

# the arabiansun

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a weekly Saudi Aramco publication for employees



## celebrating a historic and extraordinary 2019

**Dhahran** — After an “extraordinary” 2019, Saudi Aramco president and CEO Amin Nasser called on employees to maintain the momentum of the past year into 2020 with the same resilience and fortitude that has propelled the company to becoming “the most profitable, the most valuable, and the most important” in the world.

That achievement was validated by the recent completion of the world’s largest Initial Public Offering following the bell ringing ceremony at the Saudi Stock Ex-

change (Tadawul).

And it came in a year where Saudi Aramco was “tested like never before” with attacks on facilities in Abqaiq and Khurais. But, in each case, employees rallied to ensure that production was restored to allow the company to continue its commitment of being a reliable supplier of energy to the world.

“While the world was watching, we emerged from each event stronger than ever, and showed the world what Saudi Ar-

amco is truly made of,” said Nasser.

Measuring, protecting, and enhancing the company’s corporate reputation, he said, is now a “mission critical” component of investor confidence in our “resilience and long-term ability to create sustainable, profitable growth.”

In thanking employees for their “incredible support” over the past year, Nasser said, “It takes a team to succeed and make history, and that is exactly what Saudi Aramco has done.”

# a look back at 2019

see pages 8 and 9



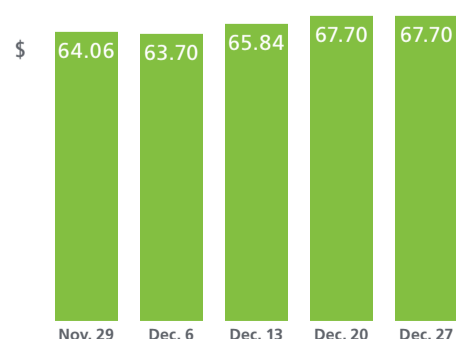
## work continues on historic Saudi Aramco-SABIC integration

“ Saudi Aramco and SABIC are the two icons of Saudi industry. If SABIC succeeds, Saudi Aramco succeeds; and if Saudi Aramco succeeds, SABIC succeeds. The successful integration of Saudi Aramco and SABIC is not only a success story for the two companies, but also for the Kingdom.

— Amin Nasser

see page 2

## OPEC basket five-week price trend 2019



## Saudi Aramco by the numbers

# 25,000

kilowatts per year are being saved with the replacement of Halide lamps with Tubular Skylight devices at the 'Udhailyah Maintenance Shop.

## company welcomes resumption of oil production in Partitioned Zone

HRH Prince Abdulaziz bin Salman announces the new agreement between Saudi Arabia and Kuwait regarding the resumption of oil production at two fields in the Partitioned Zone.



**Dhahran** — Saudi Aramco welcomes the new agreement signed between Saudi Arabia and Kuwait regarding the Saudi-Kuwaiti Partitioned Zone, which paves the way for the resumption of oil production at two fields.

"Today is a remarkable day within the framework of economic and oil

cooperation and integration between both the Kingdom of Saudi Arabia and the State of Kuwait," said Saudi Aramco president and CEO Amin Nasser.

"With the signing of this new accord, both parties have reached a consensus that now is the right time to resume production in this zone.

Both sides will work to ensure production resumption at the earliest opportunity."

The historic agreement was signed in Kuwait City by HRH Prince Abdulaziz bin Salman, Saudi Minister of Energy, and HE Khaled Al-Fadhel, Kuwaiti Oil Minister and Minister of Electricity and Water.



Amin Nasser poses with members of the Saudi Aramco-SABIC integration team at the Dammam Office Building after visiting them last week. Nasser highlighted that the closing of the transaction is rapidly approaching and expected to be completed in the first half of this year.

## work continues on historic Saudi Aramco-SABIC integration

**Dammam** — March 27, 2019, marked a historic milestone when Saudi Aramco signed a share purchase agreement to acquire a 70% stake in Saudi Basic Industries Corporation (SABIC) from the Public Investment Fund of Saudi Arabia. This acquisition seeks to accelerate the execution of Saudi Aramco's downstream growth strategy of increasing global participated refining capacity from 4.9 million to 8-10 million barrels per day by 2030, of which 2 to 3 million barrels per day is converted into petrochemical products.

The acquisition builds upon Saudi Aramco and SABIC's combined history of nearly 130 years and will contribute to the company's long-term strategy of becoming a globally prominent integrated fuels and chemicals company.

Amin Nasser, Saudi Aramco's president and CEO, recently visited the Saudi Aramco-SABIC joint integration planning team at the Dammam Office Building, emphasizing the significance of this monumental acquisition, saying, "This acquisition is a historic event that will shape our future and expedite our plans to become a highly integrated fuels and chemicals

enterprise." He further highlighted that the chemicals business is important for the growth of the Saudi Aramco group, stressing that "Chemicals is an integral part of our Downstream business and strategy."

### integration work

Acknowledging the team's great efforts so far and the promising road ahead, the CEO said, "Saudi Aramco's management is proud of the hard work and dedication of the joint integration planning team, which is progressing very well." He added, "It is critical to deliver on synergy targets from this acquisition, and we are determined to realize the full potential of this integration."

He further added that "Saudi Aramco and SABIC are the two icons of Saudi industry. If SABIC succeeds, Saudi Aramco succeeds, and if Saudi Aramco succeeds, SABIC succeeds. The successful integration of Saudi Aramco and SABIC is not only a success story for the two companies, but also for the Kingdom."

The CEO highlighted that closing the transaction is rapidly approaching and

expected within the first half of 2020. He concluded by saying that "post-close, we will be one family and will act as one group."

### the post-closing integration team

To plan for post-closing integration, the integration planning team is composed of more than 150 key leaders and subject matter experts from multiple disciplines across both Saudi Aramco and SABIC, key advisers, and consulting firms, as well as senior management from both companies, and is responsible for developing the execution plans that will deliver the expected synergies and value while controlling risk and minimizing business disruption across functions in both companies.

"It is critical that the integration planning team includes senior leaders from both Saudi Aramco and SABIC," said Ziad T. Al-Murshed, vice president of Downstream Growth and Integration. "It is those functional leaders who understand the strengths and capabilities on both sides and are, therefore, well

positioned to identify and seek opportunities to create and capture value from integration."

Al-Murshed concluded that "with close guidance and support from Abdulaziz M. Al-Gudaimi, senior vice president of Saudi Aramco Downstream, and Yousif Al-Benyan, vice chairman and CEO of SABIC, as well as the Joint Steering Committee members, we are on the right path to capture targeted synergies post-closing."

Specifically, the integration planning team is assessing value capture opportunities across four functional cluster areas, namely business, technical, manufacturing, and finance functions. "With equal representation from Saudi Aramco and SABIC, each of these teams considers and evaluates the best means of creating additional value for the group after closing," says Muhammad A. Al-Arfaj, manager of the Integration Planning Team.

"Apart from focusing on planning for post-acquisition integration and realizing incremental value, the team looks at multiple other critical areas such as culture and managing the change resulting from the integration," Al-Arfaj added.

## your voice

### understanding why lessons aren't always learned



by Yousef A. Rayes  
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Your Voice reflects the thoughts and opinions of the writer, and not necessarily those of the publication.

How many times have you asked yourself why a problem remains unaddressed for a long period of time?

Did you wonder how much the organization spent in terms of money, time, and effort, as it addresses the recurring problem repeatedly? How can the organization learn lessons from the problems it already experienced to prevent the next major one?

As answers to those questions, I have noticed two primary issues:

1. The majority of the problems, either minor or major, had many precursor incidents.

2. Many investigations focus on identifying problems and propose recommendations, but those recommendations are not effectively implemented.

So, why are lessons NOT learned? According to the approach of the Deming cycle (Plan-Do-Check-Adjust), the failure to learn lessons are mostly due to

five causes that mainly fall under the Check and Adjust phases:

1. The urgency to get something done regardless of the quality of the final outcome

2. The lessons don't apply to us

3. Shallow root cause analysis

4. The corrective actions identified are improper and don't address the identified root causes

5. The failure of related parties to get corrective actions implemented.

Obviously, other causes exist, but employing effective process improvement and investigation tools, such as Lean Six Sigma, Pareto rule (80/20), TapRooT®, or Minitab software, and focusing on these causes, will help to effectively use the lessons learned to prevent reoccurring problems in the future.

How can these five causes of failures be fixed? To start, use the historical records of problems and conduct efficient

root cause analyses; apply a root cause analysis method that helps develop effective corrective actions; identify the right corrective actions that address the root causes well; implement continued improvement processes by monitoring the effectiveness of the corrective actions; and conduct scheduled audits and then adjust to the outcomes accordingly. These few processes will generally bring positive results.

Remember, identifying and correcting these problems at the initial stage is important to prevent the recurrence of similar accidents in the future — accidents that may lead to loss of human lives or other organizational assets.

Getting work done correctly in the first place is cheaper and easier than repeating and fixing it later. Lessons learned are very useful when they are used in an appropriate and efficient manner.

# Second International Nonmetallics Symposium

## Saudi Aramco looks to attract partners in key European cluster

by Muazzin A. Mehrban

**Lyon, France** — Following up on an inaugural nonmetallics symposium in 2018 in Tokyo, 2019 saw Saudi Aramco recently host a number of industry specialists, alongside Plastipolis, in Lyon, France.

A prominent forum host within Europe's nonmetallics sector, Plastipolis provided a key bridge between Saudi Aramco and potential investors.

Attended by more than 260 participants, the symposium was opened by Ahmad A. Al Sa'adi, senior vice president of Technical Services with Saudi Aramco, who emphasized the sheer scale of opportunity to attendees.

"Nonmetallics represent an opportunity to address operational challenges, in terms of our operational sustainability, while also allowing us to grow in what is a key downstream sector," said Al Sa'adi. "For Saudi Aramco, the growth, development, and application of nonmetallic materials will be transformational. We see the huge shift in technology that has shaped material science, providing new material and solutions to our industry."

Joining Al Sa'adi was Plastipolis president Emmanuelle Bouvier, who was confident in Saudi Aramco's ability to transition from its predominantly upstream business into new areas, such as plastics.

"The relationship between Saudi Aramco and Plastipolis in nonmetallics is strategic — especially among the plastics and composites industry — because we need to think about the future of this industry and find the right trends," she said. "Historically, Saudi Aramco is upstream, but it is increasingly expanding in downstream sectors, and with that we believe it will be very much fruitful to collaborate."

### challenges, opportunities, and a center of excellence

Pursuing not only sustainability but also advancements in technology and processes, two memorandums of understanding were signed by Aramco with Plastipolis and the leading French specialty chemicals manufacturer Arkema in an effort to establish a center of excellence to foster nonmetallic industries in Saudi Arabia and France and to promote local investment

*Ahmad A. Al Sa'adi speaks during the Second International Nonmetallics Symposium in Lyon, France. In addition to signing an agreement to work toward the establishment of a center of excellence to foster nonmetallic industries in Saudi Arabia and France, Al Sa'adi also emphasized the sheer scale of opportunity nonmetallic presents globally.*



opportunities in nonmetallic in all sectors.

The event included a panel discussion titled "Challenges and Opportunities for Nonmetallic Materials in the Circular Economy" in which Al Sa'adi said that to better position nonmetallic materials, we must first look at the current challenges and limitations of conventional materials, and then introduce new engineered polymers and advanced plastics.

Research and development initiatives and collaboration with centers of excellence across the world will be a key enabler. These challenges could be in materials properties, cost of production, and pace of product development.

The panel also included other key experts in the field of nonmetallics, including Jean-Paul Moulin, the material science director at Arkema, and Nieves Gonzalez Raman, the innovation manager at The European Chemical Industry Council.

Furthermore, several technical sessions were hosted covering a wide range of topics, such as carbon fiber manufacturing, automotive, building and construction, packaging, renewables, and a circular economy. These sessions were delivered by experts in nonmetallics from entities such as Axens, Plastic Europe, ITA RWTH, Fraunhofer IPT, Arlanxeo, SABIC, Roland Berger, IHS, DNV-GL, and others.

### localizing nonmetallic materials

Abdallah Al-Thaaly, manager of Saudi Aramco's Industrial Development and Strategic Supply Department, shared an overview of the Saudi Aramco journey to localize its supply chain. Al-Thaaly highlighted the significant progress made so far in localizing nonmetallic materials, with 160 expressions of interest received from investors and 12 in-

vestments already realized in the Kingdom.

The event, jointly organized by Saudi Aramco and Aramco Overseas Company, was attended by leading European companies, research centers, key players in nonmetallic sectors, and hosted speaking guests from SAGIA, Modon, NEOM, and SABIC.



The growth, development, and application of nonmetallic materials will be transformational. We see the huge shift in technology that has shaped material science, providing new material and solutions to our industry.

— Ahmad A. Al Sa'adi



## Nawaf K. Al-Dabal appointed Saudi Aramco assistant treasurer

**Dhahran** — Nawaf K. Al-Dabal has been appointed to the position of assistant treasurer with Saudi Aramco, effective Jan. 1, 2020.

In this new position, Al-Dabal will be responsible for Group Corporate and Project Financing, Financial Advisory, and Core Transaction Execution.

Prior to that, he had served as general manager in Treasury. Previously, he served as general manager of Transaction Development, responsible for executing joint ventures, mergers, acquisitions,

and divestitures, as well as for the King Salman Energy Park (SPARK).

Al-Dabal joined Saudi Aramco in 1997 and started his career with Joint Venture Development and Coordination. In January 2012, he led the Investment Analysis Division in Corporate Planning.

In August 2016, he was appointed as manager of the Joint Venture Support and Financial Consulting Department. Al-Dabal then served as manager of the Initial Public Offering (IPO) Readiness Team, and that assignment was followed

by a position as director of the Downstream Transactions Execution Department.

Al-Dabal holds a bachelor's degree in Finance from King Fahd University of Petroleum and Minerals, as well as an MBA from Rice University.

He completed an executive master's degree in International Oil & Gas Leadership from the Graduate Institute in Geneva, Switzerland, and is also a graduate of the Harvard Business School General Management Program.



# an opportunity to shine

## Inspection Department gives employees an opportunity to discover and enhance their hidden talents

In an effort to enhance employee engagement, the Inspection Department (ID) recently conducted its first "Inspection Department Talent Competition."

The goal of the competition is to give a chance to employees within the department to showcase hidden talents beyond their work duties. The competition challenges employees to come up with innovative and transformative ideas related to the following categories — Best Presenter, Best Photographer, and Best Presentation Designer.

The winner of each category is recognized by the department, and most importantly, will be given the opportunity to contribute to future projects and events by utilizing their skills.

### employees take the stage

Due to the nature of work done by the department, the majority of the workforce is scattered around the Kingdom. One of the main ideas behind the event was to give employees that do not usually interact with management on a daily basis a stage for them to share their abilities and talent with management. Having such an opportunity allowed the department to appreciate the various talents it has within the organization.

The competition was intended to be informal to allow both the audience and the participants to enjoy and engage with the event. The participants had a set allocated time for them to showcase their talent, based on the criteria they selected. A panel consisting of five judges used a grading criteria to score each participant. The highest scoring participant from each category was awarded at the end of the event.



Abdulmohsen A. Almousa explains the event to participants in the first "Inspection Department Talent Competition." The goal of the competition is to give a chance to employees within the department to showcase hidden talents beyond their work duties. (Photos: Hasan Al-Mubarak/MPD)

### what they had to say

Zaki M. Al-Ghuryafi from the Human Resources Group participated in the Best Photographer category.

"I am really impressed with the idea of such an event, and I was very pleased that I participated in such a motivational occasion," said Al-Ghuryafi. "It really meant a lot to me."

Abdurrahman H. Khayyat from the Operational Excellence and Compliance Group also participated.

"It was really exciting and its successful outcome was not predictable at the time of receiving the invitation," said Khayyat. "The talent show can be a great way to showcase the hidden skills of employees, build their confidence, and bring the community together."

Department manager Bader A. Busbait emphasized that "such events demonstrate our commitment to enhance employee engagement and improve communication. The Inspection Department prides itself in applying the knowledge and talents of our

employees, to maximize the success and contribution of the organization."

### here to stay

The event concluded by opening the floor to participants and attendees to share their opinions and provide feedback. That was followed by a recognition ceremony to

celebrate the winners, and all of the other participants who contributed.

With the widespread positive feedback the department received from participants and attendees for hosting the event, the plan is to conduct this event annually as it is a valuable tool that promotes employee engagement.

Zaki M. Al-Ghuryafi, who participated in the Best Photographer category, explains the details of a photo entry he made as part of the Inspection Department's Talent Competition. "I am really impressed with the idea of such an event, and I was very pleased that I participated in such a motivational occasion," he said.



## South Ghawar Producing Department Maintenance Shops turn to the sun for natural lighting solution in 'Udhailiyah

by Mohammed Almuhainy

'Udhailiyah — Saudi Aramco's South Ghawar Producing Department (SGPD) recently installed a new solution within its

premises called the Tubular Skylight Device.

Located at the 'Udhailiyah Maintenance Shop, the device is an energy saving lighting system that brings natural daylight into the building. It also eliminates the need for a conventional lighting system during the day.

This device will ultimately reduce the energy consumption, since it does not require an electrical supply. The goal of the new solution is to optimize the department's energy consumption, while also providing a better and healthier working environment by eliminating the heat associated with conventional lighting.

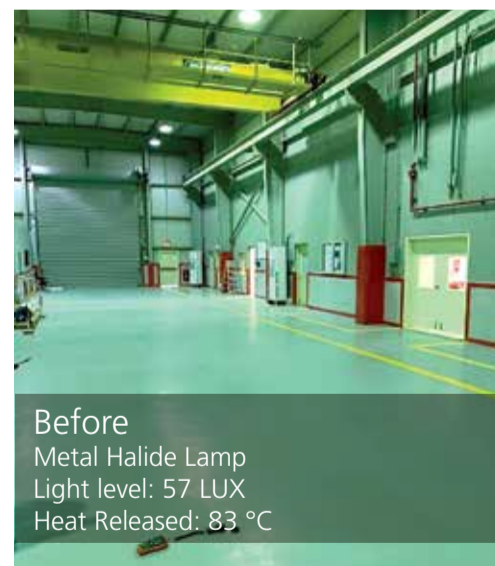
### how does it work?

The device works through a relatively simple process.

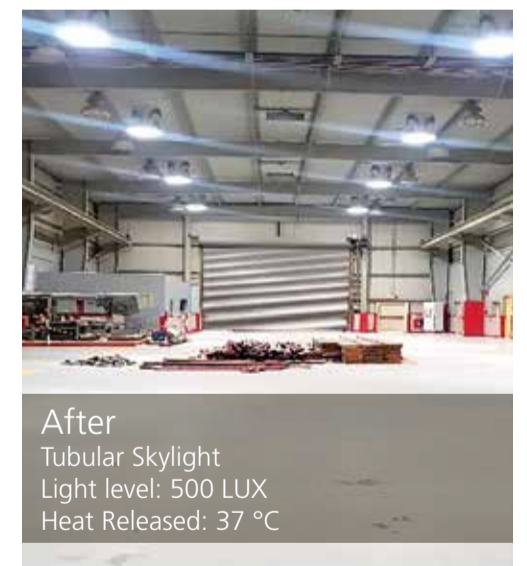
First, natural sunlight is captured by a dome at the top of the device. That sunlight is directed and reflected by a tube, and then the sunlight is delivered through a diffuser to the shop.

Though simple in practice, the solution provides a highly positive economic and environmental prospective.

Economically, replacing 12 units of 475-



Before  
Metal Halide Lamp  
Light level: 57 LUX  
Heat Released: 83 °C



After  
Tubular Skylight  
Light level: 500 LUX  
Heat Released: 37 °C

watt metal Halide lamps with 12 tubular skylight units has resulted in an energy savings of approximately 25,000 kilowatts per year. It also reduced air conditioning costs by 15% at the shop, eliminating the heat produced by conventional lamps.

It is also expected to reduce the associated maintenance costs as the utilization of a conventional lighting system will be

minimal.

Meanwhile, replacing the 12 units of lamps with this device is expected to save approximately 18 tons of carbon emissions per year — equal to planting 292 trees.

SGPD plans to install the technology throughout all maintenance shops under the department, with savings expected to exceed 200,000 kilowatts per year.



# symposium: preparing for IR 4.0 and ‘The Future of Work’

by Shaistha Khan

**Al-Khobar** — People are pivotal to achieving excellence in all aspects of business. With this premise, Pipelines, Distribution and Terminals (PD&T), in collaboration with the Human Resources (HR) admin area and Training and Development (T&D), recently hosted a first-of-its-kind “People Excellence Symposium.”

Over the two-day event, Saudi Aramco employees, representatives from partnering organizations, and academic institutions came together to discuss key issues in talent development.

## preparing for 2030

Nabil K. Al Dabal, executive director of HR, emphasized that preparing the workforce for tomorrow is a key strategic initiative of the updated HR Transformation Strategy.

“Many people know that as a result of the Fourth Industrial Revolution, it is anticipated that 75 million jobs will be displaced,” he said. “However, at the same time, 133 million new jobs will be created. This represents both a challenge and an opportunity.

“Rest assured, we have started planning and preparing for the ‘Future of Work,’” added Al Dabal.

Part of this means HR focused initiatives such as:

- Partnering with top business schools to train a young workforce (58% of the Saudi Aramco workforce is under the age of 35)

- Attracting the best talent to the company and country

- Partnering with oil and gas companies through the World Economic Forum to ensure a future-forward strategy that promotes diversity and inclusion, the acceleration of female development, and increased employee engagement.

“It is wonderful to see PD&T leading the initiative on people development, since the industrial workforce represents the majority of our population,” said Al Dabal.

T&D general manager Faisal A. Al Hajji, who spoke about the organization’s continuous evolution over the years in concert with ever-changing business needs, noted, “T&D will pursue very bold diversity and inclusion targets.”

## PD&T’s focus on HR development

Pipelines general manager Mohammad A. Al-Hatlani emphasized that “people are the company’s most valuable assets. People development permeates production, operations, and safety. Saudi Aramco is proud to make HR a priority.”

The symposium was born out of work done by the Pipelines’ HR Committee, which is a part of PD&T’s wider drive to focus on improving HR acumen. The committee consists of 77 subject matter experts companywide — all working to improve people development across engineering, maintenance, and operations personnel within pipelines. Through extensive re-



Imran Munir from the Learning Solutions and Services Department discusses the trends in e-Learning in his presentation on “Global Learning for a Global Player” during the first-of-its-kind “People Excellence Symposium.” The two-day event, hosted by Pipelines, Distribution and Terminals in collaboration with Human Resources and Training and Development, brought together Saudi Aramco employees, representatives from partnering organizations, and academic institutions to discuss key issues in talent development. (Photo: Habeeb Al Hadad/IMP)

search, analysis, and benchmarking, the committee came up with an extensive set of employee development programs, which were the subject of a number of presentations at the symposium.

Usamah A. Al Musabbeh, manager of Southern Area Pipelines and chairman of the Pipelines HR committee, explained that this was the first opportunity for PD&T employees to discuss HR issues with national and international experts.

“The symposium offers a platform for Saudi Aramco employees, partner organizations, and academic institutions to share best practices, success stories, chal-

lenges, and solutions that will prepare the economy and the country for Saudi Vision 2030,” said Al Musabbeh.

## a valuable opportunity

Some of the topics discussed during the symposium included how technology enables learning and technological advancements in T&D, best practices in vocational training, and empowering local youth.

Jesse M. Lapierre from the HR admin area facilitated the closing panel discussion, which focused on the question of “How Do We Shape the Leaders of Tomorrow?”

“Saudi Aramco has collaborated with the top 30 universities to develop customized training programs. This reflects the company’s investment in employees, their most valuable assets.”

— Albayan N. Dossary, PD&T

“I am pleased to see a collaborative effort between business lines and initiatives to prepare employees to meet the needs of Saudi Vision 2030.”

— Norah A. Albahussain, T&D

“It was nice to see a diversity of specialists and external companies. It will give us an opportunity to implement their best practices and learn from each other.”

— Mark Fletcher, T&D

“The participation of top management, along with a large number of professionals, shows the commitment of Saudi Aramco to align its people, organizations, and processes with Saudi Vision 2030.”

— Rami Busbait, Aramco Chemicals Company

“What really stood out for me is the wealth of knowledge that we have within the organization. There is so much going on within Saudi Aramco that we just don’t know about, and this symposium was a fantastic way to share information.”

— Aidin McGrath, Computer Operations Department

“Some excellent best practices were presented that are directly actionable.”

— Abdallah Al-Ghamdi, Western Region Distribution Deptment

“The symposium really put people at the forefront. It was impressive to see highly skilled and talented professionals all under one roof sharing their experiences and best practices.”

— Zahiruddin Butt, Management and Professional Development

# seeking solutions for the future of transportation in Shanghai

**Shanghai, China** — The need for robust scientific methods to inform the development of effective transport policies emerged as a key theme at the Eighth International Symposium on Future Automobile Engines held recently in Shanghai, China.

Saudi Aramco and Toyota Motor Beijing co-sponsored the workshop, which was hosted by one of the top engineering universities in China — Shanghai Jiao Tong University. The workshop was attended by approximately 100 participants representing government entities, prominent researchers from China, Japan, and the U.S., as well as leading manufacturers of passenger and commercial vehicles.

## a critical juncture for the transport sector

As the transport sector reaches a critical juncture and technologies are rapidly evolving, decision makers should be allowed to compete on a level playing field for the market to decide, said Huang Zhen, vice president of Shanghai Jiao Tong University who is with the Chinese Academy of Engineering.

“It is time that the life cycle assessment



Amer A. Amer presents the trends and opportunities for road transport, stressing the importance of using life cycle assessment to evaluate competing technologies. Amer was just one of several Saudi Aramco speakers and presenters at the Eighth International Symposium on Future Automobile Engines held recently in Shanghai, China.

enters a new phase of policy relevant guidance as we enable a sustainable transport future,” he said.

The life cycle approach evaluates the technology or policy’s effectiveness throughout its entire life cycle, not just the end-use phase, which can risk unintentionally shifting the environmental burden without addressing the original problem.

The workshop is designed to build consensus and align key transport stakeholders in China, promoting the cross-fertilization of ideas and the rapid development in advanced technologies, especially in regard to

sustainable solutions.

This is particularly important given the common misconception that any technology that has zero tailpipe emissions must be better for the environment than an internal combustion engine.

“Tailpipe emissions are only part of the story, and any technology in the transport sector must be evaluated thoroughly, across its entire life cycle — from cradle-to-grave,” said Amer A. Amer, chief technologist with the Dhahran Research and Development Center’s Fuel Technology Research Team at Saudi Aramco.

## three sessions, 20 presentations, four panel discussions

The workshop, which was divided into three sessions, featured 20 presentations from leading researchers and industry players, as well as four panel discussions.

Saudi Aramco delivered three presentations, including:

- Advanced technologies for the road transport sector
- Pathways toward future hydrogen-based mobility
- A life cycle assessment case study comparing two emerging technologies for heavy-duty trucks, which found that the total life cycle emissions for an electric truck depends on how the electricity is generated.

Saudi Aramco’s active participation in the symposium is an example of the company’s long-term commitment to meaningfully contribute to the development of sustainable and affordable mobility for China.

Given the success of this workshop, Saudi Aramco intends to continue to be engaged with our esteemed partners to advance the discussions on future automobile engines.

# Saudi Aramco engineer wins Young Energy Professional of the Year Award — Middle East

by Dalia Darweesh

**Dhahran** — East-West Pipeline Department (EWPDP) energy coordinator Abdulaziz S. Alsanouni has been recognized on an international stage, presenting his technical paper, and receiving the Young Energy Professional of the Year International Award — Middle East Region.

“

I feel very proud for receiving this recognition from a prestigious association — especially being chosen among professionals located in 22 countries within the Middle East, and in more than 100 countries worldwide.

— Abdulaziz S. Alsanouni

Alsanouni was given the award at the Association of Energy Engineer's (AEE) World Energy Conference and Expo that was held in Washington, D.C.

"I feel very proud for receiving this recognition from a prestigious association — especially being chosen among professionals located in 22 countries within the Middle East, and in more than 100 countries worldwide," said Alsanouni.

He was one of three engineers from the Middle East region recognized at this year's award ceremony.

## energy conservation solutions

Alsanouni works as an energy coordinator, identifying and implementing energy saving techniques and processes. With six years of industry experience, he has previously been recognized by Saudi Aramco's Downstream operations in 2015 for delivering the best proposal to improve energy intensity key performance indicators.

Alsanouni also established an entire plant energy management system and led its team until the EWPDP managed to position its energy to be among the best in its class, obtaining ISO 50001 certification.

EWPDP is one of the Pipeline's departments and its mission is to transport hydrocarbons at the highest standards of safety, reliability, efficiency, and in an environmentally responsible way through empowered competent teams, innovation, and state-of-the-art technologies.

## on receiving the award

A significant part of Alsanouni's nomi-



Bill Kent, the executive director of the Association of Energy Engineers (AEE), presents the Young Energy Professional of the Year International Award — Middle East Region to Abdulaziz S. Alsanouni during the AEE World Energy Conference and Expo in Washington, D.C.

nation, and winning, was the Energy Optimization Program (EOP) he implemented, which introduced a new contract type — an Energy Saving Performance Contract — between his department and the energy service company. The objective of the contract is to maximize energy savings without a capital cost, enabling EWPDP to use private sector financing to implement energy conservation methods and technologies to accelerate investments through cost-effective energy conservation measures.

Mustafa K. Hashim, an engineering specialist with the Energy Compliance Unit, nominated Alsanouni for the award for his continuous dedication, commitment, en-

gagement, and outstanding contributions to EWPDP.

Hashim, who is responsible for energy optimization operations through monitoring and tracking energy consumption, said that every year each department is assigned a target, and Alsanouni's department has always met those targets. Hashim has worked alongside Alsanouni on the EOP project.

"He was the focal point of contact for the EWPDP, and was chosen for his active engagement in the energy field and within his department, as the creative ideas and solutions would usually come from his department," said Hashim.

## are you stressed out?

### JHAH offers tips on how to manage chronic anxiety

by Dalia Darweesh

**Dhahran** — Many people go through stress occasionally. But if stress affects you on a mental or physical level, there are steps you can take to manage that stress and to prevent long-term health problems.

## professional perspective

Feeling stressed before a big event is normal, says Dr. Ahmad M. Almai, consultant psychiatrist with the Neuroscience Institute at Johns Hopkins Aramco Healthcare (JHAH). Stress can even be beneficial when facing an important decision, as it triggers the fight, fright, and flight reaction, which is a natural human response to life situations.

But chronic stress — the kind that persists long after a big event has passed — can turn into anxiety that can hinder job performance and cause stress-related health problems such as shortness of breath, chest and stomach pain, headaches, tense muscles, insomnia, irritable bowel syndrome, and more. Comparatively, psychological symptoms include excessive worries, fear, and having unrealistic expectations.

Chronic stress can stem from suppressed negative thoughts, needs that haven't been met, and in some cases, a genetic factor.

"The first step is to identify the reason behind your stress, understand why you are having these thoughts, and then try to find a strategy that works best to overcome these thoughts," says Almai.

Dr. Maysaa W. Buraik, a consultant clinical psychologist with the Neuroscience In-



Dr. Ahmad M. Almai



Dr. Maysaa W. Buraik

stitute at JHAH, says, "It's not stress alone that causes our anxiety; it is how we deal with the stress that we face."

Going to therapy and being able to sit with a therapist in a nonjudgmental environment can help. Evidence-based research shows that depending on the type and level of stress, psychotherapy can be enough, or a combined psychotherapy and medication method might be more effective.

For lower level stress, Buraik says psychotherapy alone can be relieving. However, some tend to choose a "quick fix" by taking antidepressants for their immediacy, but they often return to their old, ineffective behavior, and thought processes.

When it comes to therapy, several factors must be considered, such as situational stress, work stress, ways of coping, and personality traits.

## tips for managing stress

1. When you start to feel stressed, count

to 10, and take deep breaths

2. Share your thoughts and feelings with a close friend or family member

3. Take a brisk walk daily for at least 10 minutes, and incorporate exercise in your weekly routine

4. Limit daily caffeine intake found in coffee, tea, or energy drinks

5. Get enough hours of sleep, maintain a healthy diet, and relax on weekends

6. Read good books, and use stress relief applications such as learning correct breathing techniques.

If your stress is consistent, continuous, or chronic, see a specialist.

## mental health services at JHAH

JHAH provides clinical psychology, community counseling services, psychiatric outpatient services, and behavioral health for patients who require treatment, medication management, or behavioral management.

Cognitive behavioral therapy is one of the only methods that has the ability to be quantified, especially with anxiety, stress, or panic attacks. Another method is biofeedback, which helps with controlling thoughts, and eventually, can control anxiety.

JHAH also offers social services such as education, supportive counseling, financial evaluation, and a call-in system for crisis intervention.

For more info, visit [www.JHAH.com](http://www.JHAH.com) > Care Services > Specialty Care > Mental Health.



# new Waterboxx technology brings life to Empty Quarter trees

by Mohamed Lyzzaik

**Shaybah** — On a beautiful sunny day, Shaybah residents recently joined hands in a campaign to plant 100 *Prosopis cineraria* tree seedlings in the desert of the Empty Quarter.

The planting campaign was led by Shaybah Producing Department (SyPD) management and organized by the HYAT volunteering team.

Scores of volunteers from all Shaybah area organizations participated in the activity. The planting took place at the Shaybah Wildlife Sanctuary and Shaybah Residential Industrial Complex. The goal of the campaign was to incorporate environmental awareness among Shaybah residents, increase the capacity of the sanctuary, and to develop green cover in the area.

The *Prosopis cineraria*, commonly known as “ghaf” in Arabic, is a species of flower-

ing tree that ranges from 3 to 5 meters in height. In addition, the tree is known for having thorn branches and small flowers. *Ghaf* is found in extremely dry conditions with rainfall as low as 15 cm annually and is native to Saudi Arabia, the UAE, Oman, and other similar arid areas.

To aid the plants to prosper in the harsh environment of the Empty Quarter, an innovative irrigation system called Waterboxx was used for the first time by Saudi Aramco. The Waterboxx is designed to conserve water and capture rainwater and condensation from the air in its chamber.

The Waterboxx uses a wick as a medium for water to disperse into the ground. Once the plant roots grow deeper into the ground and find their source of water, the Waterboxx can be removed. The Waterboxx is anticipated to be filled on a semi-annual basis.

## HYAT looks to reduce waste, expand plantation

The HYAT volunteering team organized the planting campaign. The team was established by SyPD manager Khalid H. Al-Jamea as one of the Environmental Protection Department initiatives in 2019. It is a volunteering platform for all Shaybah area employees and contractors to take proactive measures to sustain a safer, cleaner, and healthier environment in Shaybah. HYAT is led by one of SyPD’s young talents, Abdulaziz Al-Mudayfir.

The name HYAT, the Arabic word for life, was the team’s choice to enable the vision of creating a self-sustained and environmentally responsible Shaybah community. The group’s mission is “to lead and guide ambitious Shaybah residents to reduce waste, expand plantation, and improve the overall well-being of the Shaybah community.”



A member of the HYAT team in Shaybah installs a Waterboxx tool to conserve and capture rainwater and condensation from the air in its chamber. The technology was recently employed for the first time at Saudi Aramco.

## read it on the intranet

for the full story on the headlines below, visit <https://home.aramco.com.sa/Pages/homepage.aspx#>news> (Our Latest News)

### Saudi Aramco’s home ownership project work wins Envision Award



Mohamed S. Al Hakbani, senior projects manager for the South Dhahran Home Ownership Project, accepts an Envision Award for the sustainability provisions in the Ajjal project from Anthony Kane, president and CEO of the Institute for Sustainable Infrastructure. As the first global energy provider to receive this award, Saudi Aramco has strengthened its ability to lead by example and showcase its environmental commitments to industry leaders and government officials.

### digital transformation, AI, advanced analytics, and more tackled at Advanced Analytics Technical Exchange Forum



The Process and Control System Department recently hosted the first Advanced Analytics Technical Exchange Forum at the North Park Auditorium, with 250 professionals from across the company attending. The event addressed a number of important topics, including digital transformation, advanced analytics and artificial intelligence, edge computing, deep learning applications, hybrid modeling, natural language processing, and machine vision.

### P&CSD pursues excellence through collaboration in Industrial Utility Systems



In the “Best Practices in Steam and Power Systems” session, four technical presentations were given, and then followed by a panel discussion at the recent Second Industrial Utility Workshop conducted in Dhahran. The workshop, which was organized by the Process and Control Systems Department, served as a platform to explore technical challenges while bringing together subject matter experts across the company to exchange knowledge, best practices, and improvement opportunities.

### Saudi Aramco signs renewal agreements to ensure Japanese ties



Ahmed M. Alkhunaini, (front row, middle) poses with officials of the Uruma local government, Ministry of Economy, Trade and Industry, Japan Oil, Gas and Metals Corporation, Okinawa CTS Corporation, Okinawa Maritime Industries Company Ltd., Nippon Kaiji Kentei Kyokai, JXTG Nippon Oil & Energy Corporation, Cosmo Oil Co. Ltd., and Aramco Asia-Japan.

# a year of historic delivery

**Dhahran** — The Arabian Sun recollected during 2019 that 80 years have passed since May 1, 1939 — the day when King Abdulaziz Al-Saud turned the valves allowing oil to flow on the tanker D.G. Scofield.

With the turning of his hands, the King connected Saudi Arabia to the industrialized world, and set in motion a new era of prosperity for the Kingdom.

Eight decades later, 2019 unfolded as another powerful and historic year for Saudi Aramco. By the end of the year, Saudi Aramco had become the world's largest publicly traded company.

## from the first concession agreement to an IPO

Nov. 3, 2019, marked a grand milestone and a historic moment for Saudi Aramco, the country, and the world, when the Initial Public Offering (IPO) was announced, starting a new chapter for Saudi Aramco.

HE Yasir O. Al-Rumayyan, Governor of the Public Investment Fund and Chairman of the Saudi Aramco Board of Directors, highlighted that the IPO is aligned with, and supports, the Kingdom's objectives reflected in Saudi Vision 2030. The bell ringing ceremony on Dec. 11 was the crowning achievement that marked the completion of the world's largest publicly traded company on the Saudi Stock Exchange (Tadawul) — confirming Saudi Aramco as the most profitable and most valuable company in the world. Shares started trading on Tadawul, promising a new era of prosperity for the Kingdom.

## in a position of industry leadership

At the two-day Atlantic Council Global Energy Forum during Abu Dhabi Sustainability Week in January, the upward revision of the Kingdom's oil and gas reserves were announced as the results of an independent audit were released, announcing that Saudi Aramco is the world's most valuable company.

In April, the company announced a record-breaking bond issue, with demand



The first-ever brand awareness campaign under the theme "This is Real Energy. This is Aramco."

well above \$100 billion. It also sold its first bonds at \$12 billion — 10 times higher than the expected raise — in its inaugural international bond issuance.

Later, in October, the first ever Saudi Aramco brand awareness campaign was launched to deliver the overarching message of "This is Real Energy. This is Aramco," strengthening the company's position as a true industry leader.

## significant localization efforts continue

The company awarded 34 contracts with a total value of \$18 billion for the engineering, procurement, and construction of the Marjan and Berri increment programs in July — creating thousands of jobs and expanding capacity. That helped to both strengthen the company's position as a leading integrated energy supplier and to also help to meet the growing long-term demand for petroleum.

We also recognized the major completion milestone of the first oil for the Khurais Arabian Light Crude Oil Increment program, significantly raising the plant's production capacity by 300,000 barrels per day — making it one of the largest oil producing facilities in the world.

Saudi Aramco made a powerful impact, improving the quality of life for employees and the communities they live in, through the Community and Public Projects Department with 31 projects completed or in progress in January, including research centers, housing projects, highways, and eco-parks.

## embracing the Fourth Industrial Revolution

The doors to our Fourth Industrial Revolution (4IR) Center in Al-Midra Tower were opened in July — with a targeted strategic focus on cutting-edge digital technology and innovation, transforming the way in



The company continued to demonstrate a commitment to 'Udhailiyah' to its efforts to help the endangered Asir magpie and DingIMPDP

which Saudi Aramco runs its operations.

We took a privileged look inside Saudi Aramco's Operations Control Center in November — the nerve center of the company dedicated to delivering our premium hydrocarbon products in an optimal, safe, and environmentally responsible manner to local and international customers through the talent of its people and leveraging state-of-the-art technology.

In September, Saudi Aramco Technolo-



Saudi Aramco celebrates a deal to acquire 70% of SABIC in March.



The ribbon-cutting at the new office of Aramco Asia-Singapore.



The company pursues hydrogen-based fuel solutions.



Officials recognized the major completion milestone of the first oil for the Khurais Arabian Light Crude Oil Increment program.





Above: Saudi Aramco first responders demonstrated a readiness and resilience of significant proportions in responding to attacks on facilities in Abqaiq and Khurais. (Photo: Mohammed Al-Shaikh/MPD)

Left: Amin Nasser marks a grand milestone and a historic moment for Saudi Aramco and the Kingdom as he rings the bell signifying the company's Initial Public Offering in December. (Photo: Moyaed Al-Qattan/MPD)



sustainability and diversity, from the wetlands near Jeddah, and from Khurais to Berri. (Photos: Musleh Khatham)

of S-Oil's new Residue Upgrading Complex and Olefin Downstream Complex in South Korea, presided over by HRH Prince Mohammed bin Salman Al-Saud in June. S-Oil serves as a role model for Saudi Aramco's international Downstream strategy and plays an important role in providing the vital energy needed for economic growth in South Korea.

We expanded our downstream operations into Asia during the same month as we saw the company move to a new and bigger office in Singapore, housing three business entities — Aramco Asia-Singapore, Aramco Trading Singapore, and S-Oil Singapore — under one roof.

In March, we witnessed one of the largest deals in the history of mergers and acquisitions, with a 70% stake in Saudi Arabian Basic Industries Corporation (SABIC) — one of the world's top petrochemical companies by revenues. This strengthens and accelerates Saudi Aramco's downstream strategy with refining, marketing, and chemicals.

### strength in resiliency

Meanwhile, few will forget the attacks on our facilities in Abqaiq and Khurais that were intended to disrupt the global oil markets.

"Our resilience and reputation were tested to the maximum," said Saudi Aramco president and CEO Amin Nasser. "But I have never been prouder of the courage, awareness, and determination of our peo-

ple to meet adversity head-on."

The amazing courage of front-line operators, and the collective immediate, resilient, and unified response of Saudi Aramco's people and communities saw full production restored within 24 hours at Khurais, and 48 hours at Abqaiq, resulting in no immediate impact on the global energy markets.

### striving for sustainability

Conducting significant research into mobility, Saudi Aramco was recognized for our contribution in the support of developing next generation mobility in October, through innovating an internal combustion engine that is essential toward meeting the world's emission reduction targets.

In June, we received an independent third-party assurance on the accuracy of our in-Kingdom greenhouse emissions. The company's ambitious technology drive and best in class reservoir management revealed that Saudi Aramco's carbon intensity holds the world's second lowest carbon intensity, and a very low upstream methane intensity.

During the year, *The Arabian Sun* reported on the company efforts to save a rare bird found only in Saudi Arabia, the Asir magpie, as well as a program completed by environmental scientists that identified 18 sanctuaries of biodiversity, covering around 1,200 square kilometers coexisting alongside Saudi Aramco's operating areas.

With the thriving biodiversity challeng-



Gearing up for its public listing on the Tadawul, the company further refined its reporting processes and held its first earnings call in August.

gies Company, and the Abu Dhabi National Oil Company opened the Nonmetallic Innovation Center, a research center in Cambridge focused on innovation and advancing the use of nonmetallic industrial applications.

### Saudi Aramco Downstream sees historic growth

Our global chemicals growth strategy was advanced again with the inauguration

ing the perception that oil and gas operations cannot coexist with environmental management and biodiversity conservation, *The Arabian Sun* continued to share site-specific biodiversity stories from locations including Khurais, Abha, Berri, 'Udhailiyah, and Shaybah.

2019 was a year of continuous achievements and milestones, which proved that Saudi Aramco is one of the world's most important companies through our resilience and our long-term ability to create sustainable, profitable growth.



The company continues its pursuit of next-generation mobility technologies.



Saudi Aramco announced it would be entering the retail fuel business.



The new Fourth Industrial Revolution Center at Al-Midra in Dhahran.



The Nonmetallic Innovation Center in Cambridge focuses on innovation.



The King Abdulaziz Center for World Culture continued to shine with a full event schedule.



# from coast to coast, Marine Department makes a clean sweep of ports



On one side of the Kingdom, public school students in Jazan remove trash from the Red Sea coast. On the other side, Najmah School students remove refuse from the Arabian Gulf coastal area.

Saudi Aramco's Marine Department recently coordinated the successful Regional Clean Sea Organization (RECSO) Cleanup Day at company facilities on both the Arabian Gulf and Red Sea coasts.

The annual regional campaign is headed by RECSO, with participation from its member oil companies throughout the Gulf Cooperation Council.

The inaugural campaign in 2012 was led by the Marine Department with 75 participants. The event was subsequently adopted by RECSO, and extended to a level that saw more than 2,500 participants involved in 2019.

This year, cleanup activities were conducted at Ras Tanura, Tanajib, Jazan, Jiddah, and Duba. There was active participation from a number of Saudi Aramco business areas, including Marine, Producing, Ras Tanura Refinery, Jazan Refinery, Distribution, Community Services, Security, Government Affairs, Saudi Ar-

amco Schools, and Johns Hopkins Aramco Healthcare.

The event was additionally supported by non-Aramco organizations, including Frontier Guards, as well as local municipalities and public schools. At the remote work location in Tanajib, the campaign was actively fronted by senior local management and included participation from approximately 100 employees representing Marine, Safaniyah Producing, Offshore Projects, Transportation, and both Marine Offshore and Onshore Contractors.

## a commitment to a cleaner sea environment

Approximately three tons of waste materials were collected, which was considered a tremendous success and drew praise from Tanajib management.

The cleanup day began with presentations that provided an overview of the campaign, and safety tips to ensure partic-

ipants enjoyed a safe and productive day. Additionally, key participants from Saudi Aramco and government authorities were recognized by Abdullah A. Al-Tewairqi, acting Marine manager, who expressed his gratitude for their commitment for a cleaner sea environment.

Al-Tewairqi emphasized Saudi Aramco's commitment toward protecting our environment in general — and the sea environment in particular — where a significant proportion of company operations occur. He added that the enthusiasm demonstrated by the participants was a clear message of their interest, and awareness in supporting such initiatives.

Muhammad A. Saber, acting director with the Global Oil Spill Response Division, also expressed profound appreciation to all organizations and individuals for their active contribution to the success of the event and reaffirmed the company's support to similar global and regional initiatives.

## spotlight



The Western Region Distribution Department (WRDD) recently conducted its 2019 recognition event to celebrate and recognize employees who made remarkable achievements throughout the year. Sixty-one employees received certificates and gift vouchers, and as part of the recognition program, WRDD manager Abdullah M. Al Ghamdi distributed trophies for the winning division head (Khalid Safar of the Planning, Training and Material Division) and unit head (Abdullah Al-Nahdi of the Tabuk Operation Unit) in the internal contest of employee engagement best division and best unit. During the program, a brainstorming session was conducted to generate appropriate proposals for WRDD employee engagement areas of improvement. Among those recognized included Ali AlAsmari, Said AlGhamdi, Naher AlOtaibi, Mansour Al Rifi, Waheed Dhyie, Anwar Refaei, Khalid Khudyer, Hadi Alyami, Omar Bagabas, Hatem AlAsmari, Mofarji Jadaani, Nawaf AlZahrani, Said Al-Ghamdi, Riyadh Zahrani, Mohammed Yami, Murraie AlGarnie, Tariqe Wali, Wabil Saber, Abdulwahab HussamDeen, Marwan Bokhari, Hassan Almozaini, Saleh Delaim, Mohammed AlEnizi, Ali Asmari, Omar Bagabas, Salah Al-Garni, Yahya Awami, Mohsen Al Anezi, Khalid AlQahtani, Ibrahim Alaqli, Khalid Makhdoom, Anwar Refaei, Waalan Ahmari, Abdullah Hamadany, Mammdoh Alfakeer, Mansoor Farrag, Hosam Aljohani, Abdulraheem Alyoubi, Mohammed AlGhamdi, Mohammed Khanan, Rageed Al-Nahdi, Yahya AlAwami, Abdullah AlMashekhi, Rayan Henawi, Yousef Masoudi, Mohammed Al-Rabghi, Majed AlMalki, Ahmed Alshehri, Yousef Al-Masoudi, Saeed Al-Zahrani, Almustassim Ghazali, Hesham Jamal, Abdulaziz AlAhmadi, Mohammed Safri, Omar Bagabas, Basil AlHabib, Ahmed Al-Sayed, Mohammed Qamlah, Redha J. Alamri, Omar H. Subhi, Mohammad Qahtani, Humoud AlGuraibi, Aiyed Ganim, Mohammed Alhwity, Saleh Emran, Majed Albalawi, Ebrahim AlMohammdi, Bader AlSarani, and Mohammed Kasir.

The IT Customer Relations Department launched a corporatwide CloudPrint awareness campaign in Al-Midra, the Tower Building, Dammam Office Building, Light Industrial Parkway, and West Park. Thirteen additional awareness campaigns will be held Kingdomwide with the support of the Area IT Department. CloudPrint provides end-users with more flexibility and greater control over confidential documents with an additional layer of security. Printed documents can be retrieved securely from anywhere with a simple swipe of one's Saudi Aramco ID. In addition to the flexibility and the enhanced data protection feature of this new service, CloudPrint is considered more eco-friendly as it reduces paper waste. CloudPrint Service is available on Office Services Department printers (OC) and Information Technology printers (BP).



Ras Tanura management poses with team members on a project to build one of the world's largest demountable flare systems, which is being executed as part of the Clean Fuels Project at the refinery. The installation of the new flare system started with the assembly activities of the 200-meter high derrick.



Two CDPNE (College Degree Program for Non-Employees) students studying at Tokai University in Japan, Mosa A. Alamoudi (left) and Abdullah T. Alghanmi, took part in publishing a book for Arabic speakers to learn Japanese. The book titled "Let's Speak in Japanese!" which is linked to its original online video materials, enables Arabic speakers to easily acquire Japanese through sight and sound in a fun way without relying on Japanese written characters. The Tokyo Japanese Language Education Center, where both students studied Japanese when they first arrived in Japan, invited them to help publish the book. Their contribution ranged from translation, to voice acting, to designing the book.

# well-being caring for your health and wellness



## caring profile

**Mohammad K. Al Turikhem**  
Environmental Health Adviser  
Health, Safety, and Environment  
Department

### education

- Bachelor of Science in Environmental Health, Dammam University (2012).

### work history

- Environmental Health adviser, JHAH (2016-present)
- Environmental Health inspector and researcher, The Arabian Environmental Science Company (2015-2016)
- Environmental Health specialist, Children and Maternity Hospital, Dammam (2014-2015).

### quote

“Ensuring a safe environment is a significant contributor to the healing journey of JHAH patients.”

Dietary supplements such as vitamins, minerals, herbs, and many other products, come in many forms — pills, capsules, powders, drinks, and energy bars.

Some supplements can improve health. For example, calcium and vitamin D are important for keeping bones strong. Pregnant women can take the vitamin folic acid to help prevent certain birth defects in their babies.

Dietary supplements are meant to improve your diet, but they shouldn't replace the variety of foods that are important to a healthy diet.

People use dietary supplements for a wide variety of reasons — to boost energy or get a good night's sleep, or even by postmenopausal women to respond to a sudden drop in estrogen levels.

Unlike drugs, supplements are not intended to treat, diagnose, prevent, or cure diseases and it cannot be claimed that they reduce arthritic pain or treat heart disease.

Among the most common dietary supplements are multivitamins and mineral supplements, which contain a combination of vitamins and minerals. Different products use different vitamins and minerals.

Dietary supplements are also available as stand-alone nutrients, such as vitamin C tablets.

### the benefits of supplements

Some supplements can provide essential nutrients, while others may help you reduce the risk of certain diseases. Scientific studies have shown that some dietary supplements may even be beneficial for overall

health and help in managing some health conditions.

Their benefits vary greatly. Folic acid is commonly taken by pregnant women to prevent certain birth defects in their babies.

Calcium and vitamin D are important for keeping bones strong and reducing bone loss. Omega-3 fatty acids from fish oils might help some people with heart disease. Probiotics may be used to help with a variety of gastrointestinal conditions.

### the risks of supplements

Many supplements contain active ingredients that strongly affect the body. This can make them unsafe in some situations and harmful to your health.

If you have diabetes, high blood pressure, or other health problems, taking supplements may increase your risk for side effects. Talk to your physician before taking any supplements.

Some can also have unwanted side ef-



fects, i.e., before, during, and after surgery. They may increase the risk of bleeding or affect a person's response to anesthesia. Be sure to tell your physician about any supplements you are taking before surgery.

Some risks are caused by not taking the supplements properly. Never substitute supplements for prescription medicines or take more than recommended. This could lead to life-threatening consequences.

Taking too much of some supplements can also be harmful to your health. Too much vitamin A can cause headaches and liver damage, reduce bone strength, and cause birth defects. Excess iron causes nausea and vomiting, as well as damage to the liver and other organs.

And pregnant women should be cautious about taking dietary supplements. Supplements, other than a basic multivitamin, shouldn't be given to children.

### safety considerations

Be aware of potential benefits and risks of supplements by reading trustworthy information about them. Always check with your physician before combining supplements or using supplements with any medications — prescription or over-the-counter.

Don't exceed the label dose recommendations, and remember that some ingredients found in supplements are already added to a growing number of foods. You may be getting more of these ingredients than you think.

Also, just because something is said to be natural doesn't mean it is safe or good for you, as it has the potential of side effects.

## tips for managing indigestion

Indigestion, a feeling of discomfort or burning in your abdomen, is common. It may cause heartburn, belching, or bloating, and may also cause nausea or vomiting. Although it is common, the way you experience indigestion varies.

Follow these tips to help prevent mild indigestion:

- Eat smaller, more frequent meals. Chew food slowly and thoroughly.
- Avoid triggers. If certain foods, beverages, or behaviors trigger indigestion, avoid them.
- Maintain a healthy weight, as excess weight can put pressure on your ab-

domen or even push into your stomach, causing acid to back up into your esophagus.

- Exercise — even a daily walk — can help moderate weight and improve digestion. Try for 30 to 60 minutes of physical activity daily.

• Limit daily stress, especially during meal time. Practice relaxation techniques such as deep breathing, meditation, and yoga. Spend time doing things you enjoy, and get plenty of sleep.

- Talk to your doctor about medications you take to determine if they may cause

indigestion. With your physician's approval, stop or cut back on pain relieving drugs that may irritate your stomach.

- If lifestyle changes don't help your indigestion, medications may help.

LEGAL DISCLAIMER: All health and health related information contained in this Johns Hopkins Aramco Healthcare company material is intended to be general in nature and should not be used as a substitute for a visit with a health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment, and needs of you and your family.

## توازن Tawazon

Your Way Out of Prediabetes  
أوقف السكري قبل حدوثه

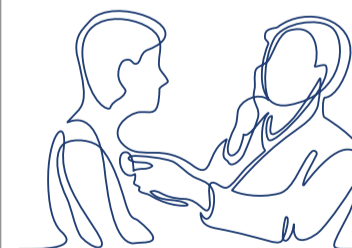
### 2020 Tawazon program and prediabetes quiz

Take the prediabetes quiz to know your risk level for prediabetes and see if you qualify for the 2020 JHAH Tawazon diabetes prevention program. Knowing your risk level can empower you to reverse prediabetes and to delay or even prevent Type 2 diabetes in your future.

To access the prediabetes quiz, visit <https://www.jhah.com/en/prediabetes-quiz>.



See the  
prediabetes  
quiz



### Become a patient at Johns Hopkins Aramco Healthcare (JHAH)

Eligible Saudi Aramco employees and their dependents are invited to register for healthcare at JHAH.

For more information on how to change your registration, contact your local HR Service Center or visit HR Online, or scan the QR code below for detailed instructions.



800-305-4444 | www.jhah.com

مركز جونز هوبكينز  
الارامكو الطبي  
Johns Hopkins  
Aramco Healthcare

# self-directed groups celebrated in Ras Tanura with annual Awards and Appreciation Dinner



Representatives from some of the more than 30 active self-directed groups in Ras Tanura recently gathered for the annual banquet recognizing the top volunteer efforts over the past year. The goal of the event is to celebrate the selfless individuals in the community who channel their civic virtues by giving of themselves, their time, and their passion.

by Charmain D. Ford

**Ras Tanura** — As 2019 drew to a close, the Northern Area/Western Region Community Services Department, Recreation Services Unit, recently hosted its annual Awards and Appreciation Dinner for self-directed groups (SDG).

Ras Tanura has more than 30 active SDGs — all of which are made up of volunteers who make a difference to all of our lives by creating opportunities, making things happen, and sharing their most precious commodity with us, their time. The volunteers are devoted to something that is greater than they are, and make incredible sacrifices to expand potential and possibilities.

This event was proposed several years ago to recognize the value of our volunteers and celebrate the selfless individuals in our community who channel their civic virtues through the giving of themselves, their time, and their passion.

Each SDG board of director has worked diligently on a number of programs, projects, and events to enhance the entire



The Ras Tanura Art League earned one of three High Distinction Awards for its two-week long art exhibition, with one week dedicated to displaying work from children in the community.

community. Throughout 2019, more than 1,300 activities and events were held in the community through the efforts of these volunteers.

Each board member received a certificate of appreciation, and awards were given to the most outstanding groups. More than 180 individuals participated in the celebra-

tion.

The Recognition Award for the most improved group went to the Ras Tanura Swim Club in appreciation of outstanding and dedicated service to the community.

An Achievement Award for highest participation went to the Ras Tanura Badminton Association — primarily for the club's Open tournaments, which usually have about 500 players participating. The recognition award for the highest participation by youth was given to the Ras Tanura Youth Soccer Association.

Special Interest awards for youth and adult groups went to the Ras Tanura Chess Club and Najmah Quilters Guild. The Ras Tanura Martial Arts Association and Ras Tanura Golf Club received awards for being the most active youth and adult sports group, respectively.

The Ras Tanura Bowling Association received an award for its consistency and the Ras Tanura Women's Group/Elites received an award for the community blood drive that they held this year.

There were three High Distinction Awards.

Event of the Year went to the Ras Tanura Art League for a two-week long art exhibition, with one week dedicated to displaying work from the children in the community.

A new award honoring the most community-based events hosted by an SDG went to the Ras Tanura Women's Group. The Excellence Award went to the Ras Tanura Health and Fitness Group for its continuous commitment to the growth and development of individuals of the community.

Special awards were given to the Ras Tanura Yacht Club and the Middle/Elementary Schools for the use of their facilities, which were utilized for many of the events and activities held throughout the year.

The night was rightly a reflection of team and community spirit.

There are many opportunities to serve on one of our many boards, or join an SDG. A SDG membership fair will be held on Saturday, Feb. 8, 2020, from 10 a.m. to 1 p.m.

## coming together to help kids with charity quilt effort

by Robin Owen

**Abqaiq** — The Abqaiq Art Group continues to seek volunteers for its charity quilting effort.

So far, an abundance of participants have volunteered and have relished coming together for this worthwhile project. The goal of the campaign is to produce 22 lap quilts to donate to children.

Each quilt takes a number of hours to complete, with the ongoing project participants coming together every Monday night from 6 to 8:30 p.m. until all the quilts are ready for presentation.

No registration is needed, as it is an open event.

Fabric donations are welcome and deeply appreciated. For more information about

this and upcoming classes, contact the Abqaiq Art Group at [abqaiqartgroup@gmail.com](mailto:abqaiqartgroup@gmail.com).

The organization thanked Lauren Pollock for organizing the event, as well as the Shuf Shop and everyone that has made such generous donations to the venture.

In other art group news, a membership drive on Dec. 1 welcomed new and returning members with a session of making leather bracelets, button ornaments, and sock gnomes.

Volunteers come together for the Abqaiq Art Group's charity quilting effort. The goal of the campaign is to produce 22 lap quilts, which will then be donated to children.



# children have a great time at first ever ‘Color Fun’

Face painting, a wall painting of colorful handprints, and a dance performance are just a few of the activities enjoyed by participants at the recent “Color Fun” event in Abqaiq.



by Shahid Shah

Abqaiq — Adding a fun event to the weekend, the Abqaiq Recreation Services Unit recently held its first ever “Color Fun” at the Al Sa’adah soccer field in Abqaiq.

The atmosphere was full of vibrant colors as participants smudged each other’s faces in color and soaked each other with water filled balloons.

## packed with fun

It was an evening packed with fun activities, such as face painting, large inflatables, a photo booth, surprise gifts for kids, and food trucks. Some kids and adults also did dance performances on stage.

More than 1,000 people attended this event, which brings the community together to just unwind and simply have some fun.



## Distribution Department campaign highlights safety, health, and family

Riyadh — The Central Region Distribution Department (CRDD) recently held a family Safety Awareness Day at Saudi Aramco’s Rabwa Recreation Center in Riyadh.

This event, provided by the Distribution Department to spread a culture of safety and health in the community, is mainly focused on raising safety awareness for employees and their families.

A number of entities were invited to cover different health and safety topics in themed booths, including King Faisal Hospital, whose representatives shared information on food and nutrition. Bupa Arabia had a full health lounge that included information about blood, body mass index, and blood pressure. The Environmental Protection Department and Traffic Safety Signature Program Division also had booths at the event.

In addition, health and safety presenta-

tions were delivered to the audience, including a fire safety awareness session and another session on diet and exercise. The presentations concluded with an interactive workshop that tackled “Bullying: Reasons and Solutions.”

The event included a dedicated children’s program, which consisted of innovative handcraft activities, and an educational entertainment program. The safety awareness day was successfully executed by a team of volunteers who influenced the event filled with enthusiasm, projecting the importance of collaboration in the community.

Approximately 350 families of employees attended the event. The organizing team received positive feedback from guests across all ages and CRDD will continue its efforts to promote health and safety at home, at work, and in the community.



Children check out the coloring table at the family Safety Awareness Day held recently in Riyadh. The event featured a wide variety of exhibits and booths designed to promote safety and health for adults and children alike.



## press ‘play’ SAEA offers kids’ night out in al-Khobar

by Chiara Ciampricotti Iacoangeli

Al-Khobar — The Saudi Aramco Employees Association recently gifted families from the company with a fun-filled event at the Amwaj Mall in al-Khobar.

Thanks to the tireless dedication of SAEA volunteers such as Faisal A. Arab, chairman of the event, and Rekha Tarwani, another SAEA board member, the association offered a morning filled with games for children and parents alike to participate.

To look at the smiling faces of the children reminded everyone of how important it is to share these precious moments in recreational activities with our loved ones.



# King Abdulaziz Center for World Culture by saudi aramco



## Ithra movies

### in cinema

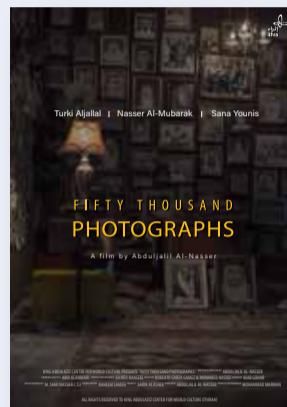
#### 50 Thousand Photographs

Jan. 1, 3, 6, 8 5 p.m.  
Jan. 4 1 p.m.



#### A Plastic Ocean

Jan. 1, 2, 6 5:40 p.m.



#### 50 Thousand Photographs

In the current era, where he captures about two billion photos around the world daily, Turki lacks having one photo of his father after his family wasted all of his photos at the Burning Photos Wave that some people attended in the 80s in the Kingdom. While searching for photos of his father, he recognizes the old man "Nasser," who owns in his house 50,000 photos of city people.

#### Harvie and the Magic Museum

Jan. 3 7:40 p.m.  
Jan. 4, 7, 8 5:40 p.m.



#### Ithra Heroes Adventure

Jan. 4 10:30 a.m.



#### A Plastic Ocean

Journalist Craig Leeson, searching for the elusive blue whale, discovers plastic waste in what should be pristine ocean. In this adventure documentary, Leeson teams up with free diver Tanya Streeter and an international team of scientists and researchers, and they travel to 20 locations around the world over the next four years to explore the fragile state of our oceans, uncover alarming truths about plastic pollution, and reveal working solutions that can be put into immediate effect.

#### Tale of Lake

Jan. 1, 6, 7, 8 3 p.m.



#### The Investor

Jan. 2, 4, 7 5 p.m.  
Jan. 3 6 p.m.



#### Harvie and the Magic Museum

Harvie is a smart, but a bit too lively, boy with one ambition — to finish the last level of his computer game. Once in the Gamers Hall of Fame, his absent-minded father would finally be proud of him. But finishing the game turns out to be only the start of a real adventure that takes Harvie, his dog Jerry, and his friend Monica deep into the forgotten realms of the city's old puppet museum.

#### The Little Vampire

Jan. 2 7:45 p.m.  
Jan. 3, 4 2 p.m.



#### The Little Vampire

The story of Rudolph, a 13-year old vampire, whose clan is threatened by a notorious vampire hunter. He meets Tony, a mortal of the same age, who is fascinated by old castles, graveyards, and vampires.



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# the arabian sun



## new system brings life to plants in the Empty Quarter

To help plants prosper in the harsh environment of the Empty Quarter, an innovative irrigation system called Waterboxx is being used for the first time in Saudi Aramco.

see page 7

## Aramcon wins bronze for fencing at the GCC Women's Games

by Shaistha Khan

Areej H. Abed, an auditor with the Functional Audits Department — along with a team of three other women — represented Saudi Arabia at the sixth Gulf Cooperation Council (GCC) Women's Games held in Kuwait, winning a bronze medal in the épée category of fencing.

In épée, contestants can target the entire body of the opponent using a fencing weapon (which weighs 775 grams), and all hits must be with the tip and not the sides of the blade.

### fencing — it runs in the family

Practicing intermittently for only three years, Abed is no stranger to winning at championships. Her first one was during the Arabian Teams Competition for Ladies in 2018 at Sharjah, where she won a bronze medal in the foil category.

"What made my first international championship even more special was that I had an opportunity to carry the Saudi flag at the opening ceremony of the competition," she says.

Abed first learned the competitive sport from her role model, her father — a former Saudi Aramco employee and a Kingdom champion for sabre and épée categories in 1992 and 2002, respectively. She attended several of his competitions and learned the basics from her father and brothers. Abed initially started with fencing lessons at home with her siblings (her sister also plays the sport) but started training in 2016.

The family used to commute to Bahrain and practice at the fencing facilities there. However, after women were granted permission to enter and use sports facilities in Saudi Arabia, Abed has been practicing at the Fencing Hall in Prince Saud bin Jalawy Stadium in Dammam.

"Early on, one of the challenges that I faced was having to train with electrical equipment," she says. "There was also a very limited number of girls to practice with and additionally, no trainers or coaches available to train women."

However, whatever difficulties Abed faced in terms of facilities and resources, her support system — family, friends, and

Areej H. Abed, an auditor with the Functional Audits Department, was on a team of four that recently captured a bronze medal in the épée category of fencing at the sixth Gulf Cooperation Council (GCC) Women's Games held in Kuwait. Abed is following in the footsteps of her father, a former Saudi Aramco employee and a Kingdom champion for the sabre and épée categories in 1992 and 2002, respectfully.

colleagues at Saudi Aramco — and hours of practice helped her to excel in the sport. Abed put in many hours of continuous training to ensure that she had a good level of physical fitness, quick reflex and response, and hand-brain coordi-

nation that is so critical to the sport.

With her father and the American fencer Ibtihaj Mohammad as role models, Abed aspires to compete in the world championships and obtain a high ranking in the International Fencing Federation.



## a solar eclipse in four acts

Musleh J. Al-Khathami from the Content Creation Group in the Publishing Division of Corporate Affairs captured these images from last Thursday's solar eclipse over the Kingdom, with the first photo taken at 6:37 and the rest from different locations during the celestial event. Al-Khathami used a mirrorless Nikon Z7 to take the photographs. The rare "Ring of Fire" eclipse will be the first of two in the Kingdom, with a second one due on June 21, 2020. The entire event lasted only about three minutes and was visible to a 160-kilometer stretch across southern areas of the Arabian Peninsula. Al-Khathami has been with the company seven-and-a-half years.