

NAVIGATING AHEAD

ABOUT US

Founded in 1999, Mastermind Group is primarily a Shipowning company that has expanded into ship management with the establishment of **Mastermind Shipmanagement Ltd (MSM)**.

Currently, MSM owns 16 vessels. We have also begun our fleet renewal program and are eagerly anticipating the first delivery in 2025. At MSM, our mission is to continuously invest in our human capital to secure professional and high-quality service to the best of our abilities and standards. We are deeply committed to our social and environmental responsibilities, which are reflected in our business practices.

By always keeping safety, quality, and environmental protection at the forefront, we strive to **"Navigate Ahead"** and satisfy our customers to the fullest extent possible.



LETTER FROM THE MD

Dear Seafarers, Friends, and Esteemed Business Associates,

As we navigate through these turbulent times, the world stands at a crossroad. The geopolitical tensions in Ukraine, Israel, and the recent attacks on commercial ships by the Houthis bring heartbreaking human suffering.

Additionally, we are witnessing the undeniable impact of climate change through massive rainfalls, frequent hurricanes, and mudslides. The push for renewable energies and alternative fuels, coupled with CO2 penalty payments, is set to increase the cost of living and basic needs.



Despite these challenges, our ships and seafarers continue to deliver 90% of the world's goods, showcasing remarkable resilience and dedication.

I want to extend my heartfelt praise to all our MSM seafarers for the incredible work you do every day. Your efforts ensure the smooth flow of global trade amidst these uncertainties.

At Mastermind Shipmanagement Ltd. (MSM), we are committed to making a positive impact. We will work constructively towards achieving all 17 UN Sustainable Development Goals, ensuring that no one is left behind. Our mission remains clear: to navigate ahead with safety, quality, and environmental protection at the forefront of our operations.

This issue of our newsletter highlights several key initiatives and achievements:

Maritime Safety: An article in this issue provides a comprehensive analysis of maritime safety trends and projections from 2014 to 2024. It underscores the progress made in reducing marine casualties and incidents, thanks to enhanced regulations and technological advancements.

Spotlight on Lydia Mar Manila Team: We introduce the dedicated professionals from Lydia Mar Manila, who contribute their expertise and hard work to our collective success. Their unique stories and experiences are an inspiration to us all.

Team Building Events: Our team-building activities, including a summer bowling session and a delightful lunch at a cozy tavern, have strengthened our camaraderie and reminded us of the importance of celebrating our collective efforts and successes.

West P&I Training Week: Insights from the intensive West P&I Training Week attended by our insurance office and Training Director. This program enriched our knowledge and fostered stronger connections with industry peers.

CMP Seminar: Lydia Mar Manila hosted an informative seminar on marine coatings by Chugoku Marine Paints (CMP), highlighting new eco-friendly formulations and best practices for application.

Starlink Satellite System: We are excited to announce the installation of Starlink satellite systems on all our vessels. This cutting-edge technology will revolutionize connectivity at sea, enhancing operational efficiency and crew welfare.

Personal Stories: In this issue, we share the journeys of Captain Marianito Herrera Jr. and Third Engineer Romnicko Caadan, whose stories of perseverance and dedication serve as an inspiration to us all.

Recipes and Fun: Enjoy our summer treats recipes, including homemade strawberry shortcake ice cream bars and fruit pizza, as well as a fun maritime-themed summer quiz to engage and entertain our readers.

Wishing you all fair winds and following seas. Together, we will overcome these challenges and continue to thrive.

Navigating Ahead,

**CAPT. EUGEN-HENNING
ADAMI**

*Managing Director
Mastermind Shipmanagement Ltd.*

Enhancing Maritime Safety: Key Trends and Insights from 2014 to 2024

Written by Charles Nnadi

Maritime safety remains a top priority for the European Union (EU) and its Member States, given the significant shipping activities in EU waters. This article summarizes key findings from the European Marine Casualty Information Platform (EMCIP) data, covering January 1st, 2014, to December 31st, 2022, with projections and updates for 2024. The insights highlight trends, patterns, and factors influencing maritime safety during this period.

Key Findings: In 2022, 2,510 marine casualties and incidents were reported, a decline from previous years. This reduction is attributed to stabilizing traffic density after the COVID-19 disruptions in 2020. Over half of these incidents occurred in internal waters, especially in port areas.

Trends in Casualties and Incidents: There has been a steady decrease in very serious marine casualties, from 106 in 2018 to 44 in 2022. Additionally, the number of ships involved in incidents has decreased, particularly cargo ships and fishing vessels. However, passenger and cargo ships still recorded higher incident rates.

Projections for 2024 suggest continued improvements in maritime safety due to enhanced regulations and technologies aimed at reducing human error and improving ship maintenance practices.

Fatalities and Injuries: From 2014 to 2022, 604 lives were lost in 405 marine casualties, with crew members being the most affected. Fatal incidents often involved slips, stumbles, falls, and collisions. Crew members also sustained the majority of injuries, primarily due to similar causes.

For 2024, ongoing safety campaigns and training programs are expected to further reduce fatalities and injuries among crew members.

Environmental Impact and Human Factors: Pollution incidents have significantly decreased since 2019, with fewer air and cargo pollution cases reported in 2022. Human actions were a major factor in most accidents, highlighting the need to address behaviour-related issues. Safety recommendations mainly targeted ship-related procedures, showing a proactive approach to risk mitigation.

In 2024, stricter environmental regulations and advancements in green shipping technologies are anticipated to further reduce pollution incidents.

Technological Advancements: The period leading up to 2024 has seen significant technological advancements in maritime safety. Automated systems, advanced navigation tools, and improved communication networks are playing crucial roles in preventing accidents. The integration of AI and machine learning in monitoring and predictive maintenance is expected to further enhance safety and operational efficiency.

Conclusion: The analysis of marine casualties and incidents offers valuable insights into maritime safety in EU waters. Although there is a positive trend in reducing incidents, continuous efforts are needed to tackle ongoing challenges and enhance safety measures. By using data-driven insights and targeted interventions, stakeholders can ensure safer and more sustainable maritime activities in the region.

Introducing members of Lydia Mar. Manila (LMM)

In this newsletter we continue our mission to introduce the incredible individuals who make our organization thrive. Following the successful introduction of our MSM personnel in the previous issues, we are excited to shine the spotlight on the talented team members from Lydia Mar Manila.

In this edition, you will get to know the first three dedicated professionals from Lydia Mar Manila who contribute their expertise, passion, and hard work to our collective success. Their unique stories and experiences are an inspiration, and we are proud to share their journeys with you



President - Rodelita “Baby” Homecillo

Mabuhay!

I am Maria Rodelita Homecillo, President of Lydia Mar Manila (LMM). LMM is a key crewing partner of Mastermind Shipmanagement Ltd..

I’ve been in the maritime industry for over 36 years. My experience has helped me gain valuable knowledge, which allows me to work effectively with seafarers, their families, clients, and shore-based staff. I’m thankful for this industry because it’s where I met some amazing people.

During my days off, I love cooking Filipino and Japanese food, tending to my orchids and plants, and playing with our family dogs—they are like my children! I also enjoy being around nature, whether it’s a beach, a huge park, or a botanical garden.

My guilty pleasure is collecting dinnerware, which I use for various occasions. Storing these things has been challenging, but I always find a way! So, if ever you’re in the Philippines, I’d love to catch up and get to know you. I’ll even bring out the best plates for you!



Technical Officer for Engine - Armando Domingo

Hola! My name is Armando Domingo. I was born in the Philippines, and I've been a seafarer since 1992 till present.



I've been working with Lydia Mar Manila since 2015, as a Technical Officer when I'm on break from my sea duties. My job is specifically assessment, training and crew development. I also have special projects with MSM. Since 2008, I've been involved in shipbuilding projects rendering Electrical and Machinery Inspection. This kind of work has taken me to shipyards in China, South Korea, Japan, and Vietnam—and I'm also a freelance contractor for marine technical services.

I'm in maritime now, but my roots are in the Education and Technical Services Sector. I've worked as a trainer in different institutions specializing in ship automation and control engineering. I'm a member of the Institute of Integrated Electrical Engineers of the Philippines and the Association of Marine and Technical Superintendents of the Philippines.

I've also been blessed with three children—two girls and one boy. Meanwhile, outside of work, I enjoy farming and basketball.

Communications, Data Protection, Recruitment, and Special Projects - Michaela Gomez

Hi there!

Maika here, short for Michaela. I wear many hats in Lydia Mar Manila (LMM): Communications, Data Protection, Recruitment, and Special Projects. If you chat with LMM on any of our social media channels, that'll be me you're talking to. Hello!

My educational background is in Mass Communications where I graduated with a degree in Film and Audio-Visual Communication. Apart from the shipping industry, I've also worked in Radio Broadcasting and Public Relations.

I'm currently studying again and taking up Social Work. I'm interested in learning how to properly and professionally "help". And as for hobbies, I enjoy drawing, crafting, exercising, and rock climbing. I also like animals even if my cat has been bossing me around since the day I met her.





MSM - REPORT

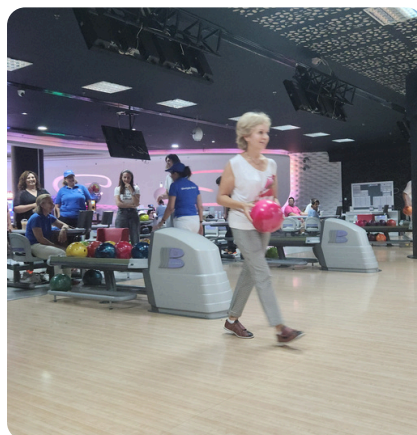
Latest News, Events, and Updates!



Team Building Fun: Striking Success!

This summer, our team came together for an unforgettable day of bonding and fun. We kicked off with a lively bowling session, where friendly competition and plenty of laughs set the tone. Strikes, spares, and the occasional gutter ball made for an exciting morning, with everyone cheering each other on.

After working up an appetite, we headed to a cozy tavern for a delightful lunch. The delicious food and relaxed atmosphere provided the perfect setting for deeper connections and shared stories. This team-building day not only strengthened our camaraderie but also reminded us of the importance of taking time to celebrate our collective efforts and successes.





WEST P&I WEEK

West P&I Training Week: Navigating New Knowledge

In the first week of June, our insurance office and Training Director attended the West P&I Training Week. This intensive program was filled with insightful sessions and hands-on workshop, providing our team with valuable knowledge and skills.



The training not only enhanced our expertise but also fostered stronger connections with industry peers.

The interactive discussions and collaborative exercises were particularly enriching, offering fresh perspectives on navigating the complexities of maritime insurance.

CMP Seminar in Lydia Mar Manila



*“The **MSM** crew that attended the **CMP** seminar in **Lydia Mar Manila**”*



CMP Seminar at Lydia Mar Manila

Lydia Mar Manila recently hosted an informative seminar on the latest advancements in marine coatings, featuring a keynote presentation by a representative from Chugoku Marine Paints (CMP).

Attended by our MSM crew, the seminar covered topics such as new durable and eco-friendly paint formulations, compliance with environmental regulations, best practices for application, and showcased the benefits of CMP's products.

The event included interactive Q&A sessions and networking opportunities, highlighting the industry's commitment to sustainability and operational excellence.

STARLINK SATELLITE SYSTEM: REVOLUTIONIZING CONNECTIVITY AT SEA

Introduction:

As part of our continuous effort to enhance operational efficiency and crew welfare, we are excited to announce that we are installing the Starlink satellite system on all our vessels. This article aims to inform and educate our crew about this cutting-edge technology, its benefits, and how it will transform our maritime operations.

What is Starlink?

Starlink is a satellite internet constellation project developed by SpaceX, the aerospace company founded by Elon Musk. The project aims to provide high-speed, low-latency broadband internet service across the globe, particularly targeting areas where connectivity has been unreliable or completely unavailable. Unlike traditional satellite internet, which relies on a few large satellites in geostationary orbit, Starlink uses a vast network of smaller satellites in low Earth orbit (LEO).

How Does Starlink Work?

Starlink satellites orbit the Earth at an altitude of approximately 550 kilometers, significantly closer than geostationary satellites which orbit at around 35,000 kilometers. This proximity allows Starlink to offer faster data speeds and lower latency. The satellites communicate with ground stations and user terminals (antennas) on Earth to deliver internet service. These terminals are designed to be easy to install and are robust enough to withstand maritime conditions.

Benefits for Our Vessels

- **1.High-Speed Internet:** Starlink offers download speeds ranging from 50 Mbps to 150 Mbps and latency as low as 20 ms, which is comparable to ground-based broadband services. This ensures seamless browsing, streaming, and communication for both operational and personal use.
- **2.Reliable Connectivity:** The dense network of Starlink satellites ensures that our vessels remain connected even in remote ocean regions where traditional satellite services may falter. This continuous connectivity is crucial for real-time navigation, weather updates, and safety communications.
- **3.Enhanced Crew Welfare:** With reliable internet access, crew members can stay in touch with their families, access entertainment, and continue online education or training programs. This improves morale and reduces the sense of isolation often experienced during long voyages.
- **4.Operational Efficiency:** High-speed internet facilitates efficient communication between our vessels and the headquarters, enabling real-time monitoring and decision-making. It also supports the integration of advanced maritime technologies such as IoT devices and automated systems, enhancing overall operational efficiency.

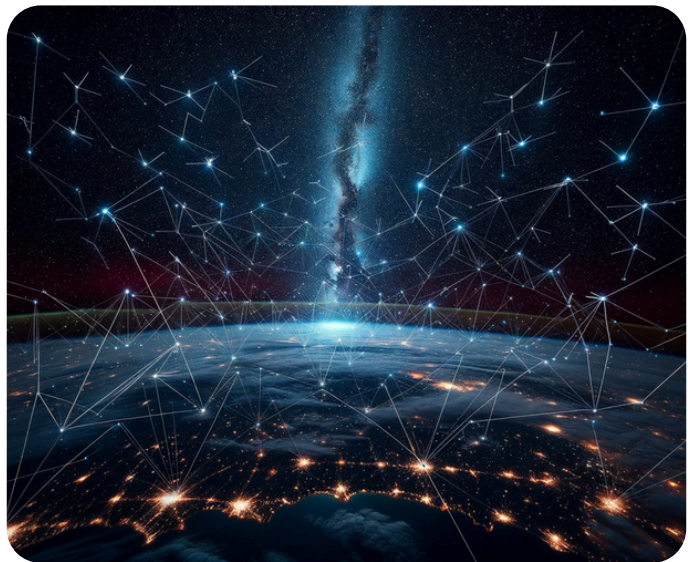
Installation and Usage

The Starlink Antennas and connectivity equipment have been installed on almost all of our vessels. These terminals come with a phased-array antenna capable of maintaining a stable connection even in rough seas.

To access the Starlink service, crew members can connect their devices to the onboard Wi-Fi network linked to the Starlink.

Future Prospects

Starlink is continuously expanding its satellite network, with plans to launch thousands more satellites. This will further improve coverage and service quality. SpaceX is also working on introducing inter-satellite links, which will allow data to be transmitted directly between satellites, reducing reliance on ground stations and enhancing service in remote oceanic regions.



Conclusion

The installation of the Starlink satellite system marks a significant milestone in our efforts to provide world-class connectivity for our vessels and crew. We are committed to leveraging this technology to improve safety, efficiency, and quality of life at sea. We encourage all crew members to take full advantage of this service and provide feedback to help us continually improve our operations.

For any questions or support related to Starlink, please contact our technical support team or refer to the user guide provided.

Safe sailing and happy browsing!



Honoring Longstanding Crewmembers

In the dynamic realm of maritime operations, loyalty and dedication are virtues that truly shine. As we continue to celebrate the journey of Mastermind Shipmanagement (MSM), we honor the steadfast members of our crewing system whose commitment has been instrumental to our success.

These individuals exemplify dedication and resilience, facing the challenges of the sea with professionalism and skill. Their longstanding service reflects their trust in our organization and our shared mission.

Join us in this issue as we celebrate the remarkable stories of two more of our dedicated seafarers. Their journeys highlight the enduring bonds and profound impact of loyalty and dedication within MSM.

A Captain's Journey: Realizing the Dream

I am **CAPTAIN MARIANITO HERRERA JR.**, a 47-year-old Filipino who has been with MSM for exactly 13 years. Here's a little story about how I realized my dream of becoming a captain.

I started my career at ISN as an Ordinary Seaman. I recall that my coworkers and I, in addition to performing routine maintenance, performed self-loading/discharging and cargo cleaning at the request of our charterer.

Despite the difficulty of the work, we enjoyed it because it was rewarding and fulfilling working alongside others. After a year of hard work, I was promoted to Able-Bodied Seaman on October 14, 2006, while aboard the ship Federal Katsura. During this period, we traveled across the Great Lakes to load grains and discharge them in Europe, as well as backload general cargo and discharge it again in the Great Lakes. This was one of my most unforgettable experiences as an AB since the lakes were breathtaking, but the workload required to pass them was also "great."

Although crossing through the Great Lakes was difficult due to little sleep, I was overjoyed when I was promoted to Junior Officer. During my time as a Junior Officer, I was overburdened with tasks such as managing port documentation, assisting with cargo operations, being in charge of the mooring and unmooring aft station, sea and anchor watch, and maintaining safety and firefighting equipment, which was my primary responsibility. These tasks only motivated me to work even harder to achieve my dream of becoming a captain.

After a few months, I was promoted to Third Officer, where I served for three years, from February 3, 2008, to April 15, 2011. On April 15, 2011, while onboard Opal Advance, which had changed management to MSM and is now known as AAL Gladstone, I was promoted to Second Officer. Thus began my association with MSM.

I was a Second Officer for five years and was promoted to Chief Mate on July 24, 2017, which brought me closer to realizing my dreams. The responsibilities of being a Chief Mate were very new to me.

Managing the ship's safety and security protocols, supervising and training deck officers and crew members, and assisting the Master in navigation and operational planning were some of my duties. I found it difficult at first, but I wasn't disheartened and I was even more determined to hone and develop my skills and master my craft. I believe these will be the foundation that will benefit me in the near future. Finally, my dream of becoming a successful captain materialized in December 2021.

As evidenced by my journey, great things in life, such as accomplishing your dreams, take time and unrelenting determination, commitment, trust, and faith in God.

To conclude, I want to sincerely thank my MSM family for trusting my skills and capabilities, for the constant support, and for the wonderful and meaningful sea adventures. I look forward to spending more years with you.

Best regards,

Captain Marianito Herrera Jr.



SHORT STORY OF MY JOURNEY

First of all, a Pleasant Day to MSM, LYDIAMAR, ENGINEERS, OFFICERS, and all CREWS on board.

It's my pleasure and honor to share my short story regarding my career here in MSM.

I am **CAADAN, ROMNICKO P.**, serving as Third Engineer on an MSM vessel. I've been working in MSM for quite some time, and I can say they are my second family. THANK YOU for not kicking me out for being a stubborn son (Just kidding).

Way back in 2011, when I started my wonderful and adventurous career, with a bit of luck and an insane amount of courage, I was given an opportunity to board one of their vessels as a cadet, MV OPAL ADVANCE, currently named MV AAL GLADSTONE, my most memorable vessel.

Working on a vessel and being away from your families is not for the faint of heart and capricious. Sailing is not always as smooth as it seems, but I do believe tough things won't last; tough people do. It's not for everybody; it's risky and hard, but in the end, it's satisfying. I've traveled oceans and many seas, met different people, and experienced different cultures and religions. I learned a lot from them; some became my mentors, imparting their knowledge and skills to me, which I strive the most to develop my distinctive skill eventually sharing my knowledge with others. To my mentors, retired, currently active, and my future mentors, I say THANK YOU from the bottom of my heart.

Through those years, I witnessed a lot of ups and downs. Some new vessels arrived, some were sold, and I even experienced a very long vacation. Yet again, nightmares happen. Here comes the pandemic; all my savings were used up. Well, despite the predicament, after a storm comes a calm.

To my fellow colleagues, even if every day is Monday on board, facing difficulties, work will be much easier when shared, and problems can be solved when working together as a team. Rushing things is not a good example; it will only diminish their quality or compromise your safety.

My story ends here. From my family to yours, let's applaud ourselves for our heroic deeds. GOD BLESS US ALL. THANK YOU.

Kind regards,

3/E Caadan



Continuing the Legacy: Recognizing Newly Promoted Captains and Chief Engineers

We are proud to honor both the experienced members of Mastermind Shipmanagement (MSM) and our newly promoted Captains and Chief Engineers, who embody our commitment to growth and progress. Their journey from deckhands and junior engineers to leadership roles showcases their dedication, hard work, and the career advancement opportunities at MSM.

These individuals consistently demonstrate exceptional leadership, technical expertise, and a strong adherence to our core values. By celebrating their achievements, we acknowledge the tradition of dedication that defines MSM. Together with our seasoned members and new leaders, we look forward to a future of continued success, growth, and innovation.

Join us as we share their inspiring stories.

My name is **CAPTAIN EVGENY PETROV**. I am from Cheboksary, Russia. I was born there in 1982. My father worked as Chief Engineer on river ships, and every summer he took me sailing with him for 2-3 weeks.



One day, when I was steering the vessel downstream the river under my dad's control, I decided that this was what I wanted to do all my life. At that time, I was 15 years old, and already in September, I started my education at a marine school. Upon completion, I've worked a few years on a pusher tug and on dry cargo river ships, and then I decided to try myself at sea.

My first seagoing vessel was an old Russian lady, "**Znamya Oktyabrya**", built in 1979, where I've been a Second/Navigational Officer. Three years later, I found the job in the same rank, but as cargo officer, and after two more years, I passed my exams and started to work as Chief Officer.

In 2019, I joined Mastermind as C/O of **MSM DON**, and in the next 4 years, I obtained the captain's rank. At present, I am the captain of **MSM DOURO**, where I am writing these words.

- For me, and I believe for most seamen, the vessel is our second home.
- If any troubles try to break you, just keep in mind that you're not alone.
- Follow your dream, be yourself, and make it a true one day.
- What can be better than breathing fresh, salty air underway?



Summer Treats

1) Homemade Strawberry Shortcake Ice Cream Bars



Ingredients:

- 1 pt. strawberry ice cream
- 1/4 c. strawberry preserves
- 1 pt. vanilla ice cream
- 1 5.25 - ounce package crispy sugar cookies
- 1 0.8 - ounce package freeze-dried strawberries

Directions: (YIELDS: 8 serving(s))

Step 1: Scoop the strawberry ice cream into a large bowl.

Step 2: Stir until the ice cream is spreadable.

Step 3: Fold in the strawberry preserves until just streaked through, about 3 or 4 folds.

Step 4: Scoop the vanilla ice cream into another large bowl.

Step 5: Stir until the ice cream is spreadable.

Step 6: Spoon 1 ½ tablespoons of the strawberry mixture into the bottom of 8 (1/3-cup) popsicle molds.

Step 7: Spoon 1 ½ tablespoons of the vanilla mixture into each mold.

Step 8: To create a marbled effect, alternate adding the strawberry mixture and the vanilla mixture until the molds are full.

Step 9: Use a butter knife or a popsicle stick to swirl the mixture for a more marbled effect, if desired.

Step 10: Place the sticks into the popsicles and freeze until solid, 4 to 6 hours.

Step 11: In a large zip-top bag, place the sugar cookies.

Step 12: Using a rolling pin, crush the cookies until they are rice-sized (some larger crumbs are fine, but avoid turning into powder).

Step 13: Transfer the crushed cookies to a shallow dish.

Step 14: Place the freeze-dried strawberries into the same bag and crush until rice-sized (a few larger pieces are okay).

Step 15: Transfer the crushed strawberries to the same shallow dish with the cookie crumbs and stir to combine.

Step 16: Run the ice cream molds under warm water to loosen the popsicles.

Step 17: Gently wiggle the popsicles out of the molds.

Step 18: Press the bars into the cookie and strawberry mixture to coat all over.

Step 19: Eat immediately or place on a cookie sheet and freeze until solid, about 30 minutes.

Step 20: Wrap the bars in plastic wrap or aluminum foil and store in the freezer for up to 1 month.

2) Fruit Pizza

Ingredients:

- FOR THE COOKIE CRUST:
- 1 1/3 c. unsalted butter, softened
- 1 1/2 c. granulated sugar
- 1 tsp. orange zest
- 1 tsp. vanilla
- 2 large eggs, room temperature
- 2 Tbsp. whole milk, room temperature
- 4 c. all-purpose flour
- 1 Tbsp. baking powder
- 1/2 tsp. kosher salt

FOR THE FROSTING:

- 2 (7-oz.) jars marshmallow creme
- 2 (8-oz.) packages cream cheese

TO DECORATE:

- Mango, peeled and cubed
- Strawberries, hulled and sliced
- Canned mandarin oranges, drained
- Kiwi, peeled and sliced
- Blueberries
- Raspberries
- Peaches, pitted and sliced, optional
- Pears, cored and sliced, optional



Directions: (YIELDS: 24 serving(s))

Step 1: Preheat the oven to 350°F.

Step 2: For the cookie crust: In a large bowl, cream the butter, sugar, orange zest, and vanilla thoroughly.

Step 3: Add the eggs and beat until light and fluffy.

Step 4: Add the milk and mix well.

Step 5: In a medium bowl, sift together the flour, baking powder, and salt, then blend this into the butter mixture.

Step 6: Divide the dough into 2 disks and lightly flatten each disk between 2 sheets of parchment paper. (If baking 1 large "pizza" on a sheet pan, do not divide the dough.)

Step 7: Refrigerate for 1 hour or freeze for 20 minutes.

Step 8: Roll each dough half into an 11-inch round, then transfer to pizza pans. (Or press the dough into a large sheet cake pan.)

Step 9: Bake until the cookie dough is cooked and golden brown, but not overly crisp, 15 to 18 minutes.

Step 10: Remove from the oven and let cool completely.

Step 11: For the frosting: In a mixer fitted with the whisk attachment, whip together the marshmallow creme and cream cheese until light in texture.

Step 12: Spread the frosting onto each cooled crust.

Step 13: To decorate: Top the pizza with prepared sliced fruit, as desired.

Step 14: Slice into squares or wedges and serve. Enjoy your delicious fruit pizza!

Happy Cooking!

Try this at a BBQ



Ingredients:

- 1 head cabbage, finely shredded
- 2 carrots, finely shredded
- 1 finely chopped onion

Dressing ingredients

- 1 cup mayonnaise
- 4 tablespoons white sugar (or powder sugar)
- 3 tablespoons lemon juice
- 2 tablespoons vinegar
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt

Step-by-Step Guide:

Step 1: Whisk mayonnaise, sugar, lemon juice, vinegar, pepper, and salt together in a bowl until smooth and creamy.

Step 2: Mix the veggies in one bowl

Step 3: Pour the dressing over the veggies and mix thoroughly.

Step 4: Cover and refrigerate for at least two hours.

This is a perfect side dish, it's great for BBQs

You can easily make this the day before you need it.

It's even better the next day!



Summer Quiz

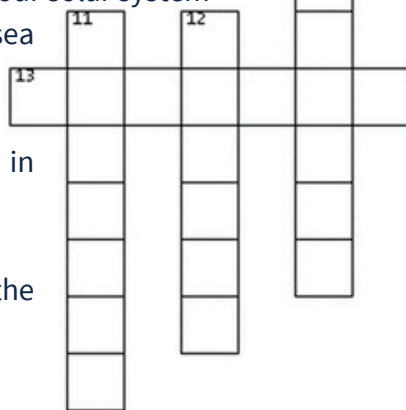
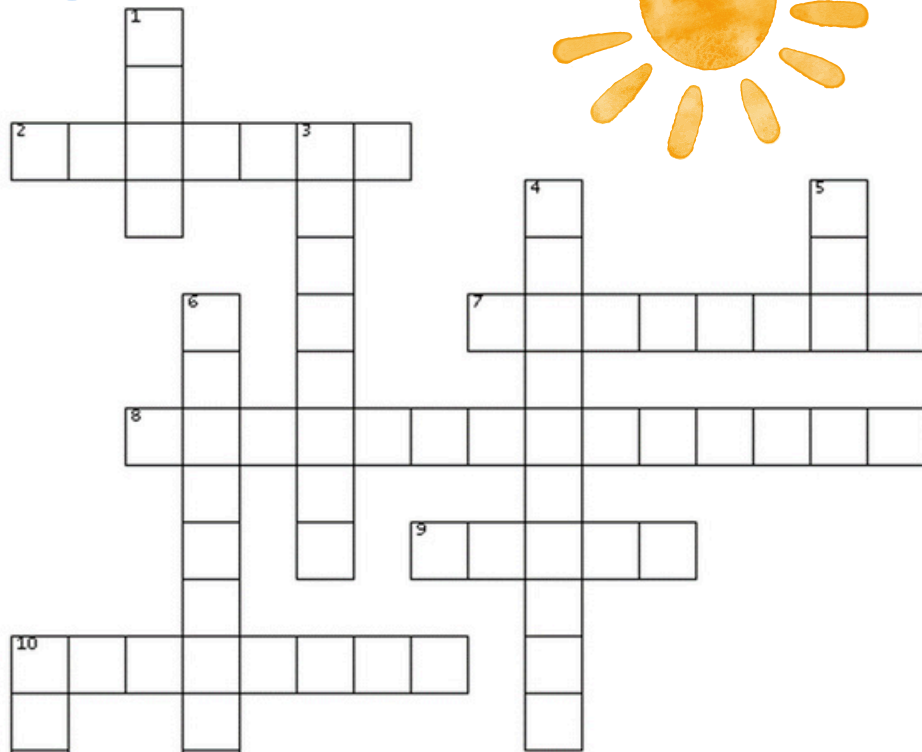


ACROSS

2. A joyful and playful creatures in the sea
7. A satellite internet constellation owned by SpaceX
8. Part of the ship located above the main deck
9. The back part of the ship, opposite to the bow
10. Which Ocean is the Caribbean Sea part of?
13. Filipino Greeting, that translates to "to live"

DOWN

1. The main body of the ship
3. famous desert in summer
4. Summer fruit
5. The star at the heart of our solar system
6. Which is the biggest sea creature in the world
10. Technical Officer for the engine department in Lydia Mar
11. The biggest ocean
12. Which season has the hottest weather?



D G Z F X F A I P G E S W A N T G F O M
 G R O B E T O G C A N P I A U J S R W S
 Q K F T U U K Q O D O T C V B G Q S K M
 M U I F B F E Z H F T P Z M C T T L Y D
 D S F T O R K S A B S R U L S A J G N O
 L A M B F I D L B O D R C S T R G Y W N
 O A K D E W K D N N A R U B O G E N O E
 W T R H O E T I D T L V J C C E I R C D
 R T A T N U H F L U G L Y K K T T A E I
 C Q G B S R R A I O L D P M H C Q R M R
 I X E V K I R O V G A K S J O B T O Z P
 N R J C S B M N A W A M C A L J K B Z S
 G M A Q I V E O A R D H L T M U B O A U
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 B L L S B U D G L E M C S P A P K E G T
 Q A F W U S A O W Z N B J V I H S N A I
 A A L S T E R D I E P O T L X P X O K R
 R O Z F D E U B C S T A V A N G E R I U
 O V R M S F R A T E R N I T Y D H T B A
 G W I R C O R K F C P P P R D D M U S M

	8		6	4		1		
3	2					4		5
	5		3		2	7		
			8		7	6		
2	4	6			3		8	
8		9				5	1	
			4	2			7	9
		8	5		6		4	
4		2		8	9			

Find the word in the puzzle.

Words can go in any direction.
 Words can share letters as they cross over each other.

- Onego Mistral AAL Gladstone MSM Don
- Alsterdiep AAL Gibraltar Onego Buran
- MSM Douro MSM Dolores UBC Stockholm
- Onego Bora RMS Fraternity Falkenberg
- Goteborg Black Rhino UBC Stavanger
- Mauritius Pride II

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.



Summer sails and sunlit adventures!

A collection of snapshots by our seafarers



AAL GLADSTONE



UBC STOCKHOLM



MSM DON



MSM DOLORES



AAL GIBRALTAR



UBC STAVANGER



ALSTERDIK



ONEGO BURAN



ONEGO BORA



ONEGO MISTRAL



GOTEBORG



MSM DOUKO





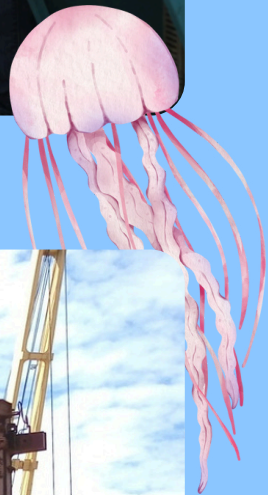
FALKENBERG



MAUKITIUS PRIDE II



BLACK RHINO



RMS FRATERNITY

SENIOR OFFICERS OF MSM

Presently onboard.



Capt. Perez, John Rick
Joined : 28.Mar.2011
First Vessel : UBC STAVANGER



Capt. Kieca, Miroslaw
Joined : 28.Sep.2011
First Vessel : ALSTERDIEP



C/E Eledia, Bernie
Joined : 01.Nov.2013
First Vessel : MAESTRO EAGLE



C/E Karic, Dejan
Joined : 14.Jul.2013
First Vessel : GOTEBORG



C/O Valmores, Philip Vincent D.
Joined : 07.Feb.2012
First Vessel : GOTEBORG



C/O Krzak, Wieslaw
Joined : 24.Mar.2012
First Vessel : MSM DON



C/O Kovacevic, Bogdan
Joined : 15.Oct.2014
First Vessel : UBC STAVANGER



C/E Garces, Christopher
Joined : 01.Oct.2011
First Vessel : MSM DON



2/E Revilla, Ian
Joined : 27.Feb.2014
First Vessel : FALKENBERG



C/O Patascil, Louie U.
Joined : 20.Jun.2013
First Vessel : UBC STAVANGER



C/O Valiente, Efren T. Jr.
Joined : 12.Sep.2011
First Vessel : AAL GLADSTONE



Crew Lists

UBC STOCKHOLM

RANK	NAME
MAS	DUMAEEL WILSON
C/O	AGANAP EDUARDO JR
2/O	NAVARRO GILBERT
3/O	DACLAN ROCKY
C/E	REYES RAUL
2/E	PAMA RONNEL
4/E	MINOZA JOVEN
ELE	GAMIS JAYPEE
FTR	MAGLACION NOEL
FTR	AGPAWA SYMOND
BSN	CANLAS ARNEL
AB1	SUMINGUIT ELTON KENT
AB2	ORTIZ JUAN
AB	PUZON JESSIE
OS	ABOQUE RAYAN
OS	BATIDUAN JOELISAR
OLR1	MARCILLONES IAN MARK
OLR2	MUNEZ RICHAEEL
OLR3	DOMINGO RUSSEL DAVE
WPR	LARA JOHN RHEY
WPR	UMITEN MIKE
CK	DUNO ROGER
MESSM	CARLOS DAN MOSES
D/CD	MADRID APRIL JIE II
D/CD	DONDOYANO MARTIN

UBC STAVANGER

RANK	NAME
MAS	BALOFIÑOS CHRISTOPHER
C/O	ARELLANO GLENN
2/O	MAHUSAY BRYAN
3/O	OFENDOREYES FRANCISCO
C/E	ROMO TITO
2/E	BAREBE MELVIN
4/E	FLORES JOHN
E/E	ANYAYAHAN ALLEN
FTR TRAINEE	LEDRES JUN-RHYL
FTR	SAGARIO FROILAN
FTR	RAMOS RENEVER
BSN	BLANCO ARNOLD
AB	JERETA JO-MARI
AB	MARCA CARL CHESTER
AB	DECIERDO EDWIN
OS	VASQUEZ PAUL
OLR	SAN ANTONIO BEN
OLR2	COMADUG JAMESLEY
WPR	GALGO RODEL
WPR	TOMARONG MARK
CK	PATACIL DOMINGO
MESS	MORALDE RAMON
D/CD2	ARBOIZ ADRIAN
D/CD1	ISMA ROLITO
E/CD	SIBANTA MARS DARYLL

AAL GLADSTONE

RANK	NAME
MAS	ZINDOVIC ROBERT
CO	VALIENTE EFREN
2/O	SAGA JERSON VAL
3/O	RIO JAY JAY
C/E	GARCES CHRISTOPHER
2/E	SALVADOR CHRISTIAN
3/E	SOLANG CAESAR
ELE	MANSING JIMMY
FTR	SEGUNDO EDGAR
BSN	CAMPOS JAMES NIGALE
AB1	DUMANDAN BEE JAY
AB2	DAGUNAN RAMONITO JR
AB3	CASTILLO JASON
AB4	MANALO JOHN HENRY
OS	PEREZ RENZO
OS	JURADO NINO
OLR1	JACOBRES JAYSON
OLR2	QUIZADA CHRISTIAN
OLR3	CATIMBANG RICHARD
WPR	TINGCANG BRIAN
CK	EBUNA JUNEVEIL
MESS	ANGCAY JOHN DAVID
D/CD	KUIZON NIKKO
D/CD	HARO LEIRO MIJAE
FTR	SUMALPONG JOSEPH
ECDT	BRIONES MARK KEVENT

AAL GIBRALTAR

RANK	NAME
MAS	DONDOYANO AGUSTIN JR
C/O	CANETE JORIE
2/O	MALFARTA MARK
3/O	CERVANTES NINO
C/E	ELEDIA BERNIE
2/E	MEJIA RONNIE
4/E	GEOLINA JAINOMER
E/E	LUGO MARQUEZ ANGEL
FTR TR	PRECILLA JOHN
FTR	GARCIA JESSIE
BSN	DE VILLA NOEL
AB	LAO PETER
AB	ZARAGOZA BILL
AB	LOMUGDANG FROINEIL
OS	EMATA AARON
OLR	YAUN ROGER
OLR	MATULINA JEROME
WPR	SERVAN ANTONIO JR
CK	RONQUILLO MARIO
MESS	NASTOR JON
D/CD1	GUMBOC RJ
D/CD1	LUGO DIAZ ANGEL
E/CD1	MARASIGAN DENNIS

FALKENBERG

RANK	NAME
MAS	PINO JULIUS MANZANO
C/O	VALMORES PHILIP VINCENT
2/O	GOREMBALEM FREZER
3/O	MONTECILLO CLARK
C/E	ARIOLA FRANKLIN
2/E	PUSO DENNIS
3/E	VERDEPRADO ROCHIE
E/E	VALENZUELA ARGEE
FTR	ALIMA JOSE JR
Eng Tr	GALLEGA WILBERT
BSN	LIBRES ROSO
AB1	BIANZON JERALD
AB2	VIRAY JOHN PAUL
OS	ECO RONEL
OLR	GERONGANI JULIOUS
WPR	CAMERO ARJAY
CCK	AGAD ALVIN
MESS	ARIOLA ARNEL
D/CD	VERIC JARVE
E/CD	CAPILLO RAFFY

GOTEBORG

RANK	NAME
MAS	BURIN ANDREY
C/O	CATAHAY GLENN
2/O	IRAN BERTRAND
C/E	RETIZO REMIGIO
2/E	REVILLA IAN
3/E	CONDENO RONEL
ELE	STEPANOV ALEXEY
FTR TR	VILLARIN JEFTY
BSN	UMIPIG ERWIN
AB1	DE LEON RONALDO
AB2	GAGUCAS RHYLL
OS	TRABAJO AARON
OLR 1	GABONADA LEONCIO JR
OLR 2	BALDON JEHNEL
CK	ARADANAS DENNIS
MESS	GALLEGA ARIEL
D/CD	PERFECTUA LOUIE JR
FTR TR	MARTINEZ LEO
E/CD	LIMSIACO MANUEL

ONEGO BURAN

RANK	NAME
MAS	PEREZ JOHN
C/O	GLORIA RON MARLON
2/O	DURASIC MARKO
3/O	SALIMBAGAT ALLEN
C/E	KARIĆ DEJAN
2/E	BUNCALAN ELMER
4/E	DEMANARIG ROY
E/E	OMEGA ANGELO
FTR	PEREZ ELLIS BRENNAN
BSN	ROJAS GADIEL JR LAURENTE
OS	CASTAÑEROS ROMNICK
AB	SIMBULAN MART RYAN
OLR	MORALES JUNEL
WPR	NABASCA BRYLE
CK	ACERO KRISTIAN
MESS	CALAYAN JOVANN
D/CD	GAYOLA JULAN
E/CD	ASENCIO JIXON
FT Tr	CEPEDA JOSELITO

ONEGO BORA

RANK	NAME
MAS	SRYBNYY EVGENY
C/O	NASTOR REY
2/O	FITS OLEKSANDR
3/O	MAYOR RANDY
C/E	KABANETS SERGEI
2/E	EGOROV ALEXANDER
3/E	JUGAR ARCHADE
ETO	MARKOV MIKHAIL
FTR	ABAG CHRISTOPHER
BSN	MANUEL JOHN PAUL
AB	CASILAGAN RYAN
AB	DIMANLIG CHRISTIAN ROYCE
OS	MENDOZA FRANCE
OLR	SEPE EDWARD
WPR	UY SAM SICHEM
CK	ABUCAYAN ADONIS
MESS	JARANTA RYAN
E/CD	AVES JHUN RYAN
D/CD	ABNER CARL

ONEGO MISTRAL

RANK	NAME
MST	STEMPLEWSKI MAREK
C/O	PATACIL LOUIE
2OFF	PABINGWIT ERIC
3/OFF	ACENA MARVAL
CENG	REPOQUIT JOHN
2/E	REMBULAT ROCKEY
3/E	ARCISO RYAN
ELE	ESPEJO JESUS JR
FTR	MAQUE JOSE
FTR	RODRIGUEZ MARK
BSN	VALENZUELA CYRUS
AB1	MATTI RUDYVIC
AB2	CHUYAT SARGET
OS	GUZMAN FEDERICO III
WPR	TANGUILAN JEREMIE
OLR	FERRER MIGUEL
CK	CUBOS JAYSON
MESS	DIONANGA JAY
DCDT	MUAÑA ELMAR
E/CD2	OMAC JONEL

MSM DON

RANK	NAME
MAS	DAKOWSKI ANDRZEJ
C/O	KOVACEVIC BOGDAN
2/O	TOMULTO XERXES
C/E	VULEVIC DRAGAN
2/E	COLOSCOS EDGAR
ETO	MONTILLANO VAN NEWTON
AB 1	BORLEO VINCENT
AB 2	JUMAPIT EULOGIO
OS	DELOS SANTOS MC KEVENN
OLR	GARCIA ARNOLD BINGIL
WPR	CEBALLO ANDRES
CK	QUERUBIN PERCIVAL

MSM DOLORES

RANK	NAME
MAS	BOZOVIC NENAD
C/O	SCHILF MARCIEJ
2/O	TUMALI EDISON
C/E	RYZHOV ALEKSEI
ETO	RUSSKIN ANDREY
AB 1	CABALUD ROMMEL
AB 2	TOÑACAO LUEL
OS	GARCIA GIVEN
OLR	LABE ARCHIE
OLR	BALAD-ON JOHN
CK	CASTILLO JEMILLE

MSM DOURO

RANK	NAME
MAS	PETROV EVGENY
C/O	AGAD ALLEN
2/O	TAN RUDOLPH
C/E	GALCHENKO SERGEI
ETO	REYES MICHAEL
AB1	DAGOOO ADDISON
AB2	MATURAN LITO
OS	VERGARA ALLEN
OLR1	COSTARES RICO SALIZON
OLR2	NARCISO LINDRO
CK	ACER JOHN
FTR	BALDUEZA BLULY

ALSTERDIEP

RANK	NAME
MAS	KIECA MIROSLAW
C/O	KRZAK WIESLAW
2/O	GUZMAN CLYDE
C/E	KAJREWICZ WLADYSLAW
AB1	REYES MARVEN
AB2	FAJARDO KEANNU
OS	ANTOLIAGA RODRIGO JR
OLR	GUZMAN ROCKY
CK	OLAGUER MELBEN

RMS FRATERNITY

RANK	NAME
MAS	SHEYTANOV VALERIY
C/O	ZAITSEV MAKSYM
2/O	ALMAQUER JOFFREY
C/E	KORSHYKOV PAVEL
2/E	SKVORCOV ALEKSANDR
ELE	SYZOV VALERII
BSN	GATA DOMINGO
AB1	CABATCAN PAUL
AB2	HIPONIA JERIC
OS	AMODO ARNEL
D/C	DELGADO KENNETH
MESS	TAIZE MIGUELITO
OLR	VEGA MARC
WPR	VILLANUEVA RAFAEL
FTR	SOROCHAN VELERIY
CK	LINAO JOEL LENIHAN

BLACK RHINO

RANK	NAME
MAS	DAINEKO VASILIJ
C/O	CALLE JOEL
2/O	KI NEIL
C/E	KURKOV'S'KY KONSTYANTYN
2/E	VERNIGORA VLADISLAV
ELE	PLEVAKO MAKSYM
FTR	ALCANTARA ERIC
FTR	VALIENTE GEDEON
OLR	JASPE RUDY
AB	OSMEÑA JOSHUA
AB	DUGANG REYNALDO
OS	DOMINGO JOVEN
CK TR	VILLANUEVA JAYSON
D/C	LUTCHMUN HANS

MAURITIUS PRIDE II

RANK	NAME
MAS	ANANYEV DMITRY
C/O	FATKHULLIN MARSEL
2/O	RED JOHN EARL
3/O JR.	PADUHILAO MARK
C/E	GORELOV IGOR
2/E	SHUTOV GRYGORII
4/E JR.	ZABOLONKOV IVAN
ELE	RILLERA CHARLIE
BSN	CAPILLO RICMAR
AB1	DINGDING NORLAN SISNEROS
AB2	APARRI NOEL NALANGAY
OS	SALAS JAMES
FTR	RAMIREZ GIDEON
FTR	RESHCHYNSKYI SERHII
OLR	ARCA ALEX CATILO
WPR	ARDEÑO RUBBY
CK	BERNAL EDUARDO
STW	DIN EDISON
D/C	ZUBAC PETAR

“ Seafarers are the unsung heroes of global trade, braving the vast oceans to connect the world and keep economies moving. ”



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For more information about the Captain Imo Calamity Fund

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About the Fund - <https://tinyurl.com/captimofund>

