

the crystal CHRONICLE

SHIELYN
DELA CRUZ

the Crystal
Sunshine

A Journey
Guided by
Faith, Courage
and Compassion



M MIND FULNESS

Mindfulness is the discipline of awareness.

Awareness of the moment, of our impact on others, of our thoughts before they turn into words or actions. In an industry that runs on precision, timing, and safety, mindfulness allows us to see beyond the tasks and into the human side of our work. It helps us pause before reacting, listen before responding, and think before deciding. Mindfulness reconnects us to our purpose and our purpose strengthens performance. When we are mindful, we lead not just with our minds... but with clarity and intention.

Nothing moves unless we move.

Mindfulness without Action is insight with no direction. Action is choosing to step forward even when the path is not perfect yet. It's doing the next right thing. sending that email, having that difficult conversation, clarifying the process, showing up for the team, resolving the conflict, improving the system, taking responsibility. Every big victory we celebrated this year was built on small, consistent actions taken by every Crystal in the office and across every vessel. Action is proof of commitment. It is how we turn ideas into outcomes.

A ACTION

C CALM

Calm is not the absence of problems — it is the presence of steadiness. In the busiest seasons, calm is leadership. In moments of conflict, calm is clarity. In uncertainty, calm is courage. Calm allows us to choose response over reaction, and solutions over stress. It creates psychological safety for our teams and emotional stability for ourselves. When a leader is calm, a team can breathe. When a team can breathe, a team can perform. Calm is strength expressed quietly.

mac3points: A Daily Compass

Mindfulness reminds us who we are,
Action shows what we stand for,
Calm defines how we lead.

As we enter another year of serving our Seafarers and their families, caring for our Principals, and building One Crystal, may mac3points become not just my compass — but a compass for anyone in our community who wants to lead with clarity, courage, and composure.

To a mindful, action-driven, and calm Crystal clear year ahead!

love in me,
emily





Sir Charlie of Novo

CRYSTAL eventful PRINCIPAL visits

This year has been nothing short of extraordinary for CRYSTAL as we proudly welcomed our esteemed principals across different months, each visit marking a milestone in our growing partnerships and shared vision.

The year began on a high note in January, as **Lighthouse** and **Norwest** visited CRYSTAL and joined us in the much-anticipated CRYSTAL Gala—a vibrant celebration filled with connection, appreciation, and shared success. In February, we were delighted to host Navigare, whose visit further strengthened our collaborative ties. The momentum continued in March with the visit of **Energios**, followed by **Larvik** in April, both engaging closely with our teams and experiencing the CRYSTAL culture firsthand.

After a dynamic midyear, excitement returned in August with the visit of Novo, who conducted an audit at CRYSTAL, reinforcing our shared commitment to excellence. In September, we were honored to welcome **LBSM**, accompanied by Capt. Sanjeev, making the visit even more meaningful and memorable. October stood out as truly special—Iven of **Transmar** not only visited CRYSTAL but also completed her internship with us,



A rare and inspiring experience that showcased genuine collaboration beyond formal engagements.



The energy continued in November with **Portline**, who visited Dir. Ogie in his office at DMW, creating meaningful discussions and strengthening strategic ties. In December, Jay of **FSSA** visited CRYSTAL for the CRYSTAL-FSSA Strategic Review, an important session that aligned visions and reinforced our collaborative roadmap for the year ahead.



Throughout these visits, all principals conducted audits at CRYSTAL—except for Iven, whose immersion took a more hands-on and personal approach. Each guest was welcomed wholeheartedly by CRYSTAL representatives. To make every visit unforgettable, CRYSTAL organized a series of fun-filled programs and lively performances, creating an atmosphere of joy, openness, and celebration.



More than formal visits, these moments became valuable opportunities for bonding, learning, and mutual appreciation. They reinforced trust, deepened relationships, and solidified the strong connection between CRYSTAL, our principals, and their leadership. This year truly reflected what CRYSTAL stands for—partnership, passion, and people at the heart of everything we do.





REPUBLIC OF THE PHILIPPINES
MARITIME INDUSTRY AUTHORITY



MARINA ADVISORY

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

SUBJECT:

1. MARINA Advisory 2026-03

Guidelines for Special Order (SO) and Certification,
Authentication & Verification (CAV)

Release context: Early 2026

Key Provisions:

Sets the official guidelines for application, processing, and issuance of:

Special Orders (SO) for graduation

CAV (Certification, Authentication, Verification) for maritime students and graduates

All applications must be processed exclusively through MARINA online systems, including:

MARINA Stakeholder Portal (for MHEIs processing SO)

MeCAV System (for students, cadets, seafarers processing CAV)

Issuance of SO and CAV is free of charge.

This shift is part of MARINA assuming full jurisdiction over maritime education functions under RA 12021 – Magna Carta of Filipino Seafarers effective January 1, 2026.

MARITIME UPDATES 2026

2. MARINA Advisory No. 2025-40 (Implemented January 1, 2026)

Updating Training Requirement: BT-PSSR & Revised Basic Training

Although issued in 2025, this advisory took full effect in 2026, making it a crucial 2026 operational directive.

Key Provisions Effective 2026:

Requires all Filipino seafarers renewing or applying for Basic Training COP to undergo:

One-day Updating Training on BT-PSSR

Revised Basic Training aligned with IMO Resolution MSC.560(108)

Adds new modules on:

Workplace conduct

Bullying & harassment prevention

Sexual assault/harassment awareness

Seafarers with still-valid Basic Training COP may continue sailing until January 1, 2026, after which updating is required.

New seafarers must complete the updated training before boarding vessels starting 2026.

3. First CAV Issuance Under MARINA (February 2026)

This operational update reflects the implementation of Advisory 2026-03.

Highlights:

MARINA Regional Offices I and II successfully issued the first CAV documents under their full authority.

All processes were executed through digitized systems including the MeCAV portal.

The milestone confirms MARINA's readiness as the new regulator for maritime education compliance.

featuring

CRYSTAL CORNER

Shielyn Dela Cruz



A HEART THAT SHINES THROUGH EVERY SEASON OF SERVICE

In every company, there are people whose presence makes the workplace feel lighter, warmer, and more human. At Crystal Shipping, one of those people is **Shielyn Dela Cruz**—our HR Manager, Care Relations Officer, and proudly, our very own **“Crystal Sunshine.”**

Shielyn has been part of Crystal since **2014**, joining the company in what was her very first office job. Her nickname, “Crystal Sunshine,” wasn’t something she coined — **it was given to her by the crew** who saw in her a constant source of calm and reassurance during challenging medical, repatriation, and care-related cases. For Shielyn, this name is more than a compliment; it is a reminder that empathy, warmth, and sincere service can transform people’s experiences in their most difficult moments.

the Crystal
Sunshine

“The crew gave me the name ‘Crystal Sunshine,’ and it reminds me every day that serving others with love, faith, and empathy truly makes a difference.”

A JOURNEY GUIDED BY FAITH, COURAGE AND COMPASSION

Before entering the corporate world, Shielyn lived a completely different life—performing as an acoustic **singer in Makati** and later working in a casino. These experiences taught her confidence, discipline, and the ability to connect deeply with people—skills that would later become the foundation of her HR and care-oriented work

Her introduction to Crystal came through good friends **Capt. John Kingdom** and **Mrs. Jan Kingdom**, who believed in her character and potential long before she ever worked behind a desk. At first, she worried she might not fit into a corporate environment, but courage—and a leap of faith—brought her through Crystal's doors. That decision changed her life.



From **Training Coordinator**, she took on roles step by step—Deputy Liaison Officer, Liaison Officer, Care Relations Officer, HR Officer, and Crew Manager for Passenger Vessels—each one sharpening her people-centered leadership. In **October 2023**, she reached a proud milestone: her promotion to **HR Manager**, while continuing to personally handle P&I and legal cases close to her heart.

Her story is a testament to Crystal's belief in **nurturing people based on their strengths—not their past.**



Shielyn with the her Learnovator Unit



FAITH AT THE CENTER, FAMILY IN EVERY DECISION

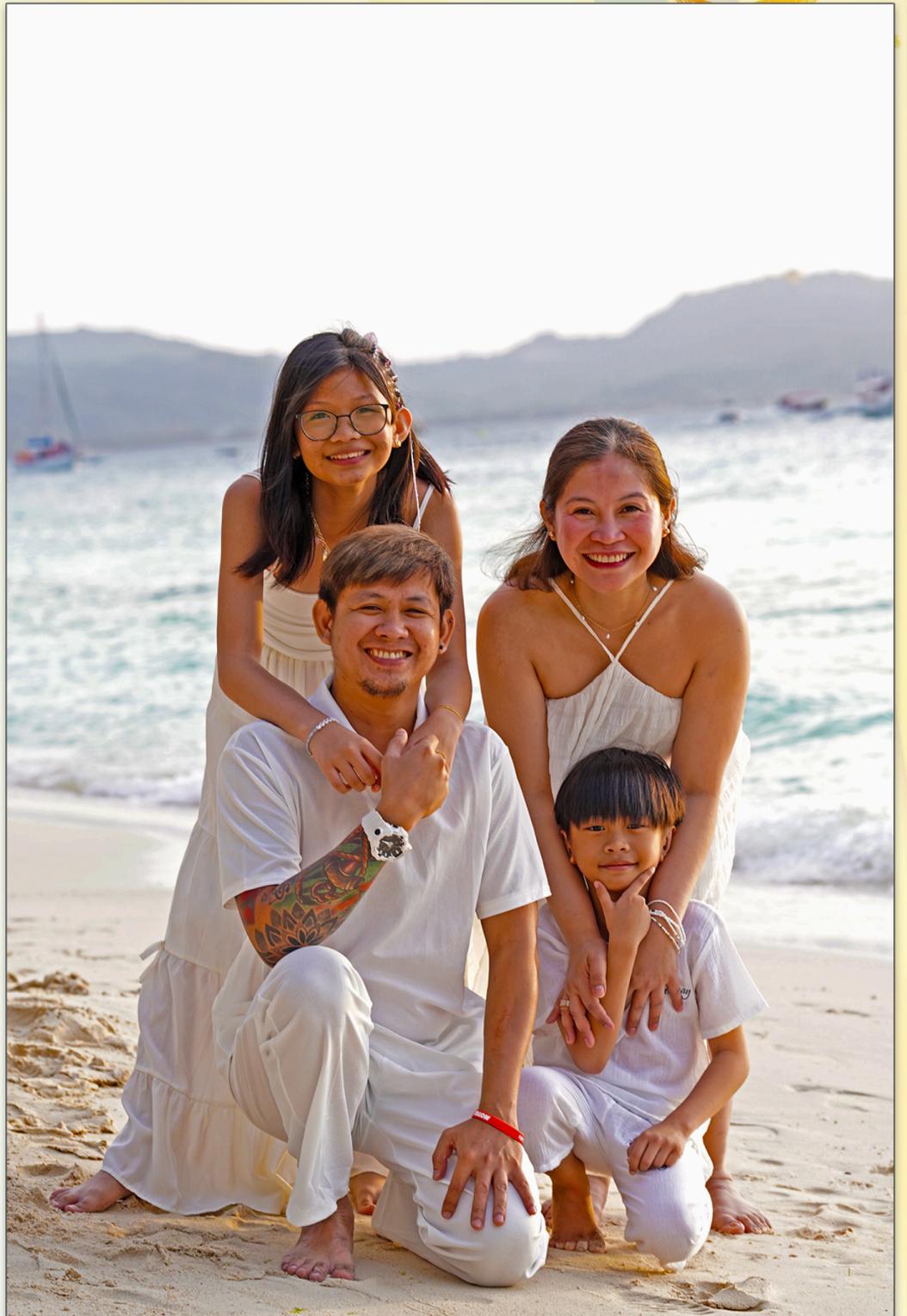


For Shielyn, family is her foundation—and she carries that same value into every aspect of her work. She views every crew member as someone's son, daughter, spouse, or parent, deserving of empathy, love, and dignity.

Her work is deeply anchored in her **faith as a Born Again Christian**, which she credits for guiding her decisions, strengthening her spirit, and reminding her to lead with humility, patience, and integrity.

As a mother herself, she understands the balancing act of home and work, striving to cultivate an environment of support, understanding, and genuine care.

And through it all, she believes that **work should be joyful**—a principle she lives out daily with her uplifting spirit, big heart, and the professional excellence that inspires those around her.



Shielyn with her husband and two children

A MESSAGE FROM CRYSTAL SUNSHINE

When asked what message she wants to share with the Crystal Family, Shielyn offers a powerful reminder filled with warmth and faith:

“Your past does not define your future. When you are given the opportunity to work in the area of your strength, guided by a company that values family, purpose, and faith, growth naturally follows.”

A woman with long brown hair, wearing a white, pleated, halter-neck dress, is walking barefoot on a sandy beach. She is smiling and looking towards the camera. The background shows the ocean with gentle waves and a hazy, sunset sky with mountains in the distance. The lighting is warm and golden.

**Being
“Crystal
Sunshine”
means bringing
warmth,
empathy, and
sincerity into
everything
I do...**

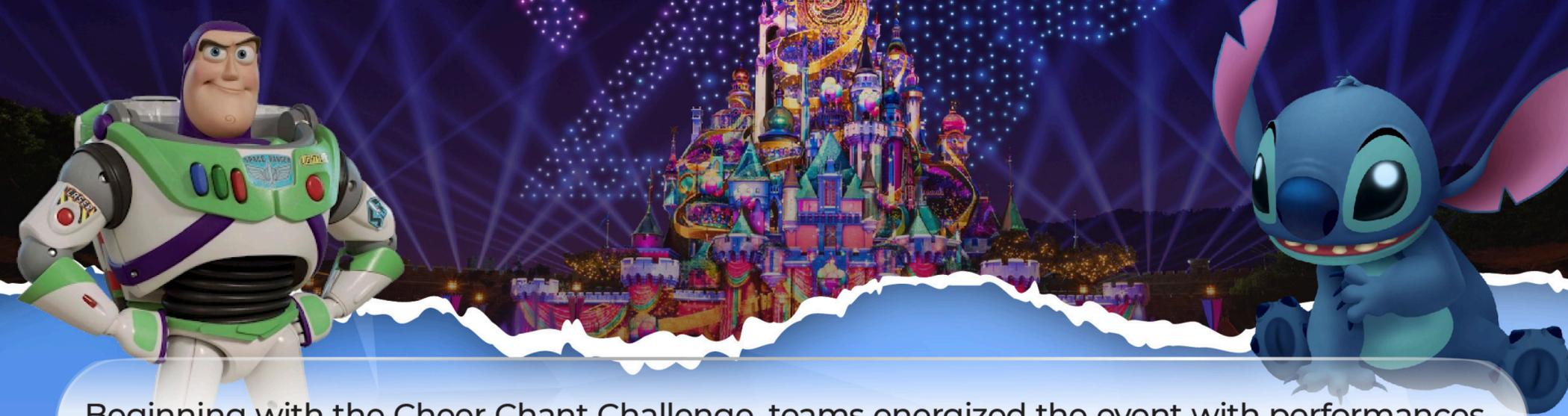
WELCOME
HONG KONG
Disneyland Resort
歡迎蒞臨
香港迪士尼樂園度假區
ONE
CRYSTAL DAY
2025
HONG KONG



From the Heart of Manila to the City Lights of Mong Kok, Crystal IEAC, goes to Hong Kong Disneyland.

The event united five teams in a shared journey of teamwork, creativity, and connection. Team JEN-derella, Team Tinker-BELLE, Team Peter-CHAN, Team TONY-the-Pooh, and Team RENCE-Punzel took part in challenges that tested both skill and collaboration.

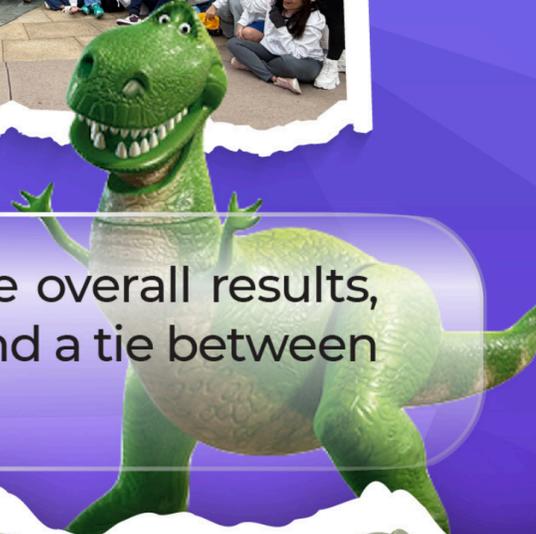




Beginning with the Cheer Chant Challenge, teams energized the event with performances that reflected strong chemistry and unity. The Bowling Tournament at Paeng's Midtown Bowl in Robinsons Manila added excitement, resulting in a win for Team Tinker-BELLE.



Creativity and storytelling defined the Crystal Shipping, Inc. Video Ad challenge, where teams highlighted authentic crew experiences and the agency's values. The journey reached its peak at Hong Kong Disneyland during One Crystal Day, capturing moments inspired by the theme "Where Magic Happens, Connections Deepen."



The event concluded with Team Tinker-BELLE leading the overall results, followed by Team RENCE-Punzel, Team TONY-The-Pooh, and a tie between Team JEN-derella and Team Peter-CHAN.



From BARBER to MARINER

CHIEF COOK JESTONI ALMA

from Ne+U S.H.A.P.E.

(Skills, Heart, Attitude, Personality and Experience) Apprenticeship Program
Batch 2021:

COVID-19 took my job, but it gave me a new direction. I earned a marine degree in 2015 from MPCF Mariners Polytechnic Colleges Foundation, but it sat unused until the world shut down.

Jobless for months, Ne+U gave me a chance as a Cook trainee for nearly three months.



"A brilliant life is not about perfection, but about purpose." God is good all the time.



NePlus Ultra Training Center's S.H.A.P.E Apprenticeship Program and Crystal Shipping opened the door to a new life.



I boarded **EVER BRILLIANT (FSSA)** as **Messman**, later transferred to **PORTLINE**, then back to **EVER BEST**. My latest Messman contract was back on **EVER BRILLIANT**.

Beyond the sea, I've invested in a motorcycle, a condominium, and an L300 car for business. Now, on my third contract on this ship, I proudly step aboard as Chief Cook. From Messman across four contracts (2021-2025) to Chief Cook today, first Messman from the program to act as Chief Cook on my upcoming deployment, my journey is proof that setbacks can become springboards.





BHASIMBAS 2025 COUPLES EDITION

From muscle-building to weight-loss, many duos prosper and grow. Team builds chemistry, others gave their best. But there was one thing that fuels fire in them, which is stability and consistency throughout the challenge.



The BHASIMBAS 2025: Couple's Edition was a company-wide wellness initiative designed to inspire teamwork, accountability, and healthier lifestyles. Five teams participated in various activities, beginning with Couple's and Siblings Intro Videos that highlighted their fitness status, goals, and strategies for achieving sustainable results. Weekly BHASIMBAS activities further energized the program by combining fun, creativity, and physical movement.



A defining feature of the initiative was the "100 in 100" challenge, which challenged teams to collectively lose 100 pounds within 100 days. The program concluded during Crystal Shipping, Inc.'s Year-End Gala at Las Casas Filipinas de Acuzar, Quezon City, where winners were honored. A historic three-way tie recognized outstanding individual participants, namely Mark Rence Miguel from Team BanCo, Kim Decena from Team D'Twins and Naomigene Pajanostan from Team PajieFitFam and Team D'Twins/Grrrr secured the top spot in the "100 in 100" challenge—making BHASIMBAS 2025 a celebration of both fitness and teamwork.

Macster Class

**JOSH REGINE JELYN
MYLENE MILLIE
KATHLEEN ROD JOY**

04
BATCH

A Transformative Five-Month Leadership Odyssey Batch 4 Completes 21-Week Macster Class on Maxwell's Leadership Laws From June to November 2025, every Tuesday became a sacred space for growth, reflection, and leadership exploration as Macster Class Batch 4 embarked on a 21 week leadership masterclass inspired by John Maxwell's 21 Irrefutable Laws of Leadership.

With 8 dedicated learners and guided by our CEO and Maestro, Mac (Emily Crisostomo), Batch 4 carved its own unique journey—built on honest conversations, shared insights, weekend reflections, and the deep desire to become better, more intentional leaders.

The journey began with an orientation session, which set expectations for the coming months and introduced participants to the unique rhythm of the program. The first meeting emphasized learning through introspection and community—principles that became the backbone of Batch 4's weekly experience.

Following orientation, the group immediately dove into Law #1 the following Tuesday and continued to explore one law per week. Each session revolved around participants' personal reflections and weekend takeaways, making the program less of a traditional lecture series and more of a collaborative learning forum.



MAESTRO

The diversity of backgrounds within the eight-student cohort brought a broad spectrum of interpretations and experiences to the table, enriching the understanding of each law. Discussions frequently extended beyond the textbook, touching on real-world leadership challenges, personal wins, and lessons learned in day-to-day decisions.

Every session concluded with what participants eventually referred to as “the Macster moment”—Mac’s signature 3 2 1 pedagogy, which served as the anchor of the week’s learning.

The 3–2–1 Framework

- 3 Points:

Mac distilled the essence of each law into three concise, often cleverly abbreviated points that made the concepts easier to remember and apply.

- 2 External References:

To broaden perspectives, she introduced two supporting materials from outside Maxwell’s book—ranging from leadership articles to video clips, case studies, and real-life stories.

- 1 One-Liner:

Each session ended with a memorable line—simple, powerful, and designed to stay with students long after class.

This structured wrap-up ensured that even the most complex leadership principles were grounded in practical, actionable insight.

Despite its small size, Batch 4 demonstrated remarkable consistency and engagement. The intimate class setting encouraged full participation, vulnerability during reflection-sharing, and meaningful dialogue. Participants noted that the batch size allowed them to “see leadership from eight angles every week,” an element many cited as one of the program’s biggest strengths.

With another batch successfully completing the program, the Macster Class continues to solidify its role as one of the organization’s flagship leadership development initiatives. Batch 4 leaves with strengthened perspectives, clearer leadership identity, and a renewed commitment to practicing the laws intentionally—one decision, one week, one influence at a time.



CRSYTAL

ASPIRANT



Christine Joy A. Dealca

Crystal Reign

"Life goes on - and so do I"

26 yrs old



Franz Aaron Mergano

Crystal Kansi

"Greatness from small beginnings."

25 yrs old



Josephine Monsale

Crystal Controversial

"Less loud, more meaning."

26 yrs old



Jenny Ann Concepcion

Crystal Artist

"The biggest adventure you can take
is to live the life of your dreams"

31 yrs old



Chel Mae Lobrio

Crystal Cheerful

"Do your thing and don't care
if they like it"

26 yrs old

2025

NE PLUS CORNER

Discover a visual collection capturing moments from Ne Plus Corner events throughout 2025—celebrating people, creativity, and shared experiences.



Inhouse MARPOL Training with SHAPE and Capt. Luisito Sy of FSSA



MOA Signing with new partner CHEO Training and Assessment Center for our Excavator Training



Ne+U Site Manager and SMAW Instructor Bosun Deo De Guzman.



GM Jess touring our STCW Trainees from Papua New Guinea at Luneta Park in Manila.



Crystal Crew Briefing Seminar with Chief Impactor Emily Crisostomo, our Team of speakers and our Crystal crew

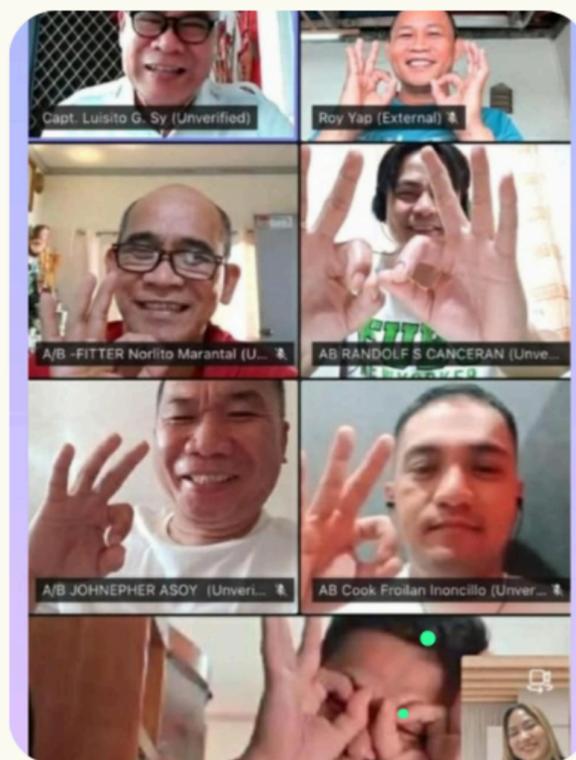


Our regular SHAPE Seagull sessions happen every Monday and Tuesday with our Instructor CE Froilan Vallano and Bosun Deo De Guzman

Ne+U - Crystal Careline Ambassador Teacher Jen having her one on one with our new Cadet trainee.



SHAPE and LAP (Learning Assistance Program) Orientation with our Cadet and Cook applicants .



Firefighting Basic Inhouse Training with Instructor Capt Luisito Sy and our Crystal crew



Ne+U is proud of our SHAPE Apprentices who are practicing BHASIMBAS (Be Healthy And Strong In Mind Body And Spirit).



The Crystal Shipping SeaSeed Credit Cooperative successfully held its semi-annual planning offsite last October 24–25 in Bulacan, bringing together leaders and members to review accomplishments and challenges from the past six months, align on strategic priorities, and set clear goals for the months ahead. The two-day event featured workshops on leadership and governance, breakout sessions on operations, finance, marketing, and community engagement, as well as team-building activities that strengthened camaraderie and reinforced the cooperative's values. Participants left with renewed energy, actionable plans, and a shared commitment to drive growth, transparency, and member impact in the coming period.

LEGIT BA'TO? Cybersecurity Guide para sa Seafarer Applicants!

MAKE SURE IT'S LEGIT BEFORE YOU SUBMIT.

With the global demand for overseas employment in the maritime industry continuing to rise, scammers are taking advantage of applicants looking for better opportunities abroad.

These fraudsters often disguise themselves as legitimate recruitment agencies, offering attractive job placements on vessels with promises of high salaries and immediate deployment. Unfortunately, many fall victim to these schemes—providing information, official documents, and even paying upfront "placement" fees, only to find out later that the job offer or agency doesn't exist.

VS YOU'RE APPLYING TO A SEAMAN AGENCY

- Ask for Upfront Payments: Legitimate agencies never ask for placement, training, or before deployment.
- Valid License or Accreditation: Agencies should be listed under POEA, MARINA, or other government registries.
- Good-To-Be-True Offers: High salary, no experience needed, and "immediate deployment" is likely a trap.
- Suspicious Email Addresses or Websites: Avoid Gmail/Yahoo instead of a professional domain (e.g., @seamanagency.com).
- Interview or Screening Process: Legitimate agencies offer the job without a proper interview or documentation.
- Can't Find Online Reviews or Feedback: No website, no Facebook page, and no reviews? That's a red flag.

BEFORE YOU APPLY!

- Verify the Agency: Ensure it's registered with MARINA, POEA, or DFA-accredited.
- Pay for Guaranteed Jobs: Legitimate agencies do not ask for upfront fees for jobs.

SECURE FIRST, NO STARS LATER!

CYBERSECURITY AWARENESS IN THE USE OF SOCIAL MEDIA

USING SOCIAL MEDIA

- 24/7 COMMUNICATION WITH LOVED ONES
- LIVE UPDATES FROM YOUR SHIPPING AGENCIES / COMPANIES
- SAFETY TRAINING VIDEOS
- PUBLIC DISCUSSIONS ON SUSTAINABLE AND ETHICAL SHIPPING PRACTICES

GOOD PRACTICES OF BAD PRACTICES

CRYSTAL SHIPPING, INC.

GOOD PRACTICES:

- 24/7 COMMUNICATION WITH LOVED ONES
- LIVE UPDATES FROM YOUR SHIPPING AGENCIES / COMPANIES
- SAFETY TRAINING VIDEOS
- PUBLIC DISCUSSIONS ON SUSTAINABLE AND ETHICAL SHIPPING PRACTICES

BAD PRACTICES:

- LIVE FEED UPDATES SHOWING THE VESSEL
- MISINFORMATION AND RUMORS ABOUT EVER SHIPING COMPANY
- OVER-RELIANCE IN THE USE OF SOCIAL MEDIA
- CYBERSECURITY RISK LIVE LOCATION

CHINESE-LINKED CYBER ESPIONAGE TARGETING THE PHILIPPINES (QUICK BRIEF)

Recent reports show Chinese state-backed hackers are targeting Philippine government and private companies—especially in defense, telecom, logistics, and critical infrastructure.

Use phishing emails, zero-day exploits, and fileless malware to steal sensitive data and maintain secret access.

- ### WHAT IT MEANS FOR PRIVATE COMPANIES
- Even non-government firms can be targets—especially if you're handling confidential, supply chain, or data
- ### CYBERSECURITY AWARENESS: WHAT TO DO
1. Disconnect the affected computer from the network immediately.
 2. Don't delete or restart—call your IT/security team to collect evidence.
-

VPN SHIPS: BENEFITS AND CONSIDERATIONS

PREVENTING VPN-RELATED ISSUES ON SHIPS

1. Bandwidth: Ships often have limited bandwidth, and VPN connections can consume excessive data, slowing down the network for all users.
2. Network Security & Monitoring: Ships need to monitor and secure their networks. VPNs can obscure traffic, making it harder to detect and prevent cyber threats.
3. Operational Priorities: Essential communications for navigation, safety, and crew management take precedence over personal internet use.
4. Regulatory Compliance: Some maritime regulations prohibit VPNs to prevent unauthorized access to restricted content or services.

WHEN TO USE A VPN ON A SHIP?

- Use Lightweight VPN Protocols: Options like WireGuard or IKEv2 are less bandwidth-intensive.
- Check Ship Policies: Understand the specific internet rules on board before using a VPN.
- Limit VPN Usage: Use it only when necessary to avoid excessive bandwidth consumption.
- Opt for Split Tunneling: Some VPNs allow you to route only specific traffic through the VPN, reducing overall load.

STAY SHARP AND DON'T BITE THE BAIT

WHAT IS PHISHING?

DEFINITION: A CYBER-ATTACK WHERE CRIMINALS TRICK YOU INTO GIVING SENSITIVE INFORMATION.

COMMON FORMS: EMAILS, TEXT MESSAGES (SMISHING), VOICE CALLS (VISHING), FAKE WEBSITES

WHAT TO DO IF YOU SPOT A PHISH: DON'T REPLY OR CLICK. REPORT IT TO DIRECTLY TO IT / KNOWLEDGABLE IN IT

2025

CYBERSECURITY

UPDATES

HOW TO SPOT A FAKE GCASH RECEIPT

- 1. **FORMAT ERRORS**: Check for inconsistent text formatting.
- 2. **RECEIPT LAYOUT**: Examine differences in spacing, fonts, and elements.
- 3. **VERIFY DETAILS**: Check reference number, date, time, account amount.

Here are five other simple rules always

1. Stick to official app stores—don't use third-party apps.
2. Check the developer in the app's description—like inside your life? And check the reviews, are they all good?
3. Do not grant permissions to an app that it shouldn't need.
4. Star-gazing apps don't need access to your location.
5. Never grant accessibility permissions that you don't have a need for.

ADOPTION AND USAGE OF ARTIFICIAL INTELLIGENCE IN THE MARITIME INDUSTRY

The maritime industry, often perceived as traditional and slow to change, is undergoing a technological revolution. The adoption of Artificial Intelligence (AI) is transforming every facet of maritime operations, from navigation to logistics, ensuring the industry remains efficient, safe, and competitive in an increasingly digital world.

Historically, the maritime industry has relied on manual processes and experienced personnel to manage its complex operations. However, with the advent of AI, these traditional methods are being supplemented by advanced technologies that offer unprecedented precision and efficiency. AI's ability to process vast amounts of data quickly and accurately is becoming a game-changer in areas such as route optimization, predictive maintenance, and autonomous shipping.

Benefits of AI Adoption

- Enhanced Navigation and Safety:** AI algorithms can analyze real-time data from various sensors, weather forecasts, and historical patterns to optimize routes, reducing fuel consumption and ensuring timely arrivals. Furthermore, AI-driven systems can predict and avoid potential hazards, significantly enhancing safety at sea.
- Predictive Maintenance:** AI-powered predictive maintenance systems monitor the condition of ship components and machinery in real-time. By analyzing data trends, these systems can predict failures before they occur, reducing downtime and maintenance costs.

FUTURE WITH TECHNOLOGY

Efficient Logistics and Supply Chain Management: AI enhances supply chain visibility and efficiency by providing real-time insights into cargo movements, port conditions, and logistics operations. This leads to better decision-making, reduced waiting times, and optimized cargo handling, ensuring goods are delivered more efficiently.

Challenges and Considerations

Despite the numerous benefits, the adoption of AI in the maritime industry is not without challenges. These include the high cost of implementation, the need for significant infrastructure upgrades, and concerns about cybersecurity. Moreover, there is a need for regulations and standards to govern the use of AI in maritime operations, ensuring safety and reliability.

The Future of AI in Maritime

The future of the maritime industry is undeniably intertwined with technology advances. We can expect even more sophisticated AI applications, such as enhanced autonomous navigation systems, improved cargo management solutions, and advanced analytics for better decision-making. Collaboration between industry stakeholders, technology providers, and regulatory bodies will be crucial in driving this transformation.

Conclusion

The adoption and usage of AI in the maritime industry offers a path to greater efficiency, safety, and innovation.

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 mimic authentic ones and trick users into downloading malware when they follow the links. The malware, SpyNote, can steal sensitive data by capturing user information.

LEGIT BA'TO? Fraudulent SMS Messages Impersonating GCash and Banks

Apple deals made lighter! Get 4% OFF at Digimap and DigPlanet, when you upgrade your gadgets and pay later in easy installments with GGvest!

With GCredit kaya na itawid ang bills, may up to P5000 cashback pa sa convenience fees! Promo until Aug 31, 2025. Mag-GCredit na powered by CIMB. DTI FTE3-21512.

Difektar na pa ng pang-tuition? Gloan na ang tatalala! Pwede mag-avail ulit ng GLoan kahit may existing loan ka pa! Iap borrow > GLoan sa GCash app to learn more.

You received P5300.00 from SSS Calamity Assistance. Please Check your GCash balance or update via https://ibc.nbi.w/Scash152

Your account was deducted 1,280.50 PHP to UnionBank Loan on August 03, 2025. If you did not recognize this, cancel it immediately here: https://ubc.paynet.net

How to avoid? DON'T CLICK!

- 1. Suspicious Language
- 2. Suspicious Link
- 3. Requests for Personal or Financial Info
- 4. Too Good to Be True Offers
- 5. Spelling and Grammar Errors

SCAM ALERT

WHAT YOU SHOULD DO:

- 1. Don't click on suspicious sender names
- 2. Verify directly with the sender or UnionBank if it's a loan-related unknown SMS
- 3. Report these suspicious messages to your provider's fraud department
- 4. Look closely at URLs: Always have a valid URL (e.g., https://www.gcash.com.ph or https://www.unionbank.com.ph)
- 5. Educate others: Share these tips with family members who are not tech-savvy to ensure online safety

At first glance, the message may look like it came from GCash or UnionBank—but don't be fooled. If you click the link, it may redirect you to a fake page asking for your personal or account details. **Never enter your credentials from suspicious links.** Always verify through official apps or websites.

ALWAYS

remember

CYBERSECURITY

TIPS to SECURE your devices and ONLINE life



YOU are a TARGET

Realize that you are an attractive target to hackers. Don't even say: "It won't happen to me."



LOCK it UP

Never leave your devices unattended and unlocked. Unlocked devices are prone to unauthorized access. Put an automatic lock on your devices.



BEWARE of BROWSING

Do your online shopping and banking on devices that you personally own and on a network that you trust. Free and Public = Unsecure and Risky



PHYSICAL Cyber SAFETY

Be mindful of devices that you plugin on your computers. Anything that stores data can spread viruses and malwares. Always scan first before opening them.



CUT-OUT the "MIDDLE MAN"

Be wary of social engineering, where someone attempts to gain information from you through manipulation. Directly contact the person or the company if they ask for your information.



PDF is BETTER

In e-mails it is better to attach or use PDF format for security purposes. PDF restricts and makes it harder for the receiver to alter the information that you have sent.



EIGHT is not ENOUGH

Practice good password management. Use a strong password and refrain from using the same password for multiple sites. Don't share and write your passwords on a post-it note.



Practice SAFE Clicking

Always be cautious when clicking attachments or links in e-mails or websites. If it is suspicious or unexpected then don't click it. THINK before you CLICK.



BACK it UP

Regular back up you data so you can always get it back no matter what happens. Hard Drives and Cloud backups count!



SHARE Less

Criminals and such can now get more information on your social media so share less sensitive information and keep it private. Sometimes the CULPRIT is you.



STAY on TOP

Always monitor your accounts for any suspicious activity. If you have subscriptions or site memberships that you do not use anymore unsubscribe and ask them to remove your data.



CARELINE

BECAUSE CRYSTAL
CARES
& YOUR WELL-BEING
MATTERS

Prevalence of Mental Health Issues

- Depression, anxiety, and stress are common among seafarers.
- 3.9 per 100,000 person-years incidence of mental illness, including mood swings and social withdrawal.

Social Isolation

Long periods away from family and friends.
Major risk factor for loneliness and depression.

Long Working Hours

Often exceed the standard 40-hour workweek.
Strongly associated with fatigue, stress, and burnout.

Poor Physical Conditions

Exposure to noise, vibration, extreme temperatures,
and poor living conditions.
Linked to higher rates of anxiety and depression.

Lack of Social Support

Low levels of social support from colleagues and
superiors.
Negatively impacts mental health.

Factors
Contributing
to Mental
Health
Issues

Crystal's CARELINE Hotline

What is CARELINE?

A dedicated hotline for seafarers to contact a Crystal Representative.
Provides support to ease mental stress or simply to talk.

How CARELINE Helps

Emotional Support: Offers a listening ear and emotional support.

Guidance: Provide advice and resources for mental health.

Confidentiality: Ensures privacy and confidentiality for all callers.

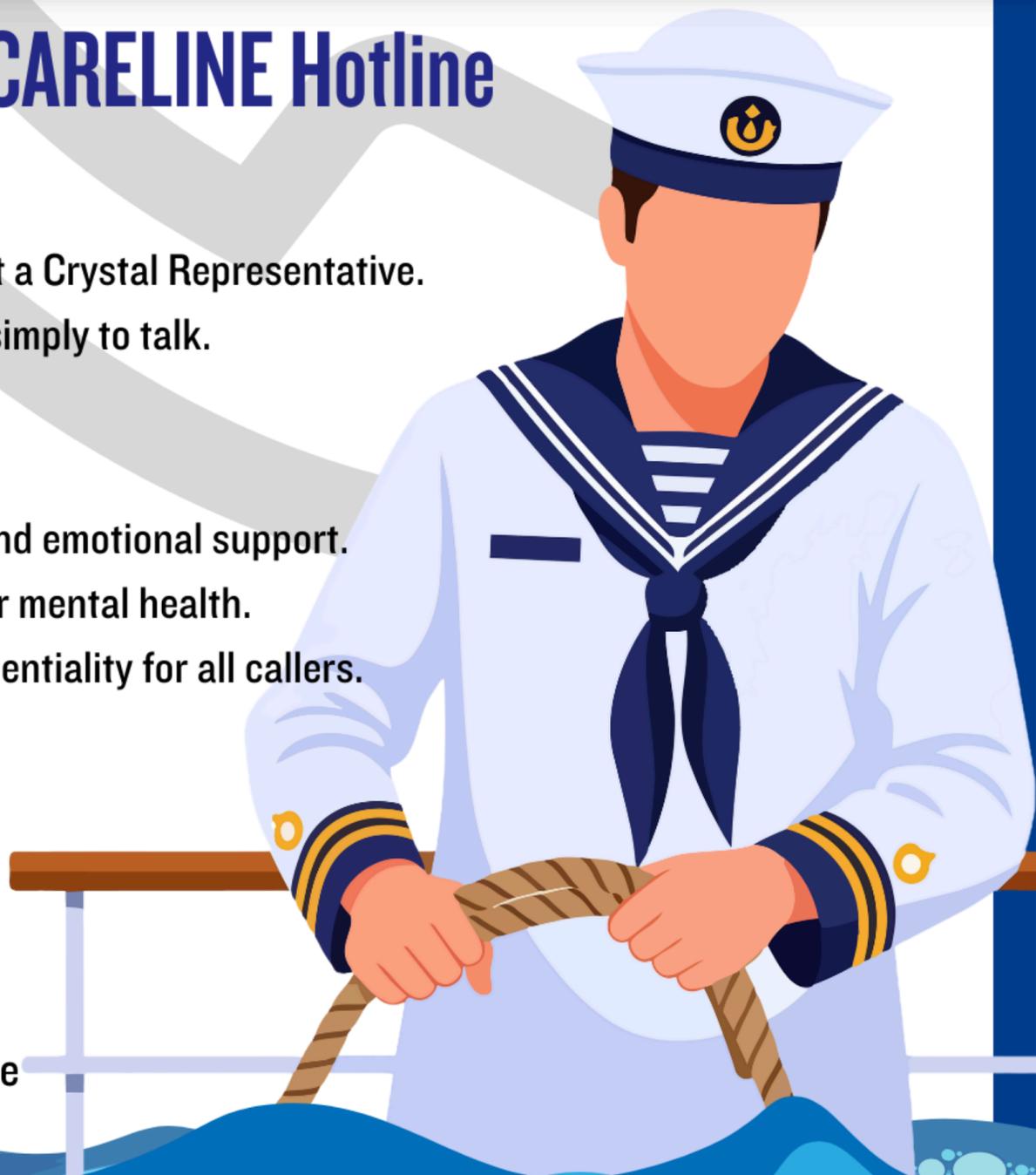
Contact CARELINE

Careline Ambassador: Teacher Jeny

+639064014565 or

FB Messenger: Jeny Cueto

Sundays to Mondays 9am to 8pm PH time



CALENDAR of EVENTS 2025



JANUARY

Crystal IAC Gala

JAN 19, 2025

One Crystal Day

FEB 23, 2025



Valentine's Day

FEB 14, 2025

FEBRUARY



MARCH

Fire Prevention Seminar

MAR 19, 2025



Mac & Coi Trip

APR 27, 2025

Girl's Night Out

APR 30 2025

APRIL



Lead's Offsite

MAY 30, 2025

MAY

Crystal Anniversary Mass

MAY 1, 2025

Mother's Day

MAY 12, 2025



MAC'ster Class Kick Off
JUN 10, 2025

Fame Run
JUN 21, 2025

Father's Day
JUN 16, 2025

Mac's Birthday
JUN 30, 2025

JUNE

Dear Crystal Sunshine Pilot Episode
JUL 30, 2025

Crystal Movie Night
JUL 17, 2025

CRYSTAL MOVIE
Night

JULY 17, AT 4.30 PM
2ND FLOOR, CRYSTAL IEAC

FREE ENTRY

CRYSTAL

Dear Crystal Sunshine..

Kwentong Marino, para sa Marino.

Kitakits at kwentuhan labar with Ms. Shielyn Dela Cruz

Submit your story at resubmitment@crystalieac.ph@gmail.com



JULY



Boy's Night Out
AUG 7, 2025

Bingo Night
AUG 27, 2025

AUGUST



Learnovator's Offsite
SEP 13, 2025

LBSM Visit
SEP 16, 2025

COI Refresher
SEP 23, 2025



SEPTEMBER



Crystal Crew Kids
OCT 28, 2025

Pop Corn Day
OCT 26, 2025

Lakbay Aral
OCT 24, 2025

OCTOBER

MAC'ster Class Graduation
NOV 27, 2025

Iven's Internship @ Crystal



NOVEMBER



Crystal 1st Year End Gala
DEC 17, 2025

DECEMBER