

# 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.

[www.mastermind-cyprus.com](http://www.mastermind-cyprus.com)



# LETTER FROM THE MD



Dear Seafarers, Friends, and Esteemed Business Associates,

This summer carries a profound meaning for us all. The year 2025 marks the 25th anniversary of the Mastermind Group – a significant milestone that invites us to reflect with pride, gratitude, and renewed ambition.

A quarter of a century ago, we began with a small team and a bold vision: to build a ship-owning company that values people as much as performance, and long-term quality over short-term gains. Today, we are proud to say that Mastermind has grown into a respected global family of professionals, vessels, partners, and friends.

We owe this success to many – but especially to our seafarers. On June 25th, we joined the world in celebrating the Day of the Seafarer. At MSM, this day is far more than symbolic – it is deeply personal. Our seafarers are the soul of our company. Whether in calm seas or rough waters, near port or far from shore, your work ethic, loyalty, and resilience continue to set the standard. We salute you – and we thank you. As we celebrate our past, we are actively building our future.

This summer, we are pleased to report that our two 43,000 DWT “Blue Whale” newbuildings – M/V Usuki and M/V Umea – are progressing well at Huanghai Shipyard. These vessels are designed with purpose: highly efficient, technically advanced, and equipped with enhanced training facilities. They reflect MSM’s continued commitment to performance, compliance, and professional development.

We are especially proud that these vessels will host our "Elite Training" cadet program – creating a floating university for the next generation of maritime professionals. In parallel, we’ve begun designing the future generation of MSM vessels to eventually replace our O-Class. While it’s still early to reveal technical details, the goals are clear: improved propulsion efficiency, greater cargo flexibility, and full digital integration – from keel to bridge. Discussions with a leading shipyard and a potential charterer are already underway.

One development I see as truly transformative is the transition of leadership to the second generation. It gives me great joy and confidence to share that Nikolas and Christofer Adami have now assumed leadership roles at MSM. Their arrival comes at a pivotal moment, as we implement our most advanced Integrated Safety Management System to date. Their energy, strategic mindset, and deep respect for MSM's core values will guide the company into its next 25 years. As a father – and as a shipowner – I could not be more proud.

Another source of optimism is our expanding crew development strategy. More and more young talents are choosing MSM – not just for a job, but for a career. Thanks to the success of our cadet programs, scholarships, and mentorship systems, we are building a solid foundation for the future. Our belief remains simple and strong: A company that invests in people is a company built to last.

So yes, this summer is a time for celebration – of our past, our present, and the exciting course ahead. Whether at sea or ashore, in a shipyard or a classroom, each of you has contributed to our story. I am deeply grateful for your trust, commitment, and shared spirit.

Let us continue to steer MSM forward with integrity, excellence, and the human touch that has always defined us.

**Navigating Ahead,  
CAPT. EUGEN-HENNING ADAMI**

**Managing Director  
Mastermind Shipmanagement Ltd.**



# MASTERMIND'S NEW ERA

To Everyone Across the Mastermind Fleet,

Today, on the Day of the Seafarer, we take a moment to salute each and every one of you – the dedicated men and women who have chosen a life at sea. Your commitment, resilience, and professionalism are the true engines of global trade. Even when geopolitical tensions rise, when uncertainty clouds the horizon, the world continues to turn – because ships continue to sail. And at the heart of every voyage, there is the seafarer.

We recognize that this path is not always easy. It demands strength, discipline, and sacrifice. Yet it is also a calling of great honour. The oceans may be vast and unpredictable, but it is you who keep the lifelines of the world open and flowing. For that, we are endlessly grateful.

As we chart our course forward, we also turn a page in the story of Mastermind. With the departure of Mr. Marios Antoniou, who has now set sail toward a new chapter in his professional journey, I have the honour of assuming the role of Director. I take on this responsibility with great respect for what has been built, and with determination to uphold and further strengthen the legacy we share.

This marks the beginning of a new era for Mastermind – one that we will shape together. I am committed to improving our systems, refining our support, and enhancing the tools that help you carry out your duties with confidence and safety. The voyage ahead is full of promise, and I look forward to navigating it alongside all of you.

Let me say this clearly: you lie at the very heart of our company. If the ship doesn't move, nothing else in the world does. And when it does move, it is because of you. Fair winds and following seas to each and every one of you.

Kind regards,  
NIKOLAS J. ADAMI

Managing Deputy Director  
Mastermind Shipmanagement Ltd.

# 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

## Document Specialist - Jayson Onato



Greetings everyone! My name is Jayson M. Onato, I recently graduated with a Bachelor's Degree in Information Technology and I am currently working as a Document Specialist in Lydia Mar Manila.

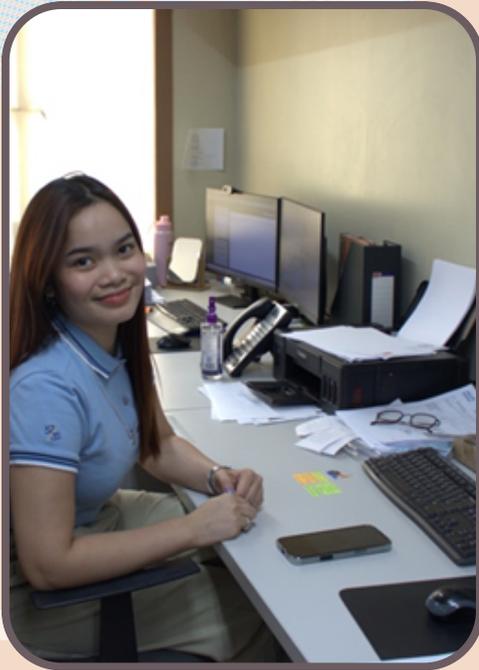
As a Document Specialist, I handle the personal information and requirements of the crew, ensuring the Validity, Legitimacy, and lastly, the Confidentiality of every information that I work with.

I like learning new things, exploring, gaming, and traveling.

I love disassembling and reassembling my personal computer for upgrades. Also, learning how to fix phone circuit boards and appliances is among my goals.

Looking forward to learning new things is one of the best ways I've set my mind up to enhance my skills, especially in today's technology landscape.

## Accounting Staff Member - Ronalyn Verroya



My name is Ronalyn Verroya, and I'm currently working as an Accounting Staff Member specializing in Disbursement. I'm a friendly and jolly person who enjoys connecting with others and creating a positive atmosphere wherever I go. In my free time, I love singing, watching movies, and playing online games—activities that help me relax and express myself creatively.

I take pride in being organized and detail-oriented in my work, ensuring that financial transactions are handled accurately and efficiently. I'm always eager to learn and grow both professionally and personally.

I look forward to building meaningful connections and contributing positively to any team I'm part of.

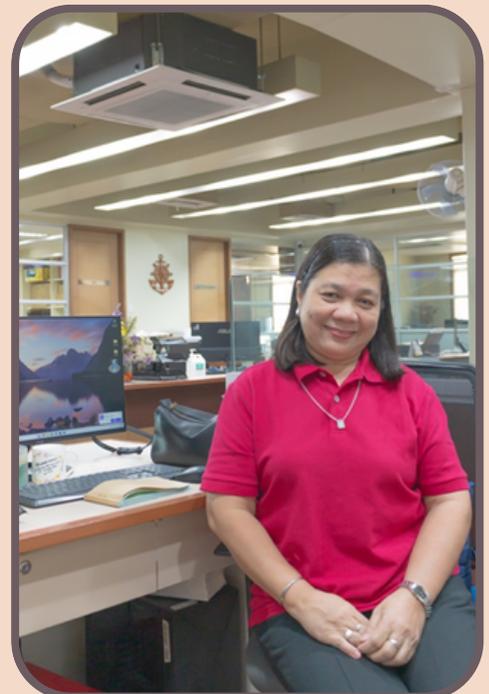
## Admin and Purchasing Custodian - Mavel Tigas

Hi I am Mavel Javier Tigas, I've been an employee in the maritime industry for 30 years, and I've been the Admin and Purchasing Custodian at Lydia Mar (Manila) Inc. for a couple of months.

In my role, I make sure the office has everything it needs to remain neat and orderly, whether it's for an event, a training session, or the day-to-day needs of the team. I oversee the purchasing of items for the office as well as administrative tasks.

Outside of work, and on weekends, I spend quality time with my family. My many relatives and friends help me keep my social life alive and kicking.

In this stage of my life, I am grateful for all the opportunities that I have encountered. I try to remain grounded while also sharing my skills with the team.



# LETS CONTINUE TO MEET THE TEAM

## Medical Assistant Benefits Specialist Aiko Yoshimura

Konnichiwa!

I'm Aiko Marie " Aickz " Yoshimura, a mother of 4, born and raised in Sampaloc Manila Philippines! I've been in the Maritime Industry since 2019 as a Medical Assistant Benefits Specialist, and now I'm a Documentation, Scanning, and Encoding Specialist.

When I was a Benefits Specialist, I helped seafarers and their loved ones access their medical assistance, especially when it came to emergencies. And now, as a Documentation, Scanning, and Encoding Specialist, I make sure that all the data and certificates of the seafarers are clear, complete, valid, and properly encoded into the database.

I am not the type of person who says "let's go out and have some fun"! I'm more of "let's go home"! because the real fun and enjoyment is at home, bonding with my kiddos. It's the best feeling ever, it's my happiness, my love, my home. Motherhood is often described as a complex mix of love, sacrifice, and my strength. I am proud to say that I am a Mother Dragon!

One of my favorite quotes goes like this: Behind every strong Marine, there is an even stronger woman who stands behind him, supports him, prays for him and loves him forever—his mom.

But don't forget, I also have "Me Time"! I love to watch Korean and Action movies!





## LYDIA MAR MANILA CELEBRATES 35 YEARS OF CREWING EXCELLENCE



In 1990, Lydia Mar Manila (LMM) officially opened its doors as a small crewing agency of just three people. Today, we've grown into a team of 24 individuals, proudly managing the crewing needs of over 40 vessels, whilst working with nearly 1,000 Filipino Seafarers.

To mark our 35th anniversary, we held a simple but meaningful celebration last July 4 at our office. It started with a Thanksgiving mass, and a blessing of our office, crew, and staff. This was followed by cocktails, karaoke, and a raffle with a fun twist—team members had to show off their TikTok dance moves to claim their prize. But that evening, we celebrated not just the years, but the people and stories that shaped us.



LMM President Rodelita “Baby” Homecillo didn't give a formal speech. Instead, she shared her story as one of LMM's first employees. She recalled the early days when she wore many hats: crewing officer, document processor, visa and flag state specialist, and even personal assistant and typist to LMM's first president, Captain Boldo. Although she left LMM in the past, Ma'am Baby eventually returned to become the company's third president.





LMM Chairman Alberto Gomez also revealed the story behind the anniversary shirts, which feature two numbers: 35 and 57. Thirty-five represents 35 years since LMM's incorporation, while 57 represents the fifty-seven years since Germany's Aug. Bolten Wm. Miller's Nachfolger, the parent company of Lydia Mar Athens, first hired Filipino seafarers. Their belief in the talent, skill, and integrity of the Filipino Seafarer has clearly stood the test of time.

Lydia Mar Manila has since expanded from its singular principal in Athens and Hamburg, to its variety of clients around the world, including Mastermind Shipmanagement (MSM) based in Cyprus. Mr. Gomez also shared a special story about MSM, recalling how he and Capt. Adami, owner of MSM, witnessed the evolution of the maritime industry together, throughout their years of business and friendship.

Decades may have passed, but our mission remains the same as we turn 35. We strive to develop competent and responsible maritime professionals, at sea and ashore, through efficient and ethical crewing.





BY CAPT. EUGEN-HENNING ADAMI  
LIMASSOL 26<sup>TH</sup> JUNE 2025

## Elmina Castle, Ghana

Dear Friends and Colleagues,

A few days ago, while visiting Accra, Ghana, I had the opportunity to join the Bernhard Schulte Group (BSM) on an excursion along the coast to Elmina Castle, one of the most haunting and historically significant landmarks linked to the transatlantic slave trade. The experience left a deep and lasting impression on me.

Built by the Portuguese in 1482, Elmina Castle was originally established as a trading post for gold and ivory. Over the following centuries, however, it became a central hub for the export of enslaved Africans, making it one of the most notorious sites in the history of human suffering.

### The Origins of the Slave Trade

The transatlantic slave trade began in the late 15th century, driven by European demand for cheap labor to sustain plantation economies in the Americas, where crops like sugar, tobacco, and cotton were cultivated. The Portuguese were the first to establish trade routes, followed by the Dutch, British, French, and other European powers.

The region we know today as Ghana, then part of the Gold Coast, became deeply entangled in this brutal system. Some local African rulers, under economic pressure or in pursuit of profit, captured and sold prisoners of war and members of rival communities to European traders.



Fig. 1 - Cargo Plan of slaver ship showcasing how the slaves were placed.

## **The Horrors Inside Elmina Castle.**

Walking through the cold, stone dungeons of Elmina Castle, I tried to imagine the unimaginable. Hundreds of men, women, and children were held for weeks and months, packed tightly into small, dark, airless chambers.

There was no sanitation – only layers of human waste, accumulated over weeks of captivity. Captives were forced to lie and sleep in their own urine, feces, vomit, and blood. Ventilation was almost non-existent, with only small openings high in the walls. The stench, disease, and hopelessness must have been overwhelming.

The women's dungeons held their own specific cruelties. Those deemed physically attractive were dragged upstairs, forcibly washed, and sexually abused by the officers and soldiers stationed at the castle. Those who resisted faced beatings or worse. Many prisoners died in the dungeons, succumbing to disease, starvation, dehydration, or the sheer emotional and physical trauma of their captivity.

## **Door of No Return**

For those who survived, the next chapter was no less horrifying. They were marched through the infamous "Door of No Return", a narrow opening in the castle wall leading directly to the waiting slave ships offshore. This was their final glimpse of their homeland before being subjected to the Middle Passage across the Atlantic.

## **Shipbuilding and the Logic of Human Cargo**

Over time, European shipbuilders redesigned vessels to maximize human cargo. Enslaved people were chained shoulder-to-shoulder, packed into tiny spaces with almost no headroom, often stacked in layers below deck.

Mortality rates on these voyages could reach up to 25%, with captives dying from disease, malnutrition, suffocation, or abuse. Those who survived arrived weakened and traumatized, destined for lives of forced labor in the Americas.

The slave trade became a key component of the infamous Triangular Trade:

- European ships carried manufactured goods to Africa.
- These goods were exchanged for slaves, who were then transported across the Atlantic.
- The ships returned to Europe loaded with colonial products like sugar, cotton, tobacco, and rum.

## The End of the Trade and the Birth of a New Global Challenge

While abolitionist movements fought tirelessly for human rights, it was not morality alone that ended this crime against humanity. The decisive turning point was industrialization.

As machines burning wood, coal, and later oil took over labor in the fields, factories, and mines, the economic rationale for human slavery collapsed. Technology and fossil fuels replaced human muscle, making slavery less profitable and increasingly obsolete.

By the early to mid-19th century, most European nations had abolished both the slave trade and slavery itself. In British territories, for example, the Slave Trade Act of 1807 ended the transportation of slaves, while the Slavery Abolition Act (1833–1838) legally ended slavery as an institution.

But history leaves us with a bitter paradox: The end of slavery marked the beginning of another global challenge the industrial-scale fossil fuel combustion, which over time has contributed directly to the climate crisis we face today.

## Reflections for Our Time

Standing before the "Door of No Return", I was deeply moved by the immeasurable human suffering that took place within those stone walls. The scale of cruelty, driven by greed, power, and indifference, remains a powerful reminder of how easily humanity can lose its moral compass.

Today, as the world seeks technological solutions to combat climate change, we must not repeat the mistakes of the past. Any solution must be validated against its socioeconomic impact, ensuring that the vulnerable and economically disadvantaged are not marginalized or excluded.



# BLUE FORUM

15/05/2025

Our company participated in “R&I and Career Fair Exhibition” at the Blue Limassol Forum of 15 May 2025 that demonstrated in Limassol Port.

Cyprus Foundation for the Sea organized the exhibition to showcase ongoing research and Blue Economy job opportunities.

It was an excellent chance for MSM to demonstrate our excellent work in the field.



# WINE TASTING



## A MEMORABLE WINE TASTING EXPERIENCE WITH COLLEAGUES

Recently, our company participated in a wine tasting experience that turned out to be both educational and enjoyable. Set in a cozy venue, the event provided a perfect opportunity to relax outside of work.

This experience helped strengthen our team bond. It was refreshing to connect with colleagues in a more relaxed and personal setting, away from the usual workday routine.

Overall, the wine tasting experience was a delightful mix of learning and leisure. It not only expanded our tastes but also reminded us of the value of shared experiences.

We left with a deeper appreciation for wine—and for each other.



## Honoring Our Seafarers

On the occasion of International Day of the Seafarer on 25th of June, our office team came together in support and celebration by wearing the blue MSM t-shirt as a small gesture of appreciation for the hard work, resilience, and dedication of our seafarers around the world!

# LYDIA MAR SEMINAR -MSM TRAINING



## Building Safer Ships: MSM's Training on ISM, ISPS, and Workplace Respect

Last **July 8 and 9, 2025**, MSM Director, Nikolas Adami, and Vera Holtgraefe, MSM's Personnel Officer, met with their Filipino crew at the Lydia Mar Manila office for a two-day training.

The event aimed to promote safety compliance and continuous improvement concerning Mastermind Shipmanagement's new ISM system. Day one was dedicated to going through the updated policies, and participants exchanged real-world experiences to exemplify when those policies would have applied.



On Day Two, Nikolas added further discussions on ISM and ISPS, and safety leadership. He also tackled the importance of "Role Clarity", Emergency Preparedness Drills, Verification, Review, Evaluation, and Audit Improvements. Emphasis was also given to Port State Control (PSC) Inspections, covering common PSC findings and the lessons learned from past experiences with various Port States. Meanwhile, Vera discussed Mastermind's commitment to Anti-Bullying and Harassment, and appealed to the attendees, who were composed primarily of officers, to maintain a peaceful environment onboard.

She also gave examples of specific acts that constitute bullying and harassment, so that these can be avoided, spotted, and resolved immediately. Vera also assured the crew that those who report bullying and harassment cases are protected from further victimization, and every case is handled responsibly as per the company's policies. The training wrapped up with a strong message of collaboration and accountability. MSM reaffirmed its promise to support its crew, ensuring that safety, respect, and continuous improvement remain at the heart of its operations.

# FROM CLASSROOM TO OPEN SEAS, MSM SCHOLARS TAKE THEIR NEXT STEP



Congratulations Deck Cadet Prince Shervin Cabrera, and Engine Cadets Kyle Patrik Ajoc & John Roel Patac, for completing their classroom training instruction at the Davao Merchant Marine Academy College of Southern Philippines (DMMACSP)!

These cadets represent the first batch of the Mastermind Shipmanagement (MSM) Scholarship, which the company began in 2023. They graduated last July 2, 2025, alongside 1,097 other students, at the SMX Convention Hall in Lanang, Davao City.

MSM Director, Nikolas Adami, was present at the graduation rites in Davao. He was joined by Lydia Mar Manila (LMM) President, Rodelita Homecillo, LMM Career and Training Officer Albert Regalado, and LMM Communications Head, Michaela Gomez.

After the ceremony, the MSM and LMM team hosted a dinner at the Acacia Hotel for the scholars and their families, as well as the Batch 2 scholars who are currently incoming sophomores and juniors. It was a warm and meaningful gathering where everyone had the chance to connect more personally beyond the many chats and video calls that had been common in the scholarship experience. The dinner also allowed the students to hear firsthand stories from Nikolas and Albert about life at sea and what to expect from MSM.



The scholars will soon be flying to Manila to begin their pre-sea training, and are expected to join MSM's training ship at the end of the year. After their required sea service is finished, the cadets will earn their Bachelor's Degrees.



The team at Lydia Mar Manila coordinates the scholarship on behalf of Mastermind Shipmanagement, with the help of their partner academic institution, DMMACSP.

As of July 2025, there have been two batches of scholars. The selection for Batch 3 is expected to begin within the first semester of Academic Year 2025-2026.





## CHIEF OFFICER FREZER LAURE GOREMBALEM

Good day! I am Chief Officer Frezer Laure Gorembalem, a proud Filipino born in the island of Northern Samar, and married to a wonderful woman and gave birth to three children. My seafaring career began in 2004 as cadet under Lucky Merchant Shipping, after my apprenticeship I immediately took the exam for third officer and I luckily passed the exam.

On that time, I started applying for international vessels and was given the opportunity to use my license as third officer on a Japanese Vessel because of my hardwork and perseverance that I could be an officer on a ship. And in 2011 i joined her at Mastermind Shipmanagement. It's hard to believe it's been 14 years since I first joined Mastermind Shipmanagement as a Third Officer on Onego Buran, from April 2011 to March 2016- almost five years in rank of Third Officer. Then, I was promoted to Second Officer in March 2016 and served in that rank until August 2024 - almost 8 years in the rank of Second Officer.

In March 2022 I took the Management Level Course and was fortunate to pass the exam. Driven by eagerness and genuine interest, I studied and practiced the responsibilities of a chief officer whenever the opportunity arose.

Finally, in August 2024, I was given the chance to use my license and officially serve as a chief officer on MV Falkenberg. I want to share insights on my journey - mastering my responsibilities and embracing the new challenges as a chief officer.



I am incredibly grateful for the opportunities that Mastermind Shipmanagement and Lydia Mar Manila have provided me. I look forward to continuing my journey, contributing to the success of our company, and mentoring the next generation of maritime professionals.

Best regards,  
C/O Frezer L. Gorembalem

# CAPT. JOHN RICK PEREZ



Hi, it's me, Capt. John Rick Perez. It's been 18 yrs. since I started to join Lydia Mar Manila. I just remember in Nov 2007, I was just a cadet searching for my dreams to be onboard one of the international vessels. Luckily, I met someone at Rizal Memorial Park (National Park).

I've been invited to Lydia Mar Manila and got an interview by Capt. Boldo. At that time, I was shocked and shaking. Right after the interview, they took all of my documents, and I told myself, "It's another failure again." But suddenly, while I was on my way back home, they called me, and I prepared myself for another journey. After a long weekend, I joined my first vessel and that was the beginning of my journey.

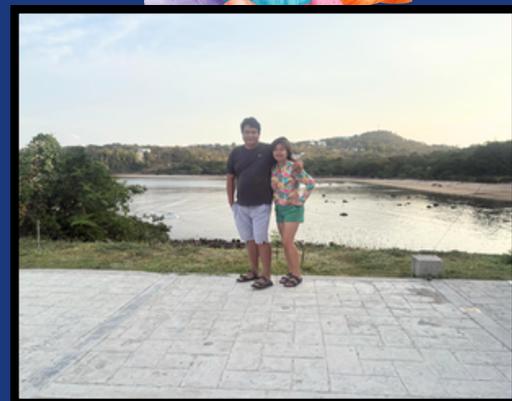
The first contract was full of excitement and adjustment. I've been on different sides of the world, North America and Central America were the line of the vessel. Cleaning of the holds and maintenance were always part of the job. I returned for a second contract as an Ordinary Seaman on the same vessel after a vacation. The third contract as a seaman was a bit different.

It's a general cargo vessel well, more on containers and general cargo. This time, it was a chance for additional knowledge and how things can be done. And this was my first drydocking experience in China.

March 2011, I joined as an Ordinary Seaman at **Mastermind Shipmanagement** as an experienced crew from the previous vessel. I got promoted to Able Seaman on my next contract. Time went by so fast, actually. On my second contract as Bosun, one of the captains gave me a lecture and enlightened me about becoming an officer someday. So I decided to take my license and came back onboard as a Third Officer.

Welcome to the world of being an officer. Here was my first PSC inspection in Australia as an officer. It went well because you prepare mentally and follow the instructions given. After four contracts as Officer in Charge, I was given a break as Chief Mate on Onego Bora. Four more contracts passed, and I became a Captain at the age of 38. The experience from Cadet to Chief Officer was carefully executed, along with following international regulations and being the father on board.

The family at home, well, in every vacation I take, there is the payoff time that brings extreme excitement for them. I fill up the missing part each time. Time passes so fast without notice.



Be a father. Don't stop learning. Take trainings, stay physically fit and motivated—it's the key to success.





## OILER GABONADA LEONCIO JR. BITOON SEA CAREER

I started working at sea in 2011 under Mastermind Shipmanagement Inc. as an oiler. Like many others, my journey hasn't always been easy; there were tough days with heavy workloads, rough weather, and even tension among crewmates due to fatigue and long contracts.

But in every contract, I gained not just experience, but also lessons; how to work with different nationalities, how to stay calm under pressure, and how important teamwork really is onboard.

Whenever issues arose - whether technical or personal, support from the company and good communication helped us get through.

Advice from the office and the guidance of senior officers made a difference in how we handled problems together as a team.



Looking back, I am proud of how far I have come. Being a seafarer gave me a chance to provide a better life for my family and I continue to grow with each voyage.

To fellow seafarers: stay safe and respect one another and may we all keep learning as we sail forward.



# Summer Recipes

## Watermelon & Feta Skewers

(Savory-Sweet Snack)



### Ingredients:

- Watermelon, cubed
- Feta cheese, cubed
- Fresh mint leaves
- Balsamic glaze (optional)
- Toothpicks or small skewers

### Instructions

- Thread a cube of watermelon, a mint leaf, and a cube of feta onto each skewer.
- Drizzle with balsamic glaze if desired.
- Chill for 15–20 minutes before serving.

# No-Bake Lemon Berry Cheesecake Cups



## Ingredients:

- 1 cup graham cracker crumbs
- 3 tbsp melted butter
- 1 package (225g) cream cheese, softened
- ¼ cup Greek yogurt
- ¼ cup sugar or honey
- Zest & juice of 1 lemon
- Fresh berries (strawberries, blueberries, raspberries)

## Instructions:

- Mix crumbs with butter and press into the bottom of small cups or jars.
- In a bowl, whip cream cheese, yogurt, sugar, lemon zest & juice until smooth.
- Spoon cream mixture over the crust, top with fresh berries.
- Chill for 1 hour and serve cold.
- Quick tip: Add a sprig of mint or crushed pistachios on top for flair.



# Mango Coconut Popsicles



## Step-by-Step Guide:

- Blend all ingredients until smooth.
- Pour into popsicle molds and freeze for at least 4 hours.
- Run under warm water to release.

Optional twist: Add a few coconut flakes or chopped fruit inside the molds for texture.



## Ingredients:

- 2 ripe mangoes (peeled and chopped)
- 1 can (400ml) coconut milk
- 2 tbsp honey or maple syrup (optional)
- Juice of ½ lime

# Summer Quiz

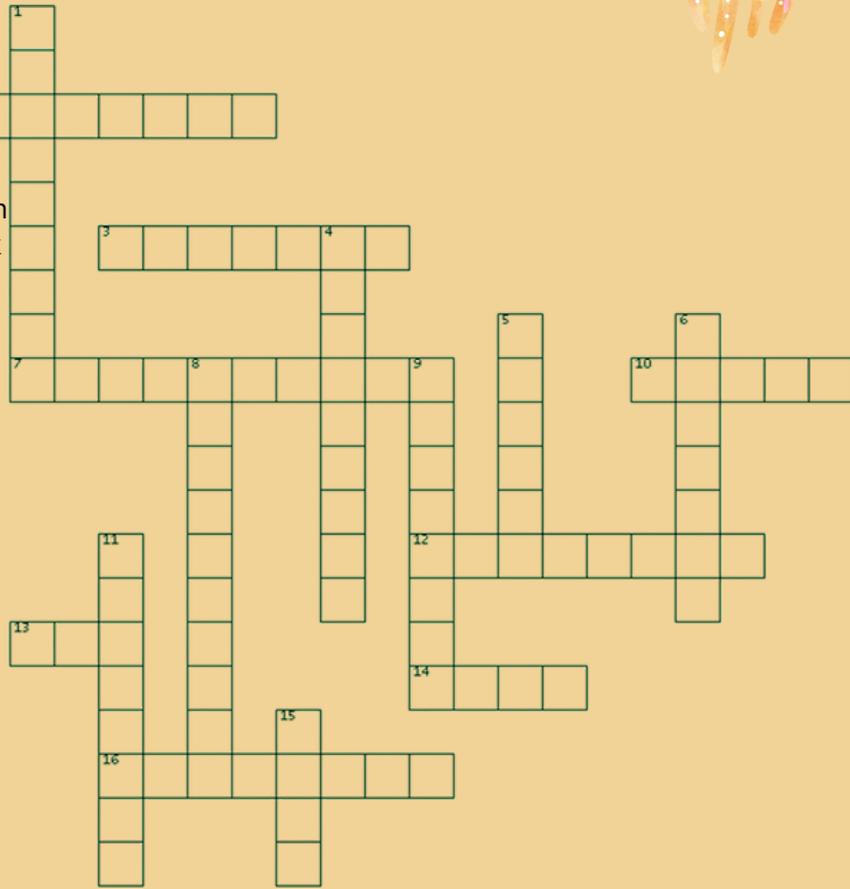


## ACROSS

- 2. - What you wear to swim or sunbathe at the beach
- 3. - Heavy material used to stabilize a ship
- 7. - Protect your eyes from the sun's glare
- 10. - Goods or products carried by a ship
- 12. - The front sail on a sailing ship
- 13. - Worn to shield your face and head from sun
- 14. - The body or frame of a ship below the deck
- 16. - A cold, sweet treat that melts fast in the heat

## DOWN

- 1. - Footwear that goes "slap-slap" at the beach
- 4. - Lotion that protects your skin from sunburn
- 5. - Heavy metal object dropped to keep a ship from drifting
- 6. - The person in charge of the ship
- 8. - Tower with a bright light to guide ships at night
- 9. - Sea creature shaped like a five-pointed star
- 11. - Nutrient your body produces from sunlight
- 15. - Group of people working on a ship



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

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

ANTARCTIC

ARTIC

SEA

CARIBBEAN

RED

INDIAN

PACIFIC

ATLANTIC

SEA

MEDITERRANEAN

How many of my friends have you found? My pineapple friends wear sunglasses and are scatter around!



# Summer sails and sunlit adventures!

A collection of snapshots by our  
seafarers





**MSM DON**



**MSM DOLORES**





# AAL GIBRALTAR



# UBC STAVANGER



# ALSTERDIEP



# ONEGO BURAN



# ONEGO BORA



# ONEGO MISTRAL





# GOTEBORG



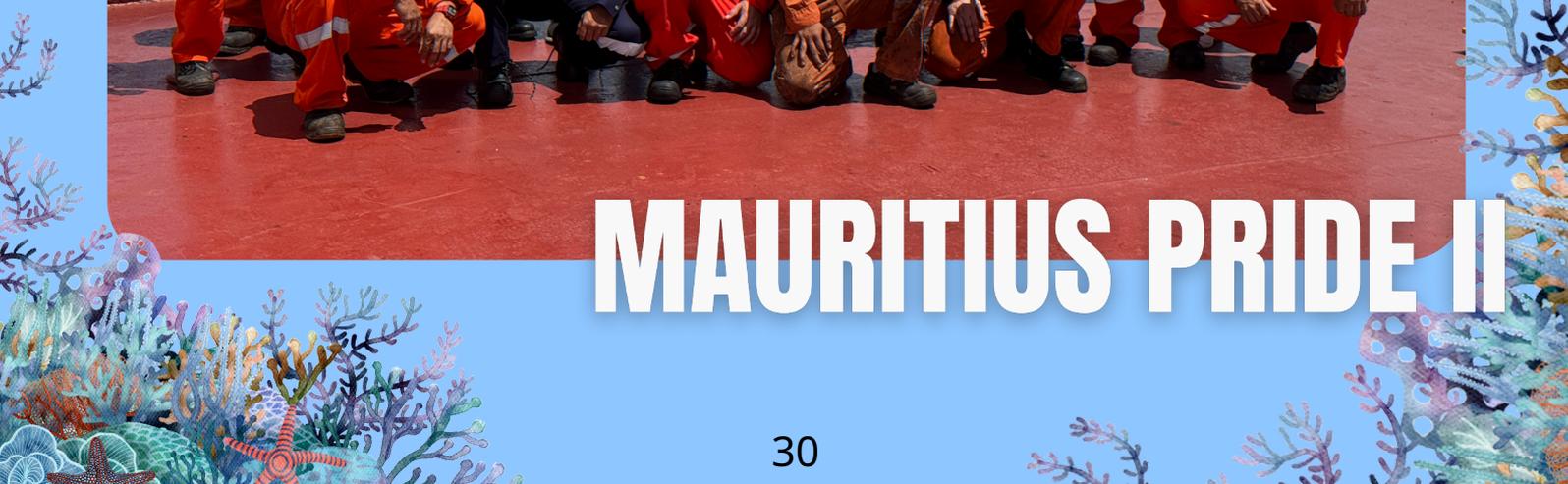
# MSM DOURO



# FALKENBERG



# MAURITIUS PRIDE II





# BLACK RHINO



# RMS FRATERNITY



**AAL GIBRALTAR  
DCDT LAKOVIC EMIR**



**AAL GIBRALTAR  
DCDT TANA MATT**



**AAL GIBRALTAR  
ECDT PAGUIA JOHN**



**AAL GLADSTONE  
DCDT FUENTESVINCENT**



**AAL GLADSTONE  
DCDT YEBAN JOHN**



**AAL GLADSTONE  
ECDT QUIZADA JAYSON**



**BLACK RHINO  
ELE/CDT KORSHIKOV ILIA**



**FALKENBERG - DCDT  
DELA CRUZ MACK**



**FALKENBERG  
ECDT SALVADOR RUSTY**



**UBC STOCKHOLM  
ECDT MAHINAY JOMIR**



**GOTEBORG  
DCDT PAIMAN REY**



**MAURITIUS PRIDE II  
DCDT CAOILE KENNETH**



**GOTEBORG  
ECDT PAIMAN REY**



**MAURITIUS PRIDE  
ELE/CDT ARAGO FRANCIZ**



**ONEGO BURAN  
DCDT SARICAL DENNIS**



**ONEGO BURAN  
ECDT BANGALISAN FRANCIS**



**ONEGO MISTRAL  
DCDT ELEDIA ACE**



**ONEGO MISTRAL  
ECDT DIEL IVAN**



**RMS FRATERNITY  
DCDT TEMPLORA JOSH**



**UBC STAVANGER  
DCDT VELASCO MARK**



**RMS FRATERNITY  
ELE/CDT ALEGRE STEPHEN**



**UBC STAVANGER  
DCDT PATRIARCA RYAN**



**UBC STAVANGER  
ECDT DAULOG JAMIR**



**UBC STOCKHOLM  
DCDT LUGO DIAZ**



**UBC STOCKHOLM  
DCDT MATIONG ERICK**

# Crew Lists

## UBC STOCKHOLM

RANK	NAME
MAS	BALOFINOS CHRISTOPHER
C/O	ARELLANO GLENN
2/O	SAGA JERSON
3/O	OFENDOREYES FRANCISO
C/E	ROMO TITO
2/E	DE LOS SANTOS
3/E	MINOZA JOVEN
ELE	VALENZUELA ARGEE
FTR	RAMOS RENVER
BSN	BLANCO ARNOLD
AB1	CASILAGAN RYAN
AB2	MARCA CARL
AB	GARCIA GIVEN
OS	ARBOIZ ADRIAN
OS	MARQUEZ JIMWELL
OLR1	DOMINGO RUSSEL
OLR2	SERVAN ANTONIO
OLR3	CALIPES REY NINO
WPR	GALGO RODEL
WPR	MARASIGAN DENNIS
CK	EBUNA JUNEVEIL
MESS	ALCALA CLYDALE
DCDT	LUGO DIAZ ANGEL
D/CD2	MATIONG ERIC
E/CD	UBALDE JOHN

## UBC STAVANGER

RANK	NAME
MAS	HERRERA MARIANITO
C/O	KNEZEVIC NEMANJA
2/O	MALFARTA MARK
3/O	DACLAN ROCKY
C/E	BAJADA FRANCISCO
2/E	PAMA RONNEL
4/E	MUNEZ RICHEL
E/E	OMEGA ANGELO
FTR	MAGLACION NOEL
FTR	BALDUEZA BLULY
BSN	CANLAS ARNEL
AB	DAGUNAN RAMONITO
AB	ABOQUE RYAN
AB	BATIDUAN JOELISA
OS	DONDOYANO MARTIN
OLR	FERRER MIQUEL
OLR2	UY SAM SICHEM
OLR3	YAUN ROGER
WPR1	MADRID APRIL
WPR2	SIBANTA MARS
CK	ACERO KRISTIAN
MESS	ANGCAY JOHN
D/CD2	VELASCO MARK
D/CD1	PATRIARCA RYAN
E/CD	DAULOG JAMIR

## AAL GLADSTONE

RANK	NAME
MAS	DOKIC ALIJA
CO	POPIVODA FILIP
2/O	NAVARRO GILBERT
3/O	MONTECILLO CLARK
C/E	REPOQUIT JOHN
2/E	SALVADOR CHRISTIAN
3/E	UBALDE LIVI
ELE	ANYAYAHAN ALLEN
FTR	PRECILLA JOHN
BSN	CLARO JOVITO
AB1	BRIZUELA GERALD
AB2	ANTONIO OLIVER
AB3	ORTIZ JUAN
AB4	CUTOR CHRSTIAN
OS	MUANA ELMAR
OS	MANARANG ANGELO
OLR1	GUZMAN ROCKY
OLR2	JUSTO PAUL
OLR3	COMADUG JAMESLEY
WPR	SEMILLA JARELL
CK	OLANO JESSIE
MESS	MORALDE RAMON
D/CD	YEBAN JOHN
FTR	MARTINEZ LEO
DCDT	FUENTES VINCENT
ECDT	QUIZADA JAYSON

## AAL GIBRALTAR

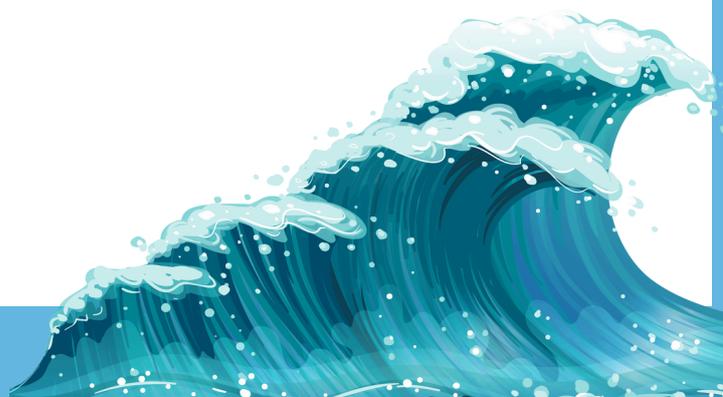
RANK	NAME
MAS	CANETE JORIE
C/O	VALIENTE EFREN
2/O	TEMPLA JAY
3/O	MATTI RUDYVIC
C/E	ELEDIA BERNIE
2/E	MEJIA RONNIE
3/E	FLORES JOHN
ELE	CALZADILLA LUGO
FTR TR	PRECILLA MARK
FTR	ILLUSTRISIMO ALEXANDER
FTR	ABAG CHRSTOPHER
BSN	CAMPOS JAMES
AB	PUZON JESSIE
AB	POTESTAS MICHAEL
AB	CASTILLO JASON
OS	PERFECTUA LOUIE
OLR	MATULINA JEROM
OLR	QUIZADA CHRISTIAN
WPR	AVES JHUN RYAN
CK	CUBOS JAYSON
MESS	CARLOS DAN
DCD1	TANA MATT
DCDT2	LAKOVIC EMIR
E/CD1	PAGUIA JOHN

## FALKENBERG

RANK	NAME
MAS	PINO JULIUS
C/O	GOREMBALEM FREZER
2/O	PABINGWIT ERIC
3/O	MANDEOYA LEONER
C/E	ARIOLA FRANKLIN
2/E	REMBULAT ROCKEY
3/E	CASANA VICTOR
ELE	MANAOIS RUBEN
FTR	SEGUNDO EDGAR
BSN	OMEGA ROMEO
AB1	CUETO CHARLES
AB2	JERETA JO MARI
OS	GAYOLA JULAN
OLR	DESIERTO KENT
WPR	NABASCA BRYLE
CCK	DIONANGA JAY
MESS	ABUDA TIM
ECDT	SALVADOR RUSTY
D/CD	DELA CRUZ MARK
FTR	GALLEGA WILBERT

## GOTEBORG

RANK	NAME
MAS	VILLAROSA ALLAN
C/O	PATACSILOUIE
2/O	TUMALI EDISON
J/OFF	MATURAN LITO
C/E	ZAYAS RONALD
2/E	BUNCALAN ELMER
3/E	GERONGANI JULIUS
ELE	ATACADOR JUNRYL
FTR	ALIMA JOSE
BSN	MONTER LIONEL
AB1	SANICO HERMELITO
AB2	ESTO CHRISTIAN
OS	VERIC JARVE
OLR 1	LAWA FELIX
OLR 2	MILITAR MICHAEL
CK	ABUCAYAN ADONIS
MESS	ARIOLA ARNEL
E/CD	AGPAWA JOHN
FTR	CEPEDA JOSELITO
D/CD	PAIMAN REY



## ONEGO BURAN

RANK	NAME
MAS	NOVEZA Jr PLACIDO
C/O	INTONG ARAUL
3/O	BIANZON JERALD
C/E	KABANETS SERGEI
2/E	EGOROV ALEXANDER
3/E	BAUTISTA EREC
E/E	LINCUNA MELVIN
FTR	YUSON GLOVERSON
BSN	MANUEL JOHN
OS	LUTCHMAN HANS
AB2	CABALUD ROMMEL
AB	JURADO NINO
OLR	GABONADA LEONCIO Jr
WPR	OMAC JONEL
CK	PATACSI DOMINGO
MESS	GALLEGA ARIEL
D/CD	SARICAL DENNIS
E/CD	BANGALISAN
FT TR	VILLARIN JEFTY

## ONEGO BORA

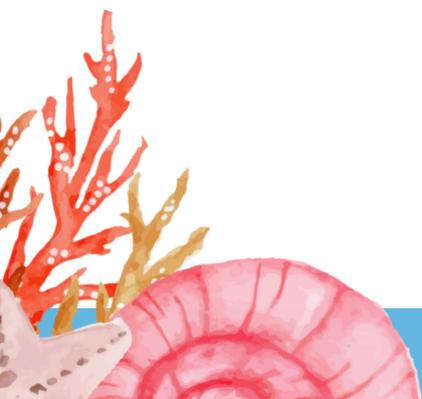
RANK	NAME
MAS	BOZOVIC NENAD
C/O	NASTOR REY
2/O	OFTANA JULIUS
3/O	ZUBAC PETAR
C/E	PONO VINCENTE
2/E	AUGUSTO JOHN
4/E	GALIDO ALEJANDRO
ETO	MARKOV MIKHAIL
FTR TR	RODRIGUEZ MARK
BSN	LIBRES ROSSO
OS	KUIZON NIKKO
AB	DIMANLIG CHRISTIAN
AB	VASQUEZ PAUL
OLR	BALDON JEHNEL
WPR	LARA JOHN
CK	ALMEROL ALVIN
MESS	CALAYAN JOVANN
D/CD	BUNA JOHN
E/CD	DE GUZMAN COLE

## ONEGO MISTRAL

RANK	NAME
MST	PEREZ JOHN
C/O	GLORIA RON
2/O	IRAN BERTRAND
3/O	MANALO JOHN
C/E	GARCES CHRISTOPHER
2/E	ARCISIO RYAN
3/E	SALLADOR JAFET
ETO	MERO JAYSON
FTR TR	SICORSICOR JOHN
BSN	BOLDO ALLAN
AB1	MENDOZA GERILL
AB2	VIRAY JOHN
OS	QUICOY REJAN
WPR	LUTERO R JAY
OLR	SUMALPONG JONNY
CK	DUNO ROGER
MESS	COQUILLA JOHN
DCDT	ELEDIA ACE
E/CD2	DIEL IVAN
FTR TR	OCLARIT WILIAM
FTR	AGPAWA SYMOND

## MSM DON

RANK	NAME
MAS	ZINDOVIC ROBERT
C/O	AGANAP EDUARDO
2/O	KISEO DENNIS JR
C/E	IVANISEVIC ZORAN
ETO	MONTILLANO VAN NEWTON
AB 1	CHUYAT SARGET
AB 2	PAGAPULAN RENE
OS	VERGARA ALLEN
OLR	TANO ANTHONY
WPR	UMITEN MIKE
CK	ACER JHON
FTR	PLAZO JEROME



## MSM DOLORES

RANK	NAME
MAS	BERNASOL JOEL
C/O	AGAD ALLEN
2/O	TOMULTO XERXES
C/E	RYZHOV ALEKSEI
ETO	RUSSKIN ANDREI
AB1	AGUILA RISHER
AB2	BALMONTE REAGEN
OS	ISMA ROLITO
OLR	COSTARES RICO
OLR	CAMERO ARJAY
CK	OLAGUER MELBEN

## ALSTERDIEP

RANK	NAME
MAS	MIZERSKI WOJCIECH
C/O	GAJEWSKI KRZYSZTOF
2/O	TAN, RUDOLPH
C/E	LITVINSKIY VASILY
AB1	DUMANDAN BEE-JAY
AB2	DECIERDO EDWIN
OS	ALASTOY MELVIN
OLR	YRABONO MARK
CK	AGAD, ALVIN

## MSM DOURO

RANK	NAME
MAS	VINOGRADOV DMITRII
C/O	BRAZHNIKOV VALERII
2/O	GORDEEV NIKITA
C/E	ABDRAKHMANOV RAMIL
ETO	REYES MICHAEL
AB1	SIMBULAN MART
AB2	DE LEON DANILO
OS	ABNER CARL
OLR2	GARCIA ARNOLD
CK	QUERUBIN PERCIVAL
FTR	FAJADER EMMANUEL
FTR	BALDUEZA BLULY

## RMS FRATERNITY

RANK	NAME
MST	MIEDVIEDIEV SERHIY
C/O	MISHYN MAKSYM
2/O	ALMAQUER JOFFREY
C/E	PYATNYTSKY ANDRIY
2/E	SKVORCOV ALEKSANDR
ELE	VALEROSO REX
BSN	GATA DOMINGO
AB	AMODO ARNEL
AB	LAGBAS ARMANDO
OS	DAMOLE JORIDEN
OLR	ARCA ALEX
WPR	HUYATID HANCEL
CK	ADLAWAN ZACARIAS
MESS	DIN EDISON
EL/CDT	ALEGRE STEPHEN
D/CDT	TEMPLORA JOSH

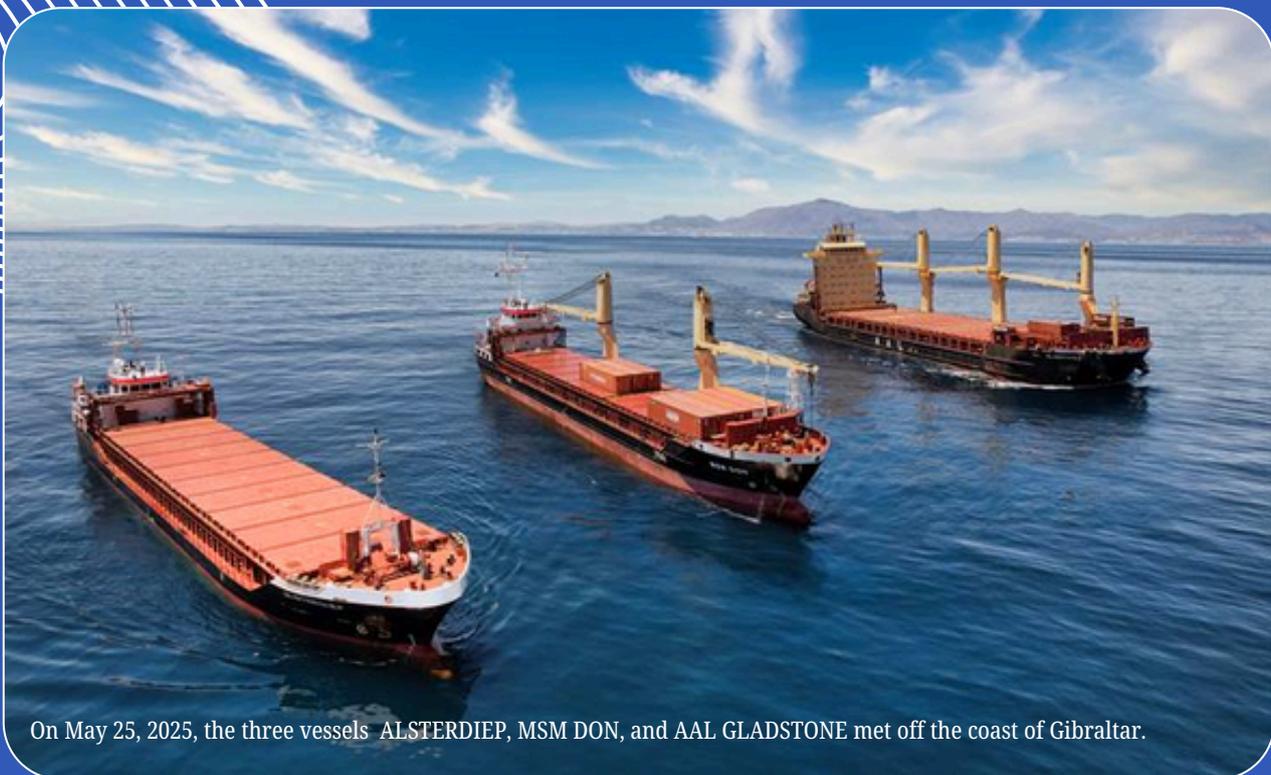
## BLACK RHINO

RANK	NAME
MAS	GONZALES BOBBY
C/O	BALGOT JOSEPH
2/O	DUMAGSA GEO
C/E	RUDENKO ANDREY
2/E	APARICIO JORDAN
ELE	LUGO ANGEL
FTR	VALIENTE GEDEON
FTR	ALCANTARA ERIC DE GUZMAN
AB	DOMINGO JOWEN
AB	OSMENA FUENTES
OS	ACEVEDO MORENO
OLR	CAGUJAS CAGUJAS
COOK	BERNAL SARSONAS
EL/CDT	KORSHIKOV ILIA

## MAURITIUS PRIDE II

RANK	NAME
MST	SUKHOPAROV MARAT
CO	DEEV ANDREI
2/O	FITS OLEKSANDR
3/O	CABATCAN PAUL
C/E	KEMEN VITALY
2/E	SOKOLOV YEVGEN
4/E	MIKAILOV VADYM
ELE	RILLERA CHARLIE
FTR	KARATAIEV KOSTIANTYN
FTR	RESHCHYNSKYI SERHII
OLR	ARDENO RUBBY
WPR	ARRIESGADO JOLAS
ELCD	ARAGO FRANCIZ
BSN	CAPILLO RICMAR
AB	CERA JOHN
AB	TAN ARON
OS	MANUG IVAN
DCDT	CAOILE KENNETH
COOK	GALANGUE JERWIN
MESS	BASCO HARRY

“ The sea is not just a journey; it’s the pathway that connects nations, and seafarers are its steadfast guardians.”



On May 25, 2025, the three vessels ALSTERDIEP, MSM DON, and AAL GLADSTONE met off the coast of Gibraltar.

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Special thanks to the following:

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Marianna Georgiou  
Vera Holtgraefe  
Nikolas Adami



For more information about the Captain Imo Calamity Fund

**Application Form** - <https://bit.ly/captimofundapply>  
**About the Fund** - <https://tinyurl.com/captimofund>

