



**ON'S BELL  
NEWS ON  
THE WAY!**

**Date:  
31/01/2025  
Number: 160**



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## **The Key to a Happy and Healthy Crew: Good Food on Board**

A well-fed crew is a happy, healthy, and efficient crew. On board, where long hours and demanding tasks are part of daily life, good food is more than just a necessity—it's a source of energy, morale, and well-being. Nutritious, well-prepared meals not only fuel the body but also provide comfort, a sense of home, and a moment of relaxation in the midst of a busy schedule.

Quality meals improve focus, boost stamina, and even help prevent fatigue-related incidents. By prioritizing fresh ingredients, balanced nutrition, and flavorful cooking, we ensure that every meal supports both physical and mental well-being.

Let's continue making food on board a key ingredient in maintaining a strong and motivated crew. After all, great voyages are powered by great meals!

Bon appétit and safe sailing!





## Mr Edward Gujiaro

It is with deep sadness that we announce the passing of our dear crew member, Edward, who tragically passed away while on board due to medical reasons. For many of us, Edward, was not just a colleague, but a valued friend and a cherished member of our team. His presence, hard work, and dedication will be deeply missed by all who had the privilege of knowing him.

We offer our heartfelt condolences to his family, friends, and all who were close to him during this difficult time. As we remember Edward and his contributions, we take comfort in knowing he is now at peace, embraced by the love of God.

Let us keep Edward and his family in our prayers, asking for strength and comfort in the days ahead. May his soul rest in eternal peace.





## New Year Challenges:

### **Breathe Fresh, Stay Healthy: Say No to Smoking on Board**

Smoking on board is not just bad for your health—it also puts the whole crew and the ship at risk. It can cause fires, make the air harder to breathe, and affect your energy and well-being. A smoke-free ship means a safer, healthier, and more comfortable place for everyone.

If you're thinking about quitting, take it one step at a time. Every effort counts! Let's work together to keep our ship clean, safe, and smoke-free.

**Stay healthy, stay strong, and breathe easy!**





## Heavy Fuels 0.1%

### FUEL OIL 0.1% VS. GASOIL:

### PROS & CONS IN THE MEDITERRANEAN

#### Fuel Oil 0.1%

- ✓ Pros: Lower cost compared to gasoil, meets sulfur regulations (0.1% max).
- ✗ Cons: Less available in some Mediterranean ports, requires heating before use, potential for higher maintenance on fuel systems.

#### Gasoil (MGO - Marine Gasoil)

- ✓ Pros: Widely available, cleaner burning, easier handling (no heating needed), reduces engine wear and maintenance.
- ✗ Cons: More expensive than Fuel Oil 0.1%.

### CONCLUSION:

Both fuels comply with the 0.1% sulfur limit in Emission Control Areas (ECAs) and certain ports. While Fuel Oil 0.1% is cheaper, its limited availability and handling complexity can be a drawback. Gasoil is easier to use and more accessible, but comes at a higher cost. Operators must balance price, availability, and operational efficiency when choosing fuel.



## LEARNING FROM A NEAR MISS



January: a vessel crew reported that a mooring rope resulted damaged during the bunker delivery.



LL: keep a spare in stock and make a good inspection after any single use



## LEARNING FROM A NEAR MISS



January: a vessel crew reported that an EEBD strap resulted damaged.



LL: once more the inspections are important.



## LEARNING FROM A NEAR MISS



January: a vessel's crew reported that a knife was left on the kitchen table edge.



LL: stay safe always



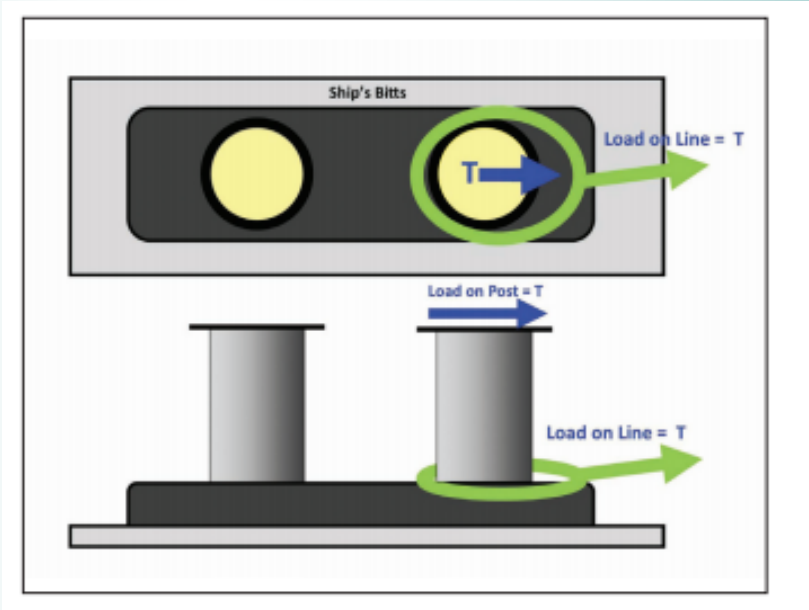
## LEARNING FROM A NEAR MISS



January: a vessel's crew reported that there was a mooring hazard on a rope.



LL:  
double check after mooring is recommended.



## LEARNING FROM A NEAR MISS



January: a vessel's crew reported that a crewmember has been found working at the lathe machine without the face mask..



LL: protect yourself please.

## LEARNING FROM AN UNSAFE ACT



January: a colleague of the office reported that during the commuting to the office he was almost crashing his car due to the slippery roads.



LL: drive carefully.





February		
NONATO	Leo Mari	04/02/1990
ZDERIC	Mato	22/02/1964
VENIGAS	Wilfredo jr	09/02/1996
BALDIA	Antonio	01/02/1997
BATE	Ronald jr	18/02/1981
DINOLANG	Rommel	25/02/1971
GERMINARIO	Vincenzo	09/02/1965
TUDORACHE	Catalin	10/02/1978
ARELLANO	Micho	14/02/1985
CURAYAG	Rey	09/02/1992
ROCCASALVA	Giovanni	13/02/1983
CARDARELLI	Federico	21/02/1995
BADDO	Jeff Rey	03/02/1984
PEIRANO	Arianna	23/02/1997
SCARFI	Alessandro	18/02/1975
CRISTOFORETTI	Marco	01/02/1967



***New entries (many)***

Master MARANO Orazio  
2E UNAL Huseyin  
3E MUSAT Andrei  
Fitter COLOMBO Giorgio  
Fitter IVANCIU Alexandru Vasile  
Greaser BONILLA Ibany II  
Cook BASISTER Eugene

