

the sea

EAST ASIA REGION



Caring for seafarers
around the world

March 2020

World Fuel Services expects to move more low sulphur fuel

By Matt Coyne

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World Fuel Services expects the majority of the marine fuel it supplies in the first quarter to be of the IMO 2020 compliant variety.

The Miami company's finance chief Iran Birns said Thursday that, come quarter-end, the fuel provider's bunker sales will be 85% low sulphur fuel or marine gasoil, up from 55% in the fourth quarter before the global emissions regulations kicked in.

"While the unit price for low sulphur fuel oil and marine gas oil have declined over the past several weeks, these prices remain substantially higher than the unit price for



high sulphur fuel oil today," Birns said. "This should provide opportunities to again drive strong profitability in the first quarter."

For the quarter, the company - which provides fuel for planes and land transport, alongside ships - posted a \$286.6m profit. Its marine services segment kicked in \$56.6m of that, up from \$41.3m year-over-year. This, despite a slight dip in sales, from just over 5 million gallons of fuel in the fourth quarter of 2019 to 4.97 million gallons in the fourth quarter of 2020.

The IMO 2020 regulations caps sulphur emissions from

ships at 0.05% mass by mass and kicked in 1 January.

Many of the world's largest shipowners opted to use exhaust gas cleaning systems, better known as scrubbers, to reduce the sulphur content of their emissions while allowing them to continue burning traditional bunker fuel. In lieu of a scrubber, ships needed to burn compliant, lower sulphur fuel.

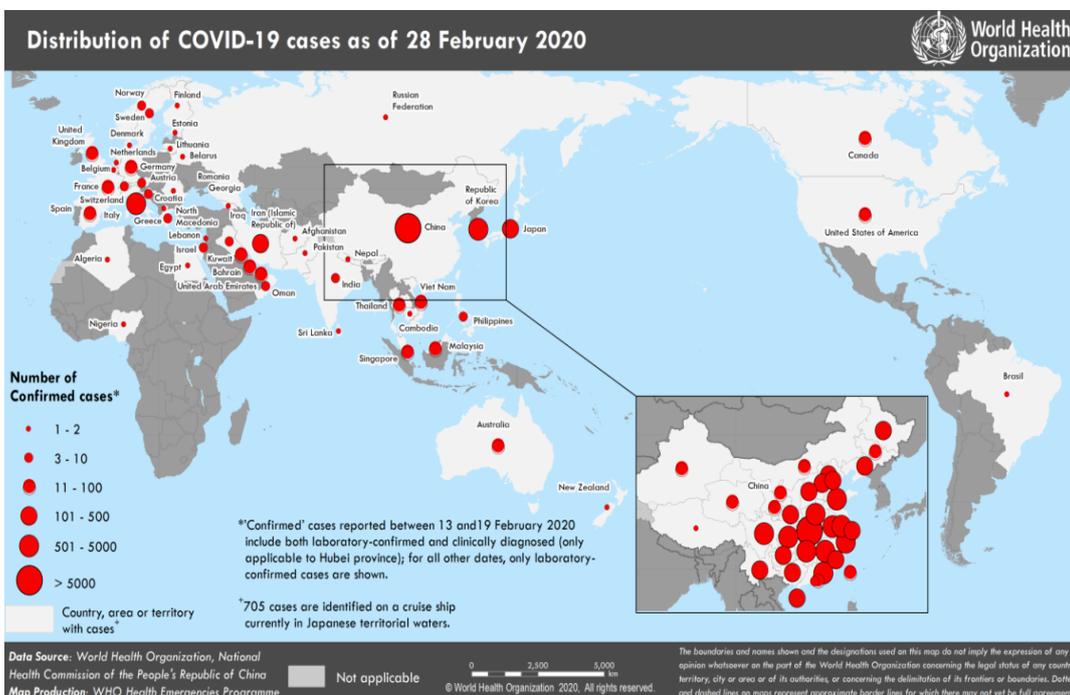
According to data from Ship and Bunker Friday, the spread between low sulphur and high sulphur fuel at 20 ports worldwide was \$148.50. For marine gasoil, the spread was \$219.50. ■

宅船心声

我船去年12月25日离开的宁波大榭港，1月18日在香港南丫南锚地加油，这时船上才知道国内有新冠肺炎，当时因为新闻报道的不多，全体船员也没当回事，1月25日船到了越南胡志明港锚地抛锚时，才知道国内这场疫情的真实情况，立时被吓了一跳，没想到小小的肺炎会这么恐怖！几万人被感染，甚至有死于此病的，大家都非常担心家里人，但是大家都相信政府一定会处理好这件事，中国的今天，已非昔日可比，无论科技，经济，军事，医疗水平早已超越世界上那些所谓的西方发达国家，全国上下一条心，谨遵政府法令，此次战疫，胜利必属于中国人民！封城令一出，全国呼应！病毒必将无处藏身！我们船上也采取了严格的管控措施，严控外来人员上下船，非必要人员严禁上船，本船人员非必要严禁下地，杜绝感染途径，坚决不给港口添麻烦，不给国家添乱，在数字网络上不信谣不传谣！不添乱！这就是在为国家做贡献！坚持工作，安全值班，保证航运的正常化，这是我们船员在这场战疫中应用的贡献！祝祖国早日打赢这场战疫！中国必胜！人民万岁！



W.H.O. raises virus threat level to very high



MISSION TO SEAFARERS EAST ASIA REGION

The Chaplains of the East Asia Region are all EARS and would love to hear from seafarers in the region. Why not drop us a line?

See Page 4 for details



To find a seafarers' centre near you and for more information about the Mission's services, visit www.missiontoseafarers.org

W.H.O. raises covid-19 threat level to very high



Courtesy: BBC News

The World Health Organization (WHO) has upgraded the global risk of the coronavirus outbreak to "very high" - its top level of risk assessment.

But the UN body said there was still a chance of containing the virus if its chain of transmission were broken.

WHO head Dr Tedros Adhanom Ghebreyesus also stressed that fear and misinformation were the biggest challenges to overcome.

More than 50 countries have now reported cases of coronavirus.

And sources within Iran's healthcare system told BBC Persian that, as of Thursday evening, at least 210 people had died from the virus. This is more than six times higher than the official government figure.

At a press conference in Geneva, Dr Tedros said that most cases could still be traced, and there was no evidence of the virus "spreading freely in communities".

His colleague, Dr Mike Ryan, head of the WHO's Emergency Health Programme, said that the risk level was intended to serve as a "reality check" for governments, since healthcare systems were still unprepared.

"You have a duty to your citizens, you have a duty to the world to be ready," said Dr Ryan.

Mini Crossword - 02

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- | | |
|----------------|--------------------------|
| Across | Down |
| 1. Evolve | 1. Diminish |
| 5. Windstorm | 2. Wordy |
| 6. One more | 3. Tanned animal skin |
| 7. Proposition | 4. Computer instructions |

Health Advice:

Supporting crew suffering from Back Pain

Courtesy: UKPandl.com & lifemark.ca



Herniated discs, strains, sprains, inflammation, stiffness and tenderness are just some of the back pain symptoms that can occur due to heavy lifting and day to day shipboard activities.

Back pain is one of the leading causes of disability worldwide and is a common health problem experienced in the maritime workplace. Prolonged sitting, lifting a heavy load, incorrect posture and muscle

imbalance are just some of the causes.

With the recent innovations in technology many people find themselves spending all day in front of the computer. When it's time to rest often they are doing the same thing in front of the TV or computer screen. Over time you may feel an ache in your back or neck with the pain lasting for several days or even longer.

Prolonged sitting is proven to be bad for your health. The sedentary lifestyle is associated with various health hazards such as heart disease, diabetes, obesity, stroke, high blood pressure and high cholesterol.

In addition there are the musculoskeletal effects to consider too. According to the World Health Organization 60-70% of the population in industrialised countries will experience back pain at some point in their future. Back problems involving the spine are the most difficult to handle. More often, these conditions occur during the course of employment, and are associated with trauma (e.g. fall, impact injury to the back, etc.) or poor positioning when lifting a heavy object where the sudden upward jerk misaligns the vertebra that eventually results in disc problems. ■

DAILY ROUTINE

Leg stretch:

Hold onto a chair with one hand, grab the top of your foot and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh. Hold for 2-3 breaths and repeat on the other side.



Calf stretch:

Stand in front of a wall with one leg forward and one behind with heels on the ground, feet parallel and back leg straight. Keep your body upright and bend your front knee forward to feel a stretch the calf. Hold for 2-3 breaths and repeat on the other side.



Neck stretch:

Tuck the chin in. Without turning the head, slowly tilt your head sideways to bring your ear to your shoulder. Hold for 2-3 breaths and repeat on the other side.



Top tips for your back!

1. Do you maintain your ideal body weight? The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.
2. Do you move your body? Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another and wearing down cartilage.
3. Do you stand up straight? Good posture protects the joints in your neck, back, hips and knees.
4. Do you pace yourself? Where possible, alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes osteoarthritis.
5. Do you listen to your body? If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.
6. Are you static? Changing positions regularly will decrease the stiffness in your muscles and joints.
7. Are you a weekend warrior? Do not engage in activities for which your body is not prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.
8. Do you wear proper safety equipment? Make sure you wear the appropriate PPE, that is comfortable and fits appropriately.
9. Do you ask for help? Do not carry out a task that is too heavy or big for you to handle. Get another pair of hands to help out.

Back stretch:

Place hands on your lower back, gently lean back and stretch to the point of tension not pain. Hold this stretch for 2-3 breaths.



By Max Tangyao Lin
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Filipino and Eastern European crew in demand, as Chinese seafarers face restrictions

Ship managers have been scrambling to hire non-Chinese seafarers and secure approvals from flag states to extend the time period crews can stay aboard vessels, amid mounting challenges as the coronavirus spreads worldwide.

Since the outbreak began at the end of 2019, China's transport ministry has asked shipping companies to bar seafarers from going ashore when their vessels call in the country as a containment measure.

Since then, nations including Singapore, Russia, Italy, South Korea and the US have either banned or restricted the entry of Chinese nationals in attempts to contain the spread of the virus.

With China being a top supplier of seafarers, those measures have created obstacles for the changing of crews, according to many shipowners and managers.

"As a general rule, we only change Chinese crew in China," Wallem chief executive Frank Coles told TradeWinds.

He added that crews of other nationalities either disembark in non-Chinese ports at least 14 days after their ships depart from China, or are changed before arriving in China.

Crew changeover

Some companies have begun to employ more non-Chinese seafarers to smooth the crew-changeover process, with travel restrictions disrupting original schedules, according to Danica Crewing Services managing director Henrik Jensen.

"When the vessel arrives in port and their [crews'] agreed tenure is over, everyone expects to be relieved and gets disappointed if this does not happen," said Jensen, who runs a crew recruitment agency.

Ship managers face mounting challenges as coronavirus spreads



"To avoid disappointment and to keep their crew happy, owners are now sourcing other crew nationalities."

According to Jensen, Filipino and Eastern European seafarers are more sought after these days, although their salary levels are yet to rise.

Kishore Rajvanshy, managing director of Caravel Group-controlled shipmanager Fleet Management, said his company has drawn up a contingency plan to use more Filipino crew, with more than 50 ships in its fleet currently employing full Chinese crews.

However, the Hong Kong-based manager has so far managed to secure approvals from flag states to allow crews to stay on their ships for an additional three months. Under normal circumstances, they can only stay for up to 11 or 12 months.

"Flag states have been supportive. We have not reached [the] crisis point yet," Rajvanshy said.

"[Our] colleagues in China are keeping in touch with crew and their families to monitor the situation as we must."

Welfare of crews

The treatment of seafarers during the epidemic has also come under the spotlight, with some crew members aboard the 115,900-gt Diamond Princess (built 2004) calling for help via social media.

Operator Princess Cruises eventually agreed to let all 1,004 crew of more than 40 nationalities leave the

quarantined ship, while promising a two-month paid vacation.

However, 70 of them were found to have been infected with the new, deadly coronavirus.

Aside from heightened health risks, Rajesh Unni, the chief executive of Singapore-based manager Synergy Marine Group, said seafarers are facing longer periods of time away from their families due to logistical challenges and quarantine measures.

"It's very challenging on some routes because crew changes are not allowed at either end," said Unni, adding that sometimes ships need to be diverted to where crew changes are possible.

Synergy is providing its crews and the wider shipping community counselling services via a free, multilingual mental wellness helpline, which Unni hopes can offer support to seafarers.

"The welfare and safety of our teams on board vessels is always of paramount importance," Unni said. *"The fact that the coronavirus epidemic has effected more people, more quickly than the SARS outbreak 17 years ago is extremely concerning. In light of which we have all our contingency plans, including infection control procedures, in place. While we wait and watch, we are extremely grateful for our teams on board for understanding the situation and for keeping world trade moving in this difficult time."* ■

#Lent is a great time to make space for the Word of God. It is time to turn off the TV and open the Bible. It is a time to pull ourselves away from cell phones and connect ourselves to the Gospel.

Pope Francis on Twitter



Coronavirus and seafarer welfare



Seafarer charities are continuing to provide welfare services despite restrictions on activities such as ship visits and shore leave being enforced in some countries in an effort to stop the spread of the coronavirus (Covid-19).

In particular restrictions are being enforced by countries on vessels that have come from Chinese ports, and this has stopped seafarers from taking shore leave or visitors going onboard vessels.

On the other side of the equation some vessels also apprehensive about visitors coming aboard in countries such as Singapore where there have been dozens of confirmed cases of the coronavirus to-date. The Missions to Seafarers Singapore port chaplain Toh Soon Kok, told Seatrade Maritime News: *"We try to visit as many ships as we can. But also depends if the ship welcomes us... they are also afraid of us transmitting the virus to them, so they may also have protocols they have put up on visiting the ship."*

Our mission is to care for the shipping industry's most important asset: **its people.**

If you need spiritual support, we can connect you to a chaplain. Just tell us what's happened and how we can help through our Contacts on Page 4.



If you need help and support on a welfare or justice issue, please get in touch with us on:

crewhelp
@mtsmail.org

LENT

A sense of the season



I sometimes compare the season of Lent to the annual dry docking of ships. These are times when crew and shore-based workers look at every aspect of the vessel, including below the waterline. If they find issues, they set about repairs. (Mark Lawson-Jones: MTS Port Chaplain)

The word Lent means springtime. This word comes from the same root as lengthen. Daytime lengthens during Lent. The northern hemisphere turns toward the sun, the source of life, and winter turns into spring. In Hebrew, the word for repentance is the same as the word that means to turn, like the turning of the earth to the sun, like the turning of the soil before planting.

“Even now, says the Lord, turn to me.” (Joel 2:12) The word sin means separation. We are called to turn from our separate selves, from our sin, to come together in community. Self-denial is the way we express our repentance. In the lengthening brightness from Ash Wednesday until Holy Thursday afternoon, our holy Lent, we turn to God as our source of life.

PRAY
IS LOVE FOR GOD

FAST
IS LOVE FOR YOURSELF

GIVE
IS LOVE FOR OTHERS



Self-denial is threefold, advises Matthew’s gospel. We pray: “Go to your room, close your door, and pray to your Father in private.” We fast: “No one must see you are fasting but your Father.” We give alms: “Keep your deeds of mercy secret, and your Father who sees in secret will repay you.”

Through the Lenten exercise of prayer, fasting and almsgiving, we spring-clean our lives, sharpen our senses, put tomorrow in its place and treasure the day at hand.

Why are there forty days in Lent? It took forty days for sinfulness to drown in the flood before a new creation could inherit the earth. It took forty years for the generation of slaves to die before the freeborn could enter the promised land. For forty days Moses and Elijah and Jesus fasted and prayed to prepare themselves for a life’s work.

At the beginning of Lent the bishop calls out the names of the catechumens who seek to be baptized at Easter. Their names are written in the book of the elect, the chosen. God has chosen them, and they have chosen to turn to God. Lent is the forty days before the baptism of the catechumens. The already baptized can share the excitement and the struggles of the elect and rediscover the meaning of baptism in their own lives. During the forty days, both catechumens and the faithful journey together to the holy font.

We keep Lent together. We put aside our business-as-usual to support each other in prayer, fasting and almsgiving. We turn to God to enlighten us and purify us throughout the lengthening brightness of our holy season of Lent.

“For now is the acceptable time! Now is the day of salvation!”

God of goodness and mercy,
Hear my prayer as I begin
this Lenten journey with you.
Let me be honest with myself
as I look into my heart and soul,
noticing the times I turn away from you.
Guide me as I humbly seek
to repent and return to your love.
May humility guide my efforts
to be reconciled with you
and live forever in your abundant grace.
Transform me this Lent, heavenly Father.
Give me the strength to commit myself
to grow closer to you each day.
Amen.




Hong Kong SAR, CHINA ☆

Seafarer’s Centres, ship visits & transport

1. Tsim Sha Tsui Drop-in: M-F 0900-1800
2. Kwai Chung Club: 0900-2100 everyday

+852 9154 3878
website - themarinersclubhk.org

Manila, PHILIPPINES 🇵🇭

Family Network for advice & support
Open daily 0900-1700 :: 1381 San Marcelino St.

+63 2240 5982
fb: mission-to-seafarers-philippines

Yangon, MYANMAR 🇲🇲

Family Network for advice & support
Open M-F 0900-1700

+95 1 9190624
website - yangonmts.org

Bangkok, THAILAND 🇹🇭

Ship visits and on-call support

+66 9 2257 5305
email - mtsthaidave@gmail.com

SINGAPORE 🇸🇬

Seafarer’s Centre, ship visits & transport
M-F: 1000-2200 Sat: 1600-2200 Sun: closed

+65 6737 2880
website - mtss.org.sg

Tomakomai, JAPAN 🇯🇵

Seafarer’s Centre, ship visits & transport
Please call for times of operation

+81 90-1305-1692

Yokohama, JAPAN 🇯🇵

Ship visits & transport during the week.

+81 80-4929-2763
website: mtsyokohama.org

Kobe, JAPAN 🇯🇵

Seafarer’s Centre, ship visits & transport
M-F: 1400-2200 Sun: 1800-2200 Sat: closed

+81 78-331-1696
website - flyingangelkobe.org

Busan, SOUTH KOREA 🇰🇷

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+82 51-627-9188
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+44 20 7428-5202
website - missiontoseafarers.org
@themissiontoseafarers