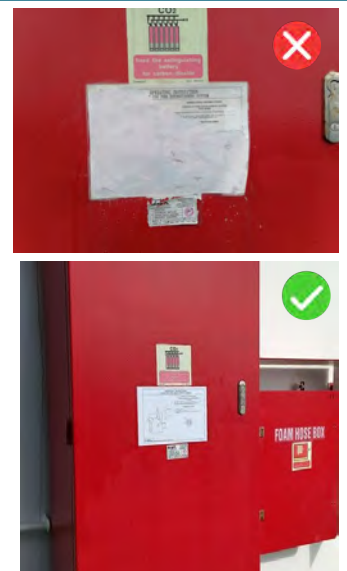
UNSAFE CONDITION Unreadable Safety Instructions

What happened:

During routine check, a damaged and unreadable CO₂ system poster was found at the mast riser station.

Incorrect operation of the CO₂ system during an emergency.

Always ensure all safety instructions are clear and readable.



UNSAFE CONDITION Improper Garbage Segregation

What happened:

Plastic bottle found inside operational waste bin, resulting in mixed garbage.

This can lead to MARPOL violation and PSC deficiency.

Always segregate garbage according to the Garbage Management Plan on board.



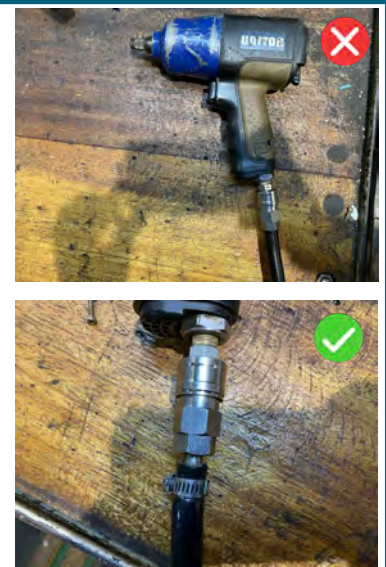
UNSAFE CONDITION Unsafe Air Hose Connection

What happened:

Air hose was found improperly secured on the air tool.

This can lead to sudden hose disconnection, hose whipping and serious injury to personnel.

Always inspect and properly secure hose connections before operation.



Continue in page 11

UNSAFE CONDITION

Missing Electrical Protection

What happened:

Dielectric mat was found missing near the OWS start panel after cleaning activities.

This can lead to electric shock and unsafe working conditions during operation.



Always return dielectric mats to their designated position after cleaning or maintenance.

UNSAFE CONDITION

Improper Use of Electrical Equipment

What happened:

During routine rounds, an electric water pot was found almost empty and still connected to power.

Risk of overheating, fire or electric damage.

Always disconnect electric appliances when not in use or when empty or low on water.



UNSAFE CONDITION

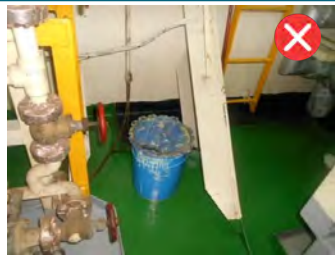
Improper Material Storage

What happened:

Paint containers were found left unattended inside the purifier room.

This can lead to fire due to high temperature inside the purifier room.

Always store combustible materials in designated storage areas after use.



UNSAFE CONDITION

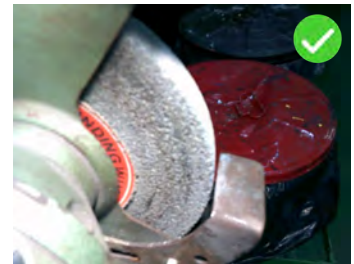
Improper Machine Guard Adjustment

What happened:

During routine inspection, excessive clearance was found on the bench grinder tool rest.

Risk of hand or finger injury during operation.

Always maintain bench grinder tool rest clearance within safe limits.



UNSAFE CONDITION

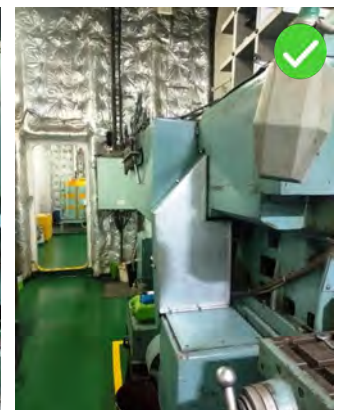
Missing Safety Guard

What happened:

Rotating belt and pulley on the lathe machine was found without proper guard fitted.

This can lead to contact with moving parts and serious hand injury.

Always keep safety guards properly fitted before operating machinery.



Ships with Zero PSC Deficiencies

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

March/April 2026

No.	Ship	Captain	Date	Port	Country
1	Alora	Oleh Melnyk	06/03/2026	Meraux Bouys	USA
2	Magic Striker	Yuriy Shashurin	13/03/2026	Barranquilla	Colombia
3	Livorno	Abner Osias	17/03/2026	Kamsar	Guinea
4	Alora	Oleh Melnyk	25/03/2026	Veracruz	Mexico
5	Panther Max	Ramel Sugon	27/03/2026	Rosario	Argentina
6	Gladiator	Vitaliy Gubenko	30/03/2026	Paranagua	Brazil
7	Energy Athena	Bakhodyr Ismailov	02/04/2026	Singapore	Singapore
8	Energy Artemis	Vitaliy Khomchenko	08/04/2026	San Francisco	USA
9	Jaguar Max	Aron Hormillosa	08/04/2026	Newsport News	USA
10	Furious	Roy Yabo	20/04/2026	Kamsar	Guinea
11	Constantia	Andrzej Winiarkiewicz	24/04/2026	Conakry	Guinea
12	Energy Apollo	Aleksandr Otrubennikov	27/04/2026	Mizushima	Japan

IMPORTANT REMINDER!

Code of Safe Working Practices 2026 Edition

The 2026 Edition of the Code of Safe Working Practices for Merchant Seafarers (COSWP) has been published by the Maritime & Coastguard Agency (MCA) and is now available in the DM Library in Navision, under "Publications_External" folder.

In addition, MCA Marine Information Note MIN 688 (M) Amendment 4 is also available in the same folder, providing details of the latest amendments and updates incorporated into the 2026 edition of COSWP.

Masters are requested to review the latest amendments and ensure that all officers and crew are made aware of any changes relevant to their duties and onboard operations.

Awareness of the latest industry developments is a shared responsibility. By staying informed and applying best practices, we contribute to safer and more efficient operations onboard.



Code of Safe Working Practices for Merchant Seafarers

2026 Edition

There is a legal requirement for the Code of Safe Working Practices for Merchant Seafarers (COSWP) to be carried, and readily accessible, onboard UK flagged merchant ships.

This document includes the text and images from the COSWP 2026 edition.

It does not match the published version and is intended for online reference only; it is not suitable for onboard use and inspection.

The fully designed published version is available to purchase from [tsoshop.co.uk](https://www.tsoshop.co.uk)

Risk4Sea : EST Among the Top 10 PSC Performers – Congratulations

Continuing our commitment to operational excellence and regulatory compliance, we are pleased to share the latest benchmarking results published by Risk4Sea, a leading provider of maritime risk and inspection intelligence.

The recently released "Top 10 PSC Performers Worldwide" report evaluates fleet performance over the last 36 months, covering the period from 1 April 2023 to 31 March 2026. The assessment analyzes Port State Control Inspection (PSCI) performance across the LR1/LR2 tanker segment (60–125k DWT), encompassing 479 ship managers and 5,444 PSC inspections worldwide.

We are proud to announce that Enterprises Shipping & Trading S.A. has once again been recognized among the world's top-performing ship managers, achieving an impressive PSC benchmarking score of 91.0% based on 15 PSC inspections. This distinction places the company among the leading performers globally within our segment.

This is a significant achievement and a reflection of the professionalism, dedication and high standards maintained by our crew, and we would like to extend our sincere thanks to you for your continued commitment and hard work.

In parallel with these achievements, the company continues to strengthen its PSC preparedness through its strategic collaboration with Risk4Sea. By providing vessels with tailored pre-arrival inspection checklists based on historical deficiencies identified at upcoming ports of call, this initiative further enhances our proactive approach to PSC readiness and continuous improvement.

Top 10 PSC Performers L36M – Worldwide

RISK4SEA

LR1/LR2 (60-125k DWT) (479 Managers, 5,444 PSCIs)

Small PSCI Pool (5 – 24 PSCIs) 141 Managers | 1,513 PSCIs

Eletson Shipmanagement Inc, GRC	8 PSCIs SCORE 100.0%
Shanghai North Sea Shpg Co Ltd, CHN	5 PSCIs SCORE 100.0%
Desgagnes Transport Inc, CAN	5 PSCIs SCORE 100.0%
K Marine Ship Mgmt Pte Ltd, SGP	6 PSCIs SCORE 97.0%
Fleet Management Pvt Ltd, IND	6 PSCIs SCORE 94.0%
Knot Management AS, NOR	6 PSCIs SCORE 94.0%
Enterprises Shipping & Trading, GRC	15 PSCIs SCORE 91.0%
Capital Ship Management Corp, GRC	15 PSCIs SCORE 90.0%
LSC SIA, LVA	22 PSCIs SCORE 89.0%
Nereus Shipping SA, GRC	11 PSCIs SCORE 87.0%

Medium PSCI Pool (25 – 49 PSCIs) 34 Managers | 1,254 PSCIs

MMS Co Ltd, JPN	30 PSCIs SCORE 88.0%
Ionic Tankers Mgmt Inc, GRC	39 PSCIs SCORE 81.0%
Eastern Mediterranean Maritime, GRC	29 PSCIs SCORE 81.0%
Anglo-Eastern Tanker Mgmt, HKG	46 PSCIs SCORE 80.0%
Reederei Nord BV, NLD	40 PSCIs SCORE 78.0%
Optra Shipping Ltd, GRC	32 PSCIs SCORE 77.0%
Chevron Transport Corp Ltd, USA	40 PSCIs SCORE 76.0%
Alberta Shipmanagement Ltd, GRC	25 PSCIs SCORE 76.0%
Navios Tankers Mgmt Inc, GRC	49 PSCIs SCORE 75.0%
Samos Steamship Co, GRC	41 PSCIs SCORE 74.0%

Large PSCI Pool (≥50 PSCIs) 23 Managers | 2,106 PSCIs

International Tanker Mngmt Ltd, ARE	56 PSCIs SCORE 74.0%
Thenamaris Ships Management, GRC	96 PSCIs SCORE 73.0%
Torm A/S, DNK	107 PSCIs SCORE 68.0%
Executive Ship Management, SGP	80 PSCIs SCORE 68.0%
Minerva Marine Inc, GRC	116 PSCIs SCORE 67.0%
Genel Denizcilik Nakliyatı AS, TUR	62 PSCIs SCORE 67.0%
Columbia Shipmanagement, DEU	137 PSCIs SCORE 66.0%
Tms Tankers Ltd, GRC	104 PSCIs SCORE 66.0%
Fleet Management Ltd, HKG	122 PSCIs SCORE 65.0%
Cosco Shpg Energy Trans, CHN	82 PSCIs SCORE 64.0%

Find the Hidden Ring!



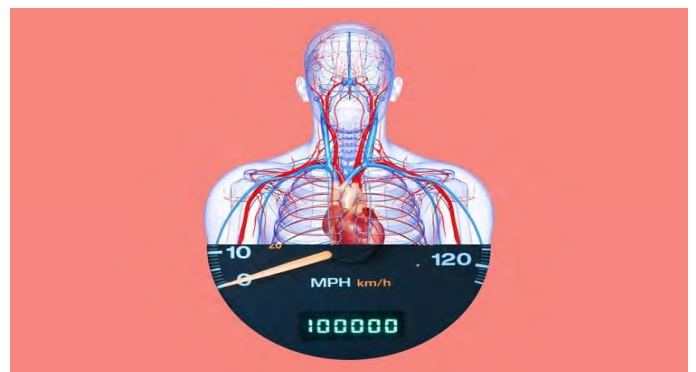
FUN FACTS:

Sudan has more pyramids than any country in the world

What is ... a totally strange *Jeopardy!* question about geography? Not only have archaeologists found more pyramids in Sudan than Egypt, but the numbers aren't even close. While somewhere around 100 pyramids have been discovered in Egypt (some sources put the number at 118), the number of those found in Sudan is around 255—more than double.



The circulatory system is more than 60,000 miles long.



If your entire circulatory system—we're talking veins, arteries and capillaries—were laid out flat, it would stretch for more than 60,000 miles. That's long enough to go around the Earth almost two and a half times! This is one of those mind-blowing facts that sounds made up (but isn't).

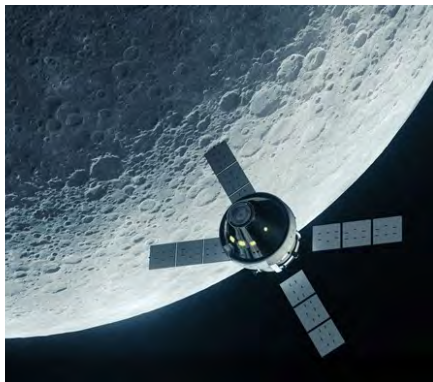
Ancient Mummy Found With Part of the Iliad Inside



Archaeologists in Egypt made a surprising discovery when they found a Roman-era mummy containing a fragment of Homer's *Iliad* placed inside its abdomen. The Greek text, dating back about 1,600 years, was likely inserted during mummification as part of a ritual believed to protect the deceased in the afterlife. This is the first time a Greek literary work has ever been found inside a mummy.

Artemis II Sets Record for Farthest Human Journey in Space

In April 2026, NASA's Artemis II mission made history when four astronauts traveled farther from Earth, than any humans before, reaching about 406,000 km from the planet during a lunar flyby. The crew surpassed the previous distance record set in 1970 during the Apollo 13 mission. This milestone marks a major step toward returning humans to the Moon and preparing for future deep-space exploration



Exercise Linked to Lower Dementia Risk, Study Finds

Recent research suggests that regular physical activity may reduce the risk of developing dementia by about 25%, while long periods of sitting are linked to higher risk of cognitive decline. Studies indicate

that staying active supports brain health over time, even in older adults, though excessive sedentary behavior can still have negative effects regardless of exercise habits. Experts emphasize that consistent movement throughout the day is key for long-term cognitive health.

Neanderthals and Early Humans May Have Worked Together



New research suggests that Neanderthals and early Homo sapiens did more than coexist—they likely cooperated and shared knowledge. Scientists found evidence that these ancient groups exchanged tools and survival techniques, helping both populations adapt to changing environments. This challenges the long-held belief that early humans simply replaced Neanderthals and instead shows a more complex relationship between the two species.

79th Cannes Film Festival 2026 Winners



The 79th Cannes Film Festival concluded with Romanian director Cristian Mungiu winning the Palme d'Or for *Fjord*. The Grand Prix went to *Minotaur* by Andrey Zvyagintsev, while *The Dreamed Adventure* received the Jury Prize. Shared acting awards and diverse international films highlighted another year of glamorous cinema and competitive artistic prestige.

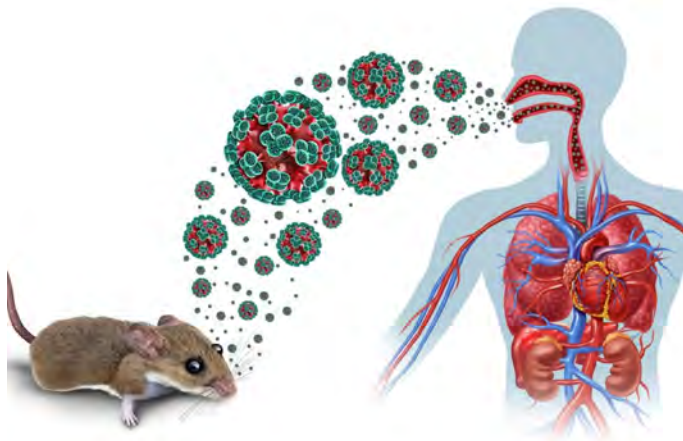
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Bulgaria Wins Eurovision 2026



Bulgaria celebrated a historic achievement after winning the Eurovision Song Contest 2026 with DARA's performance of "Bangaranga." The country earned its first Eurovision victory through energetic staging, modern pop influences, and Bulgarian cultural elements. Fans across Europe praised the dramatic voting process and memorable show, continuing Eurovision's tradition of emotional chaos and glitter diplomacy.

Hantavirus Raises Global Health Awareness



Hantavirus, first identified during the Korean War in the 1950s, continues drawing attention from global health authorities monitoring isolated outbreaks worldwide. Experts emphasize prevention and early diagnosis, especially in areas with rodent exposure. Although infections remain rare, the disease highlights humanity's ongoing struggle with rats, nature's tiny furry agents of biological inconvenience.

Lab-Grown Organ Breakthrough in Regenerative Medicine



Scientists achieved a significant breakthrough in regenerative medicine by engineering and implanting lab-grown oesophagus tissue in animal models. Researchers reported improved integration with living systems, advancing possibilities for organ repair and replacement. While still experimental, the development represents meaningful progress toward functional lab-grown organs. Humanity continues trying to outsmart biology with extremely expensive science.

Giant Pandas No Longer Classified as Endangered

Giant panda are no longer classified as endangered after decades of conservation efforts in China. Habitat protection and breeding programmes helped increase their population and improve their conservation status.

Experts still warn pandas remain vulnerable and require continued protection to survive long-term in the wild.



Olympiacos B.C. Crowned EuroLeague Champions 2026

Olympiacos B.C. crowned an outstanding season by winning the 2026 EuroLeague title at the Final Four, adding another historic achievement to the club's legacy. With determination, discipline, and the incredible support of their fans, the team delivered memorable performances throughout the tournament. The victory was celebrated across Greece, highlighting once again the passion and strength of Greek basketball on the European stage.



Sinner Triumphs at Monte Carlo Masters 2026

At the Monte Carlo Masters 2026, Jannik Sinner claimed the title after defeating Carlos Alcaraz 7-6 (5), 6-3 in the final. The tournament, played on clay courts, is a key preparation event ahead of the French Open, with players adapting to slower surfaces and longer rallies. Strong performances here often signal serious contenders for upcoming Grand Slam events, making Sinner's victory an important early statement in the season.



Formula 1 World Championship Season Heating Up



The 2026 Formula One World Championship season is currently ongoing, with early races already taking place in Bahrain, Saudi Arabia, and Australia. Drivers and teams are still establishing their positions in the championship standings as the season develops. With new technical upgrades and closely fought races, the competition remains open and intense, with teams continuing to battle for an early advantage in the title race.

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

EST - New Building Orderbook

#	Hull Nr	Expected Delivery Date
1	HN 5110 tbn Energy Delphi	December 2026
2	DE 176	November 2027
3	HN5121 tbn Energy Daphne	December 2027
4	NE537	June 2028
5	HN5134 tbn Energy Danae	October 2029

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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