

# JACOB NEWS

## No. 1



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### Highlights 2020

- ✔ Ernst Jacob celebrated 65 years!
- ✔ Successful Cadet Program
- ✔ First ever Crew Webinar
- ✔ First Female Officer
- ✔ La Cocina—Team Cooking Event
- ✔ Laura Schwarze hired full time after completion of her Apprenticeship

#### Celebrating the Team

Let's raise a virtual glass to the following office staff who are celebrating a work anniversary this quarter:

**Olaf Meewes (TSI)— 5 years**



#### Nordic Geneva Crew help ex crewmember

We would like to recognise the selfless generosity from our crew onboard Nordic Geneva. It has been brought to our attention that after the hospitalization of an ex crew member (who had worked for Ernst Jacob for almost 5 years), the crew decided to contact crewing to try to help cover some of the cost. They donated more than 600 USD which will be much appreciated by the family concerned. Ernst Jacob and the crew manager supported the dedicated efforts and doubled the amount.

### Inside Story: Get to know Owner and Managing Partner Tom Jacob

**How do you see Ernst Jacobs' mission and vision?** Our mission is to save our seas, our vision is to contribute to a just world.

**In your opinion how do we differ from our competitors?** We have a flat hierarchy, where even the apprentice can go directly to the owner if he has a question. Additionally we have a very close relationship to all our staff, in the office and on the vessels.

**2020 marked the 65th anniversary of Ernst Jacob, what does that mean to you?** As the company was founded by my grandfather, I was already born into it. She was always a part of my life, not only a job.

**2020 was also a very difficult year for many, how do you feel we have coped as a company?** I'm very proud of our staff, how everybody picks up the challenge, but especially I'm proud of our crews, how they bear all the challenges, either not being able to go home to their loved ones, or not being able to join a vessel and earn money.

**What do you think are the biggest challenges our industry will face in the next years?** The change from fossil fuels to carbon free fuels.

**What is the best and the worst part of being a Managing Partner?** The best is to have no one who is telling you what to do and to be able to shape the company in the direction you want. The worst is, that you are 24/365 responsible, you never have really holidays.

**Do you have any interests / hobbies that would surprise your staff?** I don't think so, everybody knows that I love everything that is swimming on the water (Tanker, sailing boats, speed boats, SUP.) and my second passion is photography.

**Do you have any personal message to share?** In these special times everybody should stay responsible, at first for himself and for his family.



**Tom Jacob**  
Managing Partner



## Working from Home: How Ernst Jacob is coping with COVID-19 restrictions

COVID-19 restrictions need no introduction; both our crew and office staff are continuously affected in their day-to-day work: not to mention their private lives. Adapting to these constraints, most of our office staff have been working from home since March 2020. We are fortunate that we have been able to alter our working norms and continue without any detriment to our tasks. An attendance rota helped us organize the office space so that we complied with the one person per room recommendations and also ensured that we could continue

to perform routine tasks as a team. Technology has enabled us through the use of Teams, Outlook and of course our beloved Shipnet One to keep in touch and work succinctly, even when we might not have seen one another in person for months at a time.



Snezana Jevtic's Home-Office set-up

### Thoughts from some of our office staff about our new working rhythm and their experiences over the past few months:

*"Home-office without Homeschooling: quiet but okay / Home-office without colleagues: okay but boring sometimes / Home-office and being home to catch the DHL courier everytime – spectacular!!!"* - **Miriam Abraham (Operations)**

*„We are on the lucky side of being able to work from home without serious disruption for our business but still seeing colleagues and exchanging opinions/ideas is sometimes slowed down. In my humble opinion, so far we cope with the issues pretty well.“*

- **Petar Aleksandrov (Operations)**

**And how does this compare to the life of those at sea or returning home after months of being on board? One of our Captain's explained to us the following about Today's New Normal:**

**New normal**, has been frequently used to define 2020. **Today's new normal** takes me back to University days when one of my professors said: "Dear colleagues, today there are more and more people which we categorize as "abnormal". One day in the future, I hope not too soon, there will be more "abnormal" than "normal" and the question of who is normal and who is abnormal will be addressed".



**Today's new normal** is that seaman's are apart from home for double or triple contract duration. People who didn't experience such prolonged time on board will hardly understand the meaning of same. When I was a cadet, my contract was one year and by the end of the year my

memory of shore-life was like an old, blurred movie. Not to mentioned that upon return I felt like an alien which visited planet earth and welcomed everything with a smile.

**Today's new normal** is that seamen's don't place the foot on solid ground for such long periods of time that they even start looking forward to waterborne boat drills.

**Today's new normal** is that seamen's are perceived as covid-19 host's, even if our "Republic of Vessel" is the healthiest one and in permanent quarantine. For example, a few days upon my disembarkation from vessel, it was obvious that social contact with my neighbours was limited and a mother of my daughter's friend asked me if I had performed a covid-19 test, as she was concerned about the health of her daughter.

**Today's new normal** is that in this uncertain time, where future is uncertain, the other part of family (shore based) has to carry this weight all by himself; constantly carrying all the pressures and burdens until they almost burst. The stress only slightly eases upon return of the family member from sea when the family unit is reunited.

To conclude, I would like to share one wisdom:

From bad times comes good. It's up to us to find the good that will come from this.

**Remain Covid-19 negative and life positive!**

## Seafarer Fatigue: The Importance of a Good Night’s Sleep

Proper rest and sleep are not merely matters of personal comfort; they are vital to a person’s physical and mental well-being. Furthermore, those without proper sleep are likely to make more mistakes and suffer from more accidents.

This is particularly true on working ships, where crew are engaged in both physically and mentally demanding work, at times in dangerous situations and having to fulfill work rosters that are tight and demanding for all on board. Over time, fatigue has a severe wearing effect on the human body which can lead to long-term physical and mental issues. It is also a question of whether a ship’s working environment is sufficiently good to entice the crewman to come back after his shore time. The industry continues to face a significant challenge in retaining experienced crew and making the job an attractive long-term career option. Experienced seafarers are invaluable to the safe operation of vessels and to the profitable enterprise they are engaged in.

Skuld P&I Club has had to deal with many cases over the years which were either directly related to fatigue or where it played a significant role. These ranged from minor personal injuries to major fires, collisions and groundings.



### Too much screen time leads to disturbed sleep and lack of concentration

Below are two particular cases:

- Grounding of a cargo vessel south of Greece where the Master believed he was sufficiently well rested but nevertheless fell asleep in a chair next to the chart table in such a position that the Bosun could not see the Master was asleep. The vessel, on autopilot and with the deadman alarm turned off, subsequently grounded at speed causing severe damage.
- A Chief Engineer, who had been working extensively on main engine repairs without good rest for almost 2 days, began to undertake maintenance on the vessel’s thermal oil system. He hurried the dangerous task of cleaning out the system of waste material, leading to a significant engine room fire which ultimately led to his own death as well as further casualties on board.

Explore more by reading [here](#). | Source: Marine Insight



### Tips for a Good Night’s Sleep at Sea

- **Exercise:** 30 minutes a day will help you sleep better as well as improve your overall health
- **Get more Sunlight:** This is for the Engineers; it is so easy to spend days without seeing natural daylight—try to get some sun Vitamin D and the boost to serotonin levels better regulates your sleep patterns
- **Prep your Cabin:** Keep your cabin clean and try to set up quiet or dark time in your cabin
- **Try to limit Alcohol:** Yes it helps you fall asleep quicker but the quality of the sleep you will get will be worse
- **Pre-sleep routine:** Wind down and avoid blue screens and caffeine

### Help us to create our Newsletter

- ✔ How did you enjoy our first ever Ernst Jacob Newsletter?
- ✔ Do you have any news you would like to share with the Jacob Family?
- ✔ How about a thank you to a team/crew member for exceptional work or the help they have provided?

If so, please send us any items that you would like us to include and we will make sure that they are entered in to the next Newsletters.

Your Newsletter Team

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