

MASTERMIND SHIPMANAGEMENT LTD

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 18 vessels. We have also begun our fleet renewal program. 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

**August 2026
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LETTER FROM THE MD

Dear Colleagues, Partners, and Friends,

As summer is well underway, it is a good moment to reflect on what has already been an eventful and important year for Mastermind Shipmanagement.

Only a short time ago, many of the projects we spoke about were still plans, drawings and ambitions for the future. Today, many of them have become reality.

With **MV USUKI** and **MV UMEA** now joining our fleet, we have completed an important step in our fleet renewal programme. These 43,000 DWT vessels represent much more to me than new tonnage. They represent our belief that shipping must continue to develop — becoming more efficient, environmentally responsible and technologically advanced, while never forgetting that it is people who ultimately make a vessel successful.



I am particularly pleased to see this philosophy coming to life onboard **USUKI**, where experienced officers are working alongside our young cadets in what we envisioned as our **Mastermind Floating University**. Seeing young seafarers learning navigation, engineering, seamanship and, equally important, responsibility and teamwork in a real operating environment gives me great confidence in the future.

A ship can provide the classroom, but it is our experienced Masters, officers and crew who are the teachers. I therefore wish to thank everyone who has accepted this additional responsibility and who takes the time to share knowledge and experience with the next generation.

Our investment in people does not stop with cadets. During 2026, we have continued strengthening training throughout the company, including our leadership programmes for officers. Modern shipping demands much more than technical knowledge. Good leadership requires accountability, resilience, respect, communication and the courage to make the right decision — particularly when circumstances are difficult.

The same principle applies to safety.

Procedures, technology and regulations continue to evolve, and we must evolve with them. But no Safety Management System, however comprehensive, can replace good seamanship, professional judgment and personal responsibility. The strongest safety culture is created when everyone — from the Master to the youngest cadet — understands that looking after the ship also means looking after one another.

This has always been central to the Mastermind philosophy.

We continue to face an international environment that is not always predictable. Political uncertainty, changing trade patterns, environmental requirements and increasing regulatory expectations continue to influence our industry. Shipping, however, has always been an industry of adaptation. The sea teaches us that conditions change, and those who prepare, cooperate and remain alert are those who navigate them successfully.

Despite these challenges, I remain optimistic.

We have good ships, ambitious projects and strong partners, but above all we have dedicated people both at sea and ashore. It is your professionalism, loyalty and hard work that allow Mastermind to continue developing while remaining the company we set out to build more than twenty-five years ago.

To our crews sailing around the world during these summer months, I thank you for your commitment and the sacrifices you continue to make while away from your families. To our colleagues ashore and our business partners, thank you for the continued trust and support.

I wish you and your families a safe and enjoyable summer.

Let us continue together with confidence, humility and determination — **Navigating Ahead toward a safe and successful future.**

Fair winds and following seas.

CAPT. EUGEN-HENNING
ADAMI

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

MSM and LMM hold inaugural SEALS Training Seminar: Strategic and Advanced Leadership at Sea

Technical proficiency is no longer the sole benchmark of a successful officer. As vessels become more complex and crews more diverse, the focus has shifted toward effective leadership, and how officers influence safety, performance, and teamwork on board. To strengthen shipboard leadership on Mastermind vessels, 19 Deck Officers and Engineers joined the SEALS Seminar on April 16–17, 2026 at Lydia Mar, Manila, Philippines. The seminar was conducted by Anthony Talampas, Founder and CEO of Bedrock Consulting.

SEALS (“Strategic Excellence and Advanced Leadership at Sea”) is a two-day learning session designed to equip crew in leadership positions with practical tools to anchor their command across three core pillars: Accountability, Resilience, and Respect. Here’s a quick recap on each of the pillars:

1. Driving Accountability through Ownership

We need to own up to our mistakes and be transparent about it. Accountability at sea is sometimes mistaken for a “blame culture.” Strategic leadership moves beyond finger-pointing and instead creates Safety Ownership, where every crew member—from the Master to the Cadet—feels responsible for the vessel’s success.

2. Building Resilience in a High-Pressure Environment

Leaders need to prioritize the mean and physical readiness of the team because life at sea demands sustained performance. Resilience is a team’s ability to maintain standards despite fatigue, pressure, and unexpected challenges. Advanced leaders build resilience by knowing the stress limits of their crew and how this affects performance. Meanwhile, planning efficiently, from toolbox talks to risk assessments, also reduces the mental load during critical situations.



Back to Back Drawing Game to illustrate the importance of clear instructions



3. Fostering Respect in the Global Workplace

Strategic leaders practice cultural competence—understanding, for example, that a junior officer’s silence may reflect cultural deference rather than lack of knowledge. By building an inclusive culture where people can speak up, leaders unlock the full potential of their teams and ensure the best ideas are heard regardless of rank or background.

Plan, Organize, Lead, Control

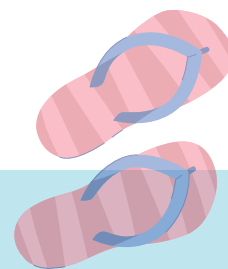
Apart from the Pillars, the attendees also said that learning about the 4 Functions of Management (Plan, Organize, Lead, Control) was one of the most useful topics. They saw how each step in the “POLC” cycle was like a template to help them do their work onboard.

Role-Playing and Situation-Based Learning

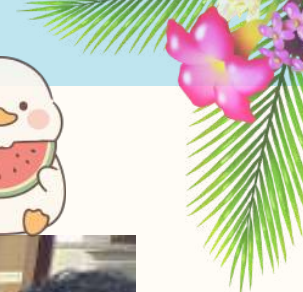
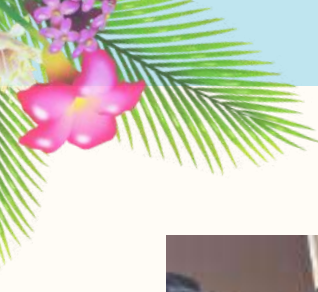
The seminar went beyond the usual lectures. The participants also role-played scenarios actual onboard to help train their communication skills and raise their self-awareness about effective leadership. Games and groupwork exercises were also used to promote active learning and deeper engagement among the participants.

The Path Forward

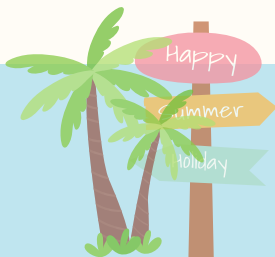
Strategic excellence and leadership are a process of continuous improvement. The officers may have finished the SEALS training, but as both Capt. Adami and Anthony reminded the crew—the world is always changing. We need to keep up and grow with the times. In the face of evolving regulations like ISM, PSC, RISQ and MLC, mastering accountability, resilience, and respect are a must for today’s officers.



Interactive talking by one of the participants



How much teamwork and strategic communication does it take to bring a hoop down?



Participants prepare for another exercise to create, remember, and optimize a complex communication flow under pressure. Three teams competed against Capt. Adami and Nikolas Adami who also joined the activity.





It's a wrap for Day 1! Capt. Adami and Nikolas Adami (Left, Middle Row) also participated



Congratulations SEALS graduates!



Lydia Mar Manila's Spring-Summer Outing: Here we come Hong Kong!

For the first time, the team of Lydia Mar Manila held its annual company outing outside the Philippines. They hopped on a red-eye flight and headed to Hong Kong last February and March. We split the team to make sure the office wasn't empty!

For some, this wasn't just another company trip. It was a first passport, a first international flight, and a milestone. As Ericka reflected, "The single most memorable moment of the trip was finally getting the chance to travel to another country—something I never thought I would experience."

Everyone's favorite agenda on the trip was Disneyland. For some, the experience was beyond having fun; it also tested their fears. "I started with gentle rides and gradually gained confidence," wrote Joyce. "It was about overcoming fear and appreciating the magic of the moment."

For Donna, the Disneyland visit felt even more special for personal reasons. "Since it was my birth month, the experience felt especially magical," she shared, recalling small but meaningful details like receiving a first-timer badge, and a birthday pin.



All smiles despite hours of walking!

When the LMM team was at Disneyland, there was an ongoing challenge for visitors to collect stamps on a Disney Passport. Visitors who complete the stamps are then gifted with a 20th Anniversary Coin. According to Rona, "Finding all the stamps for the park's anniversary coin turned into a fun team challenge!" It was a lighthearted activity that brought everyone together.



Team LMM opened—and closed—Disneyland Hong Kong. It was a full day experience which ended on a beautiful note, as Jayson recalled, “The most unforgettable moment for me was watching the fireworks show in Disneyland. The beauty of the display and the feeling of seeing it live made it truly special and one of the best experiences of my life.”

Meanwhile, food also played a big part in team bonding. Benjie remembered one shared lunch in particular: “The moment when we truly felt connected was having lunch at Happiness Cuisine. We sampled every dish placed on the table and shared our thoughts on each one. It was the kind of meal that naturally brought everyone together and sparked great conversation.”



Mission Accomplished! 20th Anniversary Coin Unlocked!





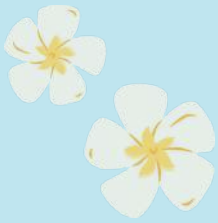
Apart from the usual tour, the team split into groups and explored the city. Despite a lack of sleep and constant touring, the LMM team was unfazed, Ericka writes, “we spent hours walking to the point where my feet felt so sore just to fully experience everything”. Rona’s feet ached too—“but I kept going because moments like this don’t happen often—it was my first time. In the end, it was a once-in-a-lifetime experience that truly fulfilled my inner child.”

The outing was also an exercise in teamwork, as Benjie shared “Each person played a part as we learned how to travel, discover new places, and find our way together”. And yes, some people did get lost, but Donna thought of it more as a fun experience to have with the team, rather than a setback.



Batch 1 and their Disney fits!





The outing was also an exercise in teamwork, as Benjie shared "Each person played a part as we learned how to travel, discover new places, and find our way together". And yes, some people did get lost, but Donna thought of it more as a fun experience to have with the team, rather than a setback.

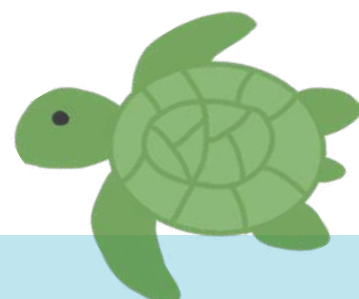
We're also grateful to our principals who helped make this trip happen. We've returned with stronger bonds and some fresh excitement for what's ahead, as we continue to work together.



Closing out the park with a gorgeous fireworks show



Beyond the touring and eating, the trip was a reminder of the good things we have in LMM: people who show up for one another, share laughs easily and pull together as one team.





Batch 2 with a view!



At the harbor for a chance to use some cold-weather gear!



Nan-Lian Garden for a "peace"ful break from the bustle

Let's continue to meet the team!

Crewing Assistant - Lowela Colongon

Hello, I'm Lowela Colongon, I have been working as a Document Specialist for five months and have also gained one year and three months of experience as a Crewing Assistant.

I work closely with Crewing Officer Jenny Delgado to help maintain the smooth daily operations of the crewing department. Assisting crew members and responding to their concerns promptly and efficiently is a responsibility I highly value.

Outside of work, I enjoy exploring different cafés as a way to relax and recharge. I also treasure spending quality time with my family and friends. These activities help me stay motivated and maintain a healthy balance between my personal and professional life.

A great Crewing Assistant keeps every journey on course through dedication and support.



Accounts Officer - Kyla Copones

Hello, my name is Kyla Copones, a 22-year-old graduate of Bachelor of Science in Business Management Major in Marketing.

I have gained valuable experience working for nine months at Lydia Mar Manila as an accounting staff, where I developed strong attention to detail and organizational skills. I am passionate about learning and continuously improving myself both professionally and personally.

During my free time, I enjoy watching travel and cooking vlogs, as they inspire me to explore new places and try different cuisines. I am eager to grow, contribute, and build a successful career in the business industry.



Let's continue to meet the team!

Crewing Officer - Jenny Delgado

Hola !

I'm Jenny Delgado from Aklan, Philippines. I have a 13-year-old daughter, and my partner is also a seafarer with LMM. I'm currently a Crewing Officer for Mastermind and have been with LMM for over a decade. This 2026 marks my 5th year as a Crewing Officer for MSM.

I graduated with a Bachelor of Science in Nursing, but my journey led me to Lydia Mar, where I found my career in the maritime industry.

I enjoy spending quality time with my family, whether through shared meals or simple conversations. They are my greatest source of strength, inspiration, and happiness.

PS: I can't start my day without coffee—it's my little ritual to recharge and get ready for the day ahead.



Accounts Officer - Rangie Mae Manalo

Hola! It's me Rangie Mae Manalo, from the beautiful province known as a place "where the mountains meet the sea", Antique (An-ti-ke). I graduated with a Bachelor of Science in Accountancy from the University of Antique, year 2023. In the same year, I started working at Lydia Mar Manila as an Accounting Staff, where I have been gaining valuable experience in the maritime industry for two years and eight months. My role has helped me develop strong attention to detail and a sense of responsibility in handling financial tasks.

Beyond my professional life, I love to sing and dance – although music doesn't love me. Kidding aside, I enjoy spending my rest days scrolling through my social media accounts, reading books, and watching movies, usually on my own – except for horror films, which I prefer watching with a companion. I also play billiards occasionally, although I'm not good at it.

In my quieter moments, I find peace in watching sunsets by the bayside – an experience I consider a meaningful and beautiful way to close each day. It's also my only favorite kind of goodbye.

MASTERMIND TSIKNOPEMPTI

Every Tsiknopempti is a fantastic experience for us, but this year truly exceeded all expectations. The celebration was filled with laughter, delicious food, and unforgettable moments that captured the spirit of this beloved tradition.

From the start, the atmosphere was lively as everyone came together to enjoy the day.

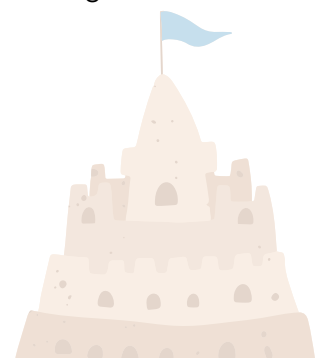
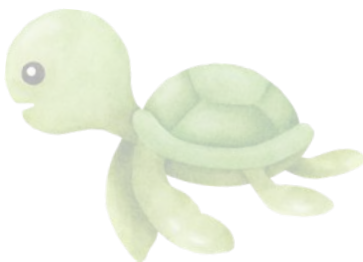
The grills were fired up, rich aromas filled the air, and the excitement was contagious. In true Tsiknopempti fashion, things didn't go exactly as planned—but that only made the day even more memorable.

Our attempt to grill indoors quickly became an unexpected adventure when the fire alarms joined the celebration, prompting us to move outside. What could have been a setback turned into one of the day's highlights, bringing even more laughter and creating a story we won't forget.

Surrounded by fresh air, great company, and delicious food, the celebration continued with joyful conversations and a wonderful sense of togetherness. This Tsiknopempti was a perfect reminder that the best memories are often the ones we never planned.



A heartfelt thank you to everyone who helped make the event so special—whether by organizing, cooking, or simply bringing great energy. It's moments like these that remind us how strong our community is and how meaningful it is to celebrate together.



SEMINARS

First Aid Training Seminar

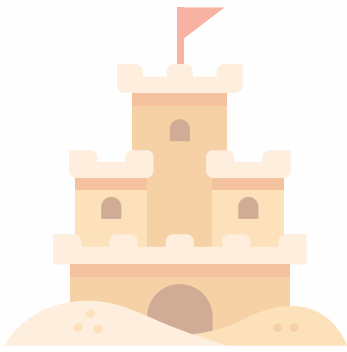
As part of our ongoing commitment to employee safety and workplace preparedness, we successfully organized a First Aid Training Seminar for our staff.

The seminar provided participants with valuable knowledge and practical skills to help them respond confidently and effectively in emergency situations. Through expert guidance and hands-on demonstrations, employees learned essential first aid techniques, including how to assess injuries, provide immediate care, and assist an injured person until professional medical help arrives.

Conducted in an interactive and engaging environment, the training encouraged active participation and gave everyone the opportunity to practice key first aid procedures. The session not only strengthened employees' confidence in handling emergencies but also highlighted the importance of staying calm and acting quickly when every second counts.

By investing in initiatives like this, we continue to promote a safer workplace while equipping our team with life-saving skills that can make a difference both at work and in everyday life.





SEMINARS



Fire Extinguisher Training Seminar

As part of our ongoing commitment to maintaining a safe and well-prepared workplace, we organized a Fire Extinguisher Training Seminar for our employees.

The seminar provided participants with valuable knowledge on fire prevention, emergency response, and the importance of acting quickly and safely in the event of a fire. Employees were introduced to the different types of fires, the appropriate fire extinguishers for each situation, and the essential safety procedures to follow before attempting to extinguish a fire.

The training combined informative theoretical sessions with practical, hands-on demonstrations, allowing participants to gain firsthand experience in the correct use of fire extinguishers. Under the guidance of experienced instructors, employees had the opportunity to practice proper techniques and build confidence in responding to potential fire emergencies.



By investing in training initiatives such as this, we continue to strengthen our culture of safety and preparedness. Equipping our employees with the knowledge and skills to respond effectively in emergency situations not only helps create a safer workplace but also provides valuable life skills that can be applied beyond the workplace.



MSM - REPORT

Navigating Excellence: Celebrating Milestones.

Launching of MV UMEA

Mastermind Shipmanagement proudly announces the successful launch of its newest vessel, MV UMEA, at Huanghai Shipyard on 17 December 2025, marking another significant milestone in the company's ongoing fleet expansion and modernization program.

The vessel was officially launched following the successful completion of a major construction phase, representing the combined dedication, expertise, and close cooperation between Mastermind Shipmanagement, Huanghai Shipyard, and the Chinese Classification Society throughout the project's development.

Designed with a strong emphasis on operational excellence, efficiency, and environmental responsibility, MV UMEA incorporates modern technologies aimed at optimizing fuel consumption, reducing emissions, and enhancing overall vessel performance. The project reflects the company's continued commitment to investing in sustainable and future-oriented shipping solutions while maintaining the highest operational standards.

The successful launch of MV UMEA further strengthens Mastermind Shipmanagement's vision of operating a modern, reliable, and environmentally conscious fleet capable of meeting the evolving demands of the maritime industry.

The Mastermind Group would also like to express its sincere appreciation to Captain Gerry Huang and the entire Supervision Team for their professionalism, technical expertise, dedication, and continuous support throughout all stages of the project.



Their contribution has been instrumental in achieving this important milestone successfully.

THE FLEET NEWS

From Launch to Delivery: MV UMEA's Journey Complete

Following the successful launch at Huanghai Shipyard on 17 December 2025, the journey of MV UMEA continued with an intensive period of outfitting, systems integration, and rigorous testing — all carried out under the close supervision of the Mastermind Shipmanagement team in coordination with the shipyard and classification society.

After months of dedicated work, we are proud to confirm the successful delivery of the 43,000 DWT MV UMEA on 30 April 2026, marking the culmination of a project defined by professionalism, technical excellence, and seamless cooperation at every stage. From commissioning through sea trials, the vessel consistently demonstrated outstanding performance, meeting and exceeding all contractual and regulatory requirements.

With her delivery now complete, MV UMEA joins the Mastermind fleet as a testament to the company's commitment to modern, efficient, and environmentally responsible shipping. Her advanced systems for fuel optimization and emission reduction reflect the forward-thinking approach that guided the project from its earliest design stages.

This achievement further solidifies the company's position in operating a fleet built for the future of maritime transportation.



The delivery signing

We extend our heartfelt gratitude to Captain Gerry Huang, the supervision team, Huanghai Shipyard, the Chinese Classification Society, and all partners whose unwavering dedication — from launch day through to delivery — made this milestone possible. Their contribution has been truly instrumental.

MV USUKI: Adding Color to Life at Sea



Sometimes, even the engine room needs a little personality.

The crew onboard our new vessel USUKI recently shared these creative and lighthearted additions from the machinery spaces, bringing a touch of humor and positive spirit to daily life at sea.

The colorful artwork, created using approved industrial coating paints already designated for the specific equipment and machinery systems, reflects the camaraderie, creativity, and team culture that make life onboard more enjoyable, even during demanding operations.

While maintaining the highest standards of professionalism, safety, and operational excellence remains the priority onboard, moments like these also highlight the importance of crew morale and a positive working environment



Proudly standing beside their work, the crew of MV USUKI demonstrated the strong sense of teamwork and positive spirit that continues to support safe and efficient operations onboard.



A great example that life at sea is built not only on hard work and responsibility — but also on teamwork, creativity, and shared smiles along the voyage.



Here are some comments with our crew



How a Young Crew, Modern Systems, and Shared Purpose Are Shaping a Vessel's Identity

Every newbuild begins with more than modern systems and fresh paint—it begins with people. From the moment the crew stepped aboard MV Usuki, the vessel became a place of learning, teamwork, and shared purpose.

Across all departments, one theme stands out: growth. Senior officers mentor, cadets learn, and the crew works together as the vessel settles into her operational rhythm.

The crew extends its sincere appreciation to the Mastermind team for their unwavering support during Usuki's introduction to service, and to Capt. Adami for his steady leadership and mentorship in building a strong foundation for the vessel.

Below, the officers and cadets share their reflections on this important first chapter.



Captain's Impression

"We are shaping more than operations—we are shaping culture."

Stepping aboard Usuki for the first time was a proud moment. A newbuild offers the rare opportunity to build not only routines but also a strong onboard culture. The cadets have shown enthusiasm, discipline, and curiosity, making it rewarding to guide them from the very beginning.

Chief Officer's Impression

"Every routine we establish becomes part of the vessel's identity."

The deck team has been building procedures from the ground up, and the cadets have adapted quickly. Their teamwork, professionalism, and willingness to learn have stood out from day one



Second Mate's Impression

"They don't just want to know how—they want to know why."

From navigation routines to safety procedures, the cadets have shown strong engagement on the bridge. Their thoughtful questions, positive attitude, and eagerness to learn have helped them quickly become part of the team.

Third Officer's Impression

"Safety culture begins with understanding."

As Third Officer, safety management and equipment checks are key responsibilities, especially on a newbuild. The cadets have approached every task with professionalism, curiosity, and a genuine desire to understand the importance of safe operations.



Chief Engineer's Impression

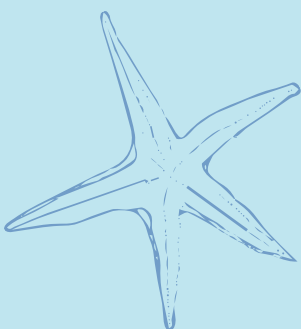
"A newbuild engine room is a rare and valuable classroom."

Joining Usuki at the beginning of her operational life has been a rewarding challenge. The cadets are learning not only how machinery operates, but also the principles behind each system. Their curiosity and involvement have been impressive.

Second Engineer's Impression

"Good habits start on day one."

A newbuild provides a unique opportunity to understand engineering systems from their very beginning. The cadets have shown initiative by asking questions, taking notes, and actively developing their technical knowledge





Fourth Engineer's Impression

"Every reading we take today becomes part of Usuki's future."

Establishing operational baselines on a newbuild is an important responsibility. The cadets have embraced this environment with enthusiasm and curiosity, making their development a rewarding experience to support.



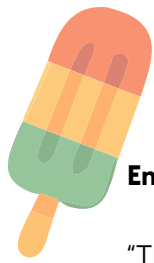
Deck Cadets' Impressions

"A newbuild gives us the chance to learn from the very beginning."

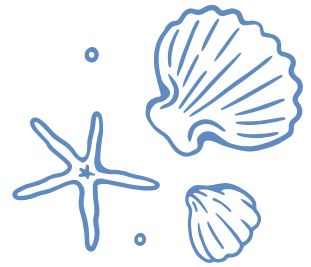
The deck cadets shared a common appreciation for being part of Usuki's first chapter. They highlighted the value of experiencing modern navigation equipment, developing practical skills, and learning directly from experienced officers.

For them, the vessel has become more than a workplace—it has become a classroom where theory meets practice. Through bridge watches, drills, mooring operations, and daily routines, they have gained confidence while developing the discipline, teamwork, and safety awareness required of future officers. Being part of a newbuild has also allowed them to witness how procedures and shipboard culture are established from the beginning. The opportunity to contribute to Usuki's first operational months is an experience they will carry throughout their careers.





Engine Cadets' Impressions



"The engine room is teaching us lessons we'll carry throughout our careers."

The engine cadets described their time aboard Usuki as challenging, rewarding, and unforgettable. Working alongside experienced engineers, they have gained practical knowledge through maintenance routines, machinery checks, and daily engine room operations.

They emphasized the importance of discipline, teamwork, adaptability, and safety awareness. The guidance and patience of the officers, combined with the company's support and onboard learning environment, have helped them grow both professionally and personally.

For them, Usuki represents more than a training vessel—it is the foundation of their future careers at sea.



Final Word: A Shared Beginning

The impressions from across the crew highlight one clear message: MV Usuki is more than a new vessel. She is a collective achievement shaped by teamwork, dedication, curiosity, and a shared commitment to excellence.

As she continues to establish her operational rhythm, the foundations created during these early months will guide her through many safe and successful voyages ahead.

Usuki as a Floating Academy

Where Modern Technology Meets Maritime Tradition

One of Usuki's defining features is her role as a floating academy. With advanced navigation systems, modern engine technology, and integrated monitoring tools, the vessel provides an ideal environment for practical learning.

For the cadets, training goes beyond observation. They apply classroom knowledge in real operations while learning directly from experienced officers. A newbuild offers the rare opportunity to understand systems from the very beginning and see how procedures and shipboard culture are built.

For many, Usuki will be remembered as the vessel where their careers truly began—the place where they learned not only how things work, but why they matter.



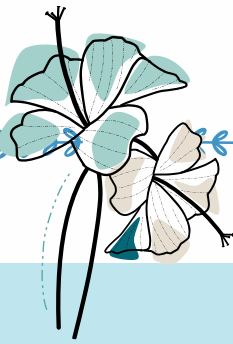
Summer recipes

Mediterranean Pasta Salad



INGREDIENTS:

- 500g pasta
- 2 tomatoes, chopped
- 1 cucumber, chopped
- 1 small onion, sliced
- 150g feta cheese, cubed
- Black olives
- 3 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper
- Oregano

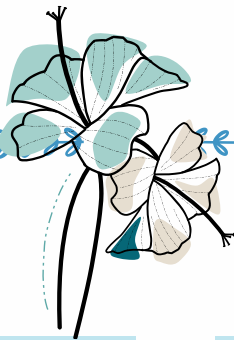


DIRECTIONS:

- Cook the pasta according to the package instructions.
- Drain and allow it to cool.
- Add the tomatoes, cucumber, onion, feta cheese, and olives.
- Mix the olive oil with the lemon juice, salt, pepper, and oregano.
- Pour the dressing over the salad and mix well.
- Keep refrigerated until serving.



Easy Tuna and Corn Wraps



DIRECTIONS:

- Place the tuna, sweetcorn, mayonnaise, cucumber, and lemon juice in a bowl.
- Add salt and pepper and mix well.
- Place some lettuce on each tortilla wrap.
- Add the tuna mixture.
- Roll the wraps tightly and cut them in half.
- Serve immediately or keep refrigerated.

DIRECTIONS:

- 4 tortilla wraps
- 2 cans tuna, drained
- 1 small can sweetcorn, drained
- 3 tablespoons mayonnaise
- 1 cucumber, finely chopped
- Lettuce leaves
- Juice of half a lemon
- Salt and pepper



No-Bake Yogurt and Fruit Cups

DIRECTIONS:

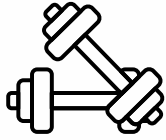
- 500g Greek yogurt
- 2 tablespoons honey
- Seasonal fruit, chopped
- Crushed biscuits or granola
- Cinnamon, optional



DIRECTIONS:

- Mix the Greek yogurt with the honey.
- Place some crushed biscuits or granola at the bottom of each cup.
- Add a layer of yogurt.
- Add the chopped fruit.
- Repeat the layers if desired.
- Sprinkle with cinnamon and keep refrigerated until serving.





SEA FITNESS & WELLNESS GUIDE

SMALL DAILY HABITS THAT MAKE A BIG DIFFERENCE

Working at sea requires both physical strength and mental endurance.

Long shifts, changing schedules, and limited downtime can leave seafarers feeling exhausted if healthy habits are neglected. The good news is that even small changes in your routine can improve your energy, mood, and overall wellbeing onboard.

A few smart choices every day can help you stay focused and ready for every challenge at sea.

1. STAY ACTIVE DURING THE DAY

Being physically active helps reduce fatigue and keeps your body strong during demanding voyages.

Easy habits to try:

- Stretch for 5–10 minutes after waking up
- Take short walks around the deck
- Use bodyweight exercises like squats or push-ups
- Exercise with resistance bands or light weights
- Avoid sitting for long periods whenever possible
- Regular movement improves circulation, flexibility, and concentration.



Remember:

- Small daily actions create long-term results
- Rest and recovery are part of staying productive
- Your health is one of your most valuable tools onboard

Mental wellbeing is equally important at sea. Spending months away from home can sometimes feel isolating, especially during stressful periods. Taking time to rest, listen to music, talk with crewmates, or simply disconnect for a few minutes can improve mood and reduce pressure onboard.

Healthy habits are not only good for your personal wellbeing — they also improve safety, teamwork, and overall performance. A strong and focused crew member is better prepared to handle the daily demands of life at sea.

**TRAIN SMART
WORK SAFE
STAY STRONG**



2. STAY FIT AT SEA: SIMPLE WORKOUTS THAT WORK

At sea without a gym? Your body is enough.

You don't need expensive equipment or long workouts to stay in shape while working at sea. A few minutes of movement every day can improve strength, boost energy, and help reduce stress during demanding shifts.

The Ship Shape 30 (Do 3–5 days/week):

Easy Full-Body Routine (3–4 days/week)

- 15 Squats
- 12 Push-ups
- 20 Walking Lunges
- 30-Second Plank
- 15 Mountain Climbers
- 20 Jumping Jacks

Repeat the circuit 3 times and rest for 30–45 seconds between rounds.

Even short workouts can help you stay active and mentally focused throughout the day.

SUCCESS IN FITNESS
DOESN'T COME FROM
ONE PERFECT
WORKOUT.
IT COMES FROM
SHOWING UP AGAIN
AND AGAIN, EVEN ON
DIFFICULT DAYS.



Remember:

You may be far from home, but your health should always remain a priority. Small daily actions can improve the way you work, feel, and perform onboard.

Discipline doesn't mean doing everything perfectly — it means continuing to care for yourself, even on difficult days at sea.



3. RECHARGE PROPERLY: REST IS PART OF PERFORMANCE

Sleep and recovery are often overlooked at sea, especially during busy schedules and night shifts. However, poor rest can affect concentration, mood, reaction time, and overall safety onboard. Taking care of your recovery is just as important as staying physically active.

Try these crew-tested tips:

- Better Recovery Habits
- Try to sleep at consistent times whenever possible
- Reduce screen time before bed
- Drink water regularly throughout the day
- Stretch tight muscles after shifts
- Listen to calming music or practice deep breathing
- Avoid heavy meals right before sleeping

MAKING THE MOST OF YOUR TIME ASHORE

After long months at sea, vacation is more than just time off — it is your opportunity to recover physically, mentally, and emotionally. The habits you build during your leave can have a major impact on how you feel when returning onboard.

FUEL YOUR BODY THE RIGHT WAY

Being back home often means easier access to fresh food and healthier choices. Instead of relying on fast food or irregular eating habits, focus on meals that help your body recover and recharge.

Better choices during leave:

- ✓ Include more fresh vegetables and fruits
 - ✓ Choose protein-rich meals to support recovery
 - ✓ Drink enough water throughout the day
 - ✓ Reduce processed snacks and sugary drinks
 - ✓ Enjoy balanced meals instead of overeating
- Healthy eating doesn't mean strict dieting — it means giving your body what it actually needs.

STAY ACTIVE WITHOUT PRESSURE

Vacation is not about exhausting workouts or spending hours in the gym. Movement should help your body feel better, not more tired.

A simple walk, swimming, cycling, stretching, or light training can improve circulation, reduce stress, and keep your energy levels balanced during leave.

Remember:

- ✓ Recovery is also part of fitness
- ✓ Small routines keep your body active
- ✓ Consistency matters more than intensity

MENTAL RECOVERY MATTERS TOO

Rest is not only physical. Time with family, quality sleep, hobbies, and moments away from stress are equally important for overall wellbeing.

A healthy seafarer returns onboard with:

- Better focus
- More energy
- Stronger motivation
- Improved mental resilience

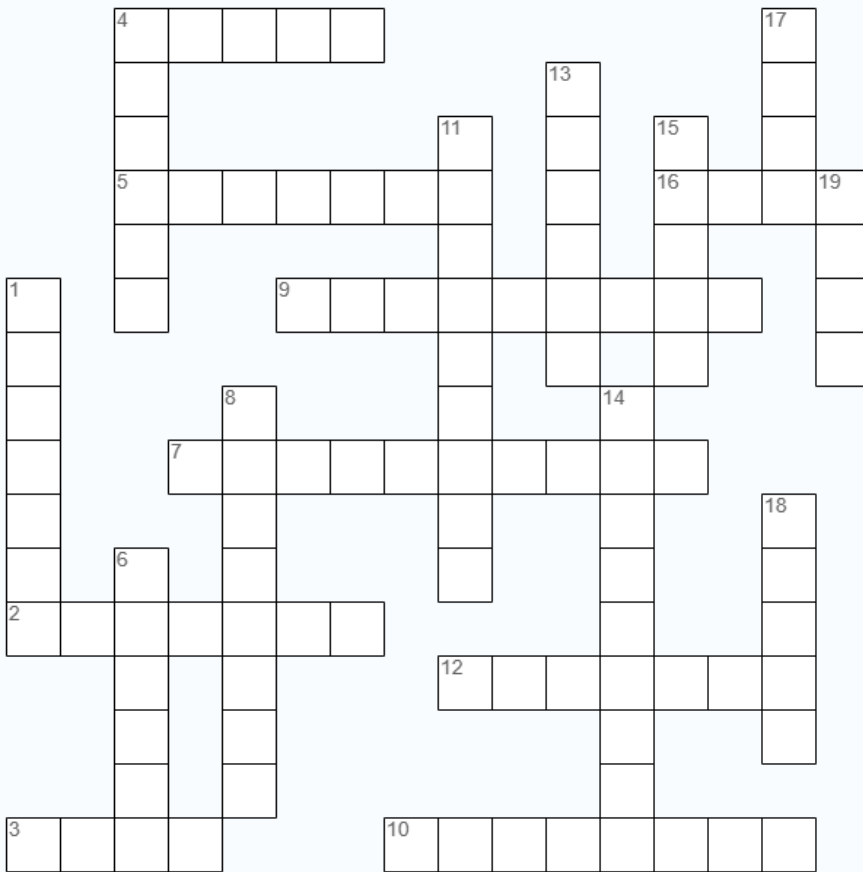
Your leave is not just a break from work — it is an investment in your health and future performance.

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.



SUMMER GAMES



ACROSS

2. An imaginary line around the middle of the Earth
3. Left side of a ship
4. A senior crew member on a ship who leads
5. Tool used to find direction at sea
7. Art of finding direction at sea
9. Right side of a ship
10. Type of compass needle
12. Navigation instrument using celestial bodies
16. Steering mechanism of a ship

DOWN

1. Knot used to form a secure, fixed loop at the end of a rope
4. Guiding light for ships
6. Ship's directional control
8. North-south position coordinate
11. Ancient navigation instrument
13. Device to hold ship in place
14. East-west position coordinate
15. Maritime map for navigation
17. Wind-catching canvas on ship
18. Direction indicated by compass
19. Vertical pole supporting sails



Find these words:

- almanac
- voyage
- wind
- currents
- markets
- commerce
- globalization
- vessels
- maritime
- exploration
- exchange
- logistics
- prosperity
- Umea
- Usuki
- Saturn
- Sun
- Polaris
- Orion
- Imo
- Altair
- Deneb
- Vega
- Cassiopeia
- Cygnus
- Canis
- Ursa
- Crux
- Venus



Can you find the above items, for my crew?



Sailing into Summer!

A collection of snapshots by our seafarers



UBC STOCKHOLM



AAL GLADSTONE



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



USUKI



UMEA

MSM Cadets



Engine Cadet Emmanuel
Nabua Plaza



Engine Cadet Vince Allen
Esplana



Deck Cadet Buna John



Engine Cadet John Louie D.
Ubalde



Deck Cadet Tarrosa Keith
Adrian Kyle



Engine Cadet Frances
Lomotos



Deck Cadet Macky
Gonzales



Deck Cadet John
Lloyed Botero



Deck Cadet Balingatan
Kevin Jude G.



Engine Cadet Amahan
Aljoel G.



Deck Cadet Jheam Ross
A. Lucas



Deck Cadet Valenzuela
Cyrille



Engine Cadet Rivera
Aeron B.



Deck Cadet Denver Kelly
Quiambao De Acosta



Deck Cadet Ron Llovin
Montaño



Deck Cadet Arjohn
Comprado



Engine Cadet Jose Julius
Geongo



Deck Cadet Reyes Nikko
Jon M.



Engine Cadet Mahusay
Mark Louie



Deck Cadet Filip
Kovacevic



Engine Cadet Nastor
Christian



Deck Cadet Collamar
Charls Roldan



Deck Cadet Cupidon
Hilario



Deck Cadet Karl Vincent
C. Ignalic



Engine Cadet John Roel
Patac



Deck Cadet Bernard
Graban



Engine Cadet Kyle
Patrik R. Ajoc



Deck Cadet Cabrera
Prince



Deck Cadet Miranda
Lord.



Engine Cadet De
Guzman Cole



Engine Cadet
Grande Fyl Belvis



Engine Cadet John
David S. Gutierrez



Deck Cadet John
Clement Balofinos



Engine Cadet Jophiel
Rosello



Deck Cadet Vicente
Malagad

Crew Lists

UBC STAVANGER

RANK	NAME
MAS	BALOFIÑOS CHRISTOPHER
C/O	INTONG ARAUL
2/O	TOMULTO XERXES
3/O	MANDEOYA LEONER
C/E	REYES RAUL
2/E	CASANA VICTOR
4/E	QUIZADA CHRISTIAN
ELE	DEQUILLA ROJON
FTR	MARTEJA HANSEL
FTR	HIYA RONNIE
BSN	BOLDO ALLAN
AB1	GARCIA GIVEN
AB2	VIRAY JOHN
AB	JERETA JO-MARIE
OS	MATIONG ERIC
FTR TR	HIYA RONNIE
OLR1	COLINA LUIS III
OLR2	FUENTES EDRIAN
OLR3	GALGO RODEL
WPR	DELOS SANTOS KEN
WPR	MAHINAY JOMIR
CK	CASTILLO JEMILLE
MESSM	CARLOS DAN
D/CD	COMPRADO ARJOHN
D/CD	ESAGA KRISTOFER
E/CD	ESPLANA VINCE

UBC STOCKHOLM

RANK	NAME
MAS	PINEDA CYRIL
C/O	EUSEBIO GREGORIO III
2/O	MALFARTA MARK
3/O	MATTI RUDYVIC
C/E	ALJO RECLYN
2/E	ARCISO RYAN
3/E	DELOS SANTOS CARLO
E/E	VALENZUELA ARGEE
FTR	MARTINEZ LEO
FTR	SEGUNDO EDGAR
BSN	DAGUNAN RAMONITO
AB	PABELIC AL BRIAN
AB	LAO PETER
AB	MARQUEZ JIMWELL
OS	ISMA ROLITO JR
OS	ELEDIA ACE
OLR	NABASCA BRYLE
OLR2	LABE ARCHIE
OLR3	UMITEN MIKE
WPR	DIEL IVAN
WPR	AGPAWA JOHN
CK	CUBOS JAYSON
MESS	DE VILLA PAOLO
D/CD	TARROSA KEITH
E/CD	DAUS EUMAR

AAL GIBRALTAR

RANK	NAME
MAS	VINOGRADOV DMITRII
CO	SCHILF MACIEJ
2/O	GUZMAN CLYDE
3/O	MANALO JOHN
C/E	MEJIA RONNIE
2/E	SALVADOR CHRISTIAN
3/E	MUÑEZ RICHAEAL
ELE	OMEGA ANGELO
FTR	DEJITO BERNIE
FTR TR	OCLARIT WILLIAM
BSN	POTESTAS MELVIN
AB1	ZARAGOZA BILL
AB2	PUZON JESSIE
AB3	CUTOR CHRISTIAN
OS	FUENTES VINCENT
OLR1	CATIMBANG RICHARD
OLR2	JUSTO PAUL
WPR	SIBANTA MARS
CK	TIBUS JONEL
MESS	NASTOR JON
D/CD	PACINO JOHN
D/CD	BOTERO JOHN
ECDT	RAMOS RAND

AAL GLADSTONE

RANK	NAME
MAS	VALIENTE EFREN
C/O	PEREZ JOHN
C/O	LEGASPI JASPER
2/O	TAN RUDOLPH
3/O	CASTRO ACHILES
C/E	ELEDIA BERNIE
2/E	DE LOS SANTOS MARVIN
3/E	PETILUNA JERIC
E/E	CABA NICO
FTR	MALOLOY-ON JAY
FTR	RODRIGUEZ MARK
FTR	MAQUE JOSE
BSN	CAMPOS JAMES
AB 1	DUMANDAN BEE-JAY
AB 2	ROSETE CHRISTIAN
AB 3	CASILAGAN RYAN
OS 1	PERFECTUA LOUIE JR
OS 2	CABARON ROWEL JR
OLR 1	TANGUILAN JEREMIE
OLR 2	COMADUG JAMESLEY
OLR 3	CALIPES REY
WPR	MADRID APRIL
CK	PATACIL DOMINGO JR
MESS	ALCALA CLYDALE
D/CD1	ALFORQUE CLINT
E/CD1	LUGOD JOHN
FTR TR	PRECILLA MARK

USUKI

RANK	NAME
MAS	CANETE JORIE
CO	CABRERA JOEL JR
2/O	TEMPLA JAY
3/O	DACLAN ROCKY
C/E	REPOQUIT JOHNECO
2/E	PAMA RONNEL
4/E	DOMINGO RUSSEL
ELE	MANSING JIMMY
FTR	ABAG CHRISTOPHER
BSN	OMEGA ROMEO
AB1	DECIERDO EDWIN
AB2	SUMINGUIT ELTON
OS	DONDOYANO MARTIN
OS	ABNER CARL
OLR1	ARIAS VINCENT
OLR2	MATULINA JEROME
WPR	LUTERO R JAY
CK	DUNO ROGER
MESS	ARIOLA ARNEL
D/CD	CABRERA PRINCE
D/CD	IGNALIG KARL
D/CD	MACALINTAL JAKE
E/CD	PATAC JOHN
E/CD	AJOC KYLE
ELEC/CD	LINCUNA MELVIN

UMEA

RANK	NAME
MAS	GOJOCO CESAR
C/O	SAGA JERSON
2/O	OFTANA JULIUS
3/O	BIANZON JERALD
C/E	VALES DORLY
2/E	BUNCALAN ELMER
3/E	FLORES JOHN
E/E	GAMIS JAYPEE
FTR	DENOSTA JENEVIE
BSN	DENAGA ARCHIE
AB 1	AMODO ARNEL
AB 2	LOPEZ RICHARD
OS 1	ACEVEDO VIC
OS 2	DULUTAN MC DUNDREN
OLR 1	ESPIRITU ARIEL
OLR	PAQUIBOL MARK
WPR	HUYATID HANCEL
CK	BERNAL EDUARDO
MESS	SANTOS DENNIS
D/CD	BALOFIÑOS JOHN
D/CD	LUCES JHEAM
D/CD	MALAGAD VICENTE
E/CD	BELVIS GRANDEL
E/CD	GEONGO JOSE
E/CD	GUTIERREZ JOHN

FALKENBERG

RANK	NAME
MAS	KRIVOKAPIC VLADO
C/O	GOREMBALEM FREEZER
2/O	MATCHICA CRISTOPHER
3/O	SALIMBAGAT ALLEN
C/E	COLOSCOS EDGAR
2/E	GAVAZAN PACIFICO JR
3/E	GERONGANI JULIOUS
E/E	SELENKOV VIACHESLAV
FTR1	PLAZO JEROME
FTR TR	VARGAS CHRISTIAN
BSN	LIBRES ROSO
AB1	CASTILLO JASON
AB2	ANTONIO OLIVER
OS	LUTCHMUN HANS
OLR	UY SAM
WPR	LIMSIACO MANUEL JR
CCK	ALMEROL ALVIN
MESS	COQUILLA JOHN
D/CD	REYES NIKKO
E/CD	NINDOY NEIL

GOTEBORG

RANK	NAME
MAS	NOVEZA PLACIDO JR
C/O	PATACSIL LOUIE
2/O	MANLAPIG PAUL
C/E	MANUEL ROLAND
2/E	EGOROV ALEXANDER
4/E	GUZMAN ROCKY
ELE	MANAOIS RUBEN
FTR	PRECILLA JOHN
FTR	GALLEGA WILLIAM
BSN	SANICO HERMELITO
AB1	CUETO CHARLES
AB2	PEREZ RENZO
OS	ARBOIZ ADRIAN
OLR 1	GABONADA LEONCIO JR
OLR 2	ALARCON RYL
CK	JARANTA RYAN
MESS	ABUDA TIM
E/CD	NAKILA IVAN
D/CD	URSUA RYAN

MSM DOLORES

RANK	NAME
MAS	TRAKTATOV ANTON
C/O	PAVLOV SERGEI
2/O	GALCHINOV ARTEMII
C/E	ABDRAKHMANOV RAMIL
ETO	MONTILLANO NEWTON
AB 1	ESTO CHRISTIAN

AB 2	DE LEON DANILO JR
OS	AMONCIO EDMAR
OLR	CRUZA BERNARD
OLR	DESIERTO KENT
CK	DIONANGA JAY

ONEGO BURAN

RANK	NAME
MAS	VILLAROSA ALLAN
C/O	NASTOR REY
3/O	TUMALI EDISON
C/E	ZAYAS RONALD
2/E	PUSO DENNIS
4/E	YRABONO MARK
E/E	ATACADOR JUNRYL
FTR	ALIMA JOSE JR
FTR TR	YUSON GLOVERSON
BSN	MONTER LIONEL
OS	MUANA ELMAR
AB1	ABOQUE RAYAN
AB2	BALMONTE REAGEN
OLR	MILITAR MICHAEL
WPR	SALVADOR RUSTY
CCK	ACERO KRISTIAN
MESS	FLORENDO NIKKIN
D/CD	VALENZUELA CYRILL
E/CD	ROSELLO JOPHIEL

ONEGO BORA

RANK	NAME
MAS	HERRERA MARIANITO JR
C/O	CATAHAY GLENN
2/O	KISEO DENNIS
J/O	DIMANLIG CHRISTIAN
C/E	PONO VICENTE
2/E	AUGUSTO JOHN ALE
3/E	CONSUEGA JOPHERCE
ETO	MARKOV MIKHAIL
FTR TR	PELOTENIA ROMELIAN
BSN	VILLAHERMOSA ALLAN
AB1	MARCA CARL
AB2	BATIDUAN JOELISAR
OS	PATRIARCA RYAN
OLR	GARCIA ARNOLD
WPR	QUIZADA JAYSON
CK	EBUNA JUNEVEIL
MESS	ONDOY EFRIL
E/CD	TOLENTINO JHORIC
D/CD	JASA AEDREAN

MSM DON

RANK	NAME
MAS	KLOSZEWSKI ANDRZEJ
C/O	NAZAROV AZAMAT
2/O	IRAN BERTRAND
C/E	LITVINSKIY VASILIIY
ETO	LUGO ANGEL
AB 1	DIALINO JAN

AB 2	LEAL JEAN
OS	VERGARA ALLEN
OLR	CAMERO ARJAY
WPR	GAJARDO ROLAND
FTR	ILLUSTRISIMO ALEXANDER
CK	QUERUBIN PERCIVAL

ONEGO MISTRAL

RANK	NAME
MST	PINO JULIUS
C/O	PABINGWIT ERIC
2OFF	MAHUSAY BRYAN
3/OFF	ACENA MARVAL
C/E	ARIOLA FRANKLIN
2/E	REGIDOR DARYL
3/E	UBALDE LIVI
ELE	CAPISONDA ERWIN
FTR	MAGLACION NOEL
FTR TR	SICORSICOR JOHN
BSN	ASUAR SILVESTRE
AB1	JURANDO NINO
AB2	MENDOZA GERRIL
OS	KUIZON NIKKO
WPR	BANGALISAN FRANCIS
OLR	BALAD-ON JOHN
CK	AGAD ALVIN
MESS	BELTRAN MERCS
DCDT	CABARRUBIAS KID
E/CD	OMEGA RODEL

MSM DOURO

RANK	NAME
MAS	PETROV EVGENY
C/O	GORDEEV NIKITA
2/O	BEZHANOV ILYA
C/E	IARENKOV SERGEI
2/E	VIAZOVTCHEV VLADIMIR
ETO	TUMALIUAN MARK
AB1	SIMBULAN MART
AB2	REYES MARVEN
OS	SARICAL DENNIS JR
OLR	COSTARES RICO
CCK	MELCHOR HENRY
FTR	FAJADER EMMANUEL

ALSTERDIEP

RANK	NAME
MAS	MIZERSKI WOJCIECH
C/O	KRZAK WIESLAW
2/O	VALMORES PHILIP
C/E	GLEBOVS SERGEJS
AB1	CRUZ JIMUEL
AB2	FAJARDO KEANNU
OS	ALASTOY MELVIN
OLR	TINGCANG BRIAN
CK	ABUCAYAN ADONIS

BLACK RHINO

RANK	NAME
MAS	LADNER ALEXANDR
C/O	GRASHCHENKO OLEG
2/O	DUMAGSA GEO
C/E	RUDENKO ANDREY
2/E	APARICIO JORDAN
ELE	LUGO ANGEL
FTR	KHOLODILIN OLEKSII
FTR	VALIENTE GEDEON
OLR	LEANO JOSE
AB	DINGDING NORLAN
AB	MAMING REYMAR
OS	DE LA CRUZ JOHN
CCK	BHUSHAN KING
D/C	MANOOK JOHN

RMS FRATERNITY

RANK	NAME
MAS	MAZUROK VIKTOR
C/O	STEBIN SERGII
2/O	MAHINAY JOHN
C/E	KORSHYKOV PAVEL
2/E	SKVORCOV ALEKSANDR
ELE	VALEROSO REX
BSN	MERCADO REX
AB1	BATOY KENNETH
AB2	DAMOLE JORIDEN
OS1	MANUG IVAN
D/C	DE ACOSTA DENVER
OLR	DELOS REYES SONNY
WPR	ALGA DANILO JR
FTR	ALCANTARA ERIC
CCK	HIBAYA ERWIN
MMAN	ZONIO ERWIN

MAURITIUS PRIDE II

RANK	NAME
MAS	ANANYEV DMITRY
C/O	FATKHULLIN MARSEL
2/O	LOPEZ FERNANDO JR
3/O	SUMACOT JOSE
C/E	KEMEN VITALY
2/E	KROSHKIN DENIS
4/E	BAUTISTA RODEL
ELE	PLEVANKO MAKSIM
BSN	CAPILLO RICMAR
AB1	CERA JOHN
AB2	DEMONTVERDE CLINT
OS	TAPEC JHERSEY
FTR	RAMIREZ GIDEON
FTR	SVIETLOV MYKOLA
OLR	ARRIESGADO JOLAS
WPR	LANGAMAN JOHN-JOHN
OSMB	BOLO JASON
D/C	LLAMAS EUMED
D/C	MARFA MATTHEW
CCK	POGOY JUVY

" By faith and hope, we sail the tide,
With steadfast hearts and quiet pride. "



the end

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**SUSTAINABLE
DEVELOPMENT
GOALS**

Mastermind supports the Sustainable Development Goals

