HAQUE & SONS LTD.
CREW MANAGEMENT & SHIPPING AGENCY

HS NEWSWAVE

Performance elevated

Issue 38, October 2026

NEW DELIVERY VESSELS









Emdadul H. Chowdhury

Managing Director

Dear Valued Principals, Esteemed Partners, and Maritime Colleagues,

It is a distinct privilege to address you in this 38th edition of HS NewsWave as we reflect upon a transformative period defined by strategic fleet expansion, technological modernization, and key institutional milestones. Anchored by more than five decades of leadership in crew management, ethical governance, and operational integrity, Haque & Sons Ltd. Remains steadfast in delivering world-class, end-to-end maritime solutions across the globe.

Our operational reach and technical management capabilities have achieved new benchmarks through the successful delivery, commissioning, and induction of specialized, high-performance tonnage:

- **Dual-Fuel Newbuilding Deliveries & Fleet Integration:** Championing the global transition toward green propulsion and sustainable shipping, our teams successfully coordinated the delivery and operational commissioning of next-generation assets. Notable achievements include the takeover of the landmark 13,932 TEU container vessel MV ONE Summit at Marugame, Japan, alongside the complex induction of MV ONE Diamond in South Korea.

- **Nationality-Change Takeovers & Manning Transitions:** Demonstrating tactical precision and operational agility, our teams orchestrated seamless takeovers across our chemical tanker and bulk carrier divisions. These transitions encompassed full- and partial-crew compliments—spanning senior officers, junior officers, and ratings—for the following vessels: MT Harmonics, MT Argent Hibiscus, MT Cypress Galaxy, MT Ginga Cougar, MT Ginga Puma, MT Ginga Tiger, MT Intermezzo, MT Niseko Galaxy, MV Longevity Diva, and MV ST Ajisai. Throughout these operations, our seafarers reaffirmed that rigorous preparation, disciplined seamanship, and an uncompromising safety culture remain the bedrock of our service delivery.

Supported by transparent career progression pathways, rigorous compliance standards, and an advanced in-house training ecosystem, our human capital capabilities continue to expand substantially. We now maintain over 1,400 seafarers actively deployed at sea at any given time and recruit more than 2,200 maritime professionals annually, underpinned by a pre-qualified active talent pool exceeding 4,500 personnel. This sustained growth reflects the enduring confidence international shipowners and managers place in our leadership, as well as the professional excellence, resilience, and operational readiness of our Bangladeshi seafaring cadre.

Our maritime education affiliate, the International Maritime Academy (IMA), continues to spearhead regional workforce development by proactively addressing emerging technical and decarbonization demands:

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- **Dual-Fuel Firefighting Facilities (Methanol & LNG):** IMA has commissioned specialized advanced firefighting simulation facilities dedicated to methanol and LNG fuel hazards, ensuring our crew meets the highest emergency-response standards mandated for modern alternative-fuel tonnage.

- **Specialized Mixed-Manning Culinary Academy:** To foster cultural synergy and onboard well-being across diverse vessel complements—notably arrangements pairing Korean Senior Officers with Bangladeshi Junior Officers and ratings—IMA established an authentic Korean, Japanese, and international culinary training wing to elevate dietary satisfaction and crew morale.

- **Class-Approved Technical Certifications:** Elevating the specialized skill sets of our technical ratings and engine-room personnel, IMA's engineering workshop secured Bureau Veritas (BV) certification to conduct authorized 6G welding qualification programs.

Our long-standing industry contributions were formally recognized with the Maritime Education & Employment Award 2026 at the prestigious BMLS Maritime Excellence Awards. This accolade honors our contributions to maritime training and our role as a leading provider of employment for Bangladeshi mariners on the international stage. Complemented by events such as crew seminar in partnership with Unix Line Pte Ltd., alongside active commemorations of World Maritime Day and the Day of the Seafarer 2026, this year exemplifies the dynamism, resilience, and vision driving our organization forward.

We extend our sincere gratitude to our seafarers for their vigilance and dedicated service at sea, to our global principals and partners for their continued trust, and to our shore-based personnel whose around-the-clock commitment keeps our managed fleet moving safely, efficiently, and without compromise.

Fair winds and following seas.

Emdadul H. Chowdhury
Managing Director
Haque & Sons Ltd.

WORLD MARITIME DAY 2026 CELEBRATION AT INTERNATIONAL MARITIME ACADEMY



On the occasion of World Maritime Day 2026, International Maritime Academy celebrated this significant day with great enthusiasm and a strong sense of maritime spirit.

A special programme was organized at the Academy Auditorium, followed by a maritime awareness rally involving the cadets. The programme was attended by all cadets, respected teachers, and the Commandant, creating a vibrant and inspiring atmosphere throughout the Academy.

The occasion featured valuable speeches from the respected teachers, Commandant, and Executive Director, highlighting the importance of the maritime sector, the responsibilities of seafarers, and the vital contribution of the maritime industry to global trade and development.

A prize-giving ceremony was also held as part of the celebration. The respected Commandant distributed prizes among the cadets who participated in the various activities organized to mark the day.

The celebration was not only a tribute to the maritime community but also an opportunity to inspire our young cadets to embrace the values of discipline, professionalism, responsibility, and dedication as they prepare to become the seafarers of tomorrow.
Let us celebrate the spirit of the sea, honour our seafarers, and inspire the next generation of maritime professionals.

Happy World Maritime Day 2026!

INTERNATIONAL MARITIME ACADEMY
10TH BATCH RATINGS PASSING OUT CEREMONY









The International Maritime Academy proudly organized the Passing Out Ceremony of the 10th Batch Ratings on 18th May 2026 at its permanent campus in Pubail, Gazipur.

This year, 29 ratings successfully completed their training from Deck and Fitter Cum Welder divisions, marking another milestone in the academy's journey of maritime excellence.

The ceremony was graced by Capt. Zaki Ahad FNI, Executive Director of International Maritime Academy, as the Chief Guest along with many distinguished guests.

Gold Medal for overall best performance was awarded to Deck Rating M A Sagar Ahmed Shihab. Silver medals were awarded to Deck Rating Ashraf Hossen Afnan and Fitter Rating A M Zulker Nine for their outstanding performances in their respective divisions.

The program featured a smart ceremonial march past, an oath-taking ceremony, and inspiring speeches highlighting the academy's commitment to quality maritime education and training in Bangladesh.

The event concluded with cake cutting, lunch, and warm wishes for the successful future careers of the passing out ratings in the international maritime industry.



56TH CREW SEMINAR
UNIX LINE PTE LTD.

Unix Line Pte Ltd. proudly announces the successful conclusion of its 56th Crew Seminar, a comprehensive two-day program held on 6–7 October 2026 to enhance professional standards, operational efficiency, and safety awareness across its fleet.

The seminar brought together over 150 dedicated seafarers for intensive training covering essential maritime disciplines, including safety protocols, crew injury prevention, cargo operations, technical troubleshooting, environmental protection, and crew management.

We were honored to welcome distinguished delegates from Unix Line Pte Ltd., including the Deputy Managing Director, Marine Safety Deputy Executive Director, Crew Management Senior Deputy General Manager, Crew Training Deputy General Manager, and Technical Manager. Their participation highlighted the strategic importance of the Bangladeshi seafarer pool in supporting the company's expanding fleet and strengthening international maritime cooperation.

A key highlight of the event was the recognition of outstanding loyalty and dedication, with 35 exceptional seafarers receiving Long Service Loyalty Awards in recognition of their 5, 10, and over 15 years of service.

The seminar concluded with a memorable evening featuring a musical and cultural program, followed by a celebratory dinner. Seafarers were invited to attend with their families, fostering camaraderie and strengthening the bonds among seafarers, management, and company representatives.

This successful seminar reaffirms Unix Line Pte Ltd.'s unwavering commitment to continuous professional development, seafarer welfare, operational excellence, and the highest standards of maritime safety.

Theme: **One Team – Progressing Ahead Together.**









A LANDMARK ACHIEVEMENT IN MARITIME LEADERSHIP
BMLS MARITIME EXCELLENCE AWARDS 2026







Haque & Sons Ltd. is honored to receive the Maritime Education & Employment Award 2026 at this year's BMLS Maritime Excellence Awards—a recognition accepted by our Managing Director, Mr. Emdadul H. Chowdhury

It was presented in recognition of outstanding contribution and continued support in advancing excellence in maritime education, developing skills and creating highest employment opportunities in the maritime sector, and for contributing to a sustainable maritime future. This honor reflects our core mission; empowering professional seafarers and connecting Bangladesh's finest maritime talent with leading global shipping lines.

Our sincere thanks go to the BMLS evaluation committee, our principals across the globe, and our offshore and onshore teams for their relentless dedication.

HSL SUPPORTS DAY OF THE SEAFARER 2026
INTERNATIONAL SEMINAR, BMLS

Haque & Sons Ltd. was privileged to support the International Seminar on the Day of the Seafarer 2026, convened by the Bangladesh Maritime Law Society (BMLS) on 25 June at Hotel Agrabad, Chattogram.

The symposium assembled over 200 maritime professionals, active seafarers, industry stakeholders, and policymakers to honor the vital contributions of seafaring personnel, while deliberating on the protection of their rights, overall welfare, and the strategic trajectory of Bangladesh's maritime sector.

As a premier stakeholder in Bangladesh's maritime industry, Haque & Sons Ltd. remains steadfast in its dedication to supporting UN / IMO initiatives that champion seafarer welfare, reinforce maritime governance, and drive the sustainable development of the global shipping community.





A DISTINGUISHED VISIT TO OUR ACADEMY









On 25 August 2026, our Academy had the distinct honour of welcoming a delegation from Bangladesh Maritime University (BMU), led by Commodore Mohammad Tariqul Islam (S), NGP, ndc, psc, BN, Treasurer, accompanied by Capt. Md Zahidul Islam (L), PSC, BN, Inspector of Academies/Institutes, along with their respective teams.

The delegation was warmly received and accompanied throughout the visit by Captain Subrata Kumar Saha, Commandant, who remained with the team during their tour of the Academy.

The distinguished guests visited various academic and training facilities and observed the ongoing activities of the Academy. The visit also provided a valuable platform for exchanging views and sharing insights on maritime education, training, standards, and professional development.

We sincerely appreciate the valuable time, guidance, and keen interest of the BMU delegation. Their visit was a great source of encouragement and further strengthened the bond of cooperation between Bangladesh Maritime University and our Academy.

We look forward to continued collaboration and joint efforts towards achieving excellence in maritime education and training.

IMA has been affiliated with BMU since 2021 and is conducting a graduation programme.

New Vessels Under Our Management

01	IMO NO.: 9414266, Type: CHEM AND OIL TANKER, Flag: MARSHALL ISLANDS, DWT: 35277 , Built: 2010, Joined HSL : MAR-2026
02	IMO NO.: 9321861, Type: CHEM AND OIL TANKER, Flag: PANAMA, DWT: 26180, Built: 2005, Joined HSL: APR-2026
03	IMO NO.: 1023126, Type: CONTAINER, Flag: SINGAPORE, DWT: 160200, Built: 2026, Joined HSL: JUL-2026
04	IMO NO.: 9360609, Type: CONTAINER, Flag: SINGAPORE, DWT: 39598, Built: 2008, Joined HSL: JUL-2026
05	IMO NO.: 9799680, Type: CHEM AND OIL TANKER, Flag: SINGAPORE, DWT: 37258, Built: 2019, Joined HSL: JUL-2026
06	IMO NO.: 9905629, Type: BULK CARRIER, Flag: LIBERIA, DWT: 82502, Built: 2021, Joined HSL: JUL-2026
07	IMO NO.: 9919668, Type: BULK CARRIER, Flag: PANAMA, DWT: 61105, Built: 2022, Joined HSL: JUL-2026
08	IMO NO.: 9804825, Type: CHEM AND OIL TANKER, Flag: SINGAPORE, DWT: 37328, Built: 2019, Joined HSL: AUG-2026
09	IMO NO.: 9379973, Type: CHEM AND OIL TANKER, Flag: PANAMA, DWT: 19998, Built: 2007, Joined HSL: SEP-2026
10	IMO NO.: 9343780, Type: CHEM AND OIL TANKER, Flag: SINGAPORE, DWT: 26046, Built: 2014, Joined HSL: SEP-2026
11	IMO NO.: 9278715, Type: CHEM AND OIL TANKER, Flag: PANAMA, DWT: 26197, Built: 2003, Joined HSL: SEP-2026
12	IMO NO.: 9804930, Type: CHEM AND OIL TANKER, Flag: MARSHALL ISLANDS, DWT: 25289, Built: 2020, Joined HSL: SEP-2026

IMA 6G WELDING COURSE

IMA began the upgradation process of its workshop by obtaining the BV class certification.

It required an overhaul of the safety procedures and management systems, which was duly adjusted. As per BV guidance and supervision, a 2G pWPS was prepared (January 2021) and IMA was awarded certification to conduct 2G welding course at its' WS. Recent shipping rules required the welders (Fitter/Oiler 1) to be competent and certified for 6G welding works.

IMA developed its' WS capability to train the welders to that level under BV guidelines and certification. 6G Specimen was prepared and tested. With BV approval, the first batch, consisting of 12 trainees, began their training course from 30.08.2026.

The IMA workshop is now upgraded to a standard that enable it to conduct certified welding training not only for the pre-sea cadets and ratings but also for the sea welders and fitters.

There is a high demand for certified welders in ship-building industry and overseas structural works. IMA WS may also, in future, provide training services to them.





IMA KOREAN CUISINE COURSE





Where precision meets passion, the craft comes alive.

The Korean Cuisine Course at the Cook Training Centre, International Maritime Academy, brings together discipline, hygiene, modern techniques, and hands-on culinary training. From careful preparation to the final dish, every step is shaped by precision, safety, and professionalism

At the end of the course, trainees are assessed on their hygiene, food safety practices, knowledge of Korean cuisine, cooking skills, equipment handling, and overall practical performance.

International Maritime Academy —Crafting Skills, Shaping Professionals.

MILESTONE ACHIEVEMENT: MT HARMONICS TAKEOVER





Fleet Expansion: Haque & Sons Ltd. Welcomes MT Harmonics

Haque & Sons Ltd. is proud to announce the successful takeover and technical induction of the 22,988 GT oil/chemical tanker, MT Harmonics, finalized on July 22, 2026, at the Port of Singapore.

This critical fleet transition was executed with precision, operational agility, and strict compliance with international safety and environmental standards. The seamless handover reflects the leadership of Captain Mohammad Mamun Billah (Master) and Chief Engineer Faizul Islam Bablu, ably supported by a professional crew complement of 24 highly trained Bangladeshi seafarers.

We extend our sincere gratitude to MOL Chemical Tankers Pte. Ltd. and Unix Line Pte. Ltd. for their enduring trust in our crew management capabilities and operational stewardship. This milestone exemplifies our shared commitment to safety, operational integrity, and responsible shipping.

We warmly congratulate the Master, Chief Engineer, and all onboard crew members, wishing them fair winds, calm seas, and safe passages as MT Harmonics embarks on her global voyages.

Haque & Sons Ltd.
Committed to Global Maritime Excellence and Operational Integrity



Prepared by :

Sufe Mohammad Rabby Bhuiyan
(Deck Cadet)

Congratulations on Promotion

We have pleasure in congratulating the following officers who have been recently promoted on board our managed vessels and we wish them all the very best for the future:

PROMOTED TO MASTER:
MIZANUR RAHMAN - CO5787
MD. ALI HOSAIN - CO4927
MD. SHAHAB UDDIN - CO5447
MD. ZAHIRUL ISLAM - CO4949
S. M. HASAN - CO7058
MD TARIQUL ALAM SHOJIB - CO4923
MD. NAZMUL HASAN - CO6745

PROMOTED TO CHIEF OFFICER:
REJAUL KARIM - CO6556
MD ABU BAKAR SIDDIQUE - CO9190

PROMOTED TO CHIEF OFFICER:
ALAH UDDIN - CO7739
ABDUR NUR TUSAR - CO8424
S.M. RASHED KAISER - CO8026

PROMOTED TO CHIEF ENGINEER:
SATINATH GHOSH - CO5527
TOUHIDUL HAQUE TUHIN - CO4723
ALI HAIDER - CO5129
MD ATFUL HYE SHIBLY - CO5584
MD. AZHARUL ISLAM - CO7190
MD MUSFIQUEL HAQUE SALEH - CO5596
AL MAMUN OR RASHID - CO6574

PROMOTED TO 2ND ENGINEER:
MD ANISUL ISLAM - CO6560
IMTIAZ ALI SAMDANI - CO7776
MD. AKTARUZZAMAN SUJON - CO7126
NAZMUL HOSSAIN - CO7764
RASHIDUL ISLAM - CO6056
MOHAMMAD KAMRUL ABEDIN - CO6567
MD SAYEED HASSAN - CO8495
PRODIP KARMAKER - CO5562
MD ATIKUL MOSTOFA JONY - CO6728

TAKING OVER AN EXISTING VESSEL: MORE THAN A CHANGE OF COMMAND





Every ship has a story, and every voyage teaches a lesson. My recent experience of taking over an existing container vessel was more than a change of command—it was a journey of patience, humility, teamwork, and continuous learning.

With only two days' notice, my journey began on 6 June 2026, travelling from Dhaka via Kuala Lumpur and Seoul to Busan, South Korea. On 9 June, I boarded the vessel and received a warm welcome from the Indonesian crew, whose hospitality immediately eased the challenges of joining a vessel under different management.

Senior Masters had often advised me that taking over an existing vessel could be more challenging than taking over a newbuilding. I soon understood why. Unlike a new vessel, where systematic training is provided, an existing ship already has established routines and experienced crew members who know its systems well. The incoming team must learn not only the technical aspects but also the people and practices behind daily operations.

During the takeover, I was not permitted to operate equipment and remained an observer on the bridge during arrivals and departures. Rather than viewing this as a limitation, I embraced it as a learning opportunity. I also visited the forward and aft mooring stations to understand procedures firsthand.

This experience reinforced one important principle: rank should never become a barrier to learning.

Our incoming Second Engineer, Mr. Salman, also faced communication challenges. I encouraged him to remain patient, communicate respectfully, and build trust before expecting cooperation. By listening instead of criticising, we gradually developed mutual understanding with the onboard crew. Their willingness to share knowledge demonstrated that successful takeovers depend as much on respect and relationships as on technical expertise.
On 8 July 2026, the vessel berthed at Vung Tau, Vietnam, where our Bangladeshi crew was preparing to join. The final takeover phase began on 9 July, with the vessel simultaneously preparing for a Port State Control (PSC) inspection and completing departure documentation. I particularly appreciate Third Officer Sadman for his dedication in preparing the port documents under considerable time constraints.

On 10 July 2026, we sailed from Cai Mep, bound for Manila, Yantian, Busan, and ultimately Vancouver, with an entirely Bangladeshi crew onboard. One of the most challenging aspects was respecting the outgoing management's authority until the official handover was completed. Even simple requests required permission, reminding me that professionalism sometimes means accepting limitations with patience and understanding.

This assignment strengthened my belief that no mariner ever stops learning. Every vessel, company, and crew brings different systems, experiences, and lessons. True leadership is not about demonstrating what we know, but about listening, earning trust, and helping the entire team succeed.

By the grace of Almighty Allah, the takeover was completed successfully. As ONE DIAMOND continues her voyage across the Pacific towards North America, I carry forward a renewed appreciation for humility, teamwork, and respectful leadership.

Every Bangladeshi Master serving on an international vessel represents not only himself but also his company, profession, and country. May our integrity, competence, and conduct continue to make Bangladesh proud wherever the oceans take us.

"A ship changes captains in a day. True leadership is earned every single day thereafter."



Prepared by :

Capt. Mohammad Shah Newaz
Master, ONE DIAMOND

ONE SUMMIT: A MEMORABLE JOURNEY FROM SHIPYARD TO SEA

A SUCCESSFUL VESSEL TAKEOVER AT MARUGAME, JAPAN – "A NEW BEGINNING"





The takeover of a new vessel is a significant milestone, combining teamwork, dedication, technical learning, and responsibility. For the 24-member crew of ONE Summit, the journey from 20 May to 8 July 2026 was an unforgettable experience of professional achievement and Japanese hospitality.

ONE Summit is a Singapore-registered container vessel with a capacity of 13,932 TEU, owned by Ocean Network Express Pte. Ltd. and managed by Onesea Solutions Pte. Ltd. Following months of construction, preparation, and testing, the vessel was officially delivered on 8 July 2026 at Tadotsu, Marugame, Japan.

Preparing for the Takeover
A total of 24 crew members travelled from Bangladesh to Japan, with manning arrangements coordinated through Haque & Sons Ltd. The first five senior officers arrived on 20 May, followed by the remaining 19 officers and ratings in two batches. The Master and Chief Engineer also attended a briefing at the company's Singapore office before proceeding to Japan.

Technical Learning and Teamwork
Daily activities included shipboard familiarization, equipment training, inspections, and coordination with shipyard personnel. The crew gained valuable knowledge of the vessel's machinery and operational systems, supported by the shipyard team and company superintendent.

A five-day sea trial in Japanese coastal waters provided practical experience in evaluating the vessel's performance. Any machinery issue or defect identified was notified for rectification prior handover. Daily progress reports and regular communication with shore management helped to ensure smooth coordination throughout the takeover.

Marugame: Beyond the Shipyard
Our stay in Marugame was memorable for both professional learning and cultural experiences. The beautiful blue sea, green mountains, white clouds, and temples created a peaceful atmosphere. Pleasant weather, convenient transportation, welcoming hotel staff, and the kindness of local people made our nearly seven-week stay comfortable and enjoyable. We also explored Japanese cuisine and nearby Indian restaurants during our free time.

A Proud Moment: 8 July 2026
After weeks of preparation, training, inspections, and sea trials, we officially took over ONE Summit on 8 July 2026 at Tadotsu, Marugame, Japan. The successful handover marked a proud achievement for all 24 crew members.
Following delivery, the vessel departed for her first port of call, Tianjin, China, beginning a new chapter in her operational journey.

A Valuable Experience for the Future
The takeover was more than a vessel delivery. It strengthened our technical knowledge, teamwork, and understanding of the importance of coordination among the shipowner, management company, shipyard, superintendent, manning agency, and crew.
We sincerely appreciate Ocean Network Express Pte. Ltd., Onesea Solutions Pte. Ltd., Haque & Sons Ltd., and the shipyard team for their valuable support.
The lessons learned, challenges overcome, friendships developed, and memories created in Marugame will remain a special part of our seafaring careers.
Fair winds and following seas to ONE Summit and all who sail aboard her!



Experience shared by-

Capt. Mohammad Rashedul Hasan
Master, ONE Summit

SAFETY TIP

Because your safety matters, every single day at sea



Working on a cargo ship can be exciting, but it also comes with risks. Long hours, rough weather, big machines, and being far from help mean that safety is very important. That's why every crew member needs to follow safety rules not just for themselves, but for everyone on board.

1. Take Safety Drills Seriously
   - Know your role, emergency exits, and muster points.
   - Participate actively and ask questions.

Practice today to respond quickly in an emergency.

2. Always Wear PPE
   - Wear a hard hat, safety boots, gloves, and safety goggles.
   - Life jacket when working on deck if there is a risk of falling into the sea or overboard.

The right safety gear prevents serious injuries.

3. Take Care of Your Health
   - Get enough sleep, eat well, and exercise.
   - Talk to someone if you feel sad or stressed.

A healthy crew is a safe crew.

4. Know Fire Safety Procedures
   - Locate fire extinguishers and hoses.
   - Understand alarm signals and emergency procedures.

Be prepared—fire can spread quickly.

Safety Starts with You!

Follow safety rules, support your teammates, and report hazards.

Simple Steps. Better Preparedness. Safer Voyages.

RECIPE CORNER

Easy Ground Beef Teriyaki



A quick and satisfying dish of ground beef and vibrant vegetables cooked in a flavorful teriyaki sauce, perfect for weeknight dinners.

Main Ingredients

- 1 pound ground beef Lean ground beef is preferable.
- 1 cup broccoli florets Feel free to experiment with any vegetables.
- 1 piece bell pepper, sliced Any color bell pepper works.
- 1 piece carrot, julienned Adds vibrant color and crunch.
- 1/4 cup teriyaki sauce Adjust for more flavor if desired.
- 2 tablespoons soy sauce Can use gluten-free soy sauce for a gluten-free variant.
- 2 teaspoons sesame oil Adds a nice depth of flavor.
- 1 tablespoon olive oil For cooking the beef.
- 2 pieces green onions, chopped Used for garnish.
- to taste cooked rice For serving.

Preparation and Cooking

1. Wash and cut the broccoli, bell pepper, and carrot.
2. In a large skillet or wok, heat the olive oil over medium-high heat until shimmering.
3. Add the ground beef to the pan, breaking it apart with a spatula. Cook until browned and no longer pink, about 5-7 minutes.
4. Add the broccoli, bell pepper, and carrot to the pan. Stir-fry for about 3-4 minutes until the vegetables are slightly tender.
5. Pour in the teriyaki sauce, soy sauce, and sesame oil. Stir well to combine.
6. Remove from heat and sprinkle with chopped green onions before serving over cooked rice.

OUR READERS MATTER

We are very pleased to receive plenty of responses to our February, 2026 newsletter - all very positive. It has turned out to be a worthy attempt to reach out to our staff on board and in fact we are very heartened by the fact that some of our readers from the sea took the trouble to offer relevant comments and suggestions in order to make this newsletter more meaningful. Thank you very much indeed.

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