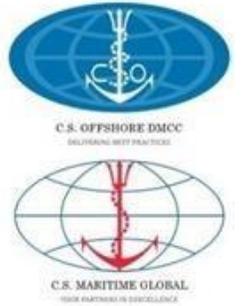


OFFSHORE C.S. NEWS “THE TIP” MARITIME



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 during the present difficult times. At CS Group, the health and safety of all our clients, customers, employees, and ship staffs is our top priority.

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. As a result, we can confirm that with the measures in place, we have managed the COVID pandemic satisfactorily as there has been nil incidents of COVID infection in our organization and the managed vessels. Also, our team has remained highly responsive to all situations 24x7 to ensure vessel operations effectively with zero downtime.

We encourage Owners to adapt to the latest technological developments whereby cost savings are possible with increased efficiency of operation. At CSO we have developed our in-house Cloud-based management system which will store all the necessary information which our clients can refer to under the access right provided. Our team is working on it to complete the setup on an asap basis. We will be soon running an inhouse training plan – to occasionally advise/train vessels crew on various technical matters for exchanging technical/operational knowledge and to address doubts – though the web media.

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

Shell backs hydrogen for shipping's decarbonization

Energy group Shell has revealed plans to back hydrogen fuel cells on the road to shipping's 2050 decarbonization goals, tagging LNG bunkers as the bridging fuel between that and conventional oil-based bunker fuels. “We believe liquid hydrogen to be advantaged over other potential zero-emissions fuels for shipping, therefore giving a higher likelihood of success,” it said in its latest report, ‘Decarbonising Shipping: Setting Shell's Course.’ The International Maritime Organization has set a goal to cut greenhouse gas emissions by at least 50% by 2050 and improve the sector's efficiency by at least 40% by 2030 and by 70% by 2050.

Source: Hellenic Shipping News



Ammonia Could Be Shipping's Next-Gen Fuel of the Future

Shipping will need to settle on the desired combination of fuels and technologies needed, in order to achieve the goals of decarbonization needed. As such, ammonia is gaining traction a true next-gen fuel in this respect. In its latest weekly report, shipbroker Gibson said that “the move to zero emissions transport will be a very long and winding one, in which by all accounts the transport sector and in particular shipping, will be one of the last to fully make the transition. The IEA recently investigated the general move to zero emissions within the global economy. They highlight that reducing CO2 emissions in the transport sector will be a formidable task, despite, or maybe because of the growing number of regulations requiring shipping to reduce its Green House Gas (GHG) and air pollutant emissions. This poses a real challenge for the shipping industry.

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

ExxonMobil completes successful trial of its first marine bio fuel oil

Marine fuel and lubes supplier ExxonMobil along with ship operator Stena Bulk has completed a successful sea trial of the company's first marine bio fuel oil. The fuel is a 0.50% sulphur residual-based fuel (VLSFO) processed with a second generation waste-based FAME component (ISCC certified) - and will be available later this year – initially in Rotterdam - before wider launch across the ExxonMobil port network. The trial demonstrated that the marine bio fuel oil, which can provide a CO2 emission reduction of up to 40%* compared with conventional marine fuel can be used without modification and can help operators take a significant step towards meeting carbon emissions reduction targets. This also supports the IMO's ambition to reduce total annual GHG emissions from international shipping by 2050.



Source: Ship Insight



Coronavirus pandemic a catalyst for shipping's digitalization

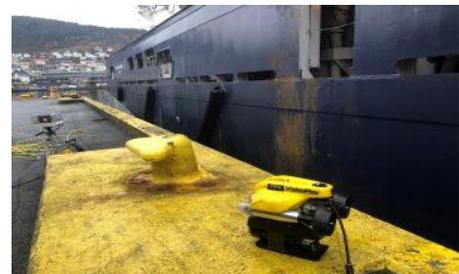
The coronavirus pandemic is proving to be a catalyst for the digitalization of shipping, prompting ocean supply chain stakeholders to abandon manual processes and embrace automation to drive business growth, a new survey by transport management systems provider Haven Inc shows. The survey found that global business lockdowns had highlighted the time and cost savings available to decision-makers willing to make the leap away from traditional management processes heavily reliant on paperwork. 35% of respondents said the use of manual processes caused delays, 30% said quotations took too long while 20% complained that booking processes were cumbersome.

Source: Safety4Sea

Oil Prices Are Waiting To Rise, But Stimulus Will Not Be The Cure

Oil prices continue to linger around \$40 per barrel. They have been fairly stable since June, after swinging wildly in the spring. As of this writing, both major oil benchmarks, WTI and Brent, are trading just below \$40. Oil prices are sitting around this mark, because oil traders don't know what is happening with the economy. They don't know if the big global economies will finally fully open, if the economy is recovering or waiting to sink further into recession, if President Trump or Vice President Biden will win the election, if people will start traveling again soon and if the U.S. government will inject more stimulus into the situation.

Source: Hellenic Shipping News



DNV GL completes world's first in-water remote ship surveys using ROV

DNV GL has completed the world's first in-water remote ship surveys using a remotely operated vehicle (ROV). In-water bottom surveys using ROVs have now been carried out on three separate Wilson ASA-managed vessels with the first having been completed on the Wilson Fedje in December 2019 by a surveyor from Høvik. The latest in-water survey of this kind was performed earlier in July on another ASA Wilson-managed vessel in Bergen, Norway. Elias Triantafyllidis, the remote surveyor, attended the survey from the DNV GL DATE (Direct Access To Experts) hub in Piraeus, Greece. As with the two previous surveys, it was conducted in collaboration with VUVI, a Norwegian inspection company certified by DNV GL to perform underwater inspections for ships and offshore platforms using ROVs.

Source: Offshore Energy

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

“Offshore Marine Development – Africa” at Seatrade Maritime Awards



FINALIST
Offshore Marine Award for Owners And Operators
2015



2014 – Winner

“Offshore Marine Development – Africa” at Seatrade Maritime Awards



2012 – Award

Recognition from Exxon Mobil



2012 – Award

Recognition from ENI (Nigeria Agip Exploration)

PLASTICS BREAKDOWN

WE USE TONS OF PLASTIC. IT'S IN EVERYTHING FROM PACKAGING TO TOYS, TO THE DASHBOARD IN YOUR CAR. MASSIVE AMOUNTS OF IT END UP IN THE OCEAN. IT CONTAINS TOXINS, AND ABSORBS MORE TOXINS. IT ENTANGLES AND KILLS SEA LIFE. IT CERTAINLY DOESN'T BIODEGRADE, BUT THERE ARE WAYS WE CAN HELP.



BAD FOR THE OCEAN. BAD FOR US



54%

OF THE 120 MARINE MAMMAL SPECIES ON THE THREATENED LIST HAVE BEEN OBSERVED ENTANGLED IN OR INGESTING PLASTIC.



92.5% OF DEAD SEABIRDS (NORTHERN FULMARS) IN A STUDY HAD INGESTED PLASTIC IN AMOUNTS EQUAL TO 5% OF THEIR BODY WEIGHT.



AMERICANS USE ROUGHLY 100 BILLION PLASTIC BAGS PER YEAR. PLASTIC BAGS CAN TAKE 400 TO 1,000 YEARS TO DECOMPOSE, BUT THEIR

CHEMICAL RESIDUES REMAIN FOR YEARS AFTER.

CHEMICALS USED IN PLASTICS LIKE PHTHALATES AND FLAME RETARDANTS HAVE BEEN FOUND IN FISH, MOLLUSKS, SEA MAMMALS, AND OTHER SEA LIFE.

HOW BIG IS THE PROBLEM?

73.9 MILLION POUNDS

OF PLASTIC ARE SPREAD THROUGHOUT THE WORLD'S GYRES.

IT'S EXPENSIVE TOO...

AS OF 2009, SOUTHERN CALIFORNIA CITIES HAD SPENT OVER \$1.7 BILLION TO KEEP WATERWAYS FROM BEING OVER LEGAL TRASH LIMITS.

HOW MUCH PLASTIC ENDS UP IN THE OCEAN?



CIRCULAR CURRENTS (GYRES) THOUSANDS OF MILES ACROSS COLLECT IMMENSE AMOUNTS OF PLASTIC IN ALL OF THE WORLD'S OCEANS.

MICROPLASTIC CONCENTRATIONS IN THE NORTH PACIFIC GYRE INCREASED 100x IN THE PAST 40 YEARS.

CURRENTS CARRY THE PLASTIC EVERYWHERE.

RUBBER DUCKS LOST FROM A SHIPPING CONTAINER IN THE NORTH PACIFIC WERE FOUND NEAR SCOTLAND. IN THE NORTH ATLANTIC, TSUNAMI DEBRIS FROM JAPAN ARRIVED IN NORTH AMERICA, AFTER CROSSING THE LARGEST OCEAN ON EARTH IN JUST 10 MONTHS.

PLASTIC IS MADE OF TOXINS

331 MILLION BARRELS OF PETROLEUM & NATURAL GAS LIQUIDS

WERE USED TO MAKE U.S. PLASTIC PRODUCTS, EQUAL TO ABOUT 5% OF THE NATIONAL PETROLEUM CONSUMPTION.

PLASTICS CONTAIN TOXIC CHEMICALS



PHTHALATES

FLAME RETARDANTS

BISPHENOL-A (BPA)

FACT:



MORE TOXINS ADHERE AS PLASTIC BREAKS DOWN

IN PLASTIC FROM THE NORTH PACIFIC GYRE:



DDT



PCB



PAH

40% CONTAINED PESTICIDES LIKE DDT.

50% CONTAINED PCBs (BANNED BY U.S. CONGRESS IN 1979, FOR HAVING VARIOUS NEUROTOXIC EFFECTS). 80% CONTAINED PAHs (MAY BE HIGHLY CARCINOGENIC).

FLOATING TOXIC MICROPLASTICS ARE OFTEN INGESTED BY MARINE LIFE, WHICH

IN TURN IS CONSUMED BY US.

RESEARCH PROVIDED BY OCEAN CONSERVANCY, 5 GYRES, AND OTHERS. INFOGRAPHIC BY WWW.ABRAHAMTHINKING.COM FOR ONE WORLD ONE OCEAN | 2012

WHAT CAN WE DO TO HELP?

USE LESS PLASTIC

8 OF THE TOP 10 ITEMS FOUND ON BEACHES DURING LAST YEAR'S INTERNATIONAL COASTAL CLEAN-UP DAY WERE PLASTICS RELATED TO EATING & DRINKING.



PLASTIC BAGS > REUSABLE BAGS, NO BAG STRAWS > NO NEED UTENSILS > USE NON-PLASTIC

BOTTLED WATER > REUSABLE WATER BOTTLE PACKAGING > BUY ITEMS WITH MINIMAL PACKAGING

CLOTHING > BUY NATURAL MATERIALS. SYNTHETIC FIBERS END UP IN THE OCEAN



Cyber Security in the Maritime Industry

How IMO addresses Maritime cyber risk – an overview

Maritime cyber risk refers to a measure of the extent to which a technology asset could be threatened by a potential circumstance or event, which may result in shipping-related operational, safety or security failures as a consequence of information or systems being corrupted, lost or compromised. Cyber risk management means the process of identifying, analyzing, assessing and communicating a cyber-related risk and accepting, avoiding, transferring or mitigating it to an acceptable level, considering costs and benefits of actions taken to stakeholders. The overall goal is to support safe and secure shipping, which is operationally resilient to cyber risks.



IMO has issued MSC-FAL.1/Circ.3 Guidelines on maritime cyber risk management.

The guidelines provide high-level recommendations on maritime cyber risk management to safeguard shipping from current and emerging cyber threats and vulnerabilities and include functional elements that support effective cyber risk management. The recommendations can be incorporated into existing risk management processes and are complementary to the safety and security management practices already established by IMO.

The Maritime Safety Committee, at its 98th session in June 2017, also adopted Resolution MSC.428(98) - Maritime Cyber Risk Management in Safety Management Systems. The resolution encourages administrations to ensure that cyber risks are appropriately addressed in existing safety management systems (as defined in the ISM Code) no later than the first annual verification of the company's Document of Compliance after 1 January 2021.

The era of digitalization and rapid development of technologies in the maritime sector has called for immediate action, for the protection of the seafarers and the whole industry, which led the International Maritime Organization (IMO) to issue and implement a series of regulations and guidelines on cyber risk management, with, last but not least, the adoption of the Resolution MSC.428(98). This resolution calls companies to report any cyber risk in their ISM Code no later than January 1, 2021. Yet, keeping in mind that cyber risk is a 'new' challenge the industry led eyes on, how did the landscape of cyber regulations evolve the past years?

According to the IMO, maritime cyber risk refers to a measure of the extent to which a technology asset could be threatened by a potential circumstance or event, which may result in shipping-related operational, safety or security failures as a consequence of information or systems being corrupted, lost or compromised.

Maritime cyber risk

It was highlighted that any system which is digitally enabled is vulnerable to cyber-attacks, while these days nearly all systems that are connected are vulnerable, and as the shipping environment is being shaped upon the digital world, companies and all shipping stakeholders seem more vulnerable and exposed. Cyber risk is a crucial barrier to the shipping industry, with attacks taking place more often than in the past, and shipping companies taking measures to deal with them and be protected, as an attack can cause major disruptions to operations. Referring to the importance of cyber security nowadays, Cyber Experts were speaking during the 2019 Hellenic American Maritime Forum stated that **“Cyber security has been over the last years the first non-natural threat to the global risk landscape according to the World Economic Forum. This is only going to get worse because of rising cyber dependency. Everything that we do has a cyber element.”** Therefore, taking into consideration the impact of cyber-attacks, the cost and time-loss to resolve operations a shipping stakeholder has to deal with, the International Maritime Organization focused on publishing a series of guidelines to help the industry cope with cyber challenges and boost their cyber risk management

A wind of change after 2020

By 2020 shipping companies will be required to assess their risk exposure and develop measures to include in their Safety Management Systems to mitigate cyber threats. The timeframe between 2020-2021 will be catalytic, as the IMO decided that no later than the annual verification of each company's Document of Compliance, **the 1st of January 2021, all shipping companies will be mandated to ensure that cyber risks are appropriately addressed in existing safety management systems (as defined in the ISM Code).**

These guidelines provide recommendations and include functional elements that support effective cyber risk management. In addition, the recommendations can be included in existing risk management processes and are complementary to the safety and security management practices already established by IMO. The above decision highlights the importance of reporting cyber risks, as it has been previously stated that under-reporting is a crucial threat to the maritime sector. Specifically, July it was noted that there is a gap between the number of cyber-related incidents that occur in the maritime industry and the lower number that are being reported. Also, IMO's decision is a major step towards being ready and having a risk management approach under the possibility of a cyber-attack.

Applauding IMO's decision, Cyber expert has commented that

“... when we talk about cyber security, it is not a matter of if you will be attacked but when. In order to deal with that, you should have a risk management approach on it and this what the IMO is introducing.”

News from HR Desk

Staying Calm During COVID-19

How to rebalance your life in an unbalanced time.

In uncertain times, you can find yourself on edge, tense and nervous about the future. However, we all have internal and social resources to get through this challenging time. You are far more resilient than you give yourself credit for. Moreover, the human spirit can be incredibly kind and generous, so even with social distancing, we can feel the support from one another!

With increasing concern about the coronavirus, we have seen and will continue to see a variety of responses. While everyone experiences anxiety a little differently, the common thread is the feeling of threat to ourselves and/or the ones we love, coupled with a general feeling of uncertainty about what is to come.



Some individuals are being heavily impacted by physical symptoms such as heart palpitations, shortness of breath, sweating, trouble sleeping, and changes in appetite. Others may find cognitive symptoms to be a greater stressor resulting in difficulties recalling memories, problems with concentration, inability to control negative thoughts, ruminating on the same thoughts, and having trouble seeing any positives.

These anxiety symptoms are the body and mind's natural response to rapid adaptations in your familial, work, financial, and emotional environments. It is likely that they may get better with time as you adjust to your “new normal,” but you can immediately use the strategies below to help manage anxiety and other difficult feelings.

Separate out worries into productive and unproductive actions.

Worries can be turned into productive preparations and cautionary behaviors like taking vitamins, stocking up on essentials and food, refilling medications, and so on. It is equally important to prepare mentally. You can stock up on your favorite reading materials and calming scents like lavender; make time to socialize through phone, video calls, online gaming; and in your downtime engage in a hobby or interest you enjoy. When you find yourself worrying about something you have no control over and can't convert into a positive preparation, it is helpful to “shelve” that thought, or let it go completely.

News from HR Desk

Make a visual list of coping skills and keep it readily accessible.

In times like these, you might find your typical ways of coping don't cut it, and you need even more tools and strategies to turn to. You may also find your mind is overwhelmed with information and new adjustments, so you forget the things that used to come more naturally to you.

First, make a list of the things you do already and have done to manage stress and remain calm. Here are some ideas to get you started: therapy, talking to a friend, exercise, prayer, reading, meditation, yoga, creative activities, positive self-talk, cooking, gardening, journaling, deep breathing, listening to music, household projects, spring cleaning, meditation, puzzles/games, playing with your pets and kids, and doing something nice for someone else.

Challenge negative thoughts.

Chronic stress is often the result of negative thought patterns. Individuals who focus on and replay negative thoughts find the experience to be unpleasant, counterproductive, and in some cases resulting in depression. Challenging irrational, negative thoughts can allow you to change them by learning how to examine the validity of the negative thoughts and learn how to interpret situations using a different perspective.

Limit your exposure to anxiety-producing news and information.

It is important to stay up to date with new information but it is just as important to make a deliberate choice to read or watch the news. Refreshing your social media feeds throughout the day, or keeping the news on in the background, is overwhelming your senses and your ability to pay attention to other needs for yourself and your family.

Trust that you can get what you need in a few structured and limited times when you check your news sources. It is especially important to limit/monitor the way your children are receiving news about the virus. Stick to reliable sources and perhaps block people temporarily on social media if their reactions are increasing your negativity or anxiety.

Practice a daily mindful activity.

The bulk of the fear attached to anxiety comes from the anticipation of a future threat. Many people will catastrophize what is coming and have trouble separating assumptions from facts. Practicing a daily mindful activity places a focus on the now and not the future. This is done by separating feelings from judgments and focusing on things that are true and are occurring now, not what might happen.

Pick one thing you do daily and let your senses attend to that one thing — like making your morning coffee or watering plants. When your mind wanders off, bring it back gently to your activity. A daily meditation practice can also help you be more mindful. There are many wonderful free meditations available online. There are also many apps to help you start or build upon an existing practice (Headspace, Insight Timer, Buddhify, Calm). Additionally, you can hear my guided meditations for free on Spotify and Google Play (Unwind: Guided Relaxation, by Amy Vigliotti).

News from HR Desk

Talk about it, write about it, let it out.

There is a common misconception that talking about anxiety makes it worse because it encourages people to think about what makes them anxious. The reality, however, is that people who experience anxiety experience it whether they talk about it or not. Research has found that expressing anxious thoughts can help individuals feel as if they are getting those negative thoughts “out of their system” and/or diminish the intensity of their feelings. You can express your thoughts to trusted friends/family, keep a journal, or write them on notes to then be discarded later.

Pay attention to positive events.

Picture yourself walking outside on a day where there is a mix of clouds and blue sky. In times of unusual stress, we all have a habit of focusing on the negative—the “clouds”—and missing the blue sky. If we ignore the blue sky, we make things even harder on ourselves. You want to balance your consumption of “negative” news by reading and attending to positive events. There are always positive things to focus on even in times of great duress.

We see fitness instructors giving online free workouts; neighbors lending a hand to elderly individuals; health care workers prioritizing the care of others in a selfless manner. And there are little things we can be grateful for as well: a hot shower, our morning coffee, a smile or text from a friend. If you want to take it a step further, you can be a positive change in your community. Doing something nice for someone else makes us feel good too.



BRAIN TEASER

What letter comes next in the following sequence? D R M F S L T _

*** Answer on page 13

Health & Fitness

Considering walking 10,000 steps a day?

Walking 10,000 steps a day has become a popular fitness goal. Though it's certainly not the be all and end all of fitness, research has shown that the more steps you take in a day, the better. Aiming to walk 10,000 steps a day (or any number that presents a challenge based on your current activity level), is a great way to motivate yourself to move more and to interrupt the time you spend sitting. As a result, it can have a tremendous impact on almost every part of your body. Here are 10 of the most positive effects you can expect from walking 10,000 steps a day.

Walking 10,000 steps a day will boost your heart health

Regular physical activity helps increase the amount of oxygenated blood being sent to your muscles—the fitter you are, the more easily this happens, and the harder you will be able to work out.

It will strengthen your lungs

Moving each day helps strengthen your lungs and surrounding muscles. As the rate and volume of oxygen you inhale goes up, so does your body's ability to use it efficiently (a measurement referred to as your “VO2 max”). The fitter you get, the higher your VO2 max.

It improves your concentration

Physical activity boosts the release of feel-good hormones (like endorphins) and also increases blood flow to the brain, which results in improved cognitive function. Not only do you feel less stressed and anxious when you regularly move, but you are also working toward improving your creativity, productivity, and concentration.

It strengthens your bones

Physical activity (particularly weight-bearing exercises) places extra stress on your bones, which helps improve their density and lowers your risk for osteoporosis later in life. Walking, and better yet running, are great places to start.

Walking 10,000 steps a day builds muscle

Daily physical activity causes tiny tears in your muscles, which in turn, leads to increased muscle growth and strength.

It helps stabilize your blood sugar

When you're physically active, your muscles use more of the glucose in your bloodstream. Activity also helps the insulin in your body work more efficiently.



News from HR Desk

Health & Fitness

It can help lower blood pressure

Physical activity is important for preventing and managing high blood pressure. Getting in your daily steps can help reduce the stiffness of your vessels, allowing blood to flow more freely.

It improves flexibility

Physical activity helps improve your flexibility, which in turn, helps improve posture, reduces risk for injury, and also decreases the number of aches and pains you feel during the day.

It boosts your energy levels

Physical activity is a great way to boost energy levels and fight fatigue as it strengthens the heart and improves circulation. These energy-boosting foods can also help!

It improves your mood

Physical activity triggers the release of key neurotransmitters like endorphins, serotonin and dopamine, all of which play key roles in mood control.

Source: Readers Digest



TIME & HEALTH

are the two precious assets that we don't recognize or appreciate until they have been depleted.

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***** D – each letter represents one note in the diatonic musical scale: Do, Re, Mi, Fa, Sol, La, Ti, Do**