



Chennai
4th Floor, AKDR Tower,
3/381, Rajiv Gandhi Salai (OMR),
Mettukuppam,
Chennai – 600 097. India.
Phone: +91-44-66215555

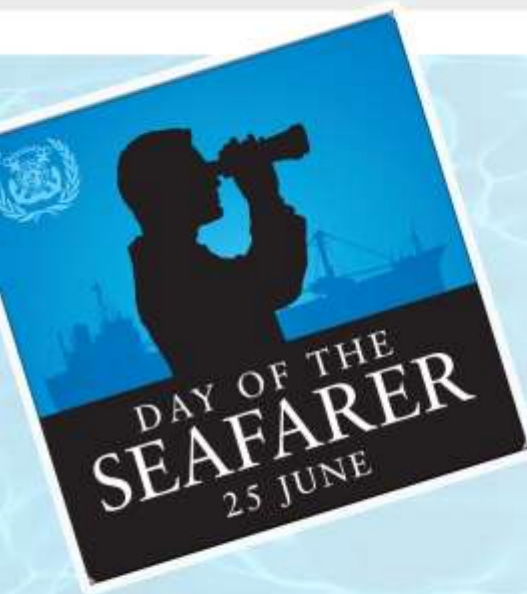
Stamford
20 Signal Road,
Stamford,
Connecticut 06901

Singapore
1 Kim Seng Promenade,
#10-11/12 Great World City West Tower,
Singapore 237994.
Phone: +65-6278-8233

Cochin
6th Floor, Arya Bhangy Pinnacle,
Suite No. C.C.37/993J,
Cochin - 682020. India
Phone: +91 484 4255999

Manila
3rd Floor, Universal LMS Building,
106 Esteban Street,
Legaspi Village,
Makati City 1229. Philippines
Phone: +63-2737-3500

Delhi
404-1A, 4th floor,
World Trade Centre,
Babar Road, Connaught Place,
New Delhi-110001. India.
Phone: +91-11- 40680211



Since inception, Synergy group has embarked on various stellar initiatives to educate people from all walks of life about the contribution seafarers have made in making the world a better place for each one of us.

Seafarers are the people without whom food, clothes, gifts, gadgets or even basic needs would not reach our doors. We rely on them every day. Synergy Group shall support IMO in celebrating the fourth edition of its global campaign: Day of the Seafarer, held every year on 25 June.

You can be a part of the campaign by sending us photograph or write up on your experience of life at sea and complete the following sentence: "Seafarers brought me....."

Our campaign wishes to engage the public to share what seafarers have brought them, and to thank seafarers for doing so.

Join us in our campaign and write to us at editorialteam@synergymarine.sg



Like us on Facebook 50000 + fans

Learn more about us and the people that make Synergy Group - on our official Facebook page. Become a fan now by finding us there as "Synergy Marine Group"



Follow us on LinkedIn

We are on Linked In! Follow us by finding us there as "Synergy Marine Group"

Fog Horn

Synergy Group Newsletter



Spring Edition 2014

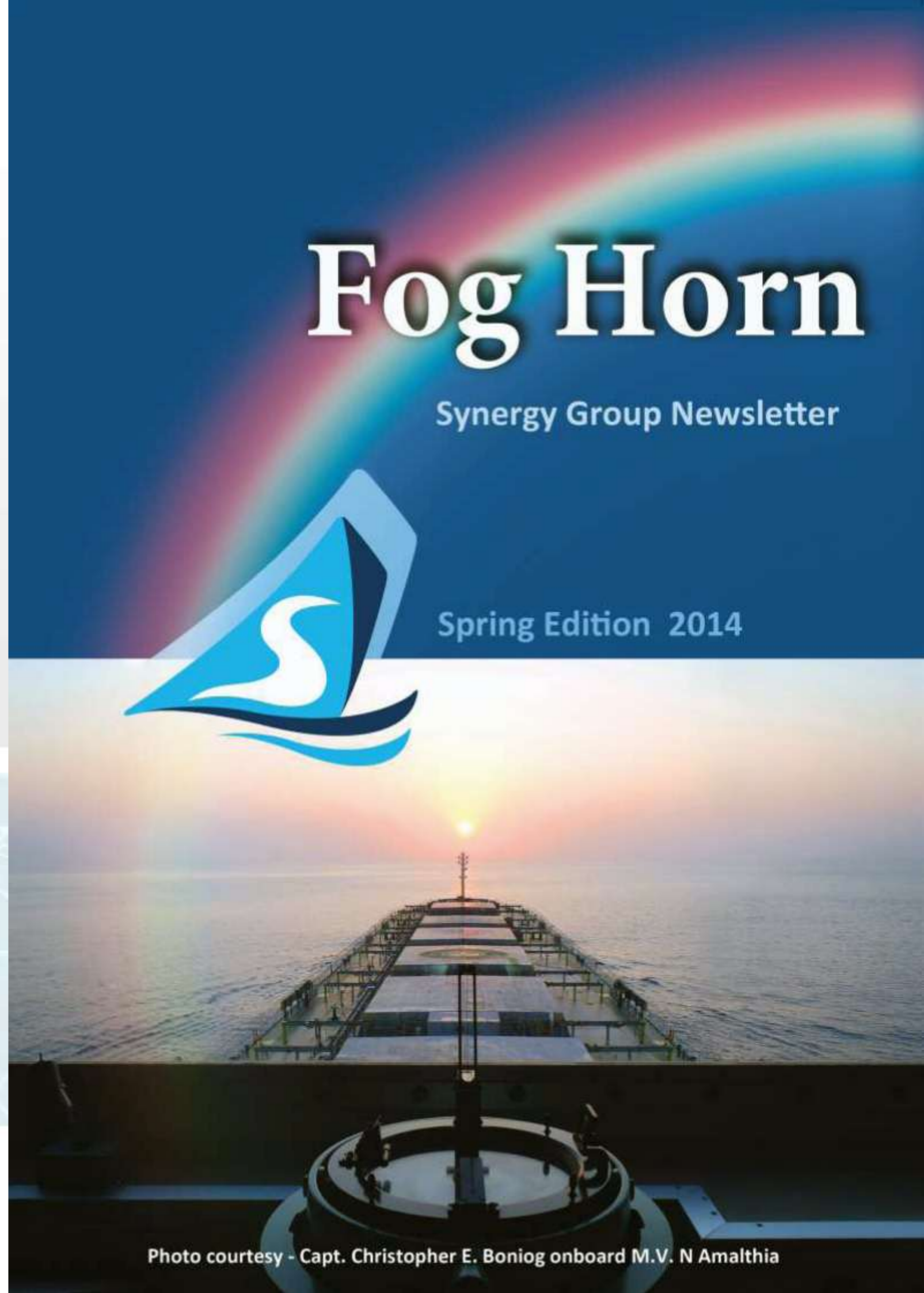


Photo courtesy - Capt. Christopher E. Boniog onboard M.V. N Amalthia



MD's Note

Dear Colleagues,

Welcome to the 4th issue of "Foghorn". It is very encouraging to know the last three issues of Fog Horn were well - received by our readers and that contributions continue to pour in for the future editions. **Fog Horn is a medium for every Synergian to share the joy of being at Synergy.**

Synergy is steadily marching towards its mission to become a bench mark in ship Management. We have to evolve into a group where every team member is empowered to make good decisions, share information and innovate. Every one of us has the leadership instinct, and **at Synergy we must create a favourable environment where leaders will blossom.**

Our employees both ashore and at sea are empowered to ask questions, they are open to make recommendations and continuously change things for the better- it's important to keep evolving!

I truly believe that each of us must find meaning in what we do and that in turn should gel with our core values of **Safety, Empowerment, Integrity, Synergy, Transparency and Respect.** The best work happens when you know that it's not just work, but something that will make ships safer and the seas cleaner.

Empower and Evolve is our mantra for the journey ahead.

Enjoy this edition of Foghorn. I wish you all the very best.

- RAJESH UNNI

Content

1. Team Orchid Express –Towards "Reduction of Greenhouse Gas Emission"
2. Meet the team
3. New additions to our fleet
4. Experience with Synergy
5. Our Seafarers – our flag bearers
6. Follow your passion
7. Surabhi - the habit of excellence
8. Training
9. Synergy's Exclusive
10. From the Galley
11. Young Talent
12. Sports report
13. Synergy salutes the contribution of women
14. Be the change you wish to see: A Synergy CSR Initiative

Fog Horn is an initiative to bring together all members of the Synergy Family - our Seafarers, Shore staff, family members as well as the stakeholders.

We would love to hear from you and have your contributions for the forthcoming issues as well as for the website. You may share a write up on an inspiring event or own experience onboard or ashore, family additions, Stories about life, Health, Fitness, photographs, sketches, drawing by children, poems, get together or just jokes!

Write to us at editorialteam@synergymarine.sg

Team Orchid Express –Towards "Reduction of Greenhouse Gas Emission"

In response to the Japanese government's requests to achieve the "Greenhouse Gas emission reduction goals" as listed in the Kyoto Protocol, the Petroleum Association of Japan has agreed to blend 840,000kl per year of Bio-ETBE into gasoline starting FY2010. Under this program, the JBSL (Japan Biofuels Supply LLP) was established on January 26th, 2007 by 8 major refiners and primary distributors in Japan for the purpose of effective procurement of Bio gasoline components such as Bio-ETBE and Bio-ethanol (as feedstock for Bio-ETBE) and efficient distribution of the biofuels to the refineries all over JAPAN.

This program has been promoted by the Japanese Government. To ensure safe and continuous supply of Bio-ETBE within Japan, the safety of cargo and accuracy of schedule is of prime importance to JBSL. Orchid Express is the fourth vessel of JBSL's existing fleet.

Participating Parties

- Japan Biofuels Supply LLP: Charterer
- Wakayama Petroleum Refining Co., Ltd. : Refinery, Terminal
- Kaiseki Sangyo : Terminal Site-work Contractor (Subsidiary of Wakayama Petroleum Refining Co.)
- Chikko Corporation : Agent
- Mitsui O.S.K. Lines, Ltd. : As Owner



Capt. Ronnie Jaitely and Supt. Mr. Daniel Christopher at the JBSL ceremony



News in Pictures

Orient Peony Delivery



From L to R
Capt. Dionisio Jr. Monteroso, Mr. K.S. Win, C/E
Mr. Dennis Arquero, Mr. Ajit George



Meet the Team



Synergy Group Manila is established on the values of transparency, integrity, consistency and credibility for ship management activities by a like-minded group of marine professionals. Efficient processes, trained people and well maintained ships are our pillars of quality.

- | | | |
|--|---|--|
| 1 Name - Ms Vivian Lunas
Designation - Accounts Officer
Hobbies - Reading, Gardening | 8 Name - Ms Charmagne Reyes
Designation - Receptionist
Hobbies - Volleyball, Music | 15 Name - Mr Jerry Farinas
Designation - Training Manager
Hobbies - Gardening, Photography |
| 2 Name - Ms. Sheila Colarina
Designation - Crewing Asst
Hobbies - Sketching, Watching Movies | 9 Name - Ms Jennie Rivera
Designation - Bookkeeper
Hobbies - Cooking, Traveling | 16 Name - Capt. Jose Astraquillo
Designation - Operations Manager
Hobbies - Photography, Travelling |
| 3 Name - Ms Eunice Junina Guerrero
Designation - Executive Asst.
Hobbies - Singing, Reading books | 10 Name - Ms Mary Grace Jarandillo
Designation - Accounting Supervisor
Hobbies - Painting, Sculpting | 17 Name - Ms Catherine Bernardo
Designation - Admin. /HR Officer
Hobbies - Cooking, Swimming |
| 4 Name - Ms Jovinel Grepo
Designation - Admin. Asst.
Hobbies - Reading, Chess | 11 Name - Ms Rosalie Ocampo
Designation - Accounting Asst.
Hobbies - Driving, Movies | 18 Name - Mr. Erad Cadoy
Designation - Crewing Asst
Hobbies - Badminton, Cricket |
| 5 Name - Ms Jessica Fiel
Designation - Crewing Asst.
Hobbies - Playing billiards, Baking | 12 Name - Ms Remelin Cantor
Designation - Accounting Asst.
Hobbies - Drawing, Swimming | 19 Name - Mr. Bryan Rivera
Designation - Crewing Asst.
Hobbies - Basketball, Driving |
| 6 Name - Ms. Rhoda Pastorpili
Designation - Crewing Asst.
Hobbies - Table Tennis, Reading | 13 Name - Ms. Dyan Llagas
Designation - Crewing Asst.
Hobbies - Singing, Photography | 20 Name - Mr Rodolfo Fonte
Designation - Training Asst.
Hobbies - Sports, Driving |
| 7 Name - Ms Mildred Padua
Designation - Accounting Asst.
Hobbies - Painting, Photography | 14 Name - Ms. Vera Dela Cruz
Designation - Crewing Asst.
Hobbies - Badminton, Bowling | 21 Name - Mr Kelvin Theo Peralta
Designation - Accounting Asst.
Hobbies - Reading, Table Tennis |

New additions to our fleet



Name of ship : M.V. Ha Long Bay
Gross tonnage : 20236
Type of ship : Cargo Ship
Year of build : 2007



Name of ship : M.V. East Bangkok
Gross tonnage : 20218
Type of ship : Bulk Carrier
Year of build : 2012



Name of ship : M.T. Star Express
Gross tonnage : 28059
Type of ship : Oil Products Tanker
Year of build : 2005



Name of ship : LPG Sabarimala Gas
Gross tonnage : 22521
Type of ship : LPG Tanker
Year of build : 1994



Name of ship : M.V. Fortune Bay
Gross tonnage : 17986
Type of ship : Bulk Carrier
Year of build : 2011



Name of ship : M.V. Orion Bay
Gross tonnage : 19999
Type of ship : Bulk Carrier
Year of build : 2012



Name of ship : M.V. N Bonanza
Gross tonnage : 39738
Type of ship : Bulk Carrier
Year of build : 2006



Name of ship : M.V. Calm Bay
Gross tonnage : 22698
Type of ship : Bulk Carrier
Year of build : 2006

At Synergy, we understand that our greatest assets are the skills and talents of our seagoing staff.

Our seafarers are Synergy's flag bearers across the world who operate the ships efficiently, safely and in an environmentally safe manner, towards accomplishing our Goal of "Zero injury, Zero Pollution and Zero Damage"

I am extremely proud of our competent and dedicated pool of seafarers - Synergy's almost 100% retention rate in senior ranks stand testimony to this! On behalf of the entire Team Synergy - we just wish to say **THANK YOU SEAFARERS.**

Abhishek Kumar has in the past sailed as a Chief Engineer with a reputed company before joining Synergy as a Technical Superintendent in 2013

Our Seafarers – our flag bearers



Mr. Abhishek Kumar
Technical Team

Follow your passion



Mr. Subburayalu
FPD Team

After having pursued my MBA, I wished for a career that would be interesting, attainable and in-line with my strengths.

I started off as a "Technical Executive" in the chemical manufacturing industry but soon realized that my calling was somewhere else - interpersonal skills being my strong point, I was a 'people's person'.

I joined the "Fleet Personnel Department" at Synergy in 2008 and almost 6 years down the line, I can easily say that this was the best career move that I could've made, since this is where my passion lies.

At the "FPD" our job involves interacting with seafarers from across India and in the process we've made not just contacts but friends for life.

The knowledge gained through this job and the friends that I have been able to make will continue to enrich my spirit forever.

As I look back at the 6 years that I have been at Synergy, the one thing I am sure of is that, my time here has helped me become a better professional and a better human being too! The year - 2008 was the most eventful year of my life - I tied the knot in January, joined Synergy in September and was blessed with a baby boy in November! Call it co-incidence, in the third year of Synergy - I was the third member of the Accounts team!

As of today, our accounts team itself comprises of 33 members and I am proud to say that we have the best account procedures which help manage the accounting process for various ship owners with 100% transparency and accuracy.

I would like to thank our senior management for the continued support and guidance which they have provided to me and also the freedom to ideate and implement various new procedures, which has helped in making me a more confident person.

Proud to be a Synergian!

Mohan's mantra to success - **It is easy to sit up and take notice, what is difficult is getting up and taking action.**

Experience with Synergy



Mr. Mohankumar. J
Accounts Team



Surabhi means excellent in Sanskrit. It was only fitting, therefore, that the Synergy Group, which zealously promotes the habit of excellence, organised the "Surabhi" festival for its shore and sailing staff on March 21 and 22 at the Leela Palace, Chennai. As a metaphor, we had chosen for the logo a tree with strong roots (values) and the ability to adapt and achieve consistent growth, factors that will lead to excellence.

This annual affair has become very popular within and outside the Group; and was attended by owners, dignitaries and more than a hundred seafarers- comprising a mix of senior and junior ranks.

As usual, Surabhi also boasted of an array of eminent and experienced speakers who elucidated the audience with essential information, ideas and thoughts through their interactive presentations on

varied topics of relevance in today's shipping scenario.

The seminar started off with a welcome address by Capt Banta, this followed by a presentation on "personal injury" by experts from P&I club and a discussion on "behaviour based safety" and "substance abuse and management", topics of unequivocal importance to seafarers!

The post lunch session kick started with an interesting presentation on "risk assessment".

"The role of Indian seafarers in global shipping" was the next topic, and with the National Maritime Day of India just a fortnight away, it was only befitting to reflect on the long way Indian seafarers and seafaring had come from that momentous day of 1919, when the "SS Loyalty" set sail from the shores of Bombay (now Mumbai) to the United Kingdom.

The focus then shifted to Synergy's Environmental Management System, with Sanjeev Namath (Synergy Maritime) looking at the future of

Environmental Management at the group, when the latest technological trends in energy efficiency were discussed and followed by a panel discussion on the same.

A networking cocktail dinner in the evening gave an opportunity for the delegates to unwind and prepare for the next day, which started with Capt Unni of Synergy Maritime's 'Being in Synergy.'

This was followed by a talk on "Rest hours and fatigue at sea" and presentations on "collision claims", "bunker issues" and insurers perspective on "Anchoring" and related issues.

Before the event wound down with a vote of thanks by Capt Swaminathan and a lively feedback session, the visiting guests shared 'Owners messages' with the Group and its staff.



Training

Long service award for the floating staff



Congratulations and best wishes to the following shore staff and sailing staff who have recently achieved their long service award and promotions at the Synergy Group

Arul Dasan Brino Fernando
 B Mohan
 Caliappane Djeabal
 Capt. Mridul Upadhyay
 Capt. Musharraf Iqbal
 Capt. Rajasekar
 Capt. Shankar
 Capt. Venkatesan
 Capt. Vijay
 Capt. Z. Thomas
 Cyriac Cyril
 Dinakar Mills
 Ebrahim Noor Ahmed
 Elangovan Baskarapandian
 Gobi Saravanan
 Harish
 Joe Bosco Merwin Fernando
 Joe Roshan Fernando
 Karthikeyan
 Kuppusamy Kumararaja
 Lawrence Agnel
 M J Jerry
 Muthiah Chandran
 N. Algarswamy Narayanan
 Natarajan Muthu
 Navneet Bhatia
 P L S Nair
 Palanivel Jeevahan
 PRS Nair
 Punita Alto
 R Suresh Babu
 Radhakrishnan Manu
 Rajagopal Perumplavil
 Rajasekar
 Rajendran Ivan Franco
 Sathish Chankarath
 Selvakumar Thiraviam
 Srivastava Sushant Kumar
 Velappa Naicker Sridhar
 Vijay Shukla
 Vijaya Bhaskara Reddy
 Xavier Suresh Kumar Soosaipillai

Excellence is an art - Mastered by training!

The value of life cannot be measured. The nature of incidents on-board ships are such that the individual should be in a position to save a life, at times even before the rescue or medical teams arrive.

Team Solar N's goal is that each staff should have thorough knowledge about first aid. Regular drills and group discussions are the only way of achieving this goal!

At the safety meeting, the complete team is divided into four groups by the Senior Management who also announce four topics for the upcoming month.

The groups carry out simulation on the selected subject that is followed by an extensive group discussion.

The exercises are often made part of the drill which provides a realistic scenario to deal with the challenges.



Long service award for the shore staff



Ajithkumar Prasannakumar
 Balachandran L
 Balaji Rao L
 Charanjiv Singh Nalwa
 Devenderan
 Gautam Kar
 Kishore Kumar P R
 Kohli Ravinder Singh
 Mohan Kumar J
 Priya Jaishankar
 Ramya R
 Sairaj
 Subburayalu G

List of Promotions



Capt. Kaempfert Braganza
 CE Chandrasekar Rao
 CE JOSlin Aroza
 CO Dwayne Fernandes
 CO Jesuraj Agnel
 2E Maruthu Pandian
 2E Faishalahamed
 2E John Verghese
 2E Iyappan Sivanandam
 2E Venkateswaran K Palanisamy
 2E Shibam Bhattacharjee
 2E Kennady P Fernando

Synergy's Exclusive



Capt. Unni's visit on board APL Antwerp



Photo courtesy
 3/O Prasheen Khandelwal



APL ZEEBRUGGE – in all her majesty



Naming Ceremony of M.V. Pacific Assurance



United We Stand – Team Bulk Atacama



Photo courtesy 2/O Sifathullah



Easter celebrations on-board Eurochampion 2004



Team Seroja Enam

We are pleased to announce the winner and runner-up of the 'From the galley' competition, announced in the winter edition. We would like to thank all the entrants for their wonderful recipe's!

Winner - Ch.Cook Edward Stanley
from team Solar N

Runner up - Ch.Cook Mr J. Arumugam
from team Teal Bay

DISH: 1

Comorin custard (Local Name: Vatlappu)

ORIGIN:

Srilanka. Famous in down South Tamil Nadu.

INGREDIENTS:

- Grounded Cashew Nuts - 25gms
- Grounded Raisins - 25gms
- Coconut Milk - 0.5ltr
- Palm Jaggry - 0.75kg
- Eggs - 6 nos
- NutMeg Powder- 2 pinch

METHOD:

Mix jaggery in water and boil it. Drain the syrup.

Mix the eggs with coconut milk, grounded cashew nuts & raisins and palm jaggry syrup. Pour the mixture on to a pressure cooker tray and bake it for 15 minutes.

Wait for few minutes for the pressure to release and now your Quick Delicious and Healthy VATLAPPU is ready.



DISH : 2

Telangana Chicken

INGREDIENTS 1:

- 1 Chicken
- 10 Red chillies (remove seeds)
- Ginger - 20 GMS
- Garlic - 20 GMS
- Sour curd -100 ML
- Onion -250 GMS
- Salt to taste
- Oil to fry
- Curry leaves
- Coriander leaves

INGREDIENTS 2:

- Ginger -10 GMS
- Garlic -10 GMS
- Curd -50 ML
- Red color - a pinch
- Salt to taste

METHOD :

Clean and joint chicken.

Grind together ingredient 2.

Apply the spices paste on the chicken and set aside for about 30 minutes.

Deep fry the pieces of the chicken and keep aside. Heat oil, sauté curry leaves chopped garlic, ginger and onion. Fry until onion gets golden brown, add crushed red chillies and salt.

Add the cooked chicken and stir well the ingredients for 5 mins.

Add curd and garish it with coriander leaves. Serve hot.



By Ms. Iccha Kamak, Class 7 daughter of Capt. Arulendran Kamak



By Master Adithya Shankar, class 3 son of Capt. Shankar Ayyar P



By Aahaan Bhatia, Class 1 daughter of Capt. Gaurav Bhatia



Capt. Rohit Banta's son Adit was part of the team which won the U-9 football tournament in Bangkok. The team went undefeated in the tournament.



By Master Shreesh G, Class 7 son of Ms. Sreedevi



By Ms Nethra , Class 2 daughter of Jiji



Winners of 'Find the Fish' in Winter Edition

- 1.Mr. Satheesh Chinnadurai
- 2.Ms. Swarna Krithika
- 3.Mr. Anbu

Heartiest Congratulations to all the Winners!

Synergy Wins Challengers Trophy

The finals of the 'Challengers Trophy' between Synergy Maritime {Whales} & Sea Chain management {Sharks} was played on the grounds of the DB Jain College of Engg on 30th March '14.

With both teams doing extremely well in the league matches- the finals were expected to be a nail biting finish and it turned out to be just that!

Gaurav(C),Ilaiya,Susil,Raj,Shiva,Srinivasan,Dominic,Naresh,Vijay,yogesh, Kalesh represented Synergy Maritime in this event.

With a capacity crowd in support there was never a dull moment in the match. The Sharks won the toss and elected to field but went on to make many mistakes in the field, dropping a few sitters in the process, the whales made these mistakes count and ended their innings at a respectable 199 off 30 overs.

The Sharks won the toss and put Whales to bat. Luck was with the Whales, who made best of the few catches dropped by the sharks. The sharks scored 199 in the thirty over innings. The ferocious Bowlers of the whales restricted the Sharks to a slow scoring rate and at one point the required run rate crossed 10 Runs per over.

The Whales (Synergy) won by 20 runs.



Marine Officers Cricket tournament

MOSC(Marine Officers sports council – Chennai Branch) Cup 2014 edition, the annual seafarer's cricket extravaganza which is being held in Chennai for over two decades, was held between 23rd February and 16th March at the picturesque Marina grounds.

The players were split into 3 teams which were christened "Whipping whales", "Shimmering Sharks" & "Dancing Dolphins".

Team "Whipping Whales" was represented by four Synergians (M.R.Balasubramani(Captain), Sateesh, Ajit George, and Dominic), Team "Shimmering Sharks" was represented by three Synergians(Sujith Nair(Captain), Umesh Iyengar, Shivaram Volety)

The round robin matches were edge of the seat thrillers and for the first time in MOSC Cup history, all the teams beat one and lost to the other resulting in equal points for each team.

Finalists were decided based on Net run rate and it was the Whipping Whales & Shimmering Sharks that went through to the finals by a very narrow margin.

The Finals were held on 16th March with players of the Dancing Dolphins and their families, though not playing in the finals, were out in full force to cheer their friends. A lot of senior mariners also graced the occasion- It was the Whipping Whales who came out on top in a closely fought final.

The rolling trophies and various awards were given away by his excellency the Governor of Tamil Nadu, Dr. K. Rosaiah on the occasion of the National Maritime celebrations on 5th April.



Mariner's Turbo Solutions Cup

We are proud to share that Synergy's Football team is participating in the "Mariner's Turbo Solutions Cup 2014" futsal tournament at Singapore.

The challenge will be held in the months of May and teams from all the major shipping companies will be participating. The Synergy team consists of players from age group 27 to 54 with Capt. Unni, Rohit, Abhishek, Prakash, Sanjeev, Sai, Win, Saji, Ravi, Jeff, Mustafa, and GT sweating out in

the weekly practices to bring the cup home!

We wish Synergians all the very best!



Synergy salutes the contribution of women!

Shipping, as an industry has been a traditional one with very few women opting for a career at sea.

As part of the International Women's day celebration, Synergy acknowledged the important contribution women make in the day to day running of its vessels, as of today nearly 40% of Synergy's workforce ashore comprises of women.

Established in 1911, International Women's Day is a day in which women from around the world unite in thoughts, prayers, struggles, hopes and dreams. Women's accomplishments in all walks of life have made our world better and stronger.

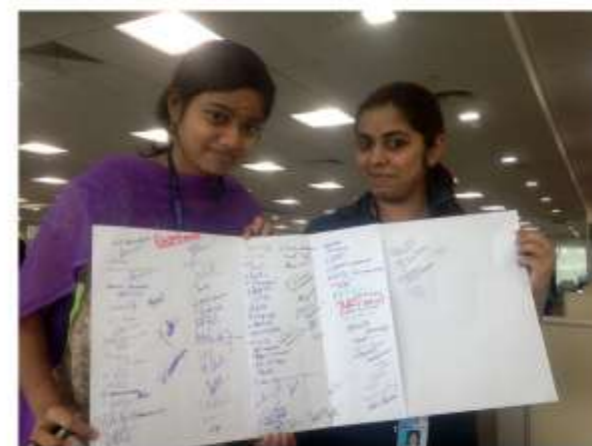
The day was marked with a small get together in office followed by a visit to an old age home and finally a sumptuous lunch, which was organized for all women employees.

As a token of appreciation for their contribution – gifts were given out to all women employees.

Here's to Women Power!



Be the change you wish to see: A Synergy CSR Initiative



Taking inspiration from Mahatma Gandhi's famous words, Synergy initiated an independent and politically neutral campaign called "Be the Change You Wish to See" to increase voter turnout and encourage all team members to make an informed choice in electing their leaders.

The campaign was run for almost a month in our offices and across Synergy's extremely popular Facebook page and other social media avenues.

As part of the campaign, information regarding the voter registration process, location of help centres and booths was displayed in the posters designed by in house volunteers.

The idea of this campaign was to encourage all "Synergians", their families and friends to cast their votes, which is also the fundamental right of every citizen and to spread awareness of the importance of every single vote.

The campaign received an overwhelming response and apart from the employees who have re-located to Chennai from other parts of the country, an apolitical internal survey conducted by Synergy's CSR team showed an almost 100% turnout of Synergians to cast their vote.

