

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 and manages 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 Colleagues, Partners, and Friends,

As we celebrate the Easter season, a time of renewal and hope, it is fitting to reflect on the progress we have made and the promising journey that lies ahead.

Recently, **Mastermind Shipmanagement** had the privilege to present our company to various key customers such as **CMA-CGM, Marguisa Lines, Austral Asia Lines, OCP, and the Shipping Corporation of India**, where we shared our vision for the future of maritime operations.



Our presentation highlighted Mastermind's commitment to sustainable growth, operational excellence, and embracing the energy transition. We showcased how our fleet is adapting to upcoming environmental regulations and the strategic investments we are making in our people and technology. Emphasizing our belief in "**people at the center**," we elaborated on how digitalization and training will play key roles in maintaining the highest standards of safety, performance, and environmental stewardship.

We proudly presented how our fuel-efficient vessels can add significant value to the end consumers by delivering cargo from major seaports to the smallest ports closest to the receiver.

This innovative system is referred to as "Last Mile Delivery by Ship." Our geared vessels, with their shallow drafts and short Length Overall, are ideally suited to access even the most remote ports. This approach avoids congestion and excessive port tariffs.

We are grateful to the **Shipping Corporation of India** for having tested our "Last Mile Delivery by Ship" concept a year ago with our **MSM DOURO**.

We are pleased to report that Douro completed **31 voyages** from India to the Maldives, delivering containers and breakbulk cargoes swiftly, damage-free, and at reduced costs by eliminating expensive transshipments and long-haul land transport. Additionally, this approach significantly lowered the CO2 footprint.



Marguisa Lines, like SCI, are strong believers in the "Last Mile Delivery by Ship" concept and have partnered with Mastermind to implement a pioneering system in West Africa. Our vessels MSM DON, Black Rhino, and soon MSM DOLORES are already servicing some of the smallest ports in the region.

CMA-CGM is now deploying our Goteborg between the new container terminal in Kribi and the perpetually congested Douala, further validating the practical value of our approach.

Moreover, we introduced the "**Mastermind Floating University**," a forward-thinking initiative that blends professional shipping operations with advanced training programs onboard our new **43,000 dwt MPP vessels**. This project underlines our dedication to nurturing the next generation of maritime professionals while maintaining top-tier operational standards.

The positive reception of our presentation among our key customers inspires us to continue on our course with courage, humility, and passion. We are deeply thankful for the trust and support of our clients, seafarers, and partners, and we look forward to reaching new milestones together.

Wishing you and your loved ones a blessed and joyful Easter with fair winds and following seas. Jointly, we will Navigate Ahead to a bright and safe future.

Wishing you a Happy Easter!

CAPT. EUGEN - HENNING
ADAMI

**Founder & Managing Director
Mastermind Shipmanagement Ltd.**



Paint School: MSM - Manila in cooperation with Chugoku

In cooperation between Mastermind and Chugoku Paints, a paint school is regularly held at the training center in Manila. The purpose of the seminar is to educate crew members on the maintenance coating procedures, particularly for onboard maintenance.

This seminar aims to enhance the crew's know-how, focusing primarily on the key steps and procedures to follow during routine painting work. It covers proper surface preparation, paint mixing, and paint application. The overall goal is to strengthen knowledge, improve maintenance quality, and promote sustainable upkeep of the vessel.

Listed below are topics covered by the seminars:

1. SURFACE PREPARATION

Within this topic, an insight into the different types of surface preparation—from abrasive blasting up to hydro jetting—was given. Nevertheless, from a practical point of view, the focus is more on the hand tool and power tool procedures, as these are the actual methods performed onboard.

2. THE OPENING AND MIXING OF THE PAINT

Here, we discussed the different generic types of paint, but the main focus was on epoxy-type paints such as UMEGUARD, BANNOH, EPICON FINISH, etc. The topic includes the proper way of mixing the paint—covering aspects such as mixing ratio, pot life, induction time, and thinning if necessary.

This helps to prevent issues related to paint quality.

3. PAINT APPLICATION

In this topic, we discussed the different types of paint application procedures, ranging from brush application to airless spray. It also covers the relevance of key painting parameters such as the coating system (from anticorrosive primer to topcoat), relative humidity and dew point, dry film thickness, paint compatibility, and stripe coating.

Emphasis is also placed on the importance of the TDS and SDS, which are available onboard.





DONNA MARIE SERASPI

Hello everyone! I am Donna Marie Seraspi. I have been with Lydia Mar Manila since November of 2021 as a Processing Staff.

My work involves documentation, processing and filing crew visas and flag state documents. I graduated with a degree in International Studies from Far Eastern University in Manila.

Outside of work, I have a diverse set of interests that keep me entertained and inspired. I'm a fan of watching series, movies, and anime—each of them offers a unique world to dive into.

Music is another interest of mine, and I enjoy songs from various genres and languages. K-pop is the genre that takes up most of my playlist, as I can't get enough of its energy and creativity.



ERICKA GERODIAS

My name is Ericka Gerodias, born and raised in Manila, Philippines.

I have studied Computer Science in the state university of Eulogio "Amang" Rodriguez Institute of Science and Technology.

I have worked in the shipping industry since 2012 but began my career as a Liaison Officer dealing with Philippine government agencies in 2013. Part of my job are processing of contracts and accreditation of vessels with DMW (formerly POEA).

I love staying at home, so during my free time, I like to binge watch my favorite Japanese Anime, televised indoor volleyball team, K-Drama shows and reading my favorite Manhwa and Manga.





Let's continue to meet the team!

JOYCE ANNE JUAT

Hello, I'm Joyce Anne Juat,



I recently graduated Cum Laude from the College of Computer Studies at the City of Malabon University. and I have been employed at Lydia Mar Manila Inc for the past seven months.

As part of my job, I assist in maintaining IT systems, debugging technical problems, and offering the team support for any technological issues.

It's been an amazing experience, and I prefer to make sure that everything runs smoothly to keep the office connected and productive.

Aside from technical issues, Music is my providing comfort, joy, and an emotional connection.

It can inspire, reflect, and heal, making every moment more alive. Music is my sincere love and an important element of who I am. Always remember that Life is difficult, and things don't always work out well, but we should be brave and go on with our lives.



MARK ALLEN REGALADO

Ahoy, Mariners!

Hi! I'm Mark Allen D. Regalado, a 4th-year Software Engineering student at Aklan State University.

I have a deep passion for technology and problem-solving, which drives my academic journey and career aspirations.

Alongside my studies, I'm currently interning as an IT support, where I get hands-on experience troubleshooting systems, managing servers, and offering tech support. This will allow me to bridge the gap between theory and practice, honing my technical skills while gaining real-world insights into the IT industry.

When I'm not studying or working, you'll likely find me playing computer games or binge-watching movies. These activities offer me a chance to unwind and recharge while exploring new virtual worlds and stories.

I'm also constantly looking for opportunities to expand my knowledge of software development and IT, keeping up with the latest trends and technologies in the field.



MASTERMIND CELEBRATION



Celebrating Recent Events: A Glimpse into Mastermind's Festivities

As we welcomed the holiday season, our annual Christmas and New Year party was a true highlight to close the year on a high note. Held at the stunning Columbia Beach Resort in Pissouri, the evening brought together colleagues, friends, and families from across our company for a night filled with joy, laughter, and shared memories.

The picturesque setting by the sea, with its breathtaking views and calming ocean breeze, paired beautifully with the festive décor. The delicious menu offered a wide array of delightful dishes that catered to every palate. With a great DJ setting the mood, there were games, prizes to win, and lots of dancing, which added an extra layer of excitement and joy. Together, these elements created the perfect atmosphere for celebration. It was wonderful to see everyone unwind, share laughter, and connect on a deeper level, taking the time to reflect on a year filled with hard work and remarkable achievements. The sense of camaraderie and shared accomplishment was palpable, making the event truly memorable for all who attended.



A big thank you to all who attended and helped make the night so special — and to the team who worked behind the scenes organizing such a seamless and memorable event.



TSIKNOPEMPTI

This year's Tsiknopempti was a success! True to tradition, our team came together to celebrate this beloved day of feasting with an afternoon full of delicious aromas, laughter, and camaraderie.

With the grill fired up, colleagues gathered to enjoy a delightful selection of meats, traditional bites, and upbeat music that brought a festive vibe to the office. It was a great opportunity to take a well-deserved break, connect with one another, and soak up the spirit of Greek Carnival season.

As we celebrate this special time, seven weeks before Easter Sunday, we're reminded of the journey ahead—a time for spiritual awakening and renewal.



A big thank you to everyone who contributed to the event—whether by organizing, cooking, or simply bringing their good vibes. Events like these remind us of the strong sense of community we share, and how special it is to celebrate together.



Looking back on the vibrant festivities and wonderful traditions that have brought us together at Mastermind, let's carry that same joy, connection, and fresh energy into the days to come. Let's continue to embrace the spirit of togetherness and growth, as we move forward with hearts full of excitement and possibility.



MSM - REPORT

Navigating Excellence: Celebrating Milestones.



The second 43000 DWT build commences!

On **Saturday, 22 February 2025**, a significant milestone was marked at the **Huanghai Shipyard** in China with the steel cutting ceremony for the second 43,000 DWT vessel. The event celebrated the official commencement of construction for the new ship, which forms part of an advanced series of eco-friendly bulk carriers designed for enhanced performance and fuel efficiency.

The ceremony was graced by several dignitaries and shipyard officials. In a symbolic moment, the founder and Managing Director, Capt. Adami, initiated the steel cutting process by pressing the start button, marking the beginning of another important chapter in the company's fleet expansion.

This project underlines the continued collaboration between the shipowner and the Huanghai Shipyard, reflecting shared commitments to innovation, sustainability, and operational excellence. As construction progresses, the vessel is expected to be delivered on schedule and to set new benchmarks in efficiency and environmental compliance.





Marguisa Lines and Mastermind: Navigating the Last Mile in West Africa

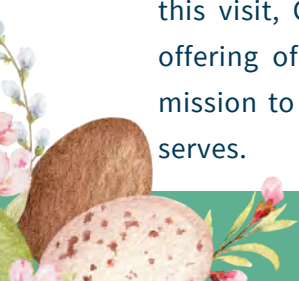


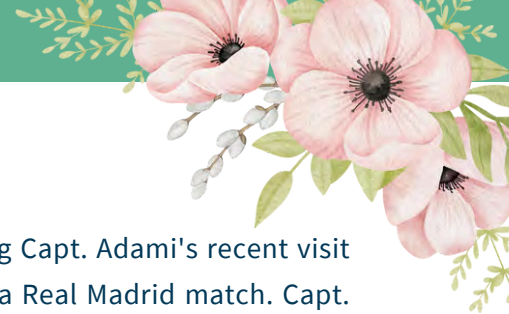
Mastermind Shipmanagement is proud to highlight its strategic collaboration with Marguisa Lines in launching an innovative maritime logistics system in West Africa. This initiative is built around the concept of "Last Mile Delivery by Ship," an efficient and eco-friendly alternative to the traditional West African container service.

This pioneering system integrates Marguisa Lines' mainline services, which transport containers from Spain to West Africa, with Mastermind's agile fleet of geared multipurpose vessels. These vessels, such as the MSM DON, are specially designed to call at shallow and compact ports, bypassing congested major terminals and delivering cargo directly to smaller ports near the final recipients.

A milestone in this cooperation was recently achieved when Capt. Eugen-Henning Adami, Mr. Rainer Schultze, and Marco Sanchez, the Operations Manager of Marguisa Lines, attended the first direct berthing of MSM DON at the port of São Tomé. The DON successfully discharged containers and breakbulk cargo, dramatically reducing transit times and avoiding costly transshipments and inland transport. The positive impact on efficiency and customer satisfaction was evident and widely acknowledged by local receivers.

In parallel to this operational success, Mastermind is also committed to social contribution. During this visit, Capt. Adami met with the maritime administration of São Tomé to formalize MSM's offering of maritime education in the region. This initiative aligns with Mastermind's broader mission to support professional development and knowledge transfer across the communities it serves.





The collaboration also includes lighter moments of camaraderie. During Capt. Adami's recent visit to Madrid, a special photo was taken at the Bernabéu Stadium during a Real Madrid match. Capt. Adami and Mr. Juan Arroyo Guinea, Managing Director of Marguisa Lines, celebrated both a Real Madrid victory and the success of their shared maritime venture in high spirits.

As this partnership evolves, both companies remain committed to delivering smart, sustainable shipping solutions and building strong relationships in emerging regions. The Last Mile Delivery by Ship concept is not only transforming logistics in West Africa—it is setting a benchmark for what is possible when vision meets collaboration.

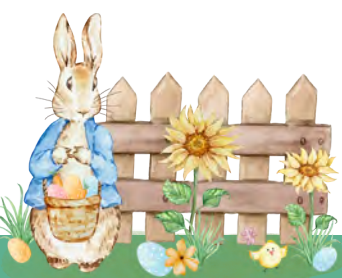
MSM is very committed to make the great ideas of Marguisa Lines a success and is extremely thankful we jointly manage to employ now our MSM DON, Black Rhino, Alsterdiep and soon also MSM DOLORES. With our dedicated and experienced crew we will work hard to serve Marguisa's clients best.



During our recent visit to the vessel Alsterdiep in the beautiful port of Valencia, Spain, we had the pleasure of meeting the dedicated team from COMAR, led by the remarkable Mrs. Gemma Recaj.

The warm welcome and engaging discussions reflected the shared passion and professionalism that unite our organizations. It was a meaningful opportunity to exchange ideas, strengthen our collaboration, and celebrate the teamwork that drives our joint maritime efforts.

Mastermind Shipmanagement is truly grateful for the hospitality and looks forward to deepening this valued partnership with COMAR in the exciting journey ahead.



“Failure is not the opposite of success; it’s the path to it”. My journey is not just about moving up the ranks, it’s about embracing and loving the opportunities that come on my way.

Good day everyone! Prior to anything else, I want to express my sincere gratitude to MSM for this wonderful opportunity of allowing me to write on this page to share my story. Without telling any longer, I am **Cliff Lemery G. Suico**, a newly promoted Chief Engineer of Mastermind at 34, born and raised in the Tuna Capital of the Philippines, General Santos City.

Looking back on my childhood, I was always very curious about how things worked around me. I remember I had a transformer assembly toy when I was 6 and it took me all day to complete the assembly. I bring to mind it being difficult but I also remember the sense of accomplishment that I felt. I was a silent type of person but always wanted to have the understanding of how something works and how to fix or make it better. My father was a graduate of Marine Engineering but due to financially unstable, he has not had the opportunity to step onboard. This becomes the catalyst of pursuing Marine Engineering and I knew to myself that this path was also perfect one for me as well as to continue what he has not been through. I really wanted to achieve this dream and to reach the peak position of this profession. With my high school diploma in my pocket, that was the time to put my plan into action.



Back in the days, I was looking for a college institution that could provide me a full scholarship due to financial distress.



I found PMMA (PHILIPPINE MERCHANT MARINE ACADEMY) one of the prominent Maritime Schools in the Philippines providing free tuition after passing their entrance examination. Bringing my confidence, I took an entrance exam for Marine Engineering Course and fortunately passed the examination but I failed to proceed due to their height requirement.

That was a heart ache that things didn't work out in my favor. I almost lose my confidence to proceed as a maritime student due to this failure. I was asking myself “What can someone taller than me do that I cannot do?” But that has taught me stamina and persistence to push myself to try another opportunity and move forward. So I took again an entrance exam in a private Maritime School in our city and luckily passed with S9 result. Somebody says that you have to be very good in physics, mathematics and whatsoever computations when going along Engineering. As an ordinary student of the Republic of the Philippines, all I know is...I just have to be competitive in everything since I don't have any backer in seafaring community.

With all my perseverance and determination, I was a consecutive Dean's Lister for 3 years and was once ranked number 1 in the whole campus during my 2nd year. With distinction in many subjects, I graduated Bachelor of Science in Marine Engineering with a flying colours and was awarded "Magna Cum

Laude" in 2011 at Mindanao Polytechnic College in General Santos City.

It was a great feeling but I still knew that there are more challenging courses awaiting ahead of me. I was one of the scholars of Internship Navigation so training was started right after graduation. Pre-sea Cadet training lasted 4 months and our batch came from 3 different competitive schools. It proved to be challenging due to a lot of examinations and practical assessments have to be passed and must also overcome physical endurance. With God's grace, I finished the training and was then awarded as "Best in Theoretical Engineering" during our commencement exercises.

Then I got my first job after completion of pre-sea cadet training where I sailed as Engine cadet in M/V Federal Weser.

The real challenges begin and I find myself on a ship putting theory into practice. It's a steep learning curve - adjusting to life at sea. The transition from the classroom to the vessel can be daunting. It was really not easy but I did, I made mistakes but I learned, I felt I'm giving up but I stood up and when sometimes I didn't believe in myself, somebody else's around me did. I could not have done it without the help of all those amazing people and my wonderful colleagues onboard. That was also the time I met this gorgeous woman with a lot of humor and an exceptional intellect - Ms. Vera Holtgraefe as Deck Cadet, onboard who always believes in everything I do and what I can do. Also, working with this clever Chief Engineer Mr. Wincenty "Witek" Sobisz was a perfect contract during my apprenticeship. I could still remember his words before I disembark Weser in 2011, when he puts his arm around my shoulder and said: **"Always love your work along with all the difficulties that come with it. If you do so, it would be very easy for you to become a successful Chief Engineer in the future"**. Those lines keep reverberating in my mind every day. As I gain experience, I begin to climb the ranks. I learned much technical and practical works, until I became 4th Engineer in 2015.



Being an Engineer gave me the perfect opportunity to expand my abilities and work towards engineering solutions.

Finding solutions to problems onboard a ship gives me the same satisfaction that I had when I was completing that transformer toy as a 6-year old. Somehow, someone saw beyond my rank - they saw my potential in teaching. So I was given an opportunity, and now I just have to turn that potential into kinetic energy - into action.

I became an instructor of Pre Sea Cadet Training Program from year 2015 until 2021. The satisfaction of sharing my ideas, knowledge, and experiences gave me enormous pride - knowing that I am helping shape future successful engineers. Way back onboard as 4th Engineer, I had discovered my editing skills in Adobe Photoshop. I won the best picture in Photo Editing Contest for the company's newsletter in 2016. I also love playing table tennis onboard during my pastime.

I remember when we had Table Tennis Tournament in one of the cement vessels I was and that everyone wanted to win the trophy. With my dedication and persistence to win, I was able to reach the Championship and emerged as the Champion of said Tournament. Seeing my hard-work make a difference is invaluable to me and that's why I do what I do.



Each promotion is also a milestone, representing my growth in skill, knowledge and leadership. When I had the courage to take the examination for Management Level in 2023, I did not enroll in any review centers but rather did a self review for one and a half months with my utmost concentration. Unexpectedly after taking the exam in MARINA, I got a perfect score out of 200 items from Function 1 to 14. I prayed just to pass the exam, but He blessed me with more than I ever asked for. All the hard work had paid off more than I had hoped for. I was overjoyed with the outcome and still can't believe I got a 100% general average in the Management Level Licensure Examination.

With that, my Company at the time gave me the opportunity to become a 2nd Engineer in one of their vessels. After having 2 contracts as 2/Eng, I had decided to depart from that company. I took my documents and handed them over to Lydiamar and I joined Mastermind Ship Management. My first vessel here was M/V UBC Stavanger as a Second Engineer and in the middle of my contract, I was then promoted to Chief Engineer, so I was able to transfer to the General Cargo vessel - M/V AAL Gladstone. Surprisingly on my 1st day onboard as C/E, I met the clever man whom was once my first Chief Engineer. Who would have thought that after dedicating 14 years to sailing, I would meet my mentor from my cadet days again – the great Chief Engineer, Mr. Wincenty 'Witek' Sobisz, who is now my Technical Superintendent on my first contract as Chief Engineer.

It was truly amazing! This promotion evoked a mixture of excitement and apprehension about taking on a more significant role. However, I am confident that I am well-equipped to lead the engine department – putting my skills and experience to work to make a meaningful contribution to the company's goals.

This experience is really exceptional and I am deeply grateful to Mastermind Ship Management for trusting me with this incredible opportunity and for believing in my ability to take on this higher responsibility.

I am also thankful for the support and professionalism of my present Master – Capt. Agustin P. Dondoyano Jr. and to my loving family, friends and loved ones who are always there for me even during the most demanding times. Cheers also to all seafarers who have been part of my journey in good and bad times.

I thank you all for being my rock!

Throughout my successful journey, I have faced also a lot of critics and people who didn't believe in my dreams. Right from school days, I had peers who would try to belittle me and say that I could not finish my college because I am just a small individual living in a squatter settlement. I learned later in life that when you have an uncommon desire to become great and rise above average, negative talkers will always be around – but the secret is to silence them with your achievements. I strive and thrive on challenges no matter how big, and approach life with a different game-plan. It took more than physics, mathematics and thermodynamics to overcome the struggles along the way and reach the peak position that I dreamed of. I've come to understand that one part of success is failure and it can be navigated by anyone willing to commit themselves to the principles of hard work, sincerity, dedication, love and passion. If we truly want to achieve something, no matter how many hurdles we face or how many responsibilities life places on our shoulders, we must remain steadfast and focused on our dream – because even 'impossible' says, **"I AM POSSIBLE."**



Lydia Mar Manila heads to the beach!



March is one of the hottest months in the Philippines, so we at Lydia Mar Manila planned to make the most of the summer by going to the beach.

But the weather had other plans.

A low-pressure area (LPA) decided to join our trip. Rain and wind greeted us at the port of Mauban, Quezon where we were scheduled to ride a bangka (outrigger boat) for a 45-minute voyage to Cagbalete Island.

We waited till the weather calmed down before crossing Lamon Bay, and we made it to the beach by 1:30 p.m. Considering we drove out of Manila before dawn, it took us about 8 hours to reach Cagbalete—it was a long journey but at least we were safe!

It didn't rain for the rest of that Saturday, and we were treated to cool weather at the beach. We expected to soak up the sun but the overcast sky wasn't so bad either. No heat-induced headaches, no scorching hot sand, no need to look for shade. We spent the rest of the day hanging out at the beach, getting drinks, and having fun. But it wouldn't be a true Filipino get-together without videoke! We sang and danced the night away—or at least until the resort's 11:00 p.m. rule. We had so much fun that strangers from the other casitas asked us if they could join our party.



The next day we headed out into the water for island hopping. And just like the day before, the sky was overcast with a few pockets of sunshine here and there.



We spent the rest of that Sunday afternoon on an empty beach since most of the tourists had already gone home. It was all ours, and we turned the place into our own photo studio. We then capped off the night with a fun game of bingo. No videoke this time. We all had to get up early and go to work the next day.



We hopped onto a bangka shortly after dawn, and technically speaking, you can say we took a boat to work. We drove from Mauban to Manila and were back at the office by lunch break. No one would have guessed we came from the beach; we lacked the tans to prove it! But even if it wasn't the weather we were expecting, no amount of rain or gray clouds could dampen this team's high energy and propensity for fun.



SIP HAPPENS.....

Did you know that almost everyone in Lydia Mar Manila brings a reusable water bottle to work? It's a common sight on our desks—tumblers in different shapes, sizes, and colors. Not only is it all over the office, but it's also all over social media. On apps like TikTok, #WaterBottle has been racking up billions of views. But is this just a fad?

According to a report from Grand View Research, the market for reusable water bottles in the Asia Pacific is expected to have a compounded annual growth rate of 5% from 2024 to 2030 (Grand View Research, n.d.) And here at the office, there's always going to be at least one person who will ask for a water bottle from their Secret Santa every December.

Sip Smart, Live Better



Tumblers are cute, but they're also good for your health. When you carry one around, or when it is easily accessible on your desk, you are likely to drink more often and meet your recommended 8 glasses a day.



Especially during these summer months, when the Philippine heat index might go as high as 45 degrees Celsius, drinking water is a must if you want to avoid headaches and fatigue. Staying hydrated keeps your body fit so it can perform at its best—and as a plus—it also keeps your skin glowing!

"We want to reduce the plastic waste!"

Good for the Earth

Reusable water tumblers are also more environmentally friendly compared to single-use plastic bottles that pollute the earth. According to some calculations, a reusable bottle may save an average of **156 plastic bottles** a year (Earth Day, 2022).

The water tumbler is an interesting combo of trendy, practical, and eco-friendly. It's an item for everyone, whether you're an athlete, a person just lounging around the house, a seafarer, or someone hard at work processing crew requirements—there's a water bottle out there for you!

Here are several water bottles of the Lydia Mar Manila Team. Can you guess who owns which tumbler?



The study found that

- Singapore (6 per cent)
- Philippines (7 per cent) and
- Indonesia (9 per cent)

had the lowest rates of purchasing plastic bottled water as their main source of water consumption in the region, highlighting the varying levels of reliance on plastic bottled water among the Southeast Asian countries.

Americans purchase about **50 billion water bottles per year**, averaging about **13 bottles per month for every person** in the U.S.!

That means by using a reusable water bottle, you could save an average of 156 plastic bottles annually. **The world produces more than 26 million US tons of polystyrene (plastic foam) each year.**

Here's a fact: Americans throw away more than **60 million plastic bottles every single day.**



That's enough to make any sea turtle cry. Swapping single-use plastic for a trusty tumbler not only saves you money, but it also helps save the planet. Even using a reusable tumbler just once a day can eliminate over 300 plastic bottles per person each year. Sip sustainably, save the sea turtles — it's a win-win.

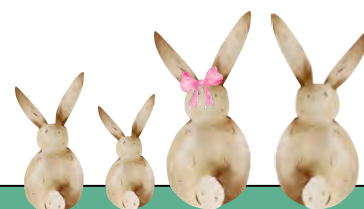
A **new report** released by Oceana on November 14 **highlights the urgent need for reusable beverage packaging as a solution to the global plastic crisis.**

The report, produced by ocean advocacy group Oceana, shows that just a **10-percentage point increase in reusable beverage packaging by 2030 could eliminate over 1 trillion single-use plastic bottles and cups and prevent up to 153 billion of these containers from entering our world's oceans and waterways.**

Stacked on top of each other, the avoided 1 trillion bottles and cups could reach to the moon and back over 300 times.

Global beverage leaders,

including The Coca-Cola Company and PepsiCo, have enormous existing reusable systems in place around the world and have pledged to increase the volume of beverages they sell in reusable packaging by 10 percentage points or more by 2030.





“As stated in the report, **the Philippines** has one of the **largest volumes of refillable glass bottles** in the world which account for **40% of non-alcoholic beverages sold**.

Returnable glass bottles are still widely used in the provinces. The system to reduce the amount of single-use plastic bottles already exists. All they have to do is enhance their existing infrastructures and realize their target to help address plastic pollution,” said **Atty. Gloria Estenzo Ramos, Oceana Vice President**.

The Asia Pacific reusable water bottle market size was estimated at **USD 3.7 billion in 2023** and is expected to grow at a CAGR of 5.0% from 2024 to 2030.

The rising availability of water filling stations across the region drives consumers to adopt reusable water bottles. In addition, many players and suppliers operate in the Asia Pacific region and have low manufacturing costs. This acts as a growth opportunity. Regional participants are diversifying their product portfolios and shifting their focus from conventional distribution channels to online channels. This is expected to offer them an opportunity to expand their consumer reach and drive growth.

Let’s talk hydration, folks! Specifically, let’s talk about the MVP of modern water consumption: the water tumbler. You’ve seen them — those sleek, often pastel-colored vessels clutched in every trendy hand from TikTok influencers to office warriors. But what’s behind this hydration hysteria? Are tumblers just another aesthetic fad, or are they actually worth the hype?

Spoiler alert: they’re pretty awesome.

Tumbler Takeover: A Trend Worth Tapping Into



Once upon a time, reusable water bottles were the sidekick — the Robin to your Batman of fitness. Now? Water tumblers are the moment. According to a 2024 report by Grand View Research, the reusable water bottle market is projected to reach over \$13 billion by 2028, and tumblers are leading the charge. Why? Because they’re not just functional — they’re fashionable.

The rise of brands like Stanley, Hydro Flask, and YETI has turned hydration into a style statement. TikTok’s #WaterTok trend alone has racked up over 2 billion views, with users customizing their tumblers with everything from lemony electrolytes to glittery stickers and silicone straws. Who knew sipping could be this stylish?

Beyond being oh-so-cute, water tumblers come with legit health perks.



Here’s the thing: carrying a tumbler around reminds you to actually drink water. You know, that magical elixir that keeps your brain sharp, your skin glowing, and your mood from turning into a cranky cactus. Studies show that people with reusable water bottles drink up to 40% more water daily than those without.

Plus, most tumblers keep water cold for hours. We’re talking a full workday of icy goodness without that sad, lukewarm mid-afternoon sip. Hot drinks? Tumblers can do that too. Your morning coffee will still be piping at your 10 a.m. meeting — now that’s the kind of emotional support we all need.

Good for the Earth, Easy on the Eyes

The Bottom Line: Tumblers Are Lit(erally) Life

Water tumblers are the rare combo of trendy, practical, and eco-friendly. Whether you’re a gym rat, a busy parent, a remote worker, or just someone who likes their drinks extra cold, there’s a tumbler out there with your name on it (sometimes literally, thanks to custom etching).

So go ahead — join the hydration nation. Bedazzle your tumbler, fill it with your favorite infused water (hello, cucumber-mint!), and strut into your day like the well-hydrated icon you are. Because in 2025, drinking water isn’t just a necessity — it’s a lifestyle.

Bottoms up, bestie! 💧



Easter recipes -world edition

POLAND - ŻUREK: POLISH SOUR RYE SOUP



INGREDIENTS:

- 8.5 cups (2 liters / 0.5 gallon) meat stock
- (Chicken, mixed meat, or traditional rosół work well)
- 7 oz (200 g) unsliced bacon
- 1 medium white onion (approx. 7 oz / 200 g)
- 2 medium carrots (approx. 4.2 oz / 120 g total)
- 2 parsley roots (approx. 4.2 oz / 120 g total)
- (or substitute with celery root)
- 4 links (1.1 lb / 500 g) white kielbasa sausage (fresh, uncooked)
- 2¼ cups (500 ml) sour rye flour starter
- (Can be homemade – see recipe link in notes)
- 1 garlic clove, minced
- 3 tbsp whipping cream (optional – 30–36% fat)
- 1 tbsp dried marjoram
- Salt, to taste
- Freshly ground black pepper, to taste

Directions:

Step 1: Prepare the Base. Heat up the stock in a large pot over medium heat.

Step 2: Cook the Bacon and Onion. Chop the bacon and onion into small cubes. Fry the bacon first—no need for extra fat. Once it starts sizzling, add the onion and cook until golden.

Step 3: Combine and Add Spices. Transfer the bacon and onion to the pot with the stock. If your zakwas isn't spiced, add bay leaves, allspice, and peppercorns. Use a spice bag for easy removal.

Step 4: Add Veggies and Sausage. Add whole carrots, parsley roots (or celery), and kielbasa to the pot. Simmer for 30–40 minutes, until it smells rich and meaty.

Step 5: Boil the Eggs. While the soup simmers, boil your eggs. Once cooked, cool and peel them.

Step 6: Remove the Spices. Take out the whole spices using a spoon, strainer, or by lifting out the spice sachet.

Step 7: Add the Zakwas. Gradually pour in the zakwas starter, stirring thoroughly—even the floury bottom.

- For mild flavor: use about 300ml
- For tangier soup: use 500ml or more
- Taste as you go.

Step 8: Add Seasonings. Stir in marjoram and minced garlic. Simmer for another 5 minutes.

Step 9: Slice and Return Ingredients. Remove the sausage and veggies, slice them, and return to the pot. Or leave the kielbasa whole for a rustic look.

Step 10: Add Cream (Optional). In a small bowl, mix 3 tbsp of cream with a few spoonfuls of hot soup. Stir well and pour back into the pot.

Step 11: Final Taste Check. Adjust the seasoning with more salt, pepper, or zakwas if needed.

Step 12: Serve. Ladle the soup hot into bowls. Top with boiled egg halves, a sprinkle of dried marjoram, and fresh parsley.

Smacznego!

RUSSIA - KULICH: EASTER BREAD

Ingredients:

- 2 cups + 2 Tbsp warm milk
- 6 large eggs, room temp
- 1 Tbsp active dry yeast
- 2 cups of sugar
- 2 sticks unsalted butter, (1/2 lb. or 226 gr), melted (if using salted butter, omit salt)
- 1/2 tsp salt
- 1/2 cup of sour cream
- 1 tsp vanilla extract
- 9 cups all-purpose flour, divided
- 1 to 1 1/2 cups raisins, white or brown
- For the Topping:
 - 2 cups powdered Sugar
 - 3 Tbsp Lemon Juice
- What you'll need:
 - 3 Large Panettone Paper Molds



Directions:

Step 1: Warm the milk. Start by gently warming 2 cups plus 2 tablespoons of milk until it's warm to the touch, but not hot.

Step 2: Make the batter base. In a large mixing bowl, whisk together the warm milk, 6 eggs, 1 tablespoon of yeast, 2 cups of sugar, 2 sticks of melted (but not hot) butter, 1/2 teaspoon of salt, 1/2 cup of sour cream, and 1 teaspoon of vanilla extract.

Step 3: Add the first portion of flour. Whisk in 4 cups of flour until the mixture becomes thick and smooth. The consistency should resemble sour cream.

Step 4: Let the batter rise. Cover the bowl with plastic wrap and place it in a warm location, or in an oven preheated to 100° F. Let it rise for about 2 hours, or until noticeably puffed and bubbly.

Step 5: Add more flour to form dough. After the batter has risen, begin adding the remaining 5 cups of flour, one cup at a time. Fold it in gently using a silicone spatula or wooden spoon. The dough will still be sticky, but it should no longer stick to your hands.

Step 6: Mix in the raisins. Once the flour is fully incorporated, stir in 1 to 1 1/2 cups of raisins, distributing them evenly throughout the dough.

Step 7: Let the dough rise again. Cover the bowl again and let the dough rise for another 2 hours in a warm oven set to 100° F. It should double in size.

Step 8: Prepare the baking molds. Line up three paper baking molds on a baking tray for easy transfer. Lightly grease the inside if desired.

Step 9: Divide and shape the dough. Gently divide the dough evenly between the three molds. Do not knead or punch it down—handle it as little as possible to keep the air in.

Step 10: Final rise in molds. Place the filled molds uncovered in the warm oven and allow them to rise for a final 2 hours, or until the dough reaches nearly to the top of the molds.

Step 11: Preheat the oven. Once the dough has risen, remove the molds from the oven and preheat it to 350° F.

Step 12: Bake the breads. Bake the loaves in the middle rack of the oven for 30 to 35 minutes, or until the tops are golden brown and a toothpick inserted into the center comes out clean.

Step 13: Cool the breads. Allow the baked breads to cool to room temperature or just warm. Then gently remove and discard the paper molds.

Step 14: Prepare the glaze. In a medium bowl, whisk together 2 cups of powdered sugar and 3 tablespoons of lemon juice. Adjust the consistency with a little water if too thick or more powdered sugar if too thin.

Step 15: Glaze and decorate. Pour the glaze over the cooled Easter breads, letting it drip down the sides. While the glaze is still wet, sprinkle the tops with colorful sprinkles for a traditional finish.

Приятного аппетита!



PHILIPPINES - LECHON

Ingredients:

- 1. 2.5kg Pork Belly
- 2. 6 lemon grass stems, crushed whole
- 3. 6 stems of spring onions, whole
- 4. 5 cloves of garlic, minced
- 5. 8 bay leaves, fresh or dried
- 6. 1 tablespoon salt
- 7. 1 teaspoon ground black pepper
- 8. Brine: 5-liter water, 250g salt



Directions:

Step 1: Prepare the brine. In a large container, combine enough water and salt to fully submerge the pork. Stir until the salt dissolves completely.

Step 2: Brine the pork overnight. Place the pork in the saltwater solution, cover, and refrigerate overnight to allow the flavors to penetrate the meat.

Step 3: Preheat the oven. The next day, preheat your oven to 120°C fan (140°C conventional) or Gas Mark 1.

Step 4: Remove and dry the pork. Take the pork out of the brine and pat it completely dry using kitchen cloth or paper towels. Make sure both the meat and skin are thoroughly dried.

Step 5: Season the meat. Lay the pork belly skin-side down on a flat surface with some kitchen towel underneath to absorb any remaining moisture. Evenly season the meat side with salt and pepper.

Step 6: Add the aromatics. Place spring onions, lemongrass, bay leaves, and garlic in a line down the center of the pork belly. This will make it easier to roll and secure.

Step 7: Roll and tie the pork. Carefully roll the pork belly around the aromatics and use butcher's string to tie it tightly along its length, securing the roll and keeping the fillings inside.

Step 8: Prepare for roasting. Place the rolled and tied pork on a rack inside a roasting tray. The rack allows juices to drip down and prevents the pork from sitting in its own fat.

Step 9: Slow roast the pork. Roast the pork for 5 hours at low heat. Turn the pork every hour to ensure even cooking and to help the skin develop an even color.

Step 10: Crisp the skin. For the final 30–40 minutes of cooking, increase the oven temperature to 180°C fan (200°C conventional) or Gas Mark 6. Keep a close eye on the pork during this stage, as the skin can burn quickly.

Step 11: Check for doneness. Once the skin is golden brown and slightly orange in tone, remove the pork from the oven.

Step 12: Rest the meat. Let the pork rest for 10 minutes to allow the juices to redistribute.

Step 13: Serve. Transfer the pork to a serving dish, slice, and serve while still warm.

Masarap na pagkain!





STAYING STRONG AT SEA: 3 DAILY HABITS EVERY MARINER NEEDS

Life at sea isn't for the faint of heart

Long shifts, unpredictable routines, tight quarters, and limited food options—it's a recipe for burnout if you're not careful.

But here's the good news: you don't need perfect conditions to feel strong, sharp, and energized out there.

Just a few small habits can go a long way in keeping your body and mind mission-ready. Whether you're on a cargo ship, oil rig, or fishing vessel, here are 3 simple ways to boost your health and performance—no matter where the tides take you.

**BUILD A BETTER BODY
STAY HEALTHY
BE PREPARED!**



1. Fuel Smart: Nutrition That Works at Sea

Let's keep this simple: food is fuel. And when your shifts are long and demanding, what you eat directly affects how you feel.

You don't need a perfect diet—just a consistent one.

Try this:

- Protein with every meal. Eggs, tuna, chicken, Greek yogurt, or even a scoop of protein powder can help you stay full, energized, and maintain muscle.
- Balance your plate. Aim for a combo of protein, some carbs (like rice, oats, or potatoes), and healthy fats (like olive oil, nuts, or avocado).
- Snack smarter. Swap chips and candy for better grab-and-go options like jerky, trail mix, fruit, or protein bars.
- Hydrate like a pro. Even mild dehydration can make you foggy, cranky, and sluggish. Keep that water bottle close!

2. Train Anywhere: The “Ship Shape 30” Circuit

No gym? No problem.

You can get in a great workout with just a little floor space and your own bodyweight. Movement keeps your energy up, your metabolism fired, and your mind clear.

The Ship Shape 30 (Do 3–5 days/week):

10 Push-ups
15 Bodyweight Squats
10 Inchworms
20 Walking Lunges (10 per leg)
30-Second Plank
30-Second Mountain Climbers

Repeat for 3–4 rounds, resting 30–60 seconds between.

Pressed for time? Even one round is better than nothing.



You might be thousands of miles from land, but you’re still in control of how you treat your body.

You don’t need fancy gear or gourmet food to stay fit—you just need a game plan. A few small habits, done daily, can keep you sharp, strong, and ready for anything the ocean throws your way.

So next time you gear up for watch, ask yourself:

What can I do today to show up for myself—even in rough seas?

3. Recover Right: Sleep Like It Matters (Because It Does)

Out here, sleep can be tough to come by. Shifting schedules, noisy cabins, and the constant hum of ship life don’t exactly set the stage for great rest.

But recovery is where all your progress happens. Physically and mentally.

Try these crew-tested tips:

- Cut the screens before bed. Blue light from your phone messes with your body clock. Try reading or journaling instead.
- Create a wind-down ritual. Whether it’s stretching, deep breathing, or a hot shower, give your body signals it’s time to power down.
- Make it dark. Eye masks, blackout curtains—whatever it takes to simulate night.
- Watch the caffeine. Coffee keeps you going, but cut it off 6–8 hours before sleep if you want real rest.

**STAY STRONG,
STAY SHIP SHAPE!**



Eat Well, Move Smart: Staying Fit on Vacation

After months at sea, vacation is more than just rest—it's your chance to refuel and rebuild. No night shifts, no limited galley options, and definitely no excuses. Now's the time to reset your routine, recharge your body, and get back to feeling your best.

Eat Like You Mean It

Being back on land means better access to fresh, nutritious meals, so take full advantage. Your body's been working hard—now give it what it's really craving.

- ✓ **Prioritize protein** – Eggs, fish, chicken, tofu, lean beef. Protein helps with muscle repair and keeps you feeling full longer.
- ✓ **Eat the rainbow** – Load up on fruits and veggies. They're packed with vitamins and antioxidants your body needs to recover.
- ✓ **Go easy on sugar and fast food** – A few treats are fine, but don't make it the default. Fast food drains your energy fast.
- ✓ **Hydrate** – Water is still your best friend, even off the ship. Keep a bottle nearby and sip throughout the day.

Move to Recover, Not Punish

You don't need to go hard in the gym to stay fit. In fact, your days ashore should be about moving with purpose, not punishment. Focus on rebuilding your body after months of hard physical work and irregular sleep.

- ✓ **Mix cardio and strength** – Walk, bike, swim, lift, stretch. A balanced mix helps you recover and rebuild.

- ✓ **Use bodyweight exercises** – Squats, push-ups, lunges, planks—no equipment needed, and still effective.

- ✓ **Stretch and mobilize** – Loosen up stiff muscles and joints with daily stretching or yoga.

- ✓ **Start small and build** – Even 20 minutes a day can make a difference. Don't aim for perfection—aim for consistency.

Pro Tip: Try something new—a local sports club, a dance class, or a weekend hike. It keeps things fun and gets you out of “workout mode.”

➤➤➤ Final Reminder

Your time off isn't just a break—it's a window of opportunity.

Fuel your body with the kind of food it deserves, and give it movement that heals rather than exhausts. That way, when it's time to return to sea, you'll feel stronger, sharper, and more ready than ever.

Because a healthy sailor off duty = a high-performing sailor back on board.





- 1.** A tradition also known as "Smokey Thursday".
- 2.** Chariot-rider of the sky in Greek mythology.
- 4.** Follower of the wind and rider of the current.
- 5.** Master's last name joined in 2018.
- 6.** April showers bring May _____.
- 7.** What does the first S in SOLAS stand for?
- 8.** A Eco friendly approach to stop the overuse of plastic and keep you hydrated.
- 9.** Master's first name that joined in 2010 on Hal Pendant.
- 13.** Easter's month (2025).



A cartoon illustration of a sailor in a white uniform with a blue bow tie and a white sailor's cap. He is standing next to a piece of white paper with a red pencil line drawn on it.

- 3.** What type of food is decorated for Easter?
- 7.** Top exporters of chocolate.
- 10.** Epoxy-type paint.
- 11.** Animal that is said to hide eggs.
- 12.** You need to collect your eggs.
- 14.** A Filipino dish.
- 15.** Rises and falls.
- 16.** A safe haven.





Ship word finder



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

MAURITIUS PRIDE
RMSFRATERNITY
AALGIBALTAR
AALGLADSTONE
ONEGOMISTRAL
UBCSTAVANGER
UBCSTOCKHOLM
EASTERBUNNY
ALSTERDIEP

MSMDOLORES
FALKENBERG
BLACKRHINO
ONEGOBURAN
ONEGOBORA
MSMDOURO
GOTEBORG
MSMDON
USUKI



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

How many
bunnies have you
found?



Anchored in Joy: Easter Ahoy!

A collection of snapshots by our seafarers



UBC STOCKHOLM





MSM DOLORES



MSM DON



AAL GIBRALTAR



UBC STAVANGER



ALSTERDIEP



ONEGO BURAN



ONEGO BORA



ONEGO MISTRAL



GOTEBORG



MSM DOURO



FALKENBERG



MAURITIUS PRIDE II



BLACK RHINO



RMS FRATERNITY

MSM Seniority



Master Marianito Herrera Jr
joined 2011
First vessel: OPAL ADVANCE (AAL
GLADSTONE)



Chief Officer Ron Gloria
joined 04.02.2014
First vessel: ALSTERDIEP



2nd Engineer Romnicko Caadan
joined 2010
First vessel: OPAL ADVANCE (AAL
GLADSTONE)



Master Renan Majaducon
joined 05.10.2010
First vessel: HAL PENDANT



Master Ryszard Zerdzicki
joined 01.02.2018
First vessel: MV GRACE PEONY



Master Maksim Pivtsaikin
joined 02.2017
First vessel: FALKENBERG



Master Vlado Krivokapic
joined 16.05.2015
First vessel: EMANUEL 49

Happy
Easter



Chief Engineer Sergei Kabanets
First vessel: ALSTERDIEP

Crew Lists

UBC STAVANGER

RANK	NAME
MAS	DUMAEEL WILSON
C/O	ABRENILLA BRYAN
2/O	ONTOLAN NELDEN
3/O	DACLAN ROCKY
C/E	REYES RAUL
2/E	REVILLA IAN
4/E	MUÑEZ RICHAEEL
ELE	CABA NICO
FTR	MAGLACION NOEL
FTR	BALDUEZA BLULY
BSN	BLANCO ARNOLD
AB1	DAGUNAN RAMONITO
AB2	CRUZ JIMUEL
AB	ABOQUE RAYAN
OS	DONDOYANO MARTIN
FTR TR	LEDRES JUN-RHYL
OLR1	LASTA CEFROS JR
OLR2	TOMARONG MARK
WPR	AVE JEONER
WPR	ARIAS VINCENT
CK	ACERO KRISTIAN
MESSM	SAYON ALGIE
D/CD	OLANO JONATHAN
D/CD	VELASCO MARK
E/CD	DELOS SANTOS KEN

UBC STOCKHOLM

RANK	NAME
MAS	HERRERA MARIANITO
C/O	ARELLANO GLENN
2/O	DELA CRUZ MARK
3/O	LEGUAN GIL
C/E	ROMO TITO
2/E	BEJO EDESEL
4/E	ASANOVIC NEMANJA
E/E	VALENZUELA ARGEE
FTR	DAANTON CRIS
FTR	AGPAWA SYMOND
BSN	ROJAS GADIEL
AB	DINGDING CRISTIAN
AB	ROSETE CHRISTIAN
AB	LOPOS CHRISTIAN
OS	SALVADOR FRANCE
OS	PABELIC AL BRIAN
OLR	COLINA LUIS III
OLR2	PALARAN LEOMARJUN
OLR3	DOMINGO RUSSEL
WPR	ACIBO RALPH
WPR	CRUZA BERNARD
CK	VILLONES WENIFREDO
MESS	NASTOR JON
D/CD	CABARON JR ROWEL
E/CD	MAHINAY JOMIR

AAL GIBRALTAR

RANK	NAME
MAS	CANETE JORIE
CO	VALIENTE EFREN JR
2/O	TEMPLA JAY
3/O	MATTI RUDYVIC
C/E	ELEDIA BERNIE
2/E	MEJIA RONNIE
3/E	FLORES JOHN
ELE	MANSING JIMMY
FTR	ILLUSTRISIMO ALEXANDER
FTR	ABAG CHRISTOPHER
BSN	CAMPOS JAMES
AB1	PUZON JESSIE
AB2	POTESTAS MICHAEL
AB3	CASTILLO JASON
OS	PERFECTUA LOUIE JR
OLR1	MATULINA JEROME
OLR2	TINDOY IAN
WPR	AVES JHUN
CK	CUBOS JAYSON
MESS	CARLOS DAN
D/CD	LAKOVIC EMIR
D/CD	TANA MATT
FTR TR	PRECILLA MARK
ECDT	PAGUIA JOHN

AAL GLADSTONE

RANK	NAME
MAS	JR DONDOYANO AGUSTIN
C/O	KOVACEVIC BOGDAN
2/O	NAVARRO GILBERT
3/O	MONTECILLO CLARK
C/E	SUICO CLIFF
2/E	BAREBE MELVIN
3/E	UBALDE LIVI
E/E	ANYAYAHAN ALLEN
FTR	MARTINEZ LEO
BSN	CLARO JOVITO
AB 1	BRIZUELA GERALD
AB 2	ORTIZ JUAN
AB 3	CUTOR CHRISTIAN
OS 1	MUANA ELMAR
OS 2	MANARANG ANGELO
OLR 1	CATIMBANG RICHARD
OLR 2	JUSTO PAUL
OLR 3	COMADUG JAMESLEY
WPR	SEMILLA JARELL
CK	OLANO JESSIE
MESS	MORALDE RAMON
D/CD1	YEBAN JOHN
D/CD1	FUENTES VINCENT
E/CD1	QUIZADA JASYON

FALKENBERG

RANK	NAME
MAS	BURIN ANDREY
C/O	CATAHAY GLENN
2/O	MATCHICA CRISTOPHER
3/O	MANLAPIG PAUL
C/E	PUSO DENNIS
2/E	REMBULAT ROCKEY
3/E	CASANA VICTOR
E/E	MENDEZ CHRISTIAN
FTR1	GALLEGA WILBERT
FTR2	LEDRES GLENN
BSN	OMEGA ROMEO
AB1	CUETO CHARLES
AB2	LEAL JEAN
OS	GAYOLA JULAN
OLR	DESIERTO KENT
WPR	BANDONG HAROLD
CCK	DIONANGA JAY
MESS	URBANO KENNETH
D/CD	BANARIA JANLIX
E/CD	SALVADOR RUSTY

GOTEBORG

RANK	NAME
MAS	VILLAROSA ALLEN
C/O	INTONG ARAUL
2/O	TUMALI EDISON
C/E	ZAYAS RONALD
2/E	MATUSIAK BARTLOMIEJ
4/E	GERONGANI JULIOUS
ELE	ATACADOR JUNRYL
FTR	ALIMA JOSE JR
FTR TR	CEPEDA JOSELITO
BSN	MONTER LIONEL
AB1	ESTO CHRISTIAN
AB2	SANICO HERMELITO
OS	VERIC JARVE
OLR 1	LAWA FELIX JR
OLR 2	MILITAR MICHAEL
CK	ABUCAYAN ADONIS
MESS	ARIOLA ARNEL
E/CD	AGPAWA JOHN
D/CD	PAIMAN REY

ONEGO BURAN

RANK	NAME
MAS	SRYBNYY EVGENY
C/O	NOVEZA PLACIDO JR
3/O	HIDALGO REAN
C/E	KABANETS SERGEI
2/E	GAVAZAN PACIFICIO
3/E	CONSUERGA JOPHERCE
E/E	STEPANOV ALEXEY
FTR	FAJADER EMMANUEL
FTR TR	PLAZO JEROME
BSN	VILLAHERMOSA ALLAN
OS	LUTCHMUN HANS
AB1	MAUNES TOM
AB2	DIEL WINSTON
OLR	ABADA JOSHUA
WPR	ALARCON RYL
CCK	MAGDAEL VICENTE
MESS	FLORENDO NIKKIN
D/CD	POTESTAS MIKE
E/CD	NASTOR CHRISTIAN

ONEGO BORA

RANK	NAME
MAS	BOZOVIC NENAD
C/O	SMIRNOV ALEXEY
2/O	OFTANA JULUIS
C/E	KARIC DEJAN
2/E	AUGUSTO JOHN ALE
4/E	GALIDO ALEJANDRO
ETO	RIIANOV ALTAJ
FTR TR	MALOLOY-ON JAY
BSN	MARCOS DANILO
AB1	DIMANLIG CHRISTIAN
AB2	DIALINO JAN
OS	KUIZON NIKKO
OLR	BALDON JEHNEL
WPR	GAJARDO ROLAND
CK	ALMEROL ALVIN
MESS	CALAYAN JOVANN
E/CD	BESARIO REED
D/CD	VALENZUELA CYRILL

ONEGO MISTRAL

RANK	NAME
MST	MAJADUCON RENAN
C/O	GLORIA RON
2OFF	IRAN BERTRAND
3/OFF	ACENA MARVAL
CENG	GARCES CHRISTOPHER
2/E	CAADAN ROMNICK
3/E	SALLADOR JAFETT
ELE	MERO JAYSON
FTR TR	RODRIGUEZ MARK
FTR TR	MAQUE JOSE
BSN	BOLDO ALLAN
AB1	MENDOZA GERRIL
AB2	VIRAY JOHN
OS	QUICOY REJAN
WPR	LUTERO R JAY
OLR	SUMALPONG JONNY
CK	DUNO ROGER
MESS	COQUILLA JOHN
DCDT	ELEDIA ACE
E/CD	DIEL IVAN

MSM DON

RANK	NAME
MAS	STEMPLEWSKI MAREK
C/O	SCHILF MACIEJ
2/O	MAHUSAY BRYAN
C/E	VIKHAREV PAVEL
ETO	MATRASHAK IHOR
AB 1	CHUYAT SARGET
AB 2	PAGAPULAN RENE
OS	VERGARA ALLEN
OLR	TERCIAS ROMER
WPR	UMITEN MIKE
FTR	DIBRIVSKYY OLEKSANDR
CK	MELCHOR HENRY

MSM DOLORES

RANK	NAME
MAS	BERNASOL JOEL
C/O	AGAD ALLEN
2/O	TOMULTO XERXES
C/E	RYZHOV ALEKSEI
ETO	RUSSKIN ANDREY
AB 1	AGUILA RISHER
AB 2	BALMONTE REAGAN
OS	ISMA ROLITO JR
OLR	COSTARES RICO
OLR	CAMERO ARJAY
CK	OLAGUER MELBEN
FTR	TORREFALMA IRENEO JR

ALSTERDIEP

RANK	NAME
MAS	ZERDZICKI RYSZARD
C/O	GAJEWSKI KRZYSZTOF
2/O	TAN RUDOLPH
C/E	WISNIEWSKI ARTUR
MTM	LIS PIOTR
AB1	DUMANDAN BEE-JAY
AB2	DECIERDO EDWIN
OS	ALASTOY MELVIN
OLR	YRABONO MARK
CK	AGAD ALVIN

MSM DOURO

RANK	NAME
MAS	PETROV EVGENY
C/O	PETROV DENIS
2/O	POTAPOV MAKSIM
C/E	LAGUNOV ROMAN
2/E	IARENKOV SERGEI
ETO	REYES MICHAEL
AB1	DE LEON DANILO
AB2	SIMBULAN MART
OS	ABNER CARL
OLR	GARCIA ARNOLD
CCK	QUERUBIN PERCIVAL
FTR	STEPANOV EVGENII

RMS FRATERNITY

RANK	NAME
MAS	SHEYTANOV VALERIY
C/O	ZAITSSEV MAKSYM
2/O	MAHINAY JOHN
C/E	KORSHYKOV PAVEL
2/E	SKVORCOV ALEKSANDR
ELE	SYZOV VALERII
BSN	ALDOVINO DEODY
AB1	AMODO ARNEL
AB2	LAGBAS ARMANDO
OS1	DAMOLE JORIDEN
OS2	LAZARES CHRISTOPHER
D/C	TEMPLORA JOSH
E/C	TOSHANAND RAMLAGAN
OLR	ARCA ALEX
WPR	HUYATID HANCEL
FTR	ABALOS EDUARDO
CCK	ADLAWAN ZACARIAS

BLACK RHINO

RANK	NAME
MAS	HOSTRUP MICHAEL
C/O	KULIKOV YAROSLAV
2/O	IVANOV KIRILL
C/E	FOMENKO SERGEY
2/E	STROMILO IURII
ELE	MAKYSM PLEVAKO
FTR	ALCANTARA ERIC
FTR	KRYVOHUZ YURII
OLR	CAGUJAS CHARLIE
AB	CORNEJO NINO
AB	OSMENA JOSHUA
OS	ACEVEDO VIC
CCK	BERNAL EDUARDO
E/C	LANGAMAN JOHN-JOHN

MAURITIUS PRIDE II

RANK	NAME
MAS	ANANYEV DMITRY
C/O	FATKHULLIN MARSEL
2/O	FITS OLEKSANDR
3/O	GUIRIT DEVE
C/E	KEMEN VITALY
2/E	ARRIESGADO JIDO
4/E	MIKAILOV VADYM
ELE	RILLERA CHARLIE
BSN	CAPILLO RICMAR
AB1	DINGDING NORLAN
AB2	MIDORANDA NOEL
OS	CERA JOHN
FTR	RESHCHYNSKYI SERHII
FTR	SOROCHAN VALERIY
OLR	BAUTISTA RODEL
WPR	ARRIESGADO JOLAS
OSMB	BASCO HARRY
D/C	CAOILE KENNETH
ELE CDT	ARAGO FRANCIZ
CCK	BATAS ROBERTO

KARAOKE COMPETITION

Thank you all very much for the numerous submissions!

We are pleased to announce the winners of the first

MSM Karaoke competition:



First Place:

ECDT JOMIR MAHINAY
UBC STOCKHOLM

Second Place:

OLR JOSHUA ABADA
ONEGO BURAN
DCDT ELMER MUANA
AAL GLADSTONE

Third Place:

AB RHYLL GAGUCAS
MV GOTEORG



The winners were decided based on a point system by the
music comitee in the office
All winners will receive their winning prices in the coming days!

“ Sailors’ spirits rise with the tide,
Guided by faith, we sail with pride. ”

Mastermind Wishes you a

**HAPPY
EASTER!**

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This newsletter was made possible with the photo contributions of the fleet and the Mastermind Team.

Special thanks to the following:

Souzana Chrysanthou
Athina Diaouri
Ilona Graban
Vera Holtgraefe
Nikolas Adami



Mastermind supports the Sustainable Development Goals



the end