

the crystal CHRONICLE

2020





MAC3POINTS

MESSAGE OF THE

President

As we begin the New Year 2025, I'm filled with happiness and gratitude for what we've achieved as an organization during the past year. Our fun-loving, tech-savvy team has not only embraced change but thrived on it. We've pushed the boundaries of what's possible, living by our core belief that working in the area of our strengths makes all the difference.

This year, we continue to imagine a world where work is not just a task but a passion, where each individual thrives because they love what they do —and do it well. Our commitment to health in mind, body, and spirit has never been stronger, and our weekly BHASIMBAS sessions have proven that wellness is not just a goal but a lifestyle. We've shown that by harnessing the power of our strengths, we become an unstoppable force.

In my role as Chief Impactor, I've had the privilege of witnessing our collective adaptability. Whether it's adopting new technologies or finding innovative solutions to challenges, we've shown that we can be both tenacious and flexible, much like chameleons in a rapidly evolving world. Our ability to pivot without losing sight of our goals - our OKRs, has been key to our success.

What truly excites me is seeing each of you—strong in your unique talents—contribute to the bigger picture. You are continuously working towards our Vision – for it to turn into reality. We've grown not just in numbers or technology, but in being Healthy and Strong in Mind, Body and Spirit.

As we look ahead to 2025, let's continue building on this foundation. Let's keep delivering Happyness through our WoW Service, keep imagining, keep innovating, and keep having fun while doing it. Together, we're not just working –we're impacting, transforming, and leading the way.

To our Crew and their family, our Principals and their family and all stakeholders, thank you for your continued trust and confidence in our WoW Services!

Here's to another year to BHASIMBAS!

Love in me,

Emily Crisostomo





"CRYSTAL TRAVELS AND VISITS TO PRINCIPALS"

- LARVIK SHIPPING AS TOGETHER SINCE 1990
- NORWEST SHIP MANAGEMENT TOGETHER SINCE 2013
- PORTLINE BULK INTERNATIONAL TOGETHER SINCE 2013
- HAGLAND SHIPPING AS TOGETHER SINCE 2010
- K. SAETRE AND SONNER AS TOGETHER JUST RECENTLY 2024
- MYKLEBUSTHAUG MANAGEMENT AS TOGETHER SINCE 2006

LARVIK

Visit
2024





NORWEST
Visit
2024





PORTLINE

Visit

2024





HAGLAND

Visit

2024





K SAETRE

Visit

2024



MMRED

Visit
2024



HAGLAND SHIPPING *and* CRYSTAL SHIPPING

“15 YEARS OF PARTNERSHIP”



Hagland Shipping’s partnership with Crystal Shipping has been flourishing for over 15 years. In 2024, Hagland’s Crewing Manager, Herbjorn Skumsnes, made his first visit to the Crystal Shipping office in the Philippines. This marked a significant milestone as it was both Mr. Herbjorn’s and Hagland’s inaugural visit to the country. The week was filled with engaging and informative activities, including discussions, meetings, audits, and site visits.

During his stay, together with Ne+U’s General Manager Jesse Escala and Training and Marketing Coordinator Jelyn, Herbjorn visited the Ne+U Training

Site in Lipa, Batangas, where he was able to observe the ongoing Shielded Metal Arc Welding (SMAW) training.

They also toured Ne+’s partner institute, which offers forklift operation training. The following day, Mr. Herbjorn, along with Crystal’s Mark, Jom, Shielyn, and Bryan, visited the Norwegian Training Center (NTC) in Pasay, Manila. They were given a comprehensive tour of the facility and experienced the simulator courses firsthand. Hagland is excited about the prospect of partnering with NTC for future training programs, particularly those focused on the operation and maintenance of hybrid

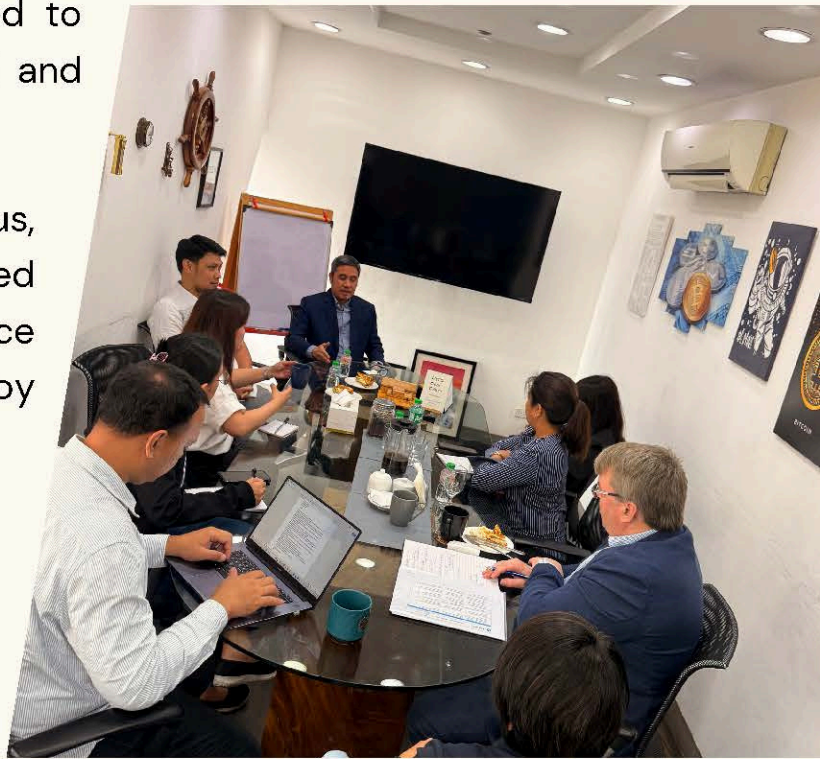
“Crystal team eagerly anticipates more visits from their Hagland partners’

vessels, as most of Hagland’s fleet and upcoming new builds are hybrid-equipped. No visit would be complete without experiencing Crystal’s unique way of celebration. A special event was hosted to honor the partnership between Hagland and Crystal and to welcome Mr. Herbjorn.

The celebration was lively and joyous, featuring performances by the talented Crystal Representatives, including a dance showcase and a delightful singing duo by the Pajanostan siblings.

The Ne+ apprentices also gave a heartfelt serenade to the guests. Additionally, several loyal crew members of Hagland were present to receive recognition for their dedicated service with both companies.

As the week concluded, so did Mr. Herbjorn’s visit. Crystal Shipping was truly grateful for his presence and the valuable insights he shared. The Crystal team eagerly anticipates more visits from their Hagland partners to continue nurturing and growing their strong partnership.





MARINA ADVISORY

**ALL SHIPPING COMPANIES,
MANNING AGENCIES, SHIPOWNERS,
SEAFARERS AND ALL CONCERNED**

SUBJECT:

RE-ISSUANCE OF ANNEX I OF MEMORANDUM CIRCULAR NO. SC-2024-01

Please be informed that the Annex I of Memorandum Circular No. SC-2024-01, entitled Specific Qualification Standards and Documentary Requirements for Instructors, Training Course Assessors and Competency Assessor, is hereby updated.

The update made covers the following training courses and levels of responsibilities:

- Advanced Fire Fighting (AFF);
- Security Awareness Training and Seafarers with Designated Security Duties (SAT-SDSD);
- Ship Security Officers (SSO);
- Fast Rescue Boats (FRB);
- Basic Training for Liquefied Gas Tanker Cargo Operations (BTLGT-CO);
- Basic Training for Oil and Chemical Tanker Cargo Operations (BTOC-TCO);
- Basic Training for Services on Ships Subject to IGF Code (BT-IGF);
- Advanced Training for Services on Ships Subject to IGF Code (ATIGF);
- Basic Training for Ships Operating in Polar Waters (BTSOP);

MARITIME UPDATES 2025

- Advanced Training for Ships Operating in Polar Waters (ATSOP);
- Ratings as Able Seafarer Deck (AB Deck);
- Ratings as Able Seafarer Engine in a Manned Engine-Room or Designated to Perform Duties in a Periodically Unmanned Engine Room (AB - Engine);
- Ratings Forming Part of a Navigational Watch (RFPNW);
- Ratings Forming Part of a Watch in a Manned Engine-room or designated to perform duties in a Periodically Unmanned Engine room (REFEW);
- GMDSS Radio Operator (GMDSS RO);
- Safety Training For Personnel Providing Direct Service to Passengers in Passenger Spaces (STPPDSPPS);
- Passenger Ship Crowd Management Training (PSCMT);
- Management Level Course for Marine Deck Officers (MLC Deck);
- Management level Course for Marine Engineer Officers (MLC Engine);
- Electro-Technical Officer (ETO)



"I am happy and proud of this role because it allows me to lead and support my team and our crew."



ACCOUNTING

CRYSTAL CORNER

featuring **IMELDA MOISES**

Imelda L. Moises, fondly known as "Monie," grew up in the tranquil town of Mambusao, Capiz. The youngest of five siblings, she was shaped by the determination and care of her parents and older siblings. Watching them navigate life instilled in her a strong sense of resilience and the value of hard work. In 1991, Monie earned her Bachelor of Science in Commerce degree from the Colegio de la Purisima Concepcion. A year later, she began her professional career at Crystal Shipping, Inc., joining the team as an accounting staff member. Over the years, she embraced challenges, expanded her skill set, and climbed the ranks. Today, she holds the position of Crew Accounts Manager, a role she takes great pride in.

"I am happy and proud of this role because it allows me to lead and support my team and our crew," Monie shared. "I am grateful to Crystal Shipping, Inc. and its Board of Directors for the trust and opportunities they have given me along this journey."

Throughout her time at Crystal, Monie has lived by Principle No. 3, "Serve Coffee." This principle, which highlights humility and selflessness, has been her guiding light. It reminds her to think less of herself and focus on serving others—whether her bosses, co-workers, or the seafarers and their families.

One of Monie's most significant milestones is achieving financial freedom, a goal she reached after years of discipline, hard work, and careful planning. She made it a priority to learn about investments and manage her finances wisely. The fruits of her efforts have not only supported her loved ones but also enabled her to take better care of herself.

"Achieving financial freedom has been incredibly rewarding," Monie reflected. "It has given me confidence and allowed me to help my siblings and other relatives while focusing on my health and well-being."

The journey wasn't without its challenges. Monie recalled the ups and downs of investing, particularly her early experiences in the stock market. There were moments of disappointment, such as when stock prices dropped unexpectedly, but she persevered. She tackled these obstacles with resilience, adaptability, and a commitment to learning.

"Every challenge has made me stronger," she said. "I learned to budget carefully, stay persistent, and balance financial well-being with self-care. Over time, I realized that every setback holds valuable lessons."

Patience became one of the most important lessons Monie learned, especially in investing. Mistakes initially felt discouraging, but they taught her to approach each decision with thoughtfulness and perseverance. A principle from the Crystal Book, "If you're not growing, you're dying," became a mantra for her, reinforcing the importance of continuous self-improvement and persistence in reaching her goals.

As Monie looks to the future, she prioritizes health and wellness, aiming to be "healthy in mind, body, and spirit." She aspires to grow her investments further, deepen her understanding of cryptocurrencies, and explore new advancements in technology. Traveling abroad is also high on her list, as she dreams of experiencing new cultures and landscapes.

Monie lives by the motto, "Do not take yourself too seriously." This guiding principle reminds her to embrace life's lighter moments, laugh at herself, and not be easily troubled by challenges.

With resilience, humility, and a forward-looking mindset, Monie's journey is an inspiring testament to the power of hard work, gratitude, and lifelong learning. Her story serves as a reminder that growth is a continuous process, and every step—whether smooth or challenging—brings valuable lessons along the way.



This year's #OneCrystalDay2024 was nothing short of spectacular! With the theme "Reconnecting Bonds and Beyond," the event brought the entire Crystal IEAC Group of Companies together to not just celebrate teamwork, but also the joy of shared experiences and friendly competition.

Organized by Team Trese, the event spanned the whole month of June, with each week bringing a new set of challenges that tested both skill and camaraderie.

Every Thursday in June, the excitement and anticipation grew as teams gathered to face off in a series of exciting and sometimes nerve-wracking challenges. The goal? To claim the coveted title of Ultimate OneCrystalDay Champion at the grand finale.

It all began with a burst of energy as the teams went head-to-head in a Cheer Chant Competition. Each group was tasked with creating and performing a cheer that would pump up the crowd and impress the judges. The creativity and passion in the room were palpable, but in the end, Team Nicol8s clinched the win for this round, setting the stage for what would become an intense and thrilling month of challenges.



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For the final week of challenges, it was all about the outdoors as teams competed in the Crystal Ball Game Challenge through an ultimate Volleyball Game. With the weather seemingly planned to make the game more intense and the energy at an all-time high, the teams showed up ready for action, giving everything they had in this ultimate test of teamwork. Every moment was filled with excitement as each group went head-to-head in this thrilling outdoor game. Team Nicol8s advances among other teams as they smashed the win for this game.

The grand finale of OneCrystalDay2024 took place at Palm Beach Resort in Laiya, Batangas, on June 30. Not only was it the culmination of the month-long challenge series, but it was also a special celebration, as it coincided with the birthday of Emily Crisostomo, President of Crystal IEAC. The event was a grand occasion that blended competition and celebration.

In the final showdown, teams took on the Golden Basket Challenge—a game that tested their creativity, teamwork, and resilience. It was a dramatic conclusion to a rollercoaster of emotions and hard-fought battles throughout the month. But in the end, Team Nicol8s emerged victorious, with members Mark Rence Miguel, Jocelyn Macalalad, Brian Crisostomo, Jesse Escala, Ma. Paz Llanes, Nicole Shaira Bartolome, Jeneveb Lozada, and Jashen Azarcon claiming the title of Ultimate OneCrystalDay2024 Champions!

The fun didn't stop with the last challenge. The night was still young, and everyone gathered for a grand celebration in honor of Emily Crisostomo's birthday. The evening was filled with music, laughter, and heartfelt tributes, making it the perfect end to an unforgettable day. The IEAC Group of Companies celebrated both the team spirit that defined the event and the leadership of Emily, whose guidance and vision continue to inspire everyone in the company.

OneCrystalDay2024 was a resounding success—a true celebration of teamwork, fun, and the unbreakable bonds formed along the way. As the teams came together to reflect on their shared experiences, it was clear that the true victory wasn't just in the competition—it was in the connections made and the memories created.



11TH IAC

HONORING
THE PAST



Gala



SHAPING
THE FUTURE



FAMILY IS NOT JUST BLOOD



Another year marks a significant milestone for the Crystal IEAC Group as they celebrate their 11th Inocencio A. Crisostomo Gala Night, or the IAC Gala. This year's theme, "Honoring the Past, Shaping the Future," embraced a Filipino aesthetic, showcasing the elegance and beauty of traditional attire, namely the Barong Tagalog and the Filipiniana. Crystal infused a modern twist into these cultural styles, making the event even more special. Held at Barbara's Heritage Restaurant in Intramuros, Manila, the venue added a nostalgic touch with its historical architecture and antique decor.



The gala was attended not only by the Crystal IEAC Group but also by distinguished guests from around the globe, including Transmar's Oivind Berge and Petter Nevik, Sergii Liaschchenko of BSG, and our ever-generous Board of Directors: Mrs. Edith Crisostomo, Mr. Barry Crisostomo, and all the way from the United States, Mrs. Eridani Crisostomo and Mr. Innocencio Crisostomo III.



As with past events, the IAC Gala celebrated the achievements and contributions of Crystal Representatives who have excelled over the previous year. This year, several awards were presented, including the esteemed Crystal Heart Awards. While everyone looked stunning in their Barong and Filipinana attire, only one could be crowned Crystal Male Star of the Night: Mr. Christian A. Caracta, who wore a striking black Barong complemented by a Balagtas-inspired headpiece that highlighted his handsome features. Ms. Sheanne Estrella received the most votes for Crystal Female Star of the Night, captivating all in her elegant black Filipinana dress.



Additional honors included the Crystal WOW Service and Crystal Happyness Awards, alongside the inaugural Crystal IAC Award, and the Crystal IAC Unit of the year which was given to the WealthCreators unit for their inspiring achievements and exceptional contributions in 2023.

Overall, it was a magnificent event, symbolizing both the conclusion of one year and the promising beginnings of another for Crystal. The company's OKRs were presented, providing a glimpse into the exciting future that awaits in 2024. As the night concluded, the atmosphere was filled with anticipation and enthusiasm for what lies ahead.

CM Ronnie Gorospe

Cadets to Riche\$



Born in Tagudin, Ilocos Sur, Philippines, Ronnie Gorospe's remarkable journey is a testament to perseverance and determination. Growing up with siblings, Ronnie was driven to break the cycle of poverty and provide a better life for his family.

Early Life and Education

Ronnie's parents, a farmer and a housewife, instilled in him the value of hard work and resilience. He pursued Maritime Science and Technology at Northern Philippine College, laying the foundation for his future career.

A Dream Takes Shape

Ronnie's passion for the sea led him to become a seafarer, overcoming numerous challenges along the way. After passing rigorous exams, he faced his biggest hurdle: the interview. Undeterred, he drew inspiration from a classmate who had joined the NePlus Apprenticeship Program and soon, he was accepted.

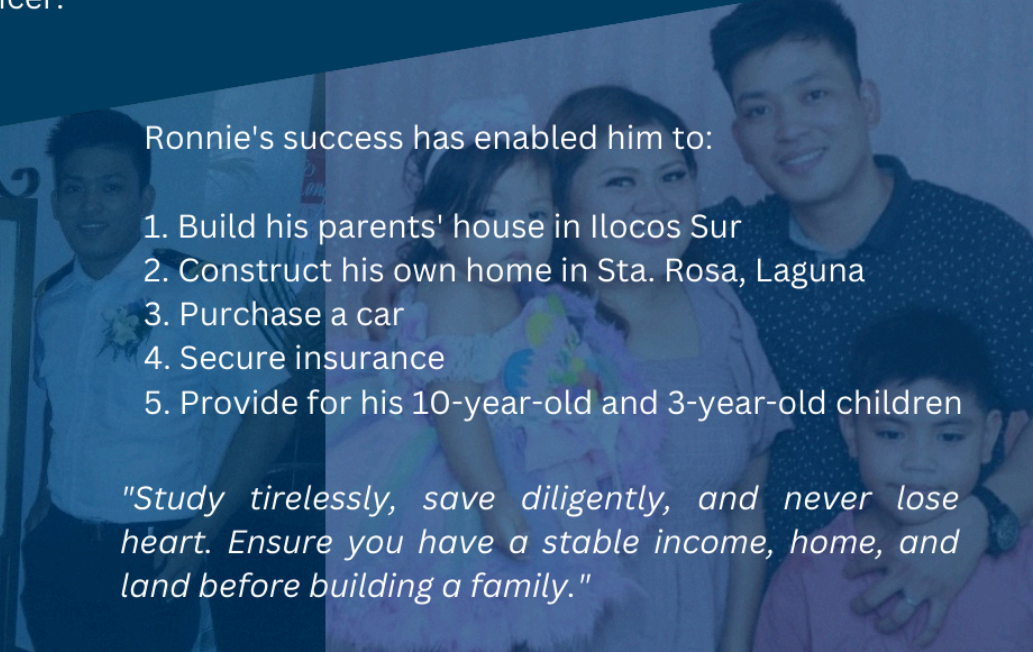
A Career at Sea

Ronnie's maritime journey began in 2010 as a deck cadet. His dedication earned him promotions: Ordinary Seaman (OS), Able Seaman/Third Mate, and eventually, Chief Officer. Four contracts and countless lessons later, Ronnie credits Lighthouse for shaping him into a skilled and confident officer.

Ronnie's success has enabled him to:

1. Build his parents' house in Ilocos Sur
2. Construct his own home in Sta. Rosa, Laguna
3. Purchase a car
4. Secure insurance
5. Provide for his 10-year-old and 3-year-old children

"Study tirelessly, save diligently, and never lose heart. Ensure you have a stable income, home, and land before building a family."

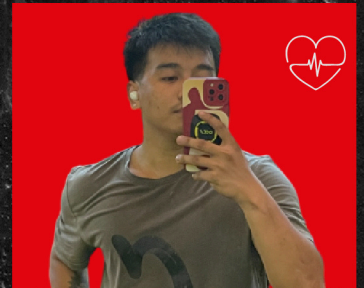


BHASIMBAS 2024



WHY NOT YOU?

From the moment he started, it paved the way to perceive greatness. While at day he assists and helps the Crystal's crew, at night, he works out his best onto what he achieved until the very last end of the BHASIMBAS Unit Challenge. To showcase the new BHASIMBAS winner, the Crew Coordinator from the Crewing Department, the one and only "King-Con", Dandred Villacorta.



Before the 12th GALA Night ends, the Crystal community and some of our Principal Visitors (Norwest and Lighthouse) witnessed another inauguration of the newest BHASIMBAS King or Queen. From nine tributes-Chan, Belle, Dandred, Rona, Philip, Jeneveb, Arvin, Regine and Ally-all went head to head to prove once in for all who will be determined the only winner. With the 2 million Bitcoin Satoshis on the line, the tributes proved their stands from lifestyle changes to muscle-building, weight reduction and a healthy diet.

From the last stand, only four remained. Chan, Belle, Dandred and Regine. Followed up by the votes of the Crystals and Judges, on the final stand, Dandred Villacorta was announced as the 2024 BHASIMBAS King.

MACMASTER CLASS

SHIE ◦ PAM ◦ ANNA ◦ KIM ◦ LEAH
◦ JANICE ◦ REGIE ◦ ARVIN

MAC

THE 21 IRREFUTABLE LAWS OF LEADERSHIP

Eight chosen Crystals—Shielyn Dela Cruz, Janice Lahoylahoy, Anna Sanchez, Leah Fortes, Arvin Trinidad, Regie Caracta, Kim Decena, and Pam Raguine—embarked on a transformative journey through the John Maxwell's 21 Irrefutable Laws of Leadership. Designed and led by the one and only Chief Impactor of the Crystal IEAC Group, Emily Crisostomo, this program, uniquely named "21" MacsterClass, marked the third batch in her Series 1, continuing to set a high standard for leadership development.

Every Thursday afternoon, they gathered—whether face-to-face or online—to explore John Maxwell's timeless leadership principles. Through the program's four modes of learning—Read, Review, Reflect, and Real-Life Application—they not only absorbed leadership concepts but actively applied them to their daily lives, enhancing their growth as individuals.





The Graduates

With Emily's impactful vision and mentorship, the group embraced this opportunity to grow, connect, and become better leaders.

The journey culminated in the much-anticipated "final exam." They were divided into four teams of two, presented their 15-minute take on the leadership laws to the entire Crystal community. Arvin and Regie stood out with their dynamic and insightful delivery, earning the award as the GURU-MADUATE Winner.

Adding to the recognition, Arvin and Pam received the MAC's Choice Awards, a recognition personally given by Emily to honor individuals who embodied the program's spirit through their dedication, growth, and impact.

The "21" MacsterClass was far more than a leadership workshop—it was a life-changing experience. They not only gained valuable leadership insights but also experienced remarkable personal and professional transformation. Inspired to lead with purpose and vision, they emerged as empowered individuals ready to make a difference in their teams, families, and communities.

As the third batch of "21" graduates, the Crystals have set a shining example of what it means to embrace leadership as a way of life. Their journey stands as proof that leadership is a process—a lifelong commitment to influence and inspire. And as they move forward, they carry with them the profound truth: **"Leadership is influence, nothing more, nothing less."**

Crystal Aspirants



Christine Joy L. Bengan

Crystal Ribbonette

"Loyalty is rare, trust wisely"

24 yrs old



Ronalie P. Tolentino

Crystal Stillness

"Progress not perfection"

25 yrs old



Naomiegene D. Pajanostan

Crystal Unstoppable

"Rest if you must, but don't you quit"

19 yrs old



Joy Mae Lebasnon Vigo

Crystal Vigorous

"If you cannot change the situation, then change your perspective"

24 yrs old



Laurence Christian M. Delarosa

Crystal Explorer

"Do what you do best and be the best at it"

23 yrs old



Sheila Marie A. Uy

Crystal Gem

"Courage conquers all things"

24 yrs old



Jamaica M. Samson

Crystal Charming

"Time is Gold"

25 yrs old



Mary Grace H. Caracta

Seaseed Breeze

"Success is not final, failure is not fatal: it is the courage to continue that counts"

29 yrs old



Diana Frances P. Mendoza

Seaseed Little miss gutsy

"Keep going to keep growing"

27 yrs old



CRYSTAL BASKETBALL

GAME

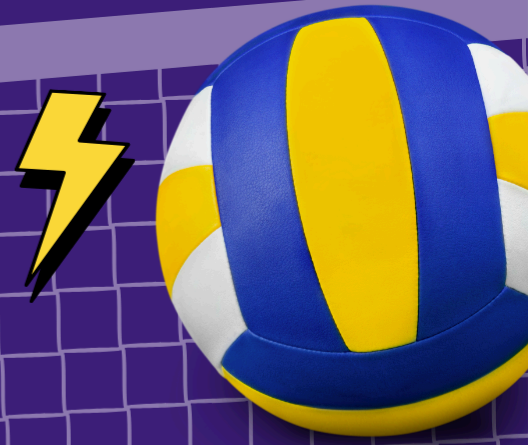


Team SHAPE Apprentices triumphed in a thrilling basketball game against Team CRYSTAL, with Cadet John Ric Lanado earning the MVP title for his standout performance. The match showcased intense competition, with both teams exchanging leads in a tightly contested first half. Lanado emerged as a key player, demonstrating exceptional court vision and defensive skills, ultimately contributing 10 points, 3 assists, and 5 steals.

While Lanado's individual efforts were crucial, it was the collective teamwork of SHAPE Apprentices that secured their victory, highlighted by strong contributions from players like Kandel Bassig and Francis Babiera. In the final quarter, they pulled away decisively, solidifying their win.

The sportsfest concluded on a high note, celebrating sportsmanship and camaraderie, as both teams acknowledged each other's efforts. Team SHAPE Apprentices, with Lanado at the forefront, not only claimed the trophy but also embodied the spirit of teamwork and perseverance throughout the tournament.

CRYSTAL VOLLEYBALL



Blue Team Clinches Victory in Thrilling Volleyball Showdown

In a highly anticipated volleyball match that had Crystals on the edge of their seats, the Blue Team emerged victorious against the Red Team, with standout player Shallom Edillo earning accolades for his exceptional performance.

From the opening serve, it was clear that both teams were ready to battle. The Red Team put forth a strong effort, demonstrating remarkable teamwork and strategy. However, the Blue Team, led by Edillo, quickly established their dominance on the court. With a combination of powerful serves, precise spikes, and unyielding defense, the Blue Team took control of the game.

Shallom Edillo was undoubtedly the star of the match. His agility and quick reflexes allowed him to make crucial plays, and his leadership on the court inspired his teammates to elevate their game. Time and again, he delivered stunning kills and expertly placed serves that left the Red Team scrambling.

The atmosphere was electric, with Crystals cheering wildly as the score tightened in the final sets. In a thrilling conclusion, the Blue Team sealed their victory, much to the delight of their supporters.

Edillo's outstanding performance earned him the title of Best Player, a well-deserved recognition for his pivotal role in the match. "I couldn't have done it without my team," he stated after the game. "We worked hard together, and it paid off."

This match not only showcased the incredible talent of the players but also highlighted the spirit of competition that brings communities together. As the Blue Team celebrates this victory, they set their sights on future matches, ready to continue their winning streak.

Fans eagerly await what's next for Shallom Edillo and his team as they strive for greatness in the season ahead.

EXPLORING BEYOND WORK

Crystal Hobbies

Crystal Shipping reps embrace adventure, fitness, and creativity beyond work, maintaining a balanced life. Their hobbies reflect passion and dedication, enhancing both their personal and professional well-being.

Hiking: Embracing Nature

Hiking challenges crystal reps physically and mentally while offering breathtaking views and relaxation. Whether solo or in groups, it provides a sense of accomplishment and an opportunity to disconnect from daily stress.

Running: Staying Active

Running promotes fitness, endurance, and mental clarity. Many employees train for marathons, participate in community races, or enjoy casual jogs to relieve stress and stay energized.

Baking: A Creative Outlet

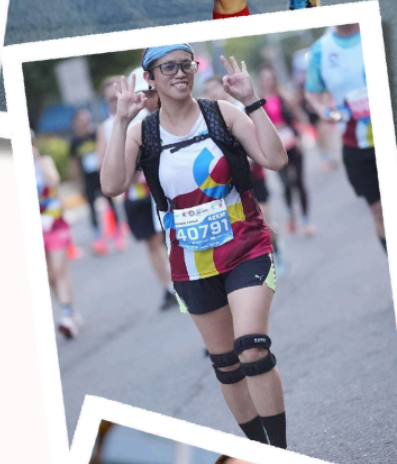
Baking fosters creativity, patience, and precision. Employees experiment with new recipes, perfect techniques, and share homemade treats with family and friends, making every creation a rewarding experience.

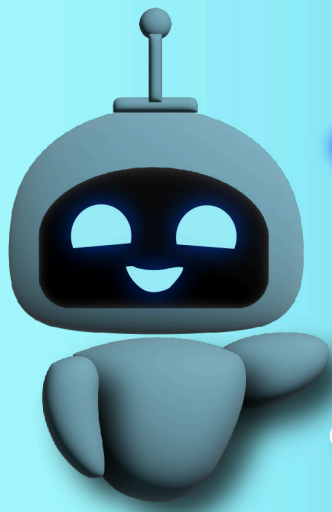
Motorcycling: The Open Road

Motorcycling provides an exhilarating escape, blending freedom, adventure, and responsibility. Whether cruising scenic highways or tackling rugged terrains, it offers a thrilling break from routine.

Balancing Work and Passion

At Crystal Shipping, we believe hobbies are essential for personal growth and happiness. Whether conquering trails, pushing physical limits, crafting delicious treats, or riding the open road, our employees find joy in their passions, enhancing their motivation and resilience both at work and in life.





TECH CORNER

Creating a safe cyberspace for Crystals!



Love In The Time Of Cybersecurity

Navigating the Digital Landscape with Caution

For the month of February, covers the sole threats about love attachments which could have risks on your system. It also bring awareness about expressing your love to other people, ensures your love data is protected and celebrated the month of love with you loved ones safely.

...can be risky. Always verify the sender's identity before clicking on any link or downloading files.

Practice Safe Cyber Hygiene:

Just as we take precautions in our personal lives to prevent the spread of illness, practicing safe cyber hygiene is essential. Regularly update antivirus software, use strong and unique passwords, and be cautious when sharing personal information online.

Educate and Raise Awareness:

Cybersecurity is a shared responsibility. Encourage friends, family, and colleagues to stay informed about potential threats. Awareness and education are powerful tools in preventing the spread of digital infections.

Express Love Securely

In the digital age, expressing love may involve sharing personal moments online. Ensure that you do so securely, using

...that even in the age of cybersecurity should not be overlooked. By adopting a proactive and informed approach, we can ensure that our expressions of love remain secure and free from digital threats. The digital age can be beautiful when practiced with a dose of cyber

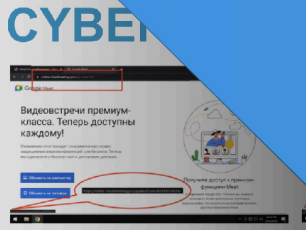


Love in the Time of



Beware—Do Not Click These Dangerous New Google Meet And Zoom Links

Researchers at Zscaler have issued a warning about a new cyber threat discovered in December 2023. Threat actors are creating fraudulent Skype, Google Meet, and Zoom websites to spread malware. These fake websites



Here are five other simple rules always

1. Stick to official app stores—don't use third party sources.
2. Check the developer in the app's description—is it someone you know or like inside your life? And check the reviews, do they look...

Do Not Click These Dangerous New Google Meet and Zoom Links

For the month of March 2024, this article covers what is called a new scam that redirects many user into clicking their links on these big conference application platforms which is Google's in-house Google Meet and Zoom's Conference Application, which has malwares and inside of them encapsulating themselves as legit links.

Beware

The Danger of Artificial Intelligence

with the Top AI Scams and Pranks

This month of May, covers the topics of the different kinds of dangers of uses of artificial intelligence and the different kinds of scams that can be used to jeopardize ones information or even their own physical copy such as voice cloning, human traits and also a infulencer or a celebrity that can be used to imitate other people.

THE DANGER OF ARTIFICIAL INTELLIGENCE

Artificial Intelligence (AI) has immense potential to transform industries and drive innovation, but it also poses significant challenges that require attention. Concerns revolve around AI systems surpassing human intelligence and the unforeseen consequences. Ethical implications arise as AI algorithms make autonomous decisions, potentially reflecting biases in their training data. AI systems are vulnerable to manipulation and cyberattacks, and their misuse for malicious purposes like cyberattacks and deepfakes. As automation advances, it could exacerbate unemployment and socioeconomic disparities. Addressing these dangers demands ethical AI development, investment in safety research, cybersecurity, and education initiatives to empower responsible AI usage. By acknowledging and proactively managing these risks, society can harness AI's potential while safeguarding against unintended consequences.

Top AI Scams and Pranks

AI Voice Cloning
AI voice cloning is being used by scammers to impersonate people and deceive victims into giving away money or sensitive information. Using a short video clip of someone's voice from social media, scammers can easily create a voice clone of that person and then call their family/friends/colleagues and impersonate them.

A Rap Dissing Google
As a publicity stunt, software company Sprinklr asked ChatGPT to come up with a limerick about Microsoft beating Google. Here's the masterpiece:

AI Tricks a Human
Last year, ChatGPT tricked an IT worker into thinking that it was a human in need of technical assistance. The AI



The Future of Hybrid Work:

3 Ways to Re-Invent Working From Anywhere

For the month of July 2024, this article covers what can be the ways to re-invent working remotely anywhere around the country or even at home. This article features ways to balance trust with accountability and too boost productivity and more focused work in order to lessen stress during travel.

The Future Of Hybrid Work: 3 Ways To Re-Invent Working From Anywhere

Fake Transfer

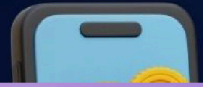
e-wallet scam

This month of September 2024, unveils different kinds of scams that can occur during your purchases and how to overcome the modus on a holiday season. This also is awareness to those who are especially panic-buying or buying days before the holiday starts.

FAKE TRANSFER

e-wallet scam

What are E-Wallets



What is VISHING?

Vishing, or voice phishing, is a type of cyber attack where attackers use phone calls to trick individuals into providing sensitive information such as passwords or credit card details. Often, attackers impersonate legitimate organizations, creating a sense of urgency to manipulate victims.

HOW TO PREVENT VISHING

Be Skeptical: Always question unsolicited calls asking for

What is Vishing?

For the month of October 2024, this article covers what is called a scam that tricks users and a cyberattack that uses users on giving sensitive information to a imitative scammer or caller. Many of the victims fall for these kinds of scams because scammers manipulate and introduce themselves from the real brands and companies.

Are You Vulnerable?

Take the Prescribe Data Encryption

This month of November 2024, covers the topics of the different kinds security on encrypting and securing your data. From bridging one user to another website, to delivering messages to one of it's user. This article also covers how Data Encryption works in different kinds of media usage in social media and intellectual property.

Are You Vulnerable?

Take the Prescribed Data Encryption

Encryption

One way of protecting private information ensuring that data cannot be read, stolen, or altered at rest or in transit that is a



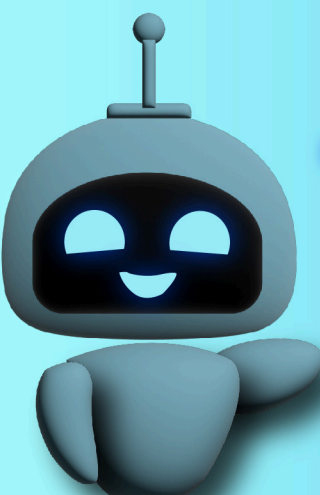
CRYSTAL DECEMBER CYB

Holiday Cybersecurity Tips

HERE ARE SOME TIPS FOR SECURED ONLINE SHOPPING

Holiday Cybersecurity

For the month of December 2024, this article covers tips in order to shop securely through other shops, malls and pay your money securely. It indicates some of the tips that you can use so that you'll have a safe shopping holiday season before 2024 ends.



TECH CORNER

Creating a safe cyberspace for Crystals!





2024 **SEASEED HIGHLIGHTS**

Crystal Shipping SeaSeed Credit Coop, with a commitment to enriching lives and fostering sustainable development, the cooperative organized a series of impactful activities aimed at benefiting both its members and the wider community. In times of adversity, communities come together to support one another, proving that resilience and compassion can overcome even the most challenging situations. The SEASEED Relief Operations, held on August 8, 2024, in response to Bagyong Carina striking Malabon City, stand as a testament to this spirit of unity, providing aid, comfort, and hope to those in need.

CRYSTAL CARELINE

In Partnership with

NE PLUS ULTRA TRAINING

Life can be tough on board,
but we've got your back.
The Ne Plus Ultra Careline
offers:

- A safe space to talk about your feelings, life on board, and managing family life and challenges.
- Confidential guidance and support.
- No judgement, just understanding.

Your mental health matters.
Reach out to Careline today
and take the first step
towards a healthier, happy
you

**We care because you
matter.**

LET'S TALK
ABOUT
MENTAL
HEALTH

You're
Not
Alone
At
SEA

Coming
soon!

2024 Calendar of EVENTS

22
JANUARY
Transmar
Visit



25
JANUARY
Crystal IAC Gala



14
FEBRUARY

**Valentines
Special**



06

MARCH

Larvik Visit

20

MARCH

ESM Visit



30

APRIL

**Fire Prevention
Seminar**

13

APRIL

TESDA
Fun Run



APRIL
Lead, Hunter Ally
Visits our Norway
Partners



08

MAY

FSSA Visits



16 MAY

Crystal Seased
Attends PFCCO
General Assembly



23 MAY

Crystal Volleyball
Game



JUNE Month-Long One Crystal Day





04

JULY

21 Irrefutable Laws
Macsterclass
Batch 3 Kick-Off

06

JULY
FAME Fun
Run



15

AUGUST
Crystal Basketball
Game

22

AUGUST
Commercial
Management Seminar



19

SEPTEMBER
Crystal Movie
Date Night



24

OCTOBER
BINGO Night



04-08

NOVEMBER
Portline Visits



25-29

NOVEMBER
Hagland Visits

MAY & NOVEMBER

Lead's Offsite



19

DECEMBER

Crystal Year-End Party

