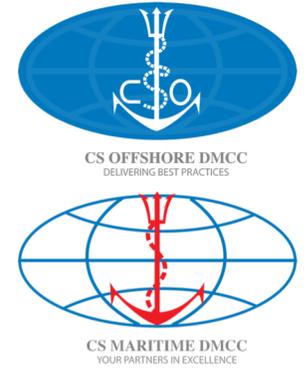


OFFSHORE C.S. NEWS “THE TIP” MARITIME



Message from the Executive Director

During this unprecedented and continuously changing condition caused due to the outbreak of COVID-19, I would like to share our heartfelt support and solidarity with you and your families. At CS Group, health and safety of all our clients, customers, employees and ship staffs is our number one priority.

As government around the world are taking measures to contain this public health crisis, we have been taking strict measures/precautions to protect our members and is committed to providing safe guards to its clients and customers while ensuring business continuity and services to all our clients.

We are following advices of government and public health authorities and have proactively implemented range of precautionary measures from new work policy, to stringent sanitation and cleaning protocols, to social distancing, worldwide travel ban and constantly remind all to be proactive in following hygiene measures. To best protect all to effectively carry out their work, all employees have been asked to work from home.

With having established new work policy / guidelines to factor in the current challenges, our team is seamlessly functioning as usual to ensure uninterrupted service to our clients and is available 24/7 on mobile and email communication for support and services.

Let's work together – across all parts of the business – and fight this pandemic together.

Stay safe & do look after yourselves and your families.



Mr. Balbir Singh Nagi

Maritime News

Smooth sailing – Getting proactive on the big biofouling problem

Biofouling is, or should be seen as, public enemy number one when it comes to impacting on marine ecosystems and handicapping vessel performance worldwide. However, given that cleaning practices can be as invidious as the fouling itself, and no silver bullet solution exists, the industry faces a struggle to arrest the issue. Now, as awareness grows and the need for new regulations come into focus, key stakeholders are acting. Here key stakeholders discuss what they do, what they want, and exactly what the industry needs.

Source: World Maritime News



Bunker demand to fall by 5 % in 2020

Risavika LNG index continued its downward trend following European gas markets fundamentals, resulting in the index falling by 2 % week on week. Despite lower pipeline gas imports to Europe and colder weather last week, the market remained oversupplied. Most of the oversupply is accounted for LNG imports and historically high gas inventory levels. Oil prices went up last week on OPEC+ production cuts, lower US oil production, recovering demand and easing fear of lack of oil storage capacity. Fuel oil prices (FO 3.5) front month closed at 160.68 USD/t last week, 8 % higher than previous week. Low Sulphur (MFO 0.5) front month has gained 3 % and closed at 220.40 USD/t.

Source: Hellenic Shipping News

Shipping industry sees growth in remote surveys in times of coronavirus crisis

As the maritime industry adjusts to the constraints placed on people's movements imposed by governments to limit the spread of the coronavirus, remote ship surveys and inspections are becoming increasingly popular. Classification societies report a surge in remote inspections despite the fact that the industry has been relatively slow in the adoption of new digital technologies. Specifically, remote surveys and inspections mean that surveyors do not have to be physically present on board a vessel which is especially important during these challenging times caused by COVID-19. Instead, by using an online connection or video streaming link, a team of remote surveyors can provide support to vessels anywhere in the world with documentation, images, video and input provided by clients and crew members.

Source: World Maritime News



The Future of Scrubbers

Scrubber installations have taken a pause, as the effect of the pandemic on oil prices has wreaked havoc in the the market, rendering such a decision, a high risk investment bet, at least for now. In its latest weekly report, shipbroker Gibson said that “in recent weeks, several publicly listed tanker companies announced their decisions to postpone scrubber installations. During the release of their 1st quarter financial results, DHT Holdings said it would postpone installation of five scrubbers, citing strong market conditions as the reason. A similar statement was made by International Seaways. According to Platts, the company has postponed three planned installations to coincide with scheduled dry docking in 2021.

Source: Hellenic Shipping News

Offshore News

TOTAL enters floating offshore wind with a first project in the UK

The Group has signed an agreement with the developer Simply Blue Energy to acquire 80% stake in the pioneering floating wind project Erebus located in the Celtic Sea, in Wales. The project will have a 96 megawatts capacity and will be installed in an area with water depth of 70 meters. This makes Total one of the first movers in this technology in the UK, the world's largest offshore wind market. While offshore wind has so far mainly developed in shallow water depths based on fixed bottom technology, floating wind offshore is set for strong growth in the years to come. This emerging technology has wide potential, opening access to sites further offshore, which have less impact on the landscape, and benefit from very high wind resources.

Source: TOTAL



Chevron Teams Up on Carbon Capture Investment

Chevron Technology Ventures, Tokyo industrial conglomerate Marubeni Corp. and Wave, a Boston clean energy private equity firm, are injecting \$16 million into the London-based company. Carbon Clean Solutions Limited is developing a carbon capture system that can be shipped to a remote sites, where it will remove carbon dioxide at a price of \$30 per ton. A prototype is expected to be delivered by 2021.

Source: Oil & Gas 360



Oil prices increase as global lockdown measures ease

Oil prices have witnessed a rise as the easing of global lockdown measures related to the Covid-19 pandemic increased expectations for traders for a speedy recovery in demand. Brent crude futures increased 0.3% to \$40.94 a barrel while the US West Texas Intermediate (WTI) crude futures rose 0.7% to \$38.45 a barrel, Reuters reported. US city New York, hardest hit by the global coronavirus outbreak, started reopening after about three months. This potentially spurred demand for fuel. A preliminary poll by the news agency has revealed that crude and gasoline inventories in the US are estimated to have declined by 1.5 million barrels and about 100,000 barrels, respectively in the week that ended on 05 June.

Source: Offshore Technology



Nigeria launches first licensing round for marginal oilfields

The Department of Petroleum Resources (DPR) of Nigeria has launched its first licensing round for marginal oilfields in nearly 20 years. Marginal fields are oil blocks that are typically developed by indigenous companies. With the new licensing round, which is the first marginal field round since 2002, the country hopes that oil output will be increased. Nigeria also hopes that the marginal field licensing round will bring in much-needed revenues from fees associated with the licenses.

Source: Offshore Technology



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Cyber Security in the Maritime Industry

Why Cyber Security Assessment is more important than ever

In response to the cyber security matters that keep arising, US Coast Guard has released Navigation and Vessel inspection Circular (NVIC) 01-20, in which addresses cyber security risks and states its position on cyber risk management controls for maritime facilities regulated under the 33 CFR 105 code of federal regulations.



Following the current COVID-19 outbreak, it was noticed that cyber-criminal activities were increased, exploiting the vulnerability of users working from home. Specifically, amid this unprecedented crisis, malicious actors are looking to steal critical data from someone's work. There are many real-world cyber incidents occurred within the shipping industry. Cyber-attacks have no borders, and everyone can get affected.

“There are many real-world cyber incidents occurred within the shipping industry. Cyber-attacks have no borders, and everyone can get affected.”

Considering the situation, speakers at the ABS “Understanding Cyber Security Through the Lens of USCG NVIC 01-20” webinar, Captain Dave Nichols (USCG, ret.) and Cyber Security Assessor Brian Shajari, discussed how to navigate NVIC 01-20 and highlighted some of the phishing activities that are increasingly utilized due to the pandemic:

- Phone Scams
- E-mails claiming to be governments' announcements
- Online meeting hijacking
- Financial theft

Cyber Security in the Maritime Industry

Despite the coronavirus threats that are observed, there are several security challenges that shipping industry ignores, which are the following:

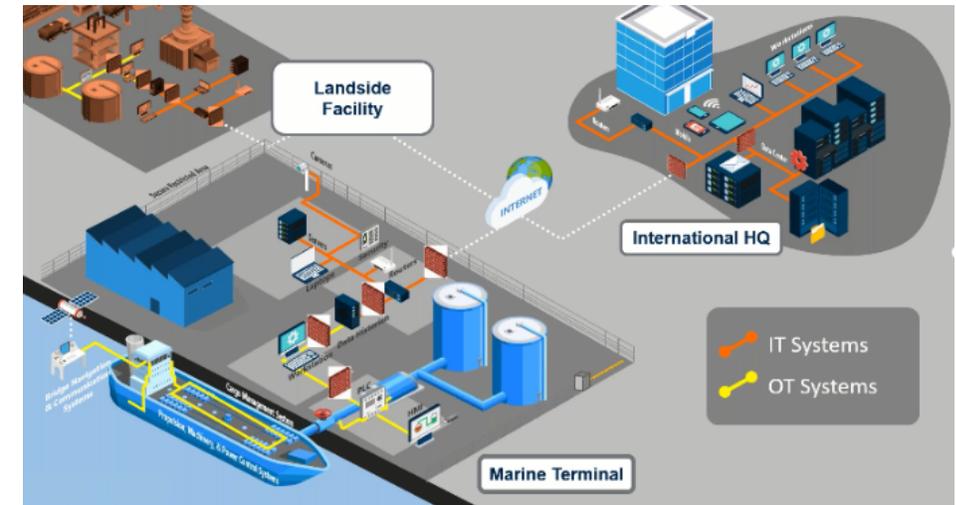
Lack of reporting: Many facilities believe that if they report a cyber-attack, this info will be further released to the public and the media may damage their reputation.

Not assessing vulnerabilities: A lot of facilities don't assess their cyber vulnerabilities and their cyber security issues.

Not involving management: Shipping hasn't realized yet the importance of getting a managed maintenance plan involved in their cyber security programs.

With facilities being connected to terminals or headquarters, doing business via the internet and their systems communicating even in another country, there is a worldwide exposure over the internet which can result to a cyber-attack.

“Implementing Cyber Risk Management will put you in a better position to be more competitive”



IT systems move data and connect with other operational technology systems, so that devices can communicate with each other. Although shipping must consider that if somebody access their operational technology systems, this can easily lead to a major safety incident.

Source: safety4sea.com

IMO has identified cyber security as a risk to be addressed in safety management systems and the handling of the risks are to be verified in audits from 1 January 2021 onwards. Suggest to start preparations so as not to miss the deadline.

CS Offshore | Maritime can provide the necessary consultancy in preparation of the necessary documentation / identifying and mitigating the gaps & carrying out the successful implementation.

Our Laurels



2019 – Winner

“Outstanding Performance in Maritime Services 2019” at Transport & Logistics Middle East Excellence Awards



2019 – Award

Recognition from TOTAL



2018 – Winner

“Outstanding Performance in Maritime Services 2018” at Transport & Logistics Middle East Excellence Awards



FINALIST
Offshore Marine Award for Owners And Operators
2018



2016 – Winner

Mr. Balbir Singh Nagi, Executive Director of CS Group was awarded “Maritime Excellence Award”



2016 – Winner

Seatrade Maritime Awards
Middle East, Indian Subcontinent & Africa
Offshore Marine Development – Africa



FINALIST
Offshore Marine Award for Owners And Operators
2015



2014 – Winner

Seatrade Maritime Awards
Middle East, Indian Subcontinent & Africa
Offshore Marine Development – Africa



2012 – Award

Recognition from Exxon Mobil



2012 – Award

Recognition from ENI (Nigeria Agip Exploration)

News from HR Desk

Stay calm and positive with less clutter

One thing we can do to make ourselves more comfortable and productive and sail through this pandemic smoothly is use the decluttering methodology

Are you facing greater levels of stress and anxiety? Are you stretched for time and find it hard to complete your tasks? Do you wish your relationships with loved ones was stronger?

The Covid-19 has certainly left our lives unbalanced. Unfortunately, there's not much we can do to control the coronavirus except to stay at home. That said, one thing we can do to make ourselves more comfortable and productive and sail through this pandemic smoothly, is use the decluttering methodology.



The art of decluttering has been buzzing around the world, but what does it mean? Let's break it down: Decluttering is an action or a process to decide whether items, people, etc. are valuable or not. Decluttering is part of a minimalist lifestyle that has long been popular in Japan. Here's how we can use decluttering to stay positive and calm during this pandemic:

Declutter the material world

Use this time to declutter your home. Identify a room and select an area you wish to start. Your cupboard, for instance. Segregate everything into three piles:

Pile 1: Items that are frequently used and bring you joy. Put them back in an organised fashion.

Pile 2: Items that no longer serve a purpose in your life. Give them to someone less fortunate who can benefit and bring a smile to their face.

Pile 3: Items that you are not sure of. Keep them in a box for three to six months and if the box remains unopened, give it away.

News from HR Desk

Declutter the body

If you want your body to work for you, you need to ensure you are treating it well so that it does not become a distraction. In essence, eat well, sleep well, and ensure you have lots of movement throughout the day. A great way to get started is to start reading the ingredients of the packaged food you purchase and find healthier alternatives if it contains any of the following: High-fructose corn syrup, artificial sweeteners, artificial colours, sodium nitrites and nitrates, monosodium glutamate (MSG), high levels of sugar.

Declutter people

Decluttering people is about bringing closer those who matters by removing the clutter between the two of you. Use this opportunity to better understand your loved ones, friends and colleagues to strengthen the relationships that have either been strained or could do with some improving.

Decluttering the mind

How do you start your morning? Are you picking up your phone even though your eyes are barely open? How are you being affected by all the negative communication? Start each day with positivity enabling you to have higher impact!

Steps to take before anything else:

- Movement: Any form of movement such as walking to get the blood flowing.
- Breathing exercise: Deep breaths to oxygenate the body and come more alive.
- Meditation: Do this to become more centred. There are many forms of meditation and it is suggested you try various forms to see what works best for you.
- Gratitude journaling: Write down three things you am grateful for
- Now that you have the tools to remove the clutter from your life, start today and enjoy the journey to achieving greatness.

Source: *Positive news of the day, Khaleej Times dtd 20 May*

BRAIN TEASER

What makes this number unique: 8,549,176,320?

*** Answer on page 11

Health & Fitness

Deep sleep can calm, reset the anxious brain

Those who got more deep sleep experienced the lowest levels of anxiety the next day.

Researchers have found that the type of sleep most apt to calm and reset the anxious brain is deep sleep, also known as non-rapid eye movement (NREM) slow-wave sleep, a state in which neural oscillations become highly synchronized, and heart rates and blood pressure drops.

A sleepless night can trigger up to a 30 per cent rise in anxiety levels, researchers from the University of California said.

"We have identified a new function of deep sleep, one that decreases anxiety overnight by reorganizing connections in the brain," said study senior author Professor Matthew Walker.

"Deep sleep seems to be a natural anxiolytic (anxiety inhibitor), so long as we get it each and every night," Walker added.

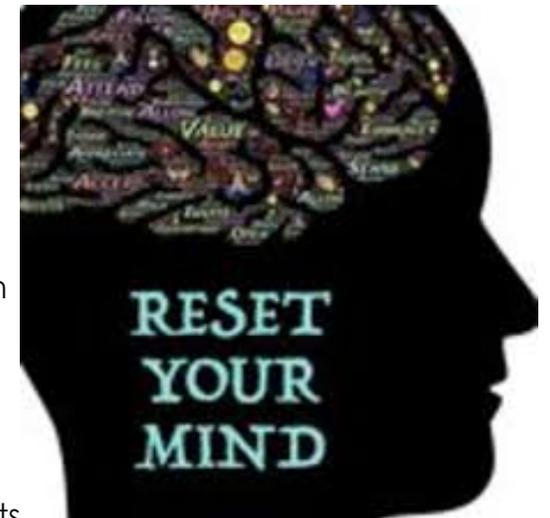
"Our study strongly suggests that insufficient sleep amplifies levels of anxiety and, conversely, that deep sleep helps reduce such stress," said study lead author Eti Ben Simon.

In a series of experiments using functional MRI and polysomnography, among other measures, researchers scanned the brains of 18 young adults as they viewed emotionally stirring video clips after a full night of sleep, and again after a sleepless night.

Anxiety levels were measured following each session via a questionnaire known as the state-trait anxiety inventory. After a night of no sleep, brain scans showed a shutdown of the medial prefrontal cortex, which normally helps keep our anxiety in check, while the brain's deeper emotional centres were overactive. After a full night of sleep, during which participants' brain waves were measured via electrodes placed on their heads, the results showed their anxiety levels declined significantly, especially for those who experienced more slow-wave NREM sleep.

"Deep sleep had restored the brain's prefrontal mechanism that regulates our emotions, lowering emotional and physiological reactivity and preventing the escalation of anxiety," Simon said. Beyond gauging the sleep-anxiety connection in the 18 original study participants, the researchers replicated the results in a study of another 30 participants.

Across all the participants, the results again showed that those who got more nighttime deep sleep experienced the lowest levels of anxiety the next day.



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