

## News

### Eye Injury Caused By Ineffective Goggles

A crew member engaged in chipping was wearing the appropriate Personal Protective Equipment (PPE), which should include, safety goggles. However, he suffered an eye injury from rust particles. Apparently, the vessel had arranged to buy an additional stock of goggles from a local chandler. Due to poor design, these goggles did not provide an effective seal over the nose.

### Joint War Committee Amends Piracy Areas

The Joint War Committee has amended Somalia, Indian Ocean to Indian Ocean / Arabian Sea / Gulf of Oman and Southern Red Sea. This area is now enclosed on the north-west by the Red Sea, south of Latitude 15°N; on the west of the Gulf of Oman by Longitude 58°E; on the east, Longitude 78°E; and on the south, Latitude 12°S, except for the coastal waters of adjoining territories up to 12 nautical miles offshore unless otherwise provided.

### Denmark Cancelled Toxic Waste Cargo

Denmark has cancelled a planned shipment of toxic chemical waste from Australia. Denmark will no longer dispose of 6,100 tonnes of the toxic by-product hexachlorobenzene (HCB).



Australian sailors from the warship HMAS TOOWOOMBA have thwarted a pirate attack in the Gulf of Aden, boarding a suspect vessel and seizing a cache of military weapons.

### World Maritime Day 2011:

## „Piracy: Orchestrating the Response.“

The International Maritime Organization (IMO) has approved the promotion of the theme for World Maritime Day 2011, “Piracy: Orchestrating the Response.” The theme links to the Year of the Seafarer, in that it will directly address the impact of piracy and armed robbery against ships on seafarers and their families.

In presenting the proposal, IMO Secretary-General Efthimios E. Mitropoulos said that piracy continues to be an endemic problem for the international community, not only around the Horn of Africa but in other parts of the world as well, despite the many and varied efforts to contain, if not eradicate, it.

IMO said possible activities aimed at addressing a number of objectives being included in an action plan for the year, such as an increase pressure at the political level including at the UN Security Council to bring about a solution to the Somali problem and facilitate and expedite the release of hostages.

Calling the world’s attention to the unacceptable plight of all those being held by pirates ‘seafarers by creating a worldwide demand for action to set them free would be part of the objective.

The IMO would also strengthen the protection of persons and ships sailing through piracy-infested areas by constantly improving guidance to the industry; promoting even greater levels of support from navies; and providing care for those attacked or hijacked by pirates and support to their families.

Ships would also be assured on how to access the available naval protection, and that they are implementing the recommended preventative, evasive and defensive measures effectively; IMO would also promote co-operation between and among states, regions and organizations in reducing the risk of attacks on ships through information-sharing; co-ordination of military and civil efforts; and regional initiatives, such as the Djibouti Code of Conduct; and build up the capacity of affected states to deter, interdict and bring to justice those who commit acts of piracy and armed robbery against ships, thereby enhancing maritime law enforcement and the safety of life at sea.

The industry and IMO would help tackle the root causes of piracy through the provision of assistance to states for the development of their maritime capacities and the protection of their maritime resources.

IMO and industry representatives had agreed on the need to ensure ship operators and personnel be aware of the existing guidance on preventing piracy attacks and how to deal with an attack once it occurred. ■



### Be careful with eggs!

Cook&Galley has received an email from **Steffen Neumann**, master of MV SANTA RAFAELA. He writes:

*Good morning, thanks for the newsletter. It is a good idea.*

*One question: As far as I know it is not allowed anymore to make fried eggs „sunny side up“.*

*They should be fried „turned over“. Is this correct ?*

### Cook&Galley:

Dear Captain, you are right. And we like to give our readers some additional hints:

**Fried eggs:** In common practice the egg yolk will be heated insufficiently only. Therefore, fry eggs from both sides. If you don't want to do so, put the cover plate over the pan and poach the eggs until the yolk gets thick. We also recommend this method when preparing ham and eggs or carbonara-meals.

**Scrambled eggs** have to be heated as much as possible. Afterwards cover the pan and poach the eggs with low heat.

**Note:** Salmonellae very often cling to the eggshell. Therefore wash the eggs before you crack them.

# Food Safety is a basic requirement

## The HMS Discrepancy Report ensures food safety

Food Safety is a basic requirement to prevent problems with spoiled food on board. The sourcing of wholesome, safe food and water is essential. The HMS Catering Department has the mission for providing food safety and quality assurance.

Unavoidably, there are times, where a direct support by the HMS Catering Department is not available or practical. The reasons are due to the provision deliveries which are spread all over the world and the handling of the provision during voyage on board. During these times, HMS Catering requires the support from the onboard crew.

The key to food safety is to monitor closely the products received by the worldwide supplier network. The crew receiving provision is responsible to check thoroughly all products delivered.

### Therefore, the following procedures are absolutely necessary:

- Check on expiry dates
- Check on packaging and packing (i.e. damaged cases)
- Description on cases vs. order
- Quantity delivered vs. quantity ordered
- Quality (i.e. spoiled or contaminated food)

### Substandard items are to be rejected:

- Off condition, outdated, damaged, leaking, contaminated or soiled products
- Items contaminated by water, condensation, or pests
- Canned subsistence items that are leaking, badly dented, pitted with rust

Substandard/Non-conforming items should be reported to the supplier – truck driver and/or sale representative

for immediate correction. If assistance is required, please always contact the HMS Catering Department. In general, HMS Catering Department should be informed on all incidences to be able to interfere.

### It is essential to follow the following procedure:

- Return substandard/non-confirming items
- Record items returned (reason) *HMS Discrepancy Report*
- Quality Discrepancies: Take pictures and add to *HMS Discrepancy Report*

The *HMS Discrepancy Report* has the objective to ease the reporting of quality and quantity discrepancies for the vessels.

Furthermore, the report provides for HMS Catering a wholesome overview of the discrepancies of each supplier for all catering vessels and therefore a tool of continuous supplier evaluation. This enables HMS Catering Department to pass on feedback on an ongoing basis to the suppliers and discuss concretely points of improvement and performance. The continuous improvement of the supplier network supports to ensure food quality and food safety for all HMS catering vessels.

Therefore, each catering vessel takes an important role in the evaluation of the supplier network and HMS Catering Department would like to thank you for your ongoing support and for making use of the newly implemented *HMS Discrepancy Report*. ■

## Lucky Cooking in the „Year of the Rabbit“

**The fourth sign in the zodiac, Rabbits are considered to be one of the luckiest signs. People born in Rabbit years are thoughtful, clever, and ambitious yet cautious.**

A popular Chinese New Year dish is jiaozi, dumplings boiled in water. In some areas of China, coins are placed in the center of jiaozi. Whoever bites into one of these dumplings will have an exceptionally lucky year.

### Pork Dumplings

(Original Recipe Yield 100 dumplings) These tasty treats make a perfect appetizer or you can serve them as a main dish. For a main dish count on about 15 dumplings per person. Serve with hoisin sauce, hot Chinese-style mustard and toasted sesame seeds.

### Ingredients

100 (3.5 inch square) wonton wrappers  
1 3/4 pounds ground pork  
1 tablespoon minced fresh ginger root  
4 cloves garlic, minced  
2 tablespoons thinly sliced green onion  
4 tablespoons soy sauce  
3 tablespoons sesame oil  
1 egg, beaten  
5 cups finely shredded Chinese cabbage

### Directions

1. In a large bowl, combine the pork, ginger, garlic, green onion, soy sauce, sesame oil, egg and cabbage. Stir until well mixed.
2. Place 1 heaping teaspoon of pork filling onto each wonton skin. Moisten edges with water and fold edges over to form a triangle shape. Roll edges slightly to seal in filling.

Set dumplings aside on a lightly floured surface until ready to cook.

3. To Cook: Steam dumplings in a covered bamboo or metal steamer for about 15 to 20 minutes. Serve immediately.

Amount Per Serving: Calories: 604 | Total Fat: 14.9g | Cholesterol: 63mg



Series: "Port of call"

# Hongkong – „City of Live“

Hongkong today is promising as very few Cities in the world. The unique blend of eastern and western influences, matched by diverse attractions and stunning countryside, has also made Hong Kong Asia's prime tourist destination. Hongkong is harmony – nevertheless, it is bustling and always in motion. It is one of the most densely populated cities in the world, but shows one of the lowest crime rates on earth.

Hong Kong's magnificent harbour has been the key to its development as a trading port and entrepôt for China, progressing through an industrial era to become a leading financial and services centre in Asia. Handed back to China in 1997 after over a century of British colonial rule, Hong Kong is described as one of two 'Special Administrative Regions' of the People's Republic of China. This arrangement allows Hong Kong to enjoy a high degree of autonomy, retaining its capitalist system, independent judiciary and rule of law, free trade and freedom of speech. The Hong Kong Island is the most thriving place of the whole of Hong Kong and is also the



Hongkong Panorama

seat of the Hong Kong Government bodies. On both sides of the streets, there are flourishing commercial towers and shopping centers, offices of the world famous financial bodies, shipping institutions and the headquarters of trade companies, and consulate of various countries and regions. The renowned Deep Water Bay and Repulse Bay are all located here, which are Hong Kong's mainly tourist area and residential quarters of the first class.

Hong Kong is a truly „Shoppers' Paradise“. There are many shopping areas throughout Hong Kong Island, Kowloon and the New Territories featuring stylish shopping malls, department stores as well as bustling open-air markets. Whether looking for the latest in Western fashion, electronics or optical goods, or searching for the perfect Chinese gifts to take home, shoppers usually find what they are seeking in Hong Kong.

Hong Kong's street markets are

always full of excitement and colour. The market stalls are where Hong Kong's dedicated shoppers hone their bargaining skills. There are a few for you to explore, such as Stanley Market, Temple Street Night Market, Ladies Market and Jade Market.

Hong Kong offers a host of memorable tourist attractions within its compact area, with The Peak, Victoria Harbour and the Giant Buddha among the most awe-inspiring. You'll be amazed by the diverse contrasts and close proximity of stunning cityscapes and soaring mountains, heritage sites and extensive green countryside.

It is very easy and convenient to travel in Hong Kong. The Public Transportation System in Hong Kong is excellent.

The KCR trains, MTR trains, the light rail trains, the buses, taxis, mini-buses, and ferries comprise a huge transportation network radiating in all directions of the whole city.

## Hongkong Facts & Figures

### Useful telephone numbers

Country and city dialling codes: +852  
To dial out from Hong Kong: 001 followed by desired country code

Police .....999  
Fire services .....999  
Ambulance .....999  
Directory Enquiry Service (English).....1081

International Enquiries Service (Country Codes & World Time Inquiries) .....10013

### Currency

Hong Kong Dollar (HKD) Throughout Hong Kong you'll see the dollar sign („\$“), which of course refers to Hong Kong Dollars, not U.S. dollars.

## Good to know:

What does it mean?	Metric Conversion Chart			Temperatures		Currency Converter
	US	CND	AUS	Fahrenheit	Celsius	
C. > cup > 228 gr.						1 EUR > 1.34 USD
oz. > ounce	1/4 tsp	1 mL	1 ml	32	0	1 USD > 0.75 EUR
1 ounce > 28 gr.	1/2 tsp	2 mL	2 ml	212	100	1 SGD > 0.78 USD
1 lb > pound > 457 gr.	1 tsp	5 mL	5 ml	250	120	1 USD > 1.29 SGD
C. > cup (liquid) > 235 ml	1 Tbl	15 mL	20 ml	275	140	1 SGD > 0.58 EUR
t. > tsp. > teaspoon	1/4 cup	50 mL	60 ml	300	150	1 EUR > 1.72 SGD
T. > tbsp. > tablespoon	1/3 cup	75 mL	80 ml	325	160	
F > Fahrenheit	1/2 cup	125 mL	125 ml	350	180	EUR: Euro
g. > gr > gram	2/3 cup	50 mL	170 ml	375	190	USD US Dollar
kg. > kilogram	3/4 cup	175 mL	190 ml	400	200	SGD Sing Dollar
	1 cup	250 mL	250 ml	425	220	
	1 quart	1 liter	1 litre			

Note: Guideline only.  
Average rate: Jan. 2011

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## Welcome: „Year of the Rabbit“

The Lunar New Year is the most significant festival for ethnic Chinese around the world, wherever they come from. It is a very jubilant occasion mainly because it is the time when people take a break from work to get together with family and friends.

The origin of the Lunar New Year Festival can be traced back thousands of years, involving a series of colorful legends and traditions. One of the most famous legends is *Nian*, an extremely cruel and ferocious beast that the ancients believed would devour people on New Year's Eve. To keep *Nian* away, red-paper couplets are pasted on doors, torches are lit, and firecrackers are set off throughout the night, because *Nian* is said to fear the color red, the light of fire, and loud noises. Early the next morning, as feelings of triumph and renewal fill the air at successfully keeping *Nian* away for another year, the most popular greeting heard is *gong xi*, or "congratulations."

On Lunar New Year's Eve, family members who are no longer living at home make a special effort to return home for reunion and share in a sumptuous meal.



On Chinese New Year's Eve in Meizhou. Fireworks are set off to ward off the bad spirits from the previous year and welcome the new year in. Candles and incense are also lighted during prayers, like this scene on Chinese New Year's Eve.

At that time, family members hand out *hong bao*, or "lucky money" in red envelopes, to elders and children. They also try to stay up all night to welcome the New Year, as it has long been believed that by so doing on New Year's Eve, their parents would live a longer life. Thus, lights are kept on the entire

night—not just to drive away *Nian*, as in ancient times, but also to make the most of the family get-together. Some families even hold religious ceremonies after midnight to welcome the God of the New Year into their homes, a ritual that is often concluded with a huge barrage of firecrackers. ■

### Our Partners - ARMA Marine Services S/A:

## Priority is always the customer's demand

ARMA MARINE SERVICES S.A./TURKEY (ARMA Int. Ship Supply & Foreign Trade Inc.) is a general ship-supply, ship-repair and trading company, established in 2000 and as a member of ISSA, IMPA, TURSSA & SHIPSERV, it is one of the well-known and reputable companies that lead the sector through operations in all Turkish Ports and Straits with limitless product range, well qualified/professional staff, service anywhere on time.

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#### Ship Repair

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ARMA takes care of anything, whenever, wherever, whatever your needs. With the ability to adapt rapidly to changing demands in the market, ARMA brings new perspective to the ship supply service. It is closely competitive with companies from various other countries and aims to be the number one ship supply company in the near future.

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