

the

crystal

JUNE 2020



BEAUTY
UNDERNEATH THE
PANDEMIC



The **"New Normal"**
Do we freeze and wait for the
time when Covid-19 will be
"just another virus"? or do we
MOVE-ON with our lives?

MAC
POINTS

3

Healthy Mind, Body, and Spirit

our best defense against **COVID**

MAC 4 POINTS

Liberty

Corona

Mindfulness

Artificial Intelligence



Extraordinary times call for extraordinary mac3points. Just this time, I'll give an extra point for you guys to reflect on. Let's make it mac4points.

Corona - Gone are the days when one says Corona and we think about lemon or lime or which goes great with ice. Just before the end of 2019, the word Corona became closely associated with COVID-19. Coronavirus Disease - 2019, as it is famously known, has shaken the whole world, leaving traces of it as manifestations of fear to some and hope for many others. One thing is for sure, Corona which first introduced itself as the Spanish flu in 1918 has evolved and is here to stay. So what do we do? cower in fear? Oh no! Let's get our wits together, educate ourselves, and be Healthy in Mind, Body and Spirit. A robust immune system may be our last defense against this virus.

A.I. or Artificial Intelligence - If not for the new world of technology, the impact of the Corona could have been more crippling. Imagine having to do nothing at home because all work can only be done onsite while in the office. During pandemic times, while most parts of the world stopped moving and the Philippines was in complete lockdown, We Crystals were able to overcome the hurdles of providing complete manning to a brand new chemical tanker, providing employment to our Filipino seafarers

while keeping them safe and healthy. Together with our heart strong Crystals, AI made it possible for us to still deliver Happyness through WoW service.

Liberty - Ironically, being confined in our homes for most of the time has made me realize how precious freedom is. How liberation can be taken away in a snap. But I am not only talking about physical imprisonment. I am talking about imprisonment of the mind. With all the mainstream media news lurking, it goes to prove that we do not need a prison cell to be imprisoned – our mind does a wonderful job doing that for us. So when our mind has that ability to imprison us, it also holds the great power to free us.

Mindfulness – I will have to say this over and over and over again. Amidst the Corona, my number one defense would be a Healthy Mind Body and Spirit. Mindfulness through Vipassana Meditation has been a constant practice for me. It has helped me wake up and go to rest each day with Happyness in my heart.

So that's my mac4points for you – Corona, A.I., Liberty and Mindfulness or CALM.

Before I end this article, I want to leave my readers with one simple advice in this difficult and challenging period of our lives –Spread Love, Kindness, Courage and CALM.

Boost your immunity.

With love in me,
Emily





REPUBLIC OF THE PHILIPPINES
MARITIME INDUSTRY AUTHORITY
MARINA ADVISORY



A provisional extension with six (6) months validity shall be granted to any Seafarers' Record Book (SRB) of Seafarers' Identification and Record Book (SIRB) with expiring date between **13 March 2020** to **31 May 2020**. This provisional extension of the SIRB/SRB is applicable to both domestic and overseas seafarers.

The automatic extension shall be reckoned from the date of the SIRB/SRB expiration and will be deemed valid without filing and application for its renewal at MARINA.

Filing of applications for the following will resume upon lifting of Enhanced Community Quarantine and the Return to Work order is issued:

1. Seafarer's Identity Document (SID)
2. Seafarer's Record Book (SRB)
3. Seafarer's Certificate of Marine Profession (CMP)
4. Domestic Certificate of Competency (DCOC)
5. Certificate of Marine Profession (CMP) and IDs
6. Seafarers Identification Booklet (SIB)
7. Harbor Pilots License
8. Application for New or Renewal of Accreditation for training programs for use in the domestic trade.

Seafarers with **CONFIRMED SID/SRB** appointments from **13 March 2020** shall be re-scheduled and accommodated upon issuance of Return to Work order. A new schedule shall be posted in the MARINA website and official social media platforms once available. They will also be duly notified via e-mail and sms with the contact details provided in the online appointment system.



REPUBLIC OF THE PHILIPPINES
MARITIME INDUSTRY AUTHORITY
MARINA ADVISORY



TO: ALL SEAFARERS, SHIPPING COMPANIES,
MANNING AGENCIES, SHIP OWNERS AND
OPERATORS, AND ALL CONCERNED

SUBJECT: REVALIDATION OF STCW CERTIFICATES
ON ACCOUNT OF COVID-19 PURSUANT TO
MARINA ADVISORY NO. 2020-37

Notice is hereby given to all concerned that MARINA Advisory 2020-32 is supplemented as follows:

“8. Seafarers who are currently serving on board ships may also file an application for the revalidation of their STCW certificates through the MARINA Integrated Seafarers Management Online (MISMO) System.”

All other provisions of MARINA Advisory 2020-32 shall remain valid and effective. This Advisory shall take effect immediately.

CORPORATE SOCIAL RESPONSIBILITY



Time and time again, Crystal rallies its unique purpose of “delivering HAPPYness” to our industry partners. It's with enthusiasm that we shout out this mantra on the scope of work that we do, inside and outside the four corners of Crystal IEAC. These very challenging times of Covid-19 Pandemic affected everyone in the industry, including Crystal as an organization. But we, Crystals, remain to stay true to our commitment to stand as one family. Beyond finding ways and means to deliver crewchanges for our seafarers and Principals despite the hurdles of today, this is a time we go out of our way to deliver the HAPPYness that some of our seafarers need.

Today, we launched our campaign drive to “**HELP US HELP OUR SEAFARERS**”. To date, we have a number of crewmembers who were badly affected by the enhanced community quarantine and other restrictions brought about by Covid-19. Most of these affected seafarers are stuck away from their loved ones with the uncertainty as to when they can get another employment and how they can provide for the needs of their families.

HELP US HELP OUR SEAFARERS campaign aims to aid the basic needs of our affected seafarers by providing financial support and/or required necessities for them to overcome this pandemic. As one family, Crystal hopes to reach as many, if not all, of our affected crewmembers through this campaign drive. As the company operations are also crippled by the pandemic, we are sending our call to our generous and kind-hearted industry partners (fellow seafarers, Principals, suppliers, etc.) to partake in this sincere activity by means of financial assistance. Any amount will mean so much to us. Your act of generosity and kindness will be greatly remembered.

In these trying times, we as Crystals, will continuously deliver HAPPYness through WOW service!



#techsavvy
#masterofmytime

In this time of crisis, we are all adjusting to the so called "new normal" where we practice physical distancing, nations are under quarantine, people work from home and schools remain closed, indefinitely.

"When it rains look for rainbows, when it's dark look for stars"



Positivity amidst Covid-19 Pandemic

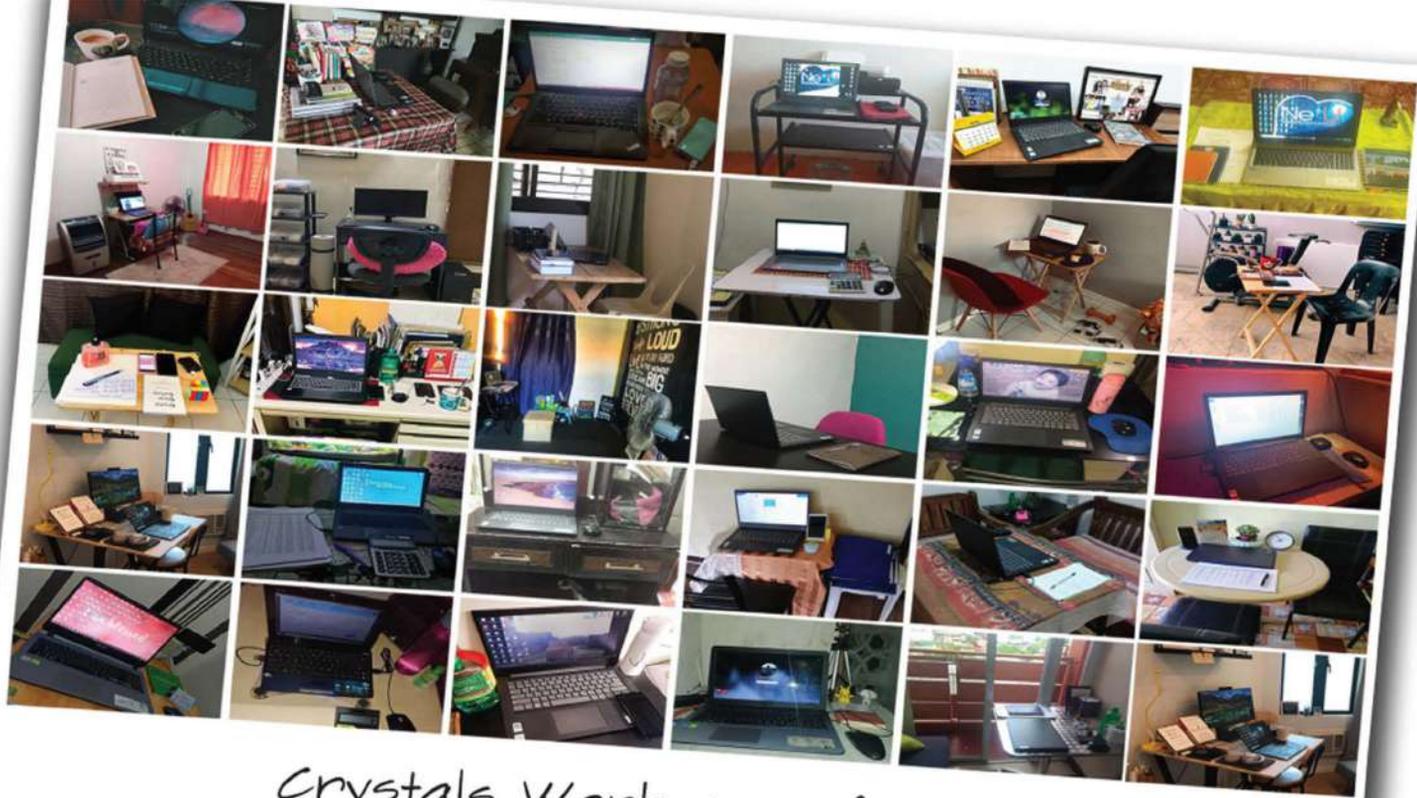
Written By: Checket Basada

Despite all of this, we should all embrace positivity which is really important during this time of difficulty. Having a positive mindset leads us to our desired future state and helps us stay connected to our dreams, to our goals, to what is truly important in our lives. Some might say it's okay

not to be okay during this time, but of course we should not let ourselves be drowned by it. Let us always keep in mind that no matter how bad a thing is, we can still find beauty in it.

Yes, Coronavirus is still spreading, but instead of focusing our attention to this sad reality, there are so many ways to keep ourselves busy while self-isolating. Crystal continuously finds ways to keep everyone stay connected in order to keep on





Crystals Work area from Home

bringing back our attention to positive things.

Coping with the new normal also means learning more things other than the usual. It's a good thing to know that working from home (WFH) or work remote as we call it also means having more time to spend with family while working. Crystal Shipping introduces a new work around plan during this pandemic in favor of the WFH setup, without missing our "old ways" like our regular meetings, 1on1s and MindGym workouts. We sets up regular zoom meetings every week for important updates and announcements to make sure that everyone is okay and is on track. We need not lose hope during this time and there is no reason for us to be less productive at work. We continuously have our set of OKRs (Objective and Key Results) for us to have focus and alignment at work. We are continuously learning and adjusting to this new normal with positive attitude. Just this year, our mac - chief impactor introduced the Zoom and Slack apps to become two of our tools at work which are very timely during this period. Since we are now practicing work remote, we have this special mind-gym workout topics like #TechSavvy and #MasterOfMyTime to make work remote more convenient for us. At Crystal, being tech-savvy

means one is already a pro-Slacker and a master Zoomer. Being the 'Master of one's time' is also more essential these days. Of course, it is far different working from home than in the office. Given that we have 24 hours in a day, it's all up to us how we manage it to be more productive. Getting sick and tired because of home quarantine?

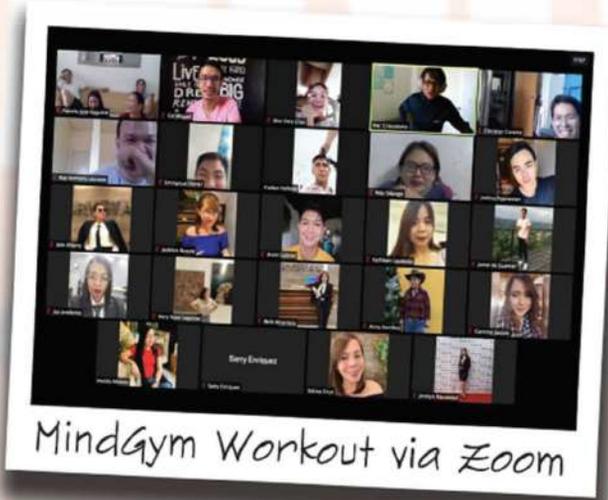


Mark Working at Home

If before, we used to do things the usual way, this time, let's think of it as an opportunity to discover some of our hidden talents and to learn new skills. In Crystal, we are all fun-loving people who love bringing HAPPYness to everyone around us, Covid or no Covid. Some of the Crystal reps started using the TikTok app which is now very popular around the world. This app somehow brings fun and enjoyment amidst this pandemic. This quarantine period gives us also more time to become physically fit and healthy. Crystal promotes healthy lifestyle and encourages us to do push ups and regular exercise to improve our over-all health, including our immune system. It actually became part of our new work around plan to submit and share our push up videos to motivate everyone to keep exercising.

With all the negative things that are happening around the world as a result of the Coronavirus, now might seem like an unusual time to talk about positivity. Yet having a positive attitude is the main ingredient in the recipe to successful cope with this crisis, and any other challenge.

Now, more than ever, is the time for us to be proactive about creating small moments of happiness in our days. More than survival, let this covid pandemic be a time of growth and learning for us.



MindGym Workout via Zoom

The New Normal

Written By: Ray Anthony B. Lescano



Change they say, is inevitable. No matter how hard we try to halt things from being different from how they used to be, or how change would disfavor our side, change is just the constant thing in this world. Even people change.

There are different reasons why change happens. But basically, change occurs because it has to be such. It happens in order for all of us to survive. It is necessary for us to cope and to grow.

Most of the time, the need to change has its apparent and obvious reason while some require a deeper sense of understanding and logic. Some find it very difficult to define why change is a must when everything else around is shifting to 180 degrees. Comfort zone is the culprit of complacency and refusal to change. The fear of losing the status quo and hurting one's ego for the inability to make it if things would change.

These days, the term "new normal" has swiftly caught the interest of many. I has been all over social media which either brings excitement to others and fear to some. What is the new normal?

The Covid-19 Pandemic has given birth to the concept of "The New Normal". The carefree and "happy" environment then has suddenly become cautious and anxious. We were caught off-guard, limiting our socialization and forced to be confined within the four corners of our homes while waiting for the cure.

The bigger question is, how long will it stay this way? Should we just accept the fact that this the new way of living from today onwards?

Physical distancing or maintaining at least 1-meter distance away from each other. Before, it was close and intimate interaction with peers and colleagues.

The use of PPE such as facemasks, gloves and faceshields when before, we used to savor the feel of all there is with our bare hands and laugh over anything that touches our face.

The habitual sanitizing of hands and body now. Before, our grandparents would tell us that exposure to dirt and "germs" from the environment would boost our immune system as others would say.

The utilization of teleconference and telecommunication apps now when we were so used to gatherings, socialization and personal interactions then.

We are in a time when we have to accept that the world and life are designed to change, to grow, to move forward and to live to its fullest. Not because things have changed means that it's not worth living. Perhaps most of us are just not comfortable with the new normal or we feel anxious that we will lose the life we used to have, but there is always beauty in every change. There is opportunity in every setback. For all we know, this new normal could be a dove hiding in a vulture's suit, and we might just be blinded by our own defiant self.



PEOPLE are
NON-LOVING
and PASSIONATE
HAPPINESS through
WOW SERVICE

3 CRYSTAL'S MUST HAVE WORK REMOTE TOOLS

In a world where technology plays a key role in providing great service, especially when the COVID-19 came, everyone relied to software's that would aid them in working remotely. Crystal is the same, we put our trust to technology to help us provide **#wowservice** to all our clients and partners during this challenging time. Here are our top 3 software that played a big part in making work remote possible.

1. ZOOM

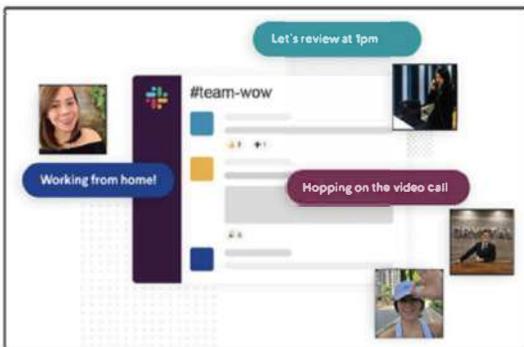
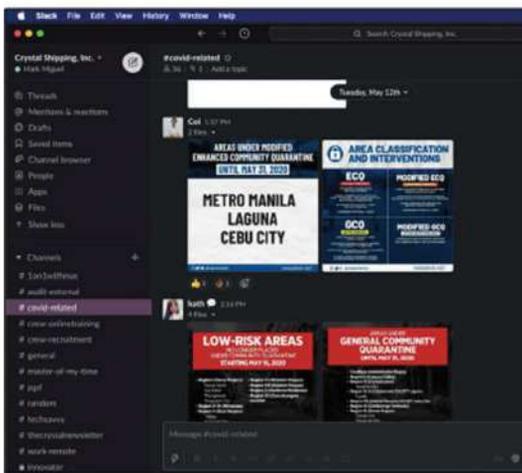
a cloud-based video conferencing tool where you can host calls with others. Users can open chat rooms and can have up to 500 attendees all sharing the feed from their webcams, thus giving the illusion of a typical meeting

Key Features:

- >> Free to use (but has 40-minute time limitation when meeting is more than two participants)
- >> Easy to use and participants can join even if they do not have the software installed or an account
- >> Fast and clear video stream
- >> In-meeting chat and file sharing
- >> Participants can screen share



3 CRYSTAL'S MUST HAVE WORK REMOTE TOOLS



2. SLACK

a collaboration hub that can replace email to help you and your team work together seamlessly. It's designed to support the way people naturally work together, so you can collaborate with people online as efficiently as you do face-to-face.

Key Features:

- >> Instant messaging and file sharing
- >> Free to use (free workspace can hold 10000 messages for retrieval)
- >> Pinning messages and reference links to channels.
- >> Managing and tracking documents.
- >> Advanced search modifiers.
- >> Using shared channels across workspaces.
- >> Streamlining your sidebar.
- >> Lightning-quick navigation.
- >> Setting reminders.
- >> Subscribing to RSS feeds.



3 CRYSTAL'S MUST HAVE WORK REMOTE TOOLS

3. TEAMVIEWER

software application for remote control, desktop sharing, online meetings, web conferencing and file transfer between computers. Although some features of TeamViewer is similar to zoom we prefer to use TeamViewer because it is easier to remote control computers in the Crystal Onsite Office.

Key Features:

- >> Remote control other computers
- >> Desktop Sharing
- >> Online Meetings
- >> Chat and Web Conference
- >> File Transfer



What do you think of our top three software? Have you tried any one of these? There are a lot of other software out there that offers the same solutions but Crystal enjoys playing with these three. We know that technology will really change the way things are being done, questions is are you ready for it?



Crystal WOW Service Activities

ESM Audit via Zoom

It's the first time for us to undergo this kind of audit - a remote audit. But ofcourse, we welcome new challenges and especially the learnings from it here at Crystal.

After almost 7 hours of remote audit, the efforts of the team paid off greatly. We have 0 NCs and 0 OBs, but more importantly, we have bagged a lot of learnings from our auditor - Capt. Pradeep.

As the world continuously battles these COVID-19 challenges, we exert utmost efforts to help one way or another to keep the industry

The collaborative efforts of all units paved the way to deploying 17 Filipino crew onboard MT Atlantic Prince in Ulsan, Korea during the period of global crisis. Crystal commits to help seafarers in their deployment amidst COVID 19 challenges.

MT Atlantic Prince





work remote tips

With Remote Work as the new normal for employees worldwide, this inevitably presented new challenges to everyone who had to quickly adjust and learn to work remotely. As such, some are having difficulties of being productive at home and especially hard to keep up with the need of professionalism. In this article we want to share with you some Tips to be productive and efficient while working from home.

1. Maintain Regular Hours

Set a schedule and stick to it...most of the time. Having clear guidelines for when to work and when to call it a day helps many remote workers maintain work-life balance. Working a swing shift is bad for you, and that applies to remote workers, too. That said, working remotely sometimes means extending your day or starting early to accommodate someone else's time zone. When you do, be sure to wrap up earlier than usual or sleep in a bit the next morning. Installing an automatic time-tracking app, such as RescueTime, lets you check in on whether you're sticking to your schedule.



2. Create a Morning Routine

Deciding you'll sit down at your desk and start work at a certain time is one thing. Creating a routine that guides you into the chair is another. What in your morning routine delineates the start of work? It might be making a cup of coffee. It might be returning home after a jog. It might be getting dressed (wearing pajama pants to work is a perk for some, but a bad strategy for others). Create a morning routine that ends with you starting work.





work remote tips

3. Keep a Dedicated Working Space

In an ideal world, remote employees would have not only a dedicated office, but also two computers, one for work and one for personal use. It's more secure for the employer, and it lets you do all your NSFW activities in private. But not everyone has a separate office in their home, and keeping two machines isn't always realistic. Instead, dedicate a desk and some peripherals only for work use. For example, when your laptop is hooked up to the monitor and external keyboard, it's work time. When it's on your lap, that's personal time. You may want to go as far as partitioning your hard drive and creating a separate user account for work, too.



4. Set Ground Rules w/ the People in your Space

Set ground rules with other people in your home or who share your space when you work. If you have children who come home from school while you're still working, they need clear rules about what they can and cannot do during that time. Additionally, just because you're home and can let service people into the house or take care of pets doesn't mean other family members should assume you will always do it. If that's how you choose to divide up the domestic labor, that's fine, but if you simply take it all on by default, you may feel taken advantage of and your productivity may suffer.





work remote tips

5. Dress UP

Though dressing up to work from home may seem pointless, it's not. What you wear and the attitude you have about it affects both the quality of your work and the time it takes to get it done. What you wear while working from home can either help or hurt your productivity. If you associate relaxation with pajamas, you may slack off while working in them. If you dress the part, you may find yourself more easily filling it.



6. Schedule breaks

Know your company's policy on break times and take them. Like here in Crystal, we always practice 50/10. 50 minutes Flow or Work and 10 minutes refresh which can be used for walking, reading, stretching or just simply relaxing.

7. "Show UP" to meeting and be Heard

Certainly, you'll take part in video conferences and conference calls, but it's a good idea to attend optional meetings sometimes, too. Be sure to speak up during the meeting so everyone knows you're on the call. A simple, "Thanks, everyone. Bye!" at the close of a meeting will go a long way toward making your presence known.

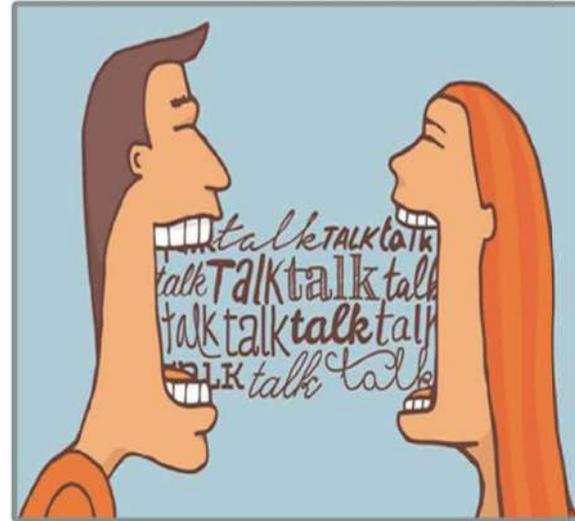


BPWYA

work remote tips

8. Overcommunicate

Working remotely requires you to overcommunicate. Tell everyone who needs to know about your schedule and availability often. When you finish a project or important task, say so. Overcommunicating doesn't necessarily mean you have to write a five-paragraph essay to explain your every move, but it does mean repeating yourself. Joke about how you must have mentioned your upcoming vacation six times already, then mention it again.



9. Be Positive

I like succinct and clear messages, but I know that the less face time I have with people, the less they know how to interpret my tone. When you work remotely full-time, you must be positive, to the point where it may feel like you're being overly positive. Otherwise, you risk sounding like a jerk. It's unfortunate, but true. So embrace the exclamation point! Find your favorite emoji :D. You're going to need them.

Be
positive

10. Eat in the Kitchen

Eating at your desk may seem like a no-brainer when you work at home, but I find that if I keep a snack at my computer, I'm soon distracted by the act of eating. Since it's almost impossible for me to work while one hand is conveying food to my mouth, I usually end up using it as an excuse to stop working and surf the Web instead. Your best bet is to make your home office a no-food zone. Keep a water bottle or cup of coffee handy for quick sips, but leave the major eating for the kitchen or dining room. That way, you get a well-deserved break, but when you're back at your desk, you're ready to get to work.



work remote tips

11. Use a dedicated browser and silence your pop-up

it is advisable to have two different browsers installed in your computer: one for work and one for casual surfing and for your social media. The casual surfing browser can be packed with distractions, from open tabs to bookmarks, messaging and social media sites. However, you should disable pop-ups or notifications from non-work related sites to lessen the distraction that may come and go along the day. By contrast, the work browser should be almost completely bare. Only keep job related bookmarks and install apps and extensions that help in staying productive. It will help you access the internet without any distraction of funny videos, ads or social networking feeds.



12. Mobile Phone Notifications

When you are working remotely, you need to remain as focused as possible. Having your mobile phone pinging every five minutes is a huge distraction, and is totally counter-productive. The easy way to combat this distraction is to put your phone in silent mode, with vibration also switched off. If your remote work doesn't require your phone to be at hand, consider leaving it in on charge (on silent) in another room, and then go and check it at your designated break time. The same here goes for other notifications that you might have set up on your work computer- close down any distracting apps and set the ones you might need, like Skype to "Do Not Disturb".



HOW OUR SEAFARERS COPE WITH THE PANDEMIC ONBOARD



Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes one feel frustrated, angry, or nervous. It is our body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps one avoid danger or meet a deadline. But when it persists, it may harm our health.

Seafarers are among the occupational groups that are prone to stress. Being away from family, Loneliness and fatigue, Sleep deprivation, Limited recreation facilities and multi-nationality are 5 of the most common causes of stress.

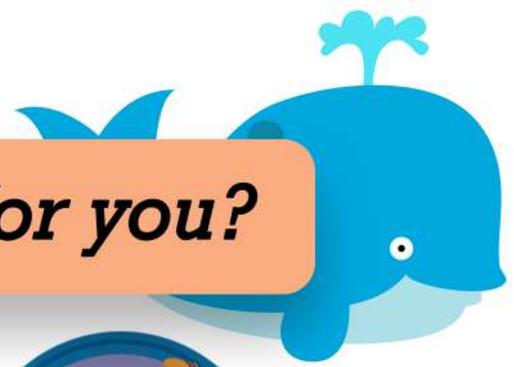
To help, inspire, encourage, educate and entertain our seafarers during these trying times, NePlus Ultra Training Center, in collaboration with Crystal, has created a Facebook page called #laban-marino . We have started with our ZOOMinars on Stress Management and Where to invest after Covid. We also have started posting informative and timely videos about wellness which we will do regularly to help our seafarers be healthy in mind, body, spirit and finances.

In line with this, we have interviewed some seafarers on what is stress for them and how they are coping with the pandemic. Here compiled, are a few of what we have gathered:

1. What is stress for you?
2. What causes your stress?
3. How do you handle stress?
4. How are you and your work affected by Covid19
5. How are you and your co-seafarers coping with the situation?



1. What is stress for you?



Things that pressure your way of thinking.
Things that demand too much of your mental, physical and emotional states.



Stress are forces, either Physical, Mental or Spiritual that pushes a person beyond his or her capacity that may lead to either growth, stagnation or depression.

A state of mental tension and worry caused by problems in life, work, etc.

Stress is the reaction of our physical, mental and emotional states to various conditions or changes in our daily life



Stress is when your body feels so tired, when your emotions gets into turmoil because of too much longingness to loved ones and from the pressures of heavy workload. It also affects me psychologically when anxiety envelops my mind due to fear of losing someone or the anxieties of my future and the unknown.



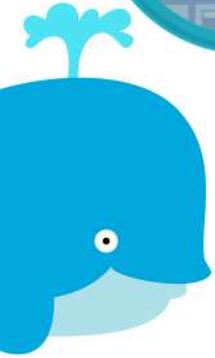
For me, stress is something that makes your body and mind empty emotionally and physically. It is that which can make your day unpleasant.



2. What causes your stress?



The cause of my stress comes from the heavy workload, being miles away from my family and girlfriend, lack of good sleep and rest.



Playing sports, so many jobs and thinking of a lot of things- financial problems, misunderstandings with family members, lack of sleep, and the worst- Covid 19.

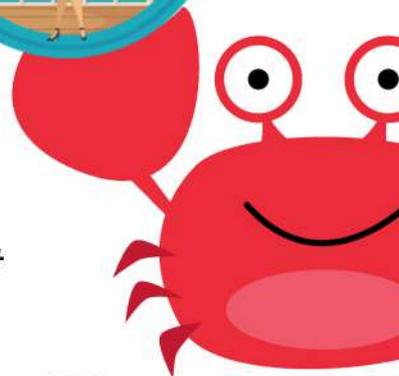


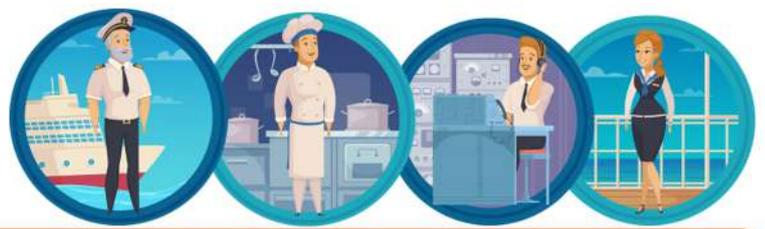
Stress, if related to work, is quite normal for seafarers. No one is relaxed while onboard. Most are stressed. But it's normal. I can handle it. Expectations, not good working environment, being compared to others, and arguments are the major causes of stress for me.

Most of the time, it stresses me out if things go beyond my control or capacity. For example: Three persons are giving orders to me at the same time, all of them are crucial and need to be done at the same time in an unfavorable atmosphere.



The causes of stress or anxiety are things that happen that are out of my control.





3. How do you handle stress?

By making myself busy such as doing fun things like playing mobile games, communicating with my loved ones, eating, having a workout and having a peaceful positive mind.



Sometimes, we need to take a break by listening to songs that can refresh or relax our minds, watching movies that can make us laugh, and while working, we should be happy and focus on what we are doing.

Doing things that can relax my mind and body. Thinking Positive thoughts. Taking a deep breath, staying out of nonsense topics or skipping an argument.



In order to handle stress, after the day, I self-reflect, rest and then thank God because I have managed to grow or if not, at least I made it.

I handle my stress by enjoying what I am doing and thinking positively that these are all for my dreams to come true. Playing basketball with my workmates, eating good food, praying to God, and when wife is available, I call my loved ones and girlfriend to ease a little bit of my longingness.



Sleeping



I handle stress by diverting my state of mind from those things that make me worry to productive things such as reading books, listening to inspirational videos and doing some physical activities. Pray, meditate, always smile even though it's a rough day and always do your best.

4. How are you and your work affected by Covid19?



Here onboard, rules on cleanliness and health are stricter. We apply the rules implemented by the government on land for all of us to be safe. We are just so worried about the health and safety of our loved ones because they are more at risk on land than us.

Having 2 weeks quarantine in SG allowed us to monitor our loved ones daily. We also fear for ourselves that even with limited contacts to the outside people there is also a slight possibility to acquire the virus. We can't go ashore to any port because of lockdown, worrying about our self, family and also to the world.

The effect of Covid 19 is not properly seen in small scale like when we are working while on sea, but on Ports, specially in affected countries, extra precaution is required. Covid 19's great impact is in the economy itself. Most deliveries are cancelled. Like our plan to discharge cargo in India was cancelled due to the virus

COVID-19 so much affected my work and my line up. It will take awhile before I get to go onboard. But what is more important is my health. Work will always be there.

I was really affected by this pandemic because embarkation has been cancelled, COP in Marina was likewise cancelled, my safety was compromised also because I was in a place where there is high case of NCOV-19. I feel sad because I am away from my family and I am also worried about their safety.

Our work now is very much affected. It is stressful when people from outside go onboard as we don't know whether they are infected or not. We have avoided shaking hands, avoiding physical contact, we practice social distancing and use sanitizer or alcohol regularly. Shore leaves are prohibited. We take extra precaution because we don't know who will take care of us if we get infected.

5. How are you and your co-seafarers coping with the situation?



We obey rules, we take care of ourselves, we take precautions and pray to God Almighty to help us get through this pandemic.



For us, the most important is to trust GOD. We always believe that COVID 19 will end as soon as possible so that everything will be back to normal. We always pray and we stay on-board. "No to shoreleave".



And lastly, we are doing some prevention here in our vessel by eating some healthy foods like fruits with vitamin C to boost our immune system, drinking a lot water, practicing proper hygiene, washing hands at all times. I believe that prevention is better than cure.

Dear crew,

May you ride with the waves and flow to where your brave, adventurous heart was destined to sail.

We cope by diverting our attention to playing basketball, playing virtual games, and talking to our loved ones when we are free.



Sharing of Positive thoughts, hoping it will end soon. Staying out of the News. It will just give us stress. It's ok to be aware but everyday news will torture people's minds.



The course of action we do together with my fellow seafarers is we keep ourselves motivated, we contact our loved ones and the best we do is we keep inspiring and talking to each other that all these things will end soon.

CRYSTALS' FUN-LOVING AND GIVING CULTURE



CRYSTAL REPS JOIN TIKTOK CHALLENGE

TIKTOK is a massively popular app that lets users create and share videos of up to 60 seconds long was originally created for young people to express themselves through singing, dancing, comedy and lipsynching. Because of the ECQ, with most people being glued to 4 corners of their homes, youngsters and celebrities, politicians and the elderly, and just about everybody, thought of one million and one ways to entertain themselves during their times of home confinement. And what better way to show videos of yourself having so much fun than this! It has helped so many cope with boredom and anxiety.

The Crystals, being their fun-loving selves, of course, took the challenge, being true to principle no. 8 which is 'Not to take yourself too seriously'! So, what are you waiting for?

Come and join our Crystal REPS do the Tiktok Challenge.



GIVING HELPING SUPPORTING by our CRYSTAL REPS



Everyone was shaken by the pandemic. All types of jobs and businesses, be it small, medium, or even large-scale businesses were all affected. Not one was exempted. And yet, our giving nature surpassed this seemingly unsurmountable global health crisis. Everyone shared what they could, giving the best that they could offer- services, time, financial aid, PPES to hospitals, and food packs for our brave frontliners. All over the world, giving relief goods has always been a vital part in helping those affected by natural disasters and calamities. Our ever-generous Crystal Reps have been kind enough to help out our fellow countrymen who are in need now that we are facing and battling this pandemic. Let us continue shedding hope, light and love by giving, helping and supporting each other.

CRYSTALS' FUN-LOVING AND GIVING CULTURE



APPRENTICE LIGTASK CHALLENGE

The Ligtask Challenge is one of the activities that the NePlus U's S.H.A.P.E Apprenticeship Program officers have come up with during the ECQ to inspire, encourage, showcase the creativity of our apprentices and to deliver Happyness to each other and to the online world during these extra-ordinary times.

What is the Ligtask Challenge? The word Ligtask is a portmanteau of the Filipino word Ligtas which means safe in English and the word task which means something to do.

All our apprentices' exercise routines, cooking and serving skills and singing, dancing, instrument-playing, skim-boarding, drawing, encoding and even fire-eating talents were highlighted to the amazement of many.



Beauty Underneath the Pandemic

Written By: Jeny Cueto

Covid-19. We've never been shaken by anything as this. It has given us pangs of sadness, boredom, frustration, disgust, anger, fear, feelings of uncertainty and discontent, which are normal, of course, and okay. If we dig deep into the depths of our hearts and souls, we may realize that everything that has happened are blessings in disguise. They all happened for a reason. All for a greater purpose.

When we put our focus on love, appreciation and gratitude, on faith, hope, and on possibilities, when this great challenge is over, we will come out of it better, wiser, kinder and closer to ourselves, to our God, to our family, to nature, and to others.

People are helping each other. Our leaders are doing the best way they possibly can. Nature is healing. Look at how clear the sky is and how green and beautiful the hills and mountains are. Mountain ranges, such as The Sierra Madres of the Philippines and the Himalayas of Nepal which people have never seen yet are visible even to far-away places. Look at how blue our seas and clear our bays are, how clean our streets are, how many animals are seen in the cities, sea turtles flourishing in many empty beaches.

Lockdowns imposed in different cities have allowed "the earth to heal from environmental degradation." Around the world, carbon emissions and air pollution have dropped because of the suspension of industrial activity. These extra-ordinary times have made us realize many things- that life is fleeting and tomorrow is not promised. That change is constant. That our food and shelter, the health and safety of our family members are what's most important to us. That many people care. That we can do so much. That seemingly one little thing that we give to one is that big, big thing that we give to others. That there is beauty, endless, possibilities and opportunities underneath the pandemic.

May we be more appreciative of who and what we have. Be grateful for the people who are there for us. For the big and little things we have that we used to take for granted because they've always been there, like being at home, riding our bikes, strolling outside and eating the simplest streetfood or probably eating at Jollibee or Mcdonald's, going to the mall, sipping milktea or a frappe, meeting- up with friends, watching movies and being with our family and our loved ones, holding their hands, kissing and hugging them, breathing with ease and comfort, feeling good and waking up to a new day every single day.

These have now been luxuries that we have been blessed with and treasures that we look forward to doing in the very near future.

It is here. This is now. Let's embrace all that we are and appreciate how resilient we have been. Let us appreciate our past and accept our present while looking forward to our re-birth after this- this great opportunity to reinvent ourselves. Who are we after Covid19? What did we learn from it?

“And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.”

- Haruki Murakami



Aly
The difference between the impossible and possible lies in your determination



Anna
We need GOD to survive



Arvin
Staying home is our shield right now



Beth
Choose to be positive!



Checket
Mind your Health



Chan
Trust the process



Mac
Crystal + A.I.
= WOW Service



Froi
Face your Fear



Monie
God is good all the time



Jaa
Be a blessing to others



Jaybs
If you cannot change it, change the way you think about it



Jelyn
Being safe and healthy is a blessing



Jeny
There is beauty, possibility, and opportunity underneath the pandemic



Jom
Accept changes and reality



Kath
Jesus Christ is the same yesterday, today and forever - Hebrews 13:8



Coi
Technology Rocks!



May



Melba
Live in the moment



Pam
Health is Wealth



Jet
Resiliency is indispensable



Tony
Change is inevitable



Regie
Time is gold



Romel



Sha
No one has become poor by giving



Sidney
No one knows what the future holds only God



Joy
God will provide - Philippians 4:19



Ruffa
Faith over Fear



Shielyn
Embrace change



Sarry
We'll beat the odds together

CRYSTAL CORNER: ONE-LINER COVID-19 REALIZATIONS

