

# the arabian sun

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a weekly Saudi Aramco publication for employees



## protecting and enhancing coral reefs

Saudi Aramco's Environmental Protection Department has deployed more than 2,700 artificial reefs throughout the Arabian Gulf to help rebuild marine ecosystems, and that number will continue to rise with more deployments planned for the southern Red Sea as well.

see page 4

## G-Camp offers real world experiences

Educators from across the United States created lifelong memories by participating in Texas A&M's 2019 Geology Camp that was sponsored by Aramco. The G-camp, featuring Aramco geologists, saw the educators visit sites across Texas, New Mexico, and Colorado.

see page 5



# sweet success

al-Baha beekeepers giving both economy and ecology a boost

*supported by Saudi Aramco, more than 700 beekeepers in the Kingdom are finding a reliable livelihood for themselves and their families*

see pages 6 and 7

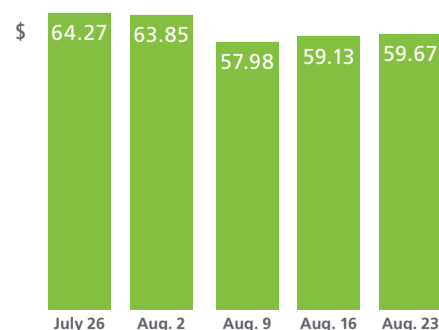
## technical experts at your fingertips

New piloted online system, "Ask Expert," recently launched allows Saudi Aramco employees to seek out subject matter experts for knowledge on a variety of topics — both technical and nontechnical.

see page 2



## OPEC basket five-week price trend 2019



## Saudi Aramco by the numbers

# 50,000

seedlings have been planted at five sites in the past few years in the al-Baha region, resulting in new bee populations, which has also assisted in the development of vegetation.



# technical experts at your fingertips

## new piloted online system launched

by Janet Pinheiro

**Dhahran** — Have you ever had a technical, or even nontechnical work question, but could not find an expert to answer it?

A newly piloted online system, "Ask Expert," is here to help you quickly get answers for those challenging questions.

The recently launched system, serviced by nominated experts and hosted on Saudi Aramco's intranet, "Ask Expert" is a smart way for the company's employees to share knowledge in a controlled environment.

Put together by the Engineering Support Department through the Corporate Knowledge Management Board, manager Khalid K. Onaizi said the online system delivers expert answers for different types of technical and nontechnical questions, and keeps the answers for the benefit of everyone.

"We can all share the knowledge as the questions and answers are retained in the system, providing the business with an ongoing knowledge repository," said Onaizi.

### fast access to knowledgeable experts

Since launching the "Ask Expert" pilot earlier this year with five departments — Management and Professional Development, Consulting Services, Drilling Technical, Power Systems, and Inspection — 91 users have joined, 67 questions have been asked, with 133 replies.

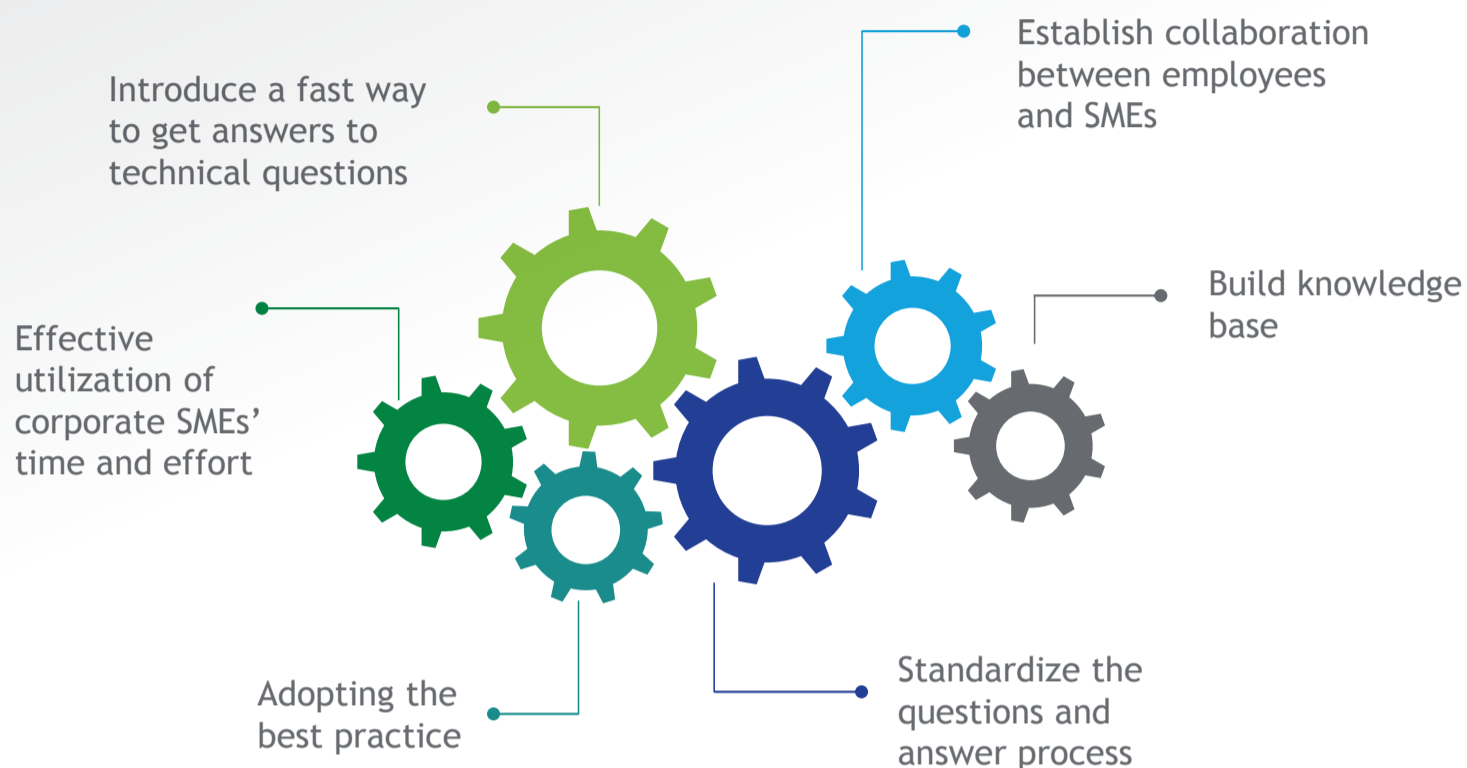
Many core business areas are among the 23 disciplines created from the five departments participating in the pilot system, including drilling fluids, projects inspection mechanical, corrosion, metallic, and non-metallic.

Experts are nominated by participating departments, and the pilot system has a moderated workflow, with a two-day turnaround performance indicator.

Knowledge Management Unit business systems analyst Hussah I. Alsultan said "Ask Expert" came about after a team examined the latest practice for answering employees' technical questions.

"Ask Expert eliminates old methods like the phone and email to obtain expert answers, and builds a knowledge base of questions and answers," said Alsultan.

## Business Objectives



### 'user friendly'

When Management and Professional Development Department career counselor Ian Allahar tried out "Ask Expert" in July, he received a response the next day.

"It's an excellent method to collaborate directly with company experts," said Allahar. "I was able to make a more informed decision as my question went directly to a subject matter expert, and I received an accurate and up-to-date response within 24 hours."

When asking an "Ask Expert" question, Workover Engineering Department drilling engineer Abdullah E. Noaimi said the process was very quick.

"I received a timely answer and it was convenient," said Noaimi. "Instead of arranging a meeting, I asked the question

when it suited my schedule, received the answer when I was free, and the information is retained for everyone's benefit."

Both a user and coordinator for "Ask Expert," Khalid S. Al Ghamdi, Power Systems Engineering Department supervisor, said the process for using the system is clear and easy.

"The system is user-friendly," said Al Ghamdi. "I like the interface, and the response I received was very fast."

### statistical transparency

Describing "Ask Expert" as an excellent concept because it can retain information for years, Inspection Department engineering specialist and system expert Khalid S. Al-Ghamdi said, "One of the beauties of the new system is always the technical discussion. It is equipped with statistical trans-

parency that indicates how many questions and answers each department receives."

The Corporate Knowledge Management Board — composed of more than 26 managers from various company areas and chaired by the Engineering Services chief engineer — advises the way forward for the online system is a companywide roll-out.

### interested in participating?

From the comfort of your workstation, you can visit <https://askexpert/Pages/Home.aspx>, and ask a Saudi Aramco subject matter expert to share their world leading expertise.

All Saudi Aramco departments can request to participate in "Ask Expert" by sending a request to [AskExpertAdmins@Exchange.Aramco.com.sa](mailto:AskExpertAdmins@Exchange.Aramco.com.sa).

## your voice



by Huda A. Albheeri  
Dhahran

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Your Voice reflects the thoughts and opinions of the writer, and not necessarily those of the publication.

## the importance of signaling when driving

If driving was a competition, who you are competing with? Is there a prize for the winner? Or do you just want to be first?

Treat your vehicle as a sanctuary, leave aggressive driving behind, and please respect signaling when driving. If you are fighting traffic, you are always going to lose. By signaling, we communicate to each other on the road about our upcoming intentions. This keeps us and other drivers safe and helps to prevent accidents.

According to a study conducted by The Society of Automotive Engineers, neglecting turn signals in the United States causes about two million crashes per year. Sure, this huge number

may not apply to our country; however, a lack of signaling is playing a major factor in Saudi Arabia's road accidents.

If there is a vehicle next to you attempting to change lanes using signals, let it pass to deliver the message of respecting others' signaling. By respecting others' signals, your signals will be respected too. This respect will also help us to avoid small crashes and other major accidents.

Also, applying the two second rule that works with any speed limit is useful and gives others time to decide and check their blind spots before turning or changing lanes. In case something goes wrong, you will have enough time and space to maneuver.

A very good defensive driving strategy is to never merge beside another vehicle and to never let another vehicle merge into you. Always remain back a little bit and leave space so that they can pass in front of, or behind, you.

There are new drivers almost everywhere these days, and they can get anxious as soon as they put their signals on because they think that they don't have much time to turn or change lanes. As a defensive driver, you should give them the space and time to maneuver.

Driving is a social activity and we must work together to be able to do it safely. It can be a pleasure if we don't treat it like a competition.

# ‘everyone’s responsibility’

## five-day boot camp conducted by Corporate Maintenance Services looks to promote sustainable reliability culture

**Al-Khobar** — Corporate Maintenance Services (CMS), under the sponsorship from the Abqaiq Plants Maintenance Department, recently held the Fifth Reliability Boot Camp workshop to help front-line management and professionals from operating and service admin areas to promote a sustainable culture of reliability within their organizations.

The five-day boot camp, held at a hotel in al-Khobar, marked a departure from previous sessions with the participants for this session comprised of supervisors instead of division heads to inculcate the culture of reliability to wider functions within Saudi Aramco. The supervisors were carefully selected to include diverse functions of maintenance, operations, and engineering.

The goal of the boot camp is to improve the company’s already strong record in maintenance, and to create a more holistic culture of reliability with an impetus to optimize business processes, reduce costs, and operate at maximum productivity and effectiveness.

During the workshop, the participants within cross-functional teams were provided with the opportunity to discuss and present the existing reality of reliability, and devise actionable solutions toward improving the overall culture of reliability within their business areas.

The boot camp workshop was attended by Abdulhakim A. Al-Gouhi, Industrial



Ramadan Al-Zahrani, who is with Saudi Aramco’s Power Systems Engineering Department, delivered a presentation on the current reliability challenges faced by organizations, what actions or steps that might be taken to address any gaps, and ensuring that the appropriate tools are available for the effective implementation of solutions. (Photo: Yara Ziyad/MPD)

Services vice president and Saudi Aramco Maintenance Council chairman, and Abqaiq Plants Maintenance manager, Sami S. Al-Huwais, as well as CMS director Abdulrahman S. Al-Faqeeh.

During one of the engagement sessions, Al-Gouhi underscored the importance of participation by cross-functional team members in the workshop, to holistically instill the culture of reliability, and cultivate the belief that “reliability is everyone’s responsibility.”

### strategic approach

Al-Gouhi stressed “the importance of a strategic approach toward reliability implementation, comprising of a dedicated focus, strategic clarity, and structure. In addition, a reasonable time frame is essential for the sustenance of a culture of reliability.”

Al-Huwais provided valuable insight from his vast experience on the importance of collaboration from different organizational functions in contributing toward the overall goal of achieving safe and reliable operations. He suggested that the workshop include even more diverse position holders so that the importance of reliability is realized at various levels of the organization.

Al-Faqeeh shared with the team the positive impact of attending such an event, not-

ing that he attended the second reliability boot camp and how it helped in widening the horizon of promoting the reliability culture and its implementation.

### challenge the current mindset

Boot camp facilitator Fareed Z. Kamfar spoke about the concept of reliability, and what it means to each of the participants when applying it within their respective organizations. He emphasized the need to “Challenge the current mindset and treat reliability as a priority within the organization.”

Over the course of the five days, participants were able to interact with a number of subject matter experts from different functional areas of predictive maintenance, turnaround and inspection, and Fourth Industrial Revolution maintenance and reliability technologies to enrich their existing knowledge and raise their awareness toward recent developments in these fields. The workshop also included an interactive session on work life balance from the Human Energy Management team.

Participants agreed the program was very helpful in deepening their understanding of the importance of reliability and they saw numerous ways to integrate reliability in the workplace.



During the workshop, the participants within cross-functional teams were provided with the opportunity to discuss and present the existing reality of reliability, and devise actionable solutions toward improving the overall culture of reliability within their business areas.



Fareed Z. Kamfar, facilitator of the recent Fifth Reliability Boot Camp workshop, emphasized the need to “challenge the current mindset and treat reliability as a priority within the organization.” (Photo: Nadiyah Buobaid/MPD)

## Sada Toastmasters Club looks to boost communication, leadership skills



Almost three dozen employees from the Northern Area Industrial Security Operations Department pose following the inauguration of the Sada club — the first Toastmasters club dedicated to Industrial Security employees.

Sada, the first Toastmasters club dedicated to Industrial Security employees, was recently inaugurated, with more than 44 from the Northern Area Industrial Security Operations Department (NAISOD) joining.

Jaber A. Al Suhaimi, NAISOD manager, thanked Soliman M. Almadi, a former president and current consultant of Toastmasters clubs in Saudi Aramco, and Rami M. Al

Jawad, current president of Saudi Aramco’s Toastmasters clubs, for the distinguished inauguration ceremony.

“The human element in Saudi Aramco is our biggest asset, and it needs support and development. The new Toastmasters initiative supports Industrial Security employees in the skills of communication and leadership, and helps them provide their

innovations in the fields of safety and security,” said Al Suhaimi, adding the initiative is also in line with the company’s goal to raise productivity through self-development programs.

Almadi presented on how the club can contribute to the development skills of members. It can eventually enable them to compete in various forums at regional,

Kingdom, and global levels. He added that Toastmasters certificates are accredited as one of the company’s training courses and registered accordingly.

Al Jawad stated that with 44 members, the Sada club is the largest registered club in terms of founding members, which is indicative of the security employees’ enthusiasm in developing their communication and leadership skills. Al Jawad also praised the efforts made since the early stages of the club and explained the development opportunities the club can offer through educational programs available online.

Al Jawad further advised that the competition season begins in several areas in January and ends in April, with winners qualifying to compete in the world championship in August.

At the inauguration ceremony, Sada club members held a demonstration meeting on how to conduct an official meeting, and Al Suhaimi recognized the participants in the demonstration.



## green matters

## a coral bouquet

## Saudi Aramco's efforts to protect and enhance coral reefs

by Tyas Hikmawan

True to its size, Saudi Aramco has taken massive steps to conserve and enhance biodiversity.

This includes roping off huge swathes of land rich in flora and fauna from development, even reintroducing large-bodied species such as the Arabian oryx, gazelle, and ostrich in some parts — namely the Shaybah Wildlife Sanctuary.

The company has also planted millions of mangrove trees along the coastal areas of the Arabian Gulf and Red Sea that will absorb noteworthy amounts of carbon dioxide from the atmosphere, while terrestrial tree plantings will yield many positive impacts across the Kingdom, including combatting desertification by halting the advance of sand.

But did you know the company has spent the last several years protecting and enhancing undersea life via the deployment of artificial reefs?

Saudi Aramco has deployed roughly 1,000 tons of artificial reefs throughout the Arabian Gulf to help rebuild marine ecosystems as well as support the local fisheries industry.

In 2018, artificial reefs were deployed at both Safaniyah and Al Khafji — 1,220 artificial reef units at Safaniyah and 459 units at Al Khafji.

This effort contributes to the company's total deployment of over 2,728 artificial reefs — a number that will continue to rise — as more deployments are planned for the southern Red Sea.

## partnerships

At a higher level, partnerships with organizations such as the Smithsonian Institution have helped the company develop a deeper understanding of critical factors needed to ensure and promote conservation of biodiversity in Saudi Arabia, including artificial reefs.

Additionally, the Environmental Protection Department, in collaboration with the Saudi Aramco-KAUST Center for Marine Environmental Observations, presented a research paper on coral reef monitoring in the Red Sea during the 4<sup>th</sup> Asia-Pacific Coral Reef Symposium last year.

The symposium grouped participants from more than 30 countries to develop solutions to better manage coral reefs.



Saudi Aramco has deployed approximately 1,000 tons of artificial reefs throughout the Arabian Gulf to help rebuild marine ecosystems, while also supporting the local fisheries industry. To date, more than 2,700 artificial reefs have been deployed, and that number will continue to rise as more deployments are planned for the southern Red Sea.

Topics such as management of marine protected areas, sustainable fisheries, coral transplantation, and nurseries are high-

ly relevant to Saudi Aramco due to the amount of company activities near coral reefs and other valuable habitats.



"green matters" is a regular column offered by the Environmental Protection Department highlighting challenges and potential solutions to some of the most pressing environmental issues of the day.

## engagement session with contractors in Yanbu' emphasizes importance of psychological safety



Noor A. Khan, a contracts adviser with the Yanbu' Area Contracting Unit, addresses the participants of a recent seminar designed to help employees realize the importance of psychological safety, as well as physical safety.

**Yanbu'** — When it comes to safety, psychological safety is as important as physical safety.

The Yanbu' Area Contracting Unit (YACU), led by Salem R. Rehaili, recently conducted a seminar for contractors working with Saudi Aramco in the Yanbu' area under the theme "Let's Strive for a Workplace Physically Safe, with a Workforce Psychologically Healthy."

The event, which sought to engage contractor management on these key safety elements, was attended by more than 70

participants from 25 contracting companies, as well as management from the Yanbu' Refinery Department (YRD). Among those attending were owners, general managers, operational managers, and safety managers.

## safety is far more than PPE

Personal Protective Equipment (PPE) is just the minimum required level of safety, said YACU contract adviser Noor A. Khan.

A much deeper and more effective type of safety is that which is rooted in a degree of "care, respect, recognition, and appreciation" toward workers, said Khan.

"Poor quality of food, poor accommodations, faulty and substandard transportation, delays in salary payments, lack of training and appreciation — these are some of the factors that demoralize workers," said Khan, adding that such treatment slowly transforms workers even equipped with the best PPE into a threat "to themselves, their co-workers, management, and the plants where they work."

Khan emphasized that health care, financial security, appreciation, and continual engagement helps motivate workers and keeps up their morale — in turn helping to cultivate a safe working environment and higher profitability for companies.

## living conditions a key factor in morale, safety

YRD maintenance superintendent Amjad M. Bougis recommended that contractors work on upgrading existing camps or plan for mobilization into Yanbu' Royal Commission built camps.

Bougis also encouraged them to work on boosting the morale and welfare of their workers, and follow that up by sharing the effectiveness of their efforts and accomplishments as part of lessons learned.

Sultan G. Miswak, senior supervisor of Ras Tanura Cluster Shared Services, Contracting Section, appreciated the effort behind the principle of improving the psychological health of workers, and he advised other units to communicate and promote the same concept and encourage vendors in their areas to embrace it as well.

The vendors, while reflecting upon the success of the seminar, noted they appreciated the "outside-of-the-box" initiative. They also offered their full support to work with YRD management and other stakeholders to achieve the desired objective of a safe workplace through a psychologically healthy workforce.

Khan extended his gratitude to YRD management for sponsoring the event and helping to make it a success.



# Aramco sponsored ‘G-Camp’ offers invaluable geology experience for U.S. educators

by Tré McLeod

**College Station, TX** — Thirty American science teachers recently went on an educational trek across the southwestern U.S. in a geology program that combines classroom learning with real world experiences sponsored by Houston-based Aramco Services Company (ASC).

Founded in 2007, the annual Geology Camp (G-Camp) is a Texas A&M University program investing in the professional development of teachers, and in turn, enriching the classroom experience for students.

“I could not have asked for a better teaching laboratory than this field camp,” said Bonnie Keller, a G-Camp participant from Virginia.

## trip of a lifetime

Teachers for grades 5-12 from all around the U.S. traveled to College Station, Texas and spent 17 days trekking to national parks in Texas, Colorado, and New Mexico.

Along the way, they learned about geologic mapping, gathered rock specimens for their classrooms, and visited sites of geologic phenomena. During the journey, the group started at 300 feet above sea level and ascended to altitudes of more than 12,000 feet.

Texas A&M University’s Rick Giardino (geomorphology), and Mike Pope (carbonate sedimentology), Department of Geology and Geophysics, selected locations designed to equip teachers with knowledge to meet national school curriculum standards.

For four days, Timothy Diggs, a senior geological consultant with ASC Upstream, joined G-Camp participants to offer industry insights.

“Aramco is very passionate about having students develop through time to become potential geoscientists in any number of fields,” said Diggs. “G-Camp is part of Aramco’s extensive efforts to support and enable STEM education programs around the world to empower the next generation of researchers and scientists.”



Timothy Diggs, a senior geological consultant with ASC Upstream, interacts with educators at the Kasha-Katuwe Tent Rocks National Monument.

“G-Camp is part of Aramco’s extensive efforts to support and enable STEM education programs around the world to empower the next generation of researchers and scientists.”

— Timothy Diggs

## alumni form strong bonds, online ‘G-Camp’ community

Giardino joked that G-Camp is infectious, saying the goal is to infect teachers with “geological enthusiasm.”

Science teachers in the U.S. are expected to teach a year of geology, which can be a daunting task since college curriculums typically do not go beyond a three-hour geology focused course.

Giardino added that his favorite part about G-Camp is interacting with the teachers and watching their passion for the subject grow.

G-Camp participants from across the U.S. pose in front of the striking canyon walls at Red Rock Canyon Trail in Jemez Pueblo, New Mexico.



“The fact that they give up a part of their summer vacation to come out here and learn how to better nurture their students — shows a lot of dedication to what they do.”

Aramco has been a major sponsor of G-Camp for more than a decade. The program’s popularity with teachers and alumni has resulted in the creation of an active online social media community through Facebook.

With more than 30 teachers instructing hundreds of students each year, G-Camp has influenced tens of thousands of students — perhaps future geoscientists — and counting.

# Jazan Refinery Complex hosts day of appreciation for the elderly



With citizenship and corporate social responsibility in mind, employees with the Jazan Refinery conducted a special day of appreciation for the elderly at the Jazan Area Elderly Rehabilitation Center.

**Jazan** — Committed to corporate social responsibility, several employees at the Jazan Refinery Complex (JRC) — with the support of Saudi Aramco Affairs — recently held a special day of appreciation for elderly men and women from the Jazan Area Elderly Rehabilitation Center.

Hisham Shah, manager of the Engineering Department at the Jazan Refinery, delivered opening remarks at the event.

Addressing the participants, Shah spoke about Saudi Aramco’s values

in having the company’s employees demonstrate social responsibility, build social relationships, and support communities while serving as role models.

Khalid Muafa, manager of the center, expressed his appreciation to JRC personnel, as well as Saudi Aramco man-

agement, for putting on the event.

The event, which took place at a Jazan area hotel, was attended by 55 participants who enjoyed a night of cultural heritage, folklore activities, and dinner. The whole program was well-received by attendees, and the community as well.



# sweet success

by Musleh Al-Khathami

(Photos: Habeeb Al Hadad and Mohammed Alshaikh/MPD)

**Al-Baha** — Man's relationship with bees and collecting their honey goes back thousands of years, with drawings of such activity seen in cave drawings.

During the long journey from primitive life to civilization, man has learned how to raise bees to increase the production of honey, and it has become an industry that produces a reliable source of income in many regions around the world.

Among those regions is the al-Baha area in the southern part of Saudi Arabia, which has proven to be an ideal place for beekeeping. Flowers and trees vary between the temperate Sarawat Mountains in summer and the warm Ti-hama plains in winter.

Despite the succession of generations to beekeeping in the region, the profession has remained a modest craft in terms of production, marketing, and economic return for quite some time.

The initiative of Saudi Aramco to support beekeepers in the area, in cooperation with the Association of Beekeepers Cooperative in al-Baha, has raised the profile of the profession. Beekeepers are being trained in modern beekeeping methods, and have been provided with the necessary tools and equipment of the highest international quality standards to ply their craft.

The end result from supporting youth interested in beekeeping has created a steady source of income for many, and has seen the profession develop into a substantial contributor to the economy in the region.

The creation of numerous jobs in this field has also made a significant contribution to the ecological balance in the region by increasing the number of bees and trees in the area.

A tour of the basil plant at the Desert Plant Nursery, established under the Saudi Aramco initiative, reveals seemingly endless rows of seedlings that are distributed free of charge to beekeepers and citizens alike.

The nursery provides 100,000 seedlings per year of 30 species of trees that are fed by bees, such as *seder*, *talh*, rosemary, and others. A total of 50,000 seedlings have been planted in five sites in the past few years, resulting in new bee populations, which has also assisted in the development of vegetation in the region.

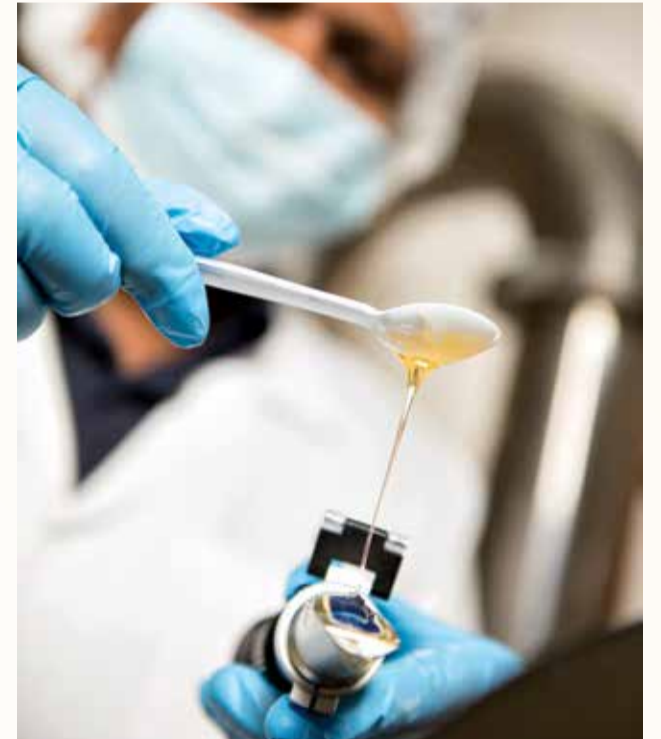
The Association of Beekeepers Cooperative has established a workshop for those new to the profession, highlighting the latest tools and scientific methods. Also provided is a laboratory for testing honey, and packaging of the final product has also been developed.

Along with the support from Saudi Aramco, this has all added up to a thriving industry in the Kingdom, and many young Saudis — especially in the al-Baha region — are seizing the opportunity and making the most of it.



▲ A tour of the basil plant at the Desert Plant Nursery, established under the Saudi Aramco initiative, reveals seemingly endless rows of seedlings that are distributed free of charge to beekeepers and citizens alike. The nursery provides 100,000 seedlings per year of 30 species of trees that are fed by bees, such as *seder*, *talh*, rosemary, and others.

▶ In al-Baha, beehives are made of Swedish wood in scientific and efficient ways that help to increase honey production to protect local trees. Also, a blacksmith workshop for the manufacturing of beekeepers' requirements, and a laboratory to examine and sort honey and fill it with the latest tools and scientific methods, have been established.



▶ Mohammed A. Al-Shaer, 59, puts his crop of honey into one of the honey-sorting machines inside the Beekeepers Cooperative Society in al-Baha. Al-Shaer's interest in beekeeping started as a hobby and then he completed three specialized courses provided by the association to make beekeeping a source of income.

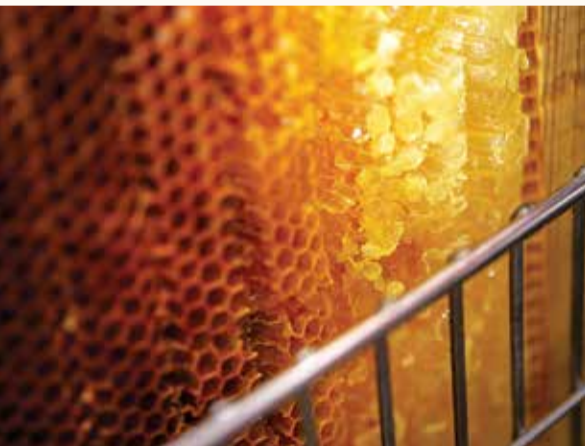




# supported by Saudi Aramco, al-Baha beekeepers giving both economy and ecology a boost



*Al-Baha honey is available in a number of outlets in the Kingdom, including Dhahran.*



▶ Raed Al Khater presents one of the "honeycomb" products during the 12<sup>th</sup> International Honey Festival in al-Baha, where 18 members of the association displayed their honey production.



▶ Musab A. Odeh, 23, who owns his own honey shop in al-Baha, is one of more than 700 citizens in the region who have benefited from an initiative that provides training and support on the basics of beekeeping. The goal for the initiative is to train and support 900 citizens by 2020.

◀ Omar A. Al-Hassan and Mut'ab A. Al-Ghamdi, two young men from the al-Baha area, examine beehives in the city of Baljurashi.





Dhahran Recreation Library hosts annual event for parents and students

# back to school

by Julie Scott  
(Photos: Ding/MPD)

**Dhahran** — For thousands of Saudi Aramco elementary and middle school students, summer is now a recent memory as schoolchildren have traded sleeping in late and swimming pools for books and backpacks.

The same will be true for Saudi students who start their new school year next Sunday.

To help families and students prepare for the school year, the Dhahran Recreation Library hosted its annual back to school event on Aug. 23 and 24 in the Ad Diwan Building. The event opened with an official ribbon cutting officiated by Halah T. Albetairi, administrator for the Dhahran Recreation Services Division.

“Going back to school is exciting for the whole family, and we know being prepared for the school year will help student success,” said Albetairi. “Providing resources to make that happen is key, and we are happy to see so many families here accessing the information and learning what’s available to them.”

## ‘promoting education and literacy’

“It is our mission to promote education and literacy among all our patrons,” said Turki N. Al Hazza, Dhahran Recreation Library coordinator. “The back to school event helps each year by building a foundation for that first day of school, includ-

ing information from education, health, and vision experts, as well as easy access to things such as school supplies.”

Several Saudi Aramco organizations were part of the back to school event. Firefighters from the Fire Protection Department answered questions and provided handouts with tips and instructions about how to prevent fires at home and work. The children walked away with their own firefighter hat as a gift.

Gardening and Recycling educated attendees about the serious state of our world’s environment and how doing simple things can make a positive impact. Visitors to that table received a free, reusable shopping bag to drive home the message to reduce, reuse, and recycle.

Members of the Traffic Safety Signature Program (TSSP) distributed information about following the rules of the road to ensure and increase everyone’s safety — whether behind the wheel or buckled in as a passenger. Kids received a colorful book bag as a takeaway to remember TSSP. Inside were coloring pages and word games about crosswalk safety and school bus safety.

Loss Prevention representatives were on hand and offered an assortment of brochures and leaflets on topics such as avoiding slips and falls, and water safety. Coping with cooking fires and other home safety tips went home along with chil-



dren’s coloring books featuring drawings and characters preventing accidents.

## health topics addressed

Johns Hopkins Aramco Healthcare (JHAH) sent three service units to the event.

Dental Services provided tooth models and spoke with attendees about the importance of good oral hygiene. Poor oral hygiene can not only affect your smile, but your overall physical health as well. Specialists helped guests “brush up” on their technique for brushing and flossing to help keep teeth and gums healthy and strong.

JHAH Health Promotion representatives shared information about the harmful effects of sleep deprivation, including moodiness, depression and anxiety, lack of concentration, poor hand-eye coordination, forgetfulness, and anxiety. Sleep deprivation can even age your brain by three to five years!

Tips for ensuring a good night’s sleep included avoiding stimulants such as coffee and cigarettes before going to bed, and establishing and maintaining a sleep schedule — even on the weekends. Attendees were also advised to avoid heavy foods before bedtime, seek help for snoring and sleep apnea, and to turn off screens — televisions, computers, and mobile phones — an hour before hitting the pillow.



## nutrition tips

JHAH Nutrition Services prepared an elaborate, interactive display complete with food models to educate and illustrate the importance of making wise decisions about what to eat, how much to eat, and how often to eat. Attendees were advised to eat low-fat, baked foods — not fried. Among the other tips offered was using small plates to fool the eye and brain into thinking you are eating more than you are, and eating three meals a day — evenly spaced with a small healthy snack in be-







tween — to keep energy and blood sugar levels stable throughout the day.

Part of the “Student Nutrition” presentation also addressed backpacks and back strain. A safe backpack should weigh no more than 10% of a child’s body weight, so a child weighing 30 kilograms should not carry more than three kilograms in a backpack. If the weight is more than that, the best option is to use a wheeled backpack.

**unique center**

The Shamah Center for Autism shared information about its unique center and showcased a few of the tools used to help students, including puzzles, a communication system for nonverbal children, soft interlocking building blocks, and matching games. While parents talked to the experts, children entertained themselves at the coloring station.

The National Family Safety Program, part of the Ministry of Health, attended for the first time. Its presence at the event was to share resources for families and students who may be coping with bullying, abuse, or other domestic challenges.

The program’s help hotline for children and adults provides an understanding and compassionate person on the other end of the phone who can offer resources to help take action against these issues.

Perhaps the most unexpected exhib-

it was from a team of medical laboratory specialists. They were there to talk about head lice — an unwelcome, but not so unusual, issue at school. The specialists emphasized that lice is not an indication of poverty, uncleanliness, or neglect. It is a universal problem, and one that is easy to treat. The experts shared information about how to recognize, treat, and prevent these infestations.

Because the library is always promoting reading and literacy, local authors joined the event to talk about their work, their process, and autograph copies of their books.

Activities related to literacy included several story times with accompanying craft activities. A caricature artist and photo

booth captured the fun.

An army of volunteers assisted the vendors and exhibitors, storytellers and crafters at the venue. Concessions provided complimentary dates and coffee. Sweet and savory options were also available for purchase during the event.

The Dhahran Recreation Library is the flagship for 16 recreation libraries in the Saudi Aramco recreation library system. It is the place to connect, imagine, learn, read, watch, listen, make, and play. For more information please visit <http://reclibraries/> or send an email to \*RecreationLibrary(DH).

Patrons outside of the Saudi Aramco network can send email questions to [RecreationLibraryDH@ARAMCO.com](mailto:RecreationLibraryDH@ARAMCO.com).



“ The back to school event helps each year by building a foundation for that first day of school, including information from education, health, and vision experts, as well as easy access to things such as school supplies.

— Turki N. Al Hazza



**King Abdulaziz Center for World Culture**  
by saudi aramco



# Ithra movies

## in cinema

### Ithra Heroes Adventure

Aug. 28, 29, 31 10:30 a.m.  
Sept. 2, 3, 4 10:30 a.m.

### I am Big Bird: The Caroll Spinney Story

Aug. 28, 29, 30, 31 4:30 p.m.

### Red Velvet

Aug. 28, 29, 30, 31 7 p.m.

### Departures

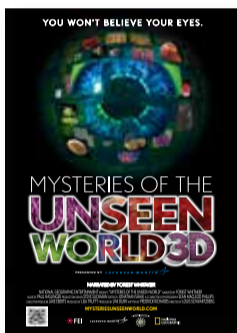
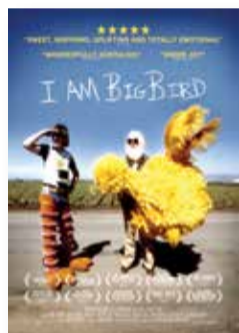
Aug. 29, 30 8:30 p.m.

### Kung Fu Style

Sept. 2, 3, 4 6:30 p.m.

### Swan Song

Sept. 2, 3, 4 4:45 p.m.



## Energy Exhibit Theater

### Mysteries of the Unseen World

Sept. 2, 3, 4 6 p.m.



### Kung Fu Style

The plot follows Kung Fu kid Dodo Lee, who dreams of being a star at Oscar Lei's studio but is stuck as a puppeteer in his never satisfied father's show. When Dodo encounters superstar Kitty Mo, dream and reality clash and the pair find themselves in a fight between good and evil orchestrated by the power crazed Oscar.



### Departures

Young Salem was dissatisfied with his life and so decided to become a pigeon. He meets "Wadi" on a plane whose destination and time of return is unknown!



### Red Velvet

After a long wait, Sameer Bu Shabrain, a calm dreamer, got a career opportunity that he always dreamt of in with a prestigious company. Unfortunately, Sameer had an accident that day because of a cold cup of coffee, which made him a focus of all eyes and turns his life upside down.



# free as a bird

Michael Angelo Z. Montes took this photograph in the backyard of his home at Najmah in Ras Tanura during one lazy Saturday afternoon last summer. Montes took a number of shots with his D3200 and was fortunate to have captured a myna in mid-flight. "I'm fond of taking pictures of nature in my spare time," said Montes, who works at the Saudi Aramco Industrial Training Center in Ras Tanura as an assistant information security analyst in Training and Development. He has been with the company a total of 10 years — four as supplemental manpower and six as a regular Saudi Aramco employee.



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