

# CREW WATCH

JANUARY 2018

KEEPING HEALTHY AT SEA 5 TOP TIPS

DELICIOUS & NUTRITIOUS FAVOURITE FOOD – RECIPE FEATURE

PUZZLE CORNER SUDOKU FOR BEGINNERS & EXPERTS

KEEP YOUR POSSESSIONS SAFE TRUE STORY

ALL ABOARD FOR ENTERTAINMENT CREATING A LIVELY SOCIAL SCENE



BRITANNIA P&I  
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18 OCT 2002  
250 KN

# WELCOME TO THE ALL-NEW CREW WATCH



THE MANAGERS ARE DELIGHTED TO UNVEIL BRITANNIA'S LATEST PUBLICATION, **CREW WATCH**.

Britannia's re-brand has been well received and reflects the Club's improved response to Members' needs, whether financial (e.g. capital distributions) or service (e.g. new branch offices providing localised help). On service, the well-being of crew remains one of the most important concerns of our Members when they are operating their ships. For that reason it is central to Britannia's loss prevention activities.

As its name says, Crew Watch (upgraded from our former publication, Health Watch) will focus on the health (mental, physical and emotional) of crew. This will include consideration of ways for crew to interact / engage socially with each other while on board, with practical activities/suggestions (this edition has a sudoku to tease the brain) and recipes for healthy eating (both on board and at home).

We hope that you enjoy reading Crew Watch and, as ever, are happy to receive suggestions on how it can be enhanced in future editions.

**ANDREW CUTLER**  
CEO Britannia



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## A MESSAGE FROM OUR EDITOR

We hope you enjoy Crew Watch. We will be looking for ways to maintain and increase the usefulness, relevance and general interest of the articles and features. If you have any ideas or comments please send them to: [publications@triley.co.uk](mailto:publications@triley.co.uk)



# 5 TOP TIPS FOR KEEPING HEALTHY AT SEA

HOW ARE YOU? IT'S A QUESTION WE ASK EACH OTHER DAILY AND IT SEEMS SIMPLE ENOUGH TO ANSWER. AND YET, IT IS SURPRISINGLY COMPLEX. BEING WELL IS MORE THAN JUST BEING FIT TO WORK.

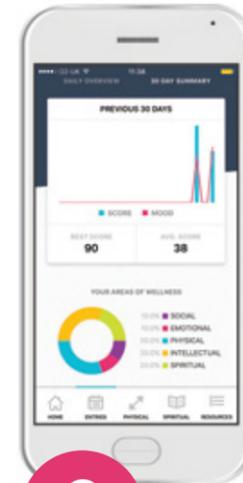
Life at sea is incredibly rewarding, but is not without challenges. In order to fully embrace our careers and stay healthy at home and at sea, it's important to take charge of our own well-being. Maritime welfare charity Sailors' Society is helping seafarers to do just that, through its free Wellness at Sea app.

HERE ARE FIVE TOP TIPS FROM THE APP TO HELP KEEP HEALTHY ON BOARD.



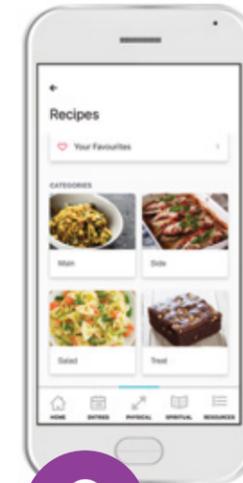
### STAY CONNECTED

Stay connected by contacting a Sailors' Society port chaplain for support or just a friendly chat. Many also offer free Wi-Fi so that you can contact home.



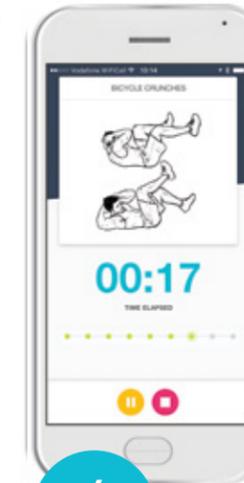
### MOOD TRACKING

How do your emotions influence your behaviour? Using the app's tracker, you can monitor your mood, as well as your social interactions, diet and exercise regimes, on a daily basis.



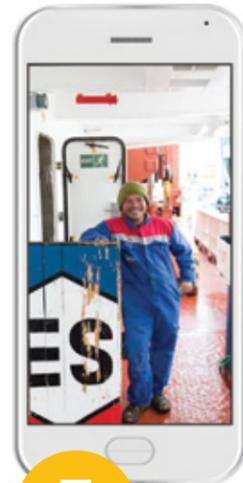
### KEEP INFORMED

Read up on the healthy living and nutrition tips on the app. The resources section can point you in the right direction to find out more about your rights or receive welfare support.



### HEALTHY LIVING

Keeping physically fit helps us concentrate, sleep, and feel better, as well as boosting self esteem. Check out some of the WorkOutLabs exercises on the app and set a routine that fits with your shifts on board.



### BE MINDFUL

Caring for yourself and others is an important part of keeping up relationships. Reach out and give a helping hand when you can. Give yourself some time out with a change of scene or pace.

The Wellness at Sea app, which is sponsored by Britannia P&I, forms part of Sailors' Society's wider Wellness at Sea programme which includes an online and classroom based coaching course.

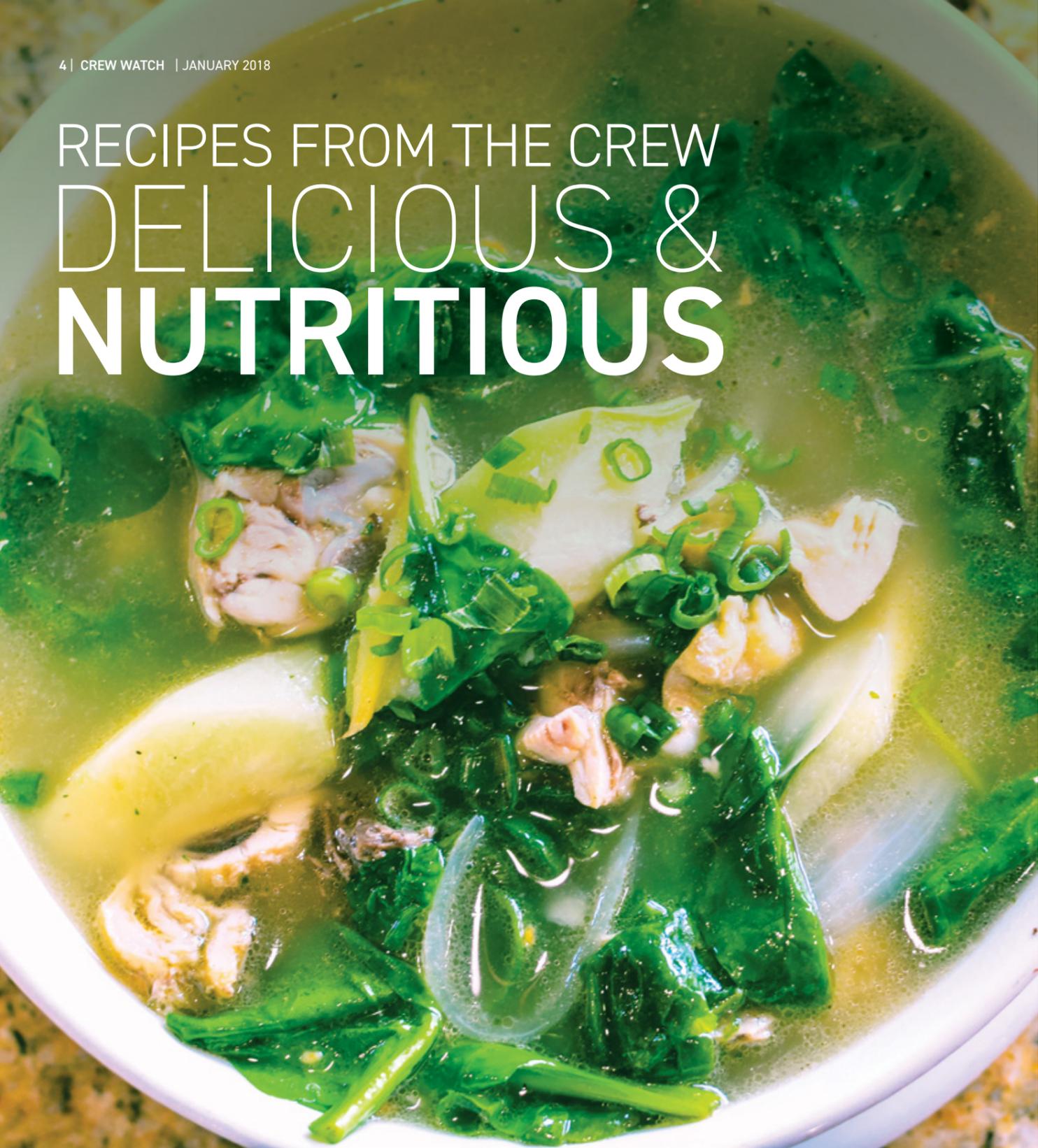


For more information visit:  
[www.sailors-society.org/wellness](http://www.sailors-society.org/wellness)

Sailors' Society is a registered charity in England & Wales No. 237778  
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# RECIPES FROM THE CREW DELICIOUS & NUTRITIOUS



## CHICKEN TINOLA

WE ARE GOING TO FEATURE YOUR FAVOURITE DISHES. IF YOU HAVE A FAVOURITE RECIPE YOU'D LIKE TO SHARE PLEASE SEND IT TO: [publications@triley.co.uk](mailto:publications@triley.co.uk)

WE ARE GRATEFUL TO FIONA MALCA AND OUR CORRESPONDENT PANDIMAN PHILIPPINES FOR THESE FIRST TWO RECIPES.

TRADITIONALLY, TINOLA IS COOKED WITH CHICKEN, WEDGES OF GREEN PAPAYA AND LEAVES OF THE SILING LABUYO CHILI PEPPER IN BROTH FLAVORED WITH GINGER, ONIONS AND FISH SAUCE. YOU COULD ALSO SUBSTITUTE FISH OR PORK FOR CHICKEN AND USE CHAYOTE INSTEAD OF PAPAYA.

5

PREP

45

COOKING

SERVES

6

Tinola is a Filipino Chicken Soup Dish. This easy chicken tinola recipe contains chicken and vegetables along with a good amount of ginger. There are many ways to prepare Chicken Tinola. This recipe is another way of making this cold weather favorite in a much easier way using alternative ingredients.

Traditional tinola uses green papaya. If this is not available you could use chayote for this recipe. Using chicken broth will help you cook the dish faster because it eliminates the need to simmer the chicken for several minutes just to extract its flavor. Hot pepper leaves or malunggay are the usual greens, but you can always use spinach.

### INGREDIENTS

1 whole chicken, cut into serving pieces  
36 ounces rice washing or chicken broth  
½ pc small green papaya, cut into wedges  
1 tbsp garlic, minced  
1 medium sized onion, chopped  
1 thumb ginger, cut into strips  
2 tbsp fish sauce  
Hot pepper leaves

### INSTRUCTIONS

Sauté the **garlic, onion, and ginger**  
Put-in the **chicken** and cook until colour turns light brown  
Add the **fish sauce** and mix well  
Pour-in the **rice** washing or broth and bring to a boil.  
Simmer for 45 minutes.  
Add the **green papaya wedges** and simmer for 5 minutes  
Add the **hot pepper leaves**  
Add **salt and pepper** to taste

**SERVE HOT, SHARE & ENJOY!**

## PORK SINIGANG

SINIGANG IS A FILIPINO SOUP OR STEW CHARACTERISED BY ITS SOUR AND SAVOURY TASTE MOST OFTEN ASSOCIATED WITH TAMARIND. IT'S ONE OF THE MORE POPULAR DISHES IN PHILIPPINE CUISINE, AND IS RELATED TO THE MALAYSIAN DISH SINGGANG.



10

PREP

60

COOKING

SERVES

6

Sinigang is traditionally tamarind-based. Variations of the dish derive their sourness from ingredients such as guava, calamansi, kamias, santol or unripe mango. Seasoning powder or bouillon cubes with a tamarind base are commercial alternatives to using natural fruits. Meat in sinigang (e.g., fish, pork, beef, shrimp, or chicken) is often stewed with tamarinds, tomatoes, garlic, and onions. Other vegetables commonly used in the making of sinigang include okra, taro corms (gabi), white radish (labanós), water spinach (kangkóng), yardlong beans (sitaw) and eggplant (talóng). Long green peppers enhance the taste and add a little spice to the dish. Here is a recipe for Pork Sinigang which we hope you enjoy.

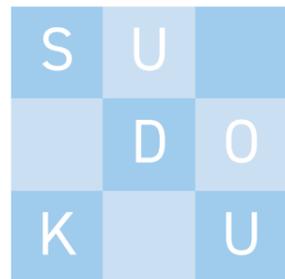
### INGREDIENTS

2 lbs pork belly (or buto-buto)  
1 bunch spinach (or kang-kong)  
3 tbsp fish sauce  
1 bunch string beans (sitaw), cut in 2 inch length  
2 pieces medium sized tomato, quartered  
3 pieces chili (or banana pepper)  
1 tbsp cooking oil  
2 litres water  
1 large onion, sliced  
2 pieces taro (gabi), quartered  
1 pack sinigang mix (good for 2 litres water)

### INSTRUCTIONS

Heat the pot and add the **cooking oil**  
Sauté the **onion** until its layers separate from each other  
Add the **pork belly** and cook until outer part turns light brown  
Put-in the **fish sauce** and mix with the ingredients  
Pour in the **water** and bring to a boil  
Add the **taro** and **tomatoes** then simmer for 40 minutes or until pork is tender  
Put-in the **sinigang mix** and **chili**  
Add the **string beans** (and other vegetables if there are any) and simmer for 5 to 8 minutes  
Put-in the **spinach**, turn off the heat, and cover the pot. Let the spinach cook using the remaining heat in the pot.

**SERVE HOT, SHARE & ENJOY!**



# PUZZLE CORNER

THE NAME **SUDOKU** COMES FROM THE JAPANESE 'SU' MEANING NUMBER AND 'DOKU' MEANING SINGLE BUT IN FACT THE GAME WAS ORIGINALLY INVENTED IN SWITZERLAND!

FOR THOSE OF YOU NOT FAMILIAR WITH SUDOKU

## THE RULES ARE SIMPLE

There is always a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares. Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, a column or a box.

It becomes more difficult because each vertical nine-square column and each horizontal nine-square line across must also contain the numbers 1-9 without repetition or omission.

There is only one correct solution for the puzzle and the solution will be published in the next edition!

To get you started we have an easy version first, if you enjoy it you can move on to the medium and harder versions. **GOOD LUCK!**

### EASY

	2	9				6		
	3			4				
					7		1	
5				1		9	6	
	7				8	5		1
								2
6	1	3	7					
8			9					
		7	8	3	1		4	

### MEDIUM

	2							
		8			4			
7					3		9	1
					7	9	4	
	7				5			
			9	1				
	5		4	2				
6			8				7	3

### HARD

		7	2			3			4
									8
						1		7	9
						7	1		
		5				2			
6				5					
			8						2
4		5	3			8			
						9	3		

SOLUTIONS WILL BE PUBLISHED IN THE NEXT ISSUE OF CREW WATCH

# ENTERTAINMENT ON BOARD



### MOVIE NIGHTS

Make sure that there is plenty of popcorn to create an authentic cinema experience.

IN THESE DAYS OF SCREENS AND TECHNOLOGY IT'S IMPORTANT TO REMEMBER HOW MUCH BETTER YOU CAN FEEL BY GETTING TOGETHER IN A GROUP AND ORGANISING A FEW SOCIAL ACTIVITIES.

**THE FIRST STEP IS TO CREATE A COMMITTEE TO BE IN CHARGE OF COMING UP WITH IDEAS AND ORGANISING THE EVENTS.**

The committee can take the lead in organising activities and getting crewmembers meeting and socialising in informal and fun situations. The committee should ideally involve the master as the driving force, as the master can delegate tasks and invite crew from all ranks to volunteer to be a member of the committee to share ideas.

Each ship is different, with various different nationalities and resources, but here are some ideas that might help to start the ball rolling and to encourage a whole new social programme on board such as chess, chequers or backgammon.

**NOT ONLY WILL SOCIALISING TOGETHER BE ENJOYABLE FOR THE INDIVIDUALS AND BOOST MORALE ON BOARD BUT WILL ALSO LEAD TO A HAPPIER AND MORE EFFICIENT SHIP.**

### QUIZ NIGHTS

There are lots of quiz questions that can be found on the internet. The questions should be a mix of different topics and should be fun and not too hard. The crew can be divided into teams or can enter individually.

### COMPETITIONS

Photography is a good competition to start with as most people have cameras on their phones. There could be a theme, for example, choosing a colour that has to be included, or a specific time of day (early morning, sunset).

### MUSIC

If people have their instrument on board, then an informal band can be set up, or a simple choir where familiar songs can be sung together. Karaoke is another excellent way of bringing people together - it has been proved that making music together in a group improves the sense of well-being and happiness.

### DARTS, TABLE TENNIS, POOL

If these are available then competitions can be arranged or a simple league set up where each person plays every other and at the end of the month there is a prize for the person at the top of the league. This could also work with board games such as chess, chequers or backgammon.



We would love to hear from you about social activities organised on board your ship - send your ideas and photos to [publications@triley.co.uk](mailto:publications@triley.co.uk) and we will print them in the next issue.

# ALWAYS KEEP A CLOSE EYE ON YOUR POSSESSIONS!

A FEW HOURS AFTER AN AB JOINED HIS SHIP BY LAUNCH AT THE SINGAPORE ANCHORAGE, **HE REALISED HIS RUCKSACK WAS MISSING AND HADN'T BEEN LOADED ON BOARD THE SHIP WITH THE REST OF HIS LUGGAGE** VIA THE CARGO NET. THE RUCKSACK CONTAINED HIS PASSPORT, SEAMAN'S BOOK AND CERTIFICATES, AS WELL AS OTHER PERSONAL PAPERS.

THIS IS A  
RECENT INCIDENT  
THAT HAPPENED  
TO ONE OF OUR  
MEMBERS.



A CREW MEMBER  
LOSES HIS RUCKSACK  
AND CAUSES THE SHIP  
TO BE DELAYED FOR  
THREE DAYS.

The launch company were contacted immediately but couldn't find the bag. The loss was then reported to the Singapore Authorities.

The Singapore Immigration and Checkpoints Authority (ICA) said that the ship could not leave Singapore until all the crew on board had valid passports. The ICA would not allow the AB to go ashore and wait for emergency travel documents to allow the ship to depart without him. The Club offered to provide a Letter of Undertaking to the ICA to cover any costs involved, but this was refused and so the ship had to remain at anchorage with the AB on board until temporary papers could be provided for him.

As the incident happened on a Saturday it was very difficult to get emergency documents from the Honduran Embassy (the AB's home country) and the documents only arrived on Monday morning. The ship was finally allowed to leave Singapore on Monday evening.

THIS 3 DAY DELAY MEANT THAT ADDITIONAL COSTS WERE INCURRED, NOT ONLY ANCHORAGE COSTS, LAUNCH CHARGES AND AGENCY FEES BUT ALSO THE AB'S COSTS FOR HIS EMERGENCY TRAVEL DOCUMENTS, HOTEL ACCOMMODATION AND THE FLIGHT BACK TO HONDURAS TO REPLACE HIS DOCUMENTS.