

# the arabian sun

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a weekly Saudi Aramco publication for employees



## Ithra Winter Camp comes to a close

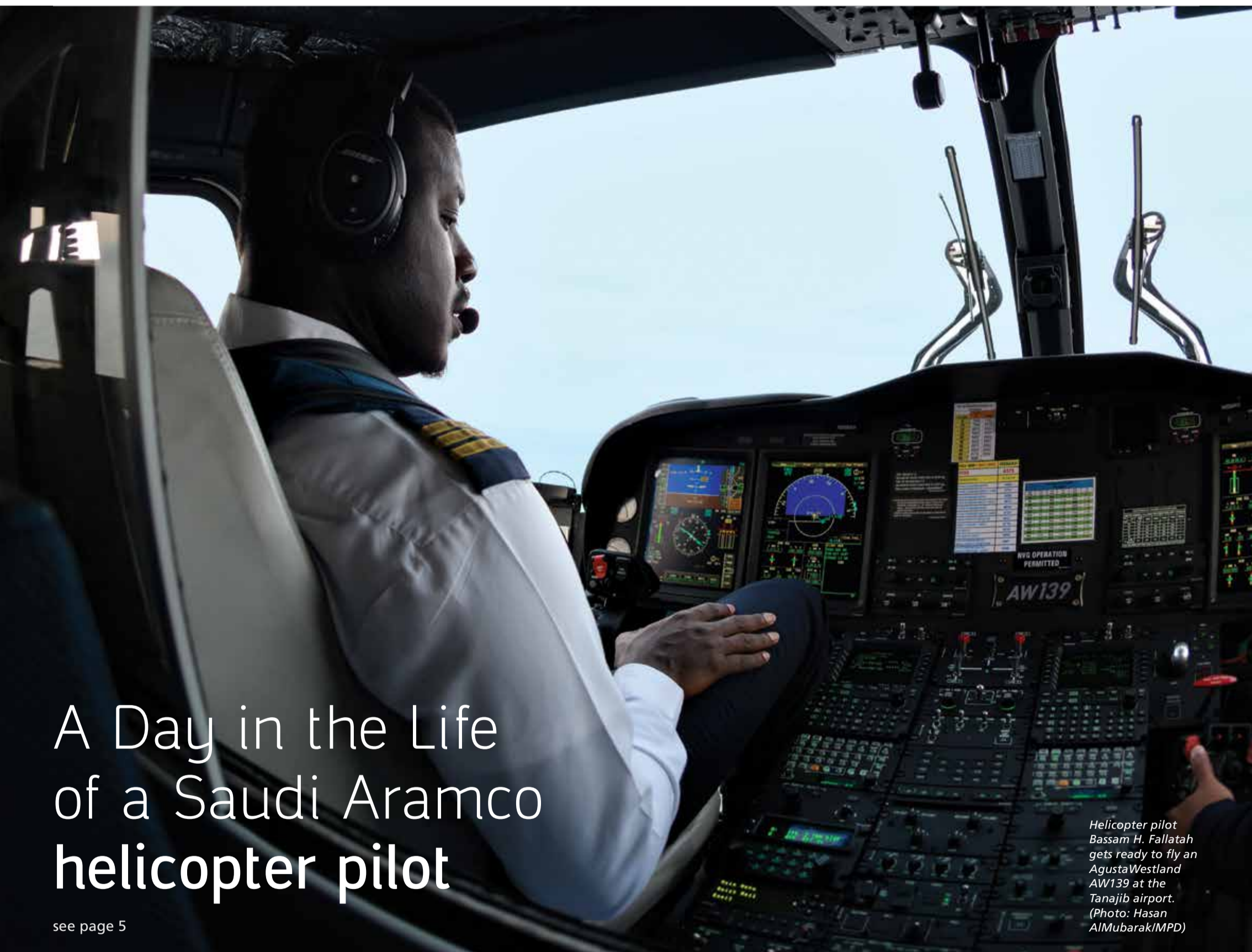
Young campers share their insights and experiences at the conclusion of the most recent educational program at the King Abdulaziz Center for World Culture (Ithra).

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## increasing engagement, building relationships, effecting change

Saudi Aramco president and CEO Amin Nasser shares personal insights and advice with hundreds of young employees at the Young Leaders Advisory Board Town Hall.

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## A Day in the Life of a Saudi Aramco helicopter pilot

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Helicopter pilot Bassam H. Fallatah gets ready to fly an AgustaWestland AW139 at the Tanajib airport. (Photo: Hasan AlMubarak/MPD)

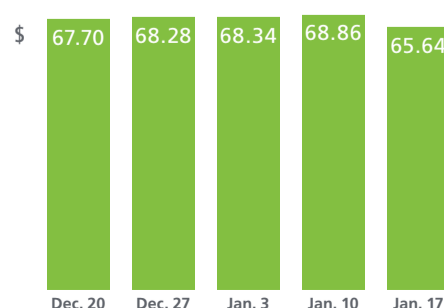
## tackling Type 2 diabetes with Tawazon in Safaniyah

Working with Johns Hopkins Aramco Healthcare, the Safaniyah Area Producing staff is bringing a higher awareness of the importance of a balanced lifestyle to avoid Type 2 diabetes.

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## OPEC basket five-week price trend 2019-2020



## Saudi Aramco by the numbers

nearly **2,000**

employees have graduated from the Upstream Professional Onboarding Program, which prepares young professionals through an integrated program across multiple disciplines, solving complex challenges, and driving innovation.





Representatives of top performing individuals, teams, and departments pose with Abdullah O. Al Baiz, vice president of Engineering Services, and other members of management at the recent Engineering Excellence Awards. The healthy competition recognized excellence in six categories.

## 'Healthy' competition lays the foundation for excellence

### Engineering Services celebrates success of individuals and teams

**Dhahran** — Promoting a culture of "healthy" competition is reaping dividends for Saudi Aramco's Engineering Services (ES), as individuals and teams were recently recognized at the second annual Engineering Excellence Awards.

ES vice president Abdullah O. Al Baiz said the awards — covering six categories — pave the way for operational excellence.

"These awards strive to promote excellence and create an environment of healthy competition among individuals and teams rendering key technical services. The winning individuals, teams, and departments showed outstanding performances."

#### excellence bringing efficiency

The Excellence Program is designed to develop efficient practices of the corporate-wide processes through the adoption of unique principals. The concept of sharing knowledge and best practices is leveraged to promote disruptive innovation and consolidate quality concepts and leadership excellence. The awards program is anchored by a comprehensive selection criteria that measures and ranks the achievements in each category.

"The intent of the awards is to recognize top performers in several areas related to Engineering Services and engineering in the company, and also to create healthy competition among organizations," said Jamil J. Al-Bagawi, Saudi Aramco's chief engineer. "When you track and when you recognize, you get improvements."

Resilience, reliability, safety, and environ-

ment are all impacted positively by the culture of competition, said Al-Bagawi.

"With innovation and technology deployment, we are trying to do more," he said. "We are instilling and cultivating an innovation culture and embedding it in our organizations and we benchmark with the best-in-class of the industry."

"Steering competition is the key term here," said event organizer Mohammed N. Al Mulhim, superintendent of Vendor Inspection. "We wanted the teams to be competing with each other in key processes for the purpose of improving the performance of the whole organization."

Engineering consultant Abdulaziz Y. Asiri won the Best Standards Committee Award.

"I'm delighted," he said. "But, ultimately, what it comes down to is the team that I am working with. We've got the most amazing and exciting team. The entire team is passionate and we are working hard to keep pace with cutting-edge technology."

#### collaboration with stakeholders

"We are working intensely to manage effectively all of the standards to the highest degree of integrity, which calls for collaboration with all of the stakeholders."

Corporate Maintenance Services (CMS) placed second in the Best Communities of Practice (CoP) category.

"This success is due to the close collaboration between CMS and field organizations where maintenance and reliability personnel realized the benefit of sharing knowledge and learning from each other," said Shubber

S. Shakhoury, speaking on behalf of CMS.

"The awards promote a healthy culture of competition, which creates enthusiasm among CoP leaders and members to share and discuss challenges, best practices, and lessons learned."

The Consulting Services Department (CSD) earned second place in the category of Best Innovation and Technology Deployment.

"The award was a proud moment for me as a professional," said Rehan Farooqi. "My children were proud that their father was honored for his technology development work, which not only will save operating expenditures for the company, but will also contribute in reducing greenhouse emissions and our carbon footprint."

#### Vendor Review Committee Excellence Award for Best Technical Committees and Quality Office

- (1<sup>st</sup>) Technical: Vessels Committee/CSD
- (2<sup>nd</sup>) Technical: Oil and Gas Process Engineering Committee/Process and Control Systems (P&CS)
- (1<sup>st</sup>) Quality: Vendor Assessment Unit/Inspection.

#### Best Standards Committee Excellence Award

- (1<sup>st</sup>) Nonmetallic Committee: CSD
- (2<sup>nd</sup>) Piping Committee: CSD
- (3<sup>rd</sup>) Corrosion Control Committee: CSD
- (4<sup>th</sup>) Instrumentation Committee: P&CS
- (5<sup>th</sup>) Energy Systems Optimization Committee: P&CS.

#### Best Innovation and Technology Deployment Excellence Award

- (1<sup>st</sup>) Tyas I. Hikmawan: Environmental Pro-

tection Department (EPD)

- (2<sup>nd</sup>) Rehan Farooqi: CSD
- (3<sup>rd</sup>) Zeyad T. Ahmed: EPD
- (4<sup>th</sup>) Md Anwar Parvez: CSD
- (5<sup>th</sup>) Emmanouil Spyropoulos: CSD.

#### Best Knowledge Sharing Excellence Award for Departments

- (1<sup>st</sup>) Project Management Office: Badr M. Burshaid
- (2<sup>nd</sup>) Projects and Technical Support: Walid S. Al Kulaibi
- (3<sup>rd</sup>) Hawiyah Gas Plant: Rashed M. Al Dosary
- (4<sup>th</sup>) North Ghawar Producing: Abdulaziz U. Al Saleh
- (5<sup>th</sup>) Projects Procurement: Abdullah A. Al Sughaiyer.

#### Best CoP Excellence Award

- (1<sup>st</sup>) Project Inspection: Inspection Department
- (2<sup>nd</sup>) Maintenance and Asset Management: Corporate Maintenance Services Division
- (3<sup>rd</sup>) Engineering Standards: OE and Engineering Services Support
- (4<sup>th</sup>) Drilling and Workover: Drilling Technical
- (5<sup>th</sup>) Safety: Loss Prevention.

#### Best Technical Instructors Excellence Award

- (1<sup>st</sup>) Abdulmhsen W. Al Jreedan: Pipeline Projects
- (2<sup>nd</sup>) Mahmoud A. Younis: Pipeline Projects
- (3<sup>rd</sup>) Mohammad K. Saffour: Oil Facilities Projects
- (4<sup>th</sup>) Othman Taha: P&CS
- (5<sup>th</sup>) Hussain M. Al Suwaidan: CSD
- (6<sup>th</sup>) Mohammed R. Tariq: P&CS.

## capturing lessons learned | Project Management launches new tool to promote knowledge sharing

Project Management works hard to maintain a high level of knowledge management, promoting knowledge sharing and transfer in all admin areas to create an environment where those working on Saudi Aramco projects are keen to share their experiences and help improve and enhance future projects.

To help facilitate this, the newly enhanced Project Management Office Department (PMOD) Lessons Learned Knowledge Base (LLKB) has been launched, offering a platform for capturing project knowledge by submitting lessons learned in a clear and easy step-by-step way. The knowledge is then made accessible to all.

PMOD influences knowledge sharing by offering a pair of facilitated services — the Lessons Learned Collection (LLC) and Lessons Learned Implementation workshops.

LLC workshops are performed by projects at the end of each phase to capture knowledge. The LLKB website contains a repository of reports for all collected lessons from the workshops for new projects.

Project Management worked with PMOD



Igor Jovicevic



Fouad Ridouane



Mohamed Walid A. Ibrahim



Rogel R. Limjoco

in launching the lessons learned campaign, which resulted in more than 250 submissions.

The lessons covered disciplines such as safety, claims and disputes, contract management, stakeholder management, and construction technology.

In December, participating departments and individuals were recognized for submitting the most lessons. These included:

- The South Dhahran Home Ownership Projects Department

- The Gas Facilities Projects Department
- Distribution and Terminal Projects
- Mohamed Walid A. Ibrahim of the Gas Facilities Projects Department

- Rogel R. Limjoco of the South Dhahran Home Ownership Projects Department
- Igor Jovicevic of Oil Facilities Projects
- Fouad Ridouane of the Community and Public Projects Department

Ibrahim said that as a management consultant, he thrives on sharing lessons with colleagues in project management. "Being

able to easily capture and share project lessons learned on the LLKB is a key cornerstone to spread a continuous improvement culture within Saudi Aramco."

Limjoco said capturing lessons learned is critical to maintain quality.

"Quality doesn't happen by accident. It is always the result of intelligent effort."

For Jovicevic, the experience reaped via lessons learned is very valuable, helping teams "take advantage of our experience."

"I highly appreciated the PMOD initiative and such a great opportunity to share my experience, and positively affect the success of future Saudi Aramco projects."

Ridouane submitted a lesson learned after having difficulty finding many lessons related to laboratory construction in the Saudi Aramco database. "Saudi Aramco has a continuing need to build, modernize, and upgrade its R&D laboratories," he said.

PMOD manager Badr M. Burshaid encouraged project teams "to fully utilize the LLKB so they can share the successes and avoid the pitfalls experienced by past projects."



# increasing engagement, building relationships, and effecting change

## YLAB hosts sixth CEO Youth Town Hall Meeting

by Shaistha Khan

**Dhahran** — Saudi Aramco president and CEO Amin Nasser recently held his annual town hall meeting with 350 young employees organized by the Young Leaders Advisory Board (YLAB).

The nearly two-hour dialog covered a wide range of topics, including his early life and career with the company, his perspectives on leadership, climate change, and crisis management following the September attacks on the company's Abqaiq and Khurais facilities.

### 'you drive the future of the company'

During the interaction, Nasser emphasized the role of the youth in the company.

"It is an exciting time for Saudi Aramco and it's because of you. With your enthusiasm and energy, you will drive the future of the company," he said. "As a company, we are more than 85 years old, but we are still very young and growing," referring to the demographics stating that the majority of employees are below 35 years old.

Through an open forum discussion, Nasser revealed how, early on in his career, and as a young employee, he learned the various aspects of field operations and the importance of teamwork, which are critical to success. He also shared his experience in some jobs, which may have seemed routine at that time, but eventually helped him see the big picture as he rose through the company's ranks to later become CEO of the world's largest company by market value.

Nasser advised the young professionals to "continue to deliver results and show passion for any position that you are placed in."

Participants were pleasantly surprised by the candid nature of the discussions. Attending his first CEO Youth Town Hall meeting, Salem J. Sahary, an engineer with the Sea Water Injection Department, said, "This was my first time, where I had an opportunity to hear the CEO, engaging and interacting with the youth of the company.

"To hear from him and his life story, it ignites a passion within me," said Sahary.

The event also included presentations on topics that will help young professionals understand the direction of the company better, such as the IPO, corporate strategy, and the mission of YLAB.

### be a part of a team that drives change

Ghadah T. Alamer, an engineer with the Process and Control Systems Department,



Amin Nasser shares his own personal experiences as part of the recent Young Leaders Advisory Board Town Hall event held in Dhahran. Nasser discussed his own career with the company and answered questions from young members of the audience. Town Hall moderator Faris A. AlShuaibi listens in on the conversations. (Photos: Moayed Al-Qattan/IMPD)

Since its inception, YLAB has conducted ...



believes that an open forum discussion with the CEO and youth of the company is an excellent initiative. As a recent hire who has been with the company for six months, she said it was helpful to learn about the company and its strategy.

Sara Y. Almousa, an information security analyst recently hired with the Sea Water Injection Department, thought that it was insightful to hear the CEO's candid responses to the concerns of young professionals.

For Ahmed A. Morad, an engineer with the Fire Protection Department, the most important part of the event was the opportunity to ask questions and engage with the CEO, as he elaborately shared the direction of the company. Morad plans to apply for the next cohort of YLAB as it would enable him to "have a fingerprint or involvement in the company.

"It is an exciting opportunity for development and provides an opportunity to be

a part of a team that drives change in the company," he said.

### applications open for YLAB 7

The highly competitive process of becoming a YLAB member begins with a comprehensive online application. Applications for YLAB 7 are now open and anyone under the age of 35 can apply, regardless of grade code, job location, nationality, or gender.

Applications close at midnight on Sunday Jan. 26, and successful applicants will be interviewed, of which 60 will be invited to the YLAB Academy in March. After an intensive three-day academy, 16 members of the next cohort are selected based on the observations of these three days.

Over the next 18 months, this board will serve as the collective voice of the youth in Saudi Aramco.

For more information on YLAB and how to apply, please visit <https://pj1.aramco.com.salylab/ui/applications>.

## all about YLAB

Established in 2011, YLAB is an autonomous body that serves as a bridge between the youth of Saudi Aramco and its executive management. YLAB facilitates a meaningful two-way communication channel that allows young employees an opportunity to share their perspective on complex, corporate issues, and drive the strategic intent of the company.

For 18 months, a cohort of young leaders — coming from diverse backgrounds and demographics — works to capture the concerns of the youth and actively involve them in the transformation of the company. Each cohort conducts a wide range of advisory services pertaining to the youth in strategy, innovation, people and policies, as well as training and development for Saudi Aramco's Strategy Council.

YLAB also drives two-way dialog with physical and virtual engagement strategies, such as the CEO Youth Town Hall, and the publication of a quarterly newsletter.

"By incorporating the youths' perspective in the decision making process, YLAB hopes to facilitate change and solve some of the most important challenges facing the company," said Abdulgader A. Alalli, a member of YLAB 6. Alalli also highlighted the focus of this particular cohort, which is to increase engagement with the youth of the company, build relationships through expanding influence, and improving effectiveness.

"We actively participate on committees like the Digital Transformation Board and the Portfolio Execution and Planning Committee," Alalli said. "The recently held Digital Hackathon was successful, as it demonstrates ideas in action. These initiatives provide a platform to turn ideas into tangible output."

So far, YLAB has conducted over 20 deep dives, more than 50 advisory services, and 30,000 youth engagements.



As a recent hire, Ghadah T. Alamer, an engineer with the Process and Control Systems Department, said it was helpful to learn about the company and its strategy.



Ahmed A. Morad, an engineer from the Fire Protection Department, poses a question to the CEO at the YLAB Youth Town Hall. Morad plans to apply for the next cohort of YLAB as it will enable him to "have a fingerprint or involvement in the company."



Attending his first CEO Youth Town Hall meeting, Salem J. Sahary, an engineer with the Sea Water Injection Department, says the opportunity to engage and interact with the CEO "ignites a passion within me."



Sara Y. Almousa, an information security analyst recently hired in the Sea Water Injection Department, thought that it was insightful to hear the CEO's candid responses to the youths' concerns.





Graduates from three cohorts of the Upstream Professional Onboarding Program (UPOP) in 2019 pose with Nasir K. Al-Naimi, vice president of Petroleum Engineering and Development, and other members of Upstream management following a ceremony recognizing the more than 200 graduates from the program. The recognition ceremony was the largest ever UPOP graduation ceremony at the Upstream Professional Development Center in Dhahran.

## UPOP: celebrating another 211 graduates

### Upstream Professional Onboarding Program marks major milestone

by Dalia Darweesh

**Dhahran** — The Upstream Professional Development Center (UPDC) recently held the Upstream Professional Onboarding Program (UPOP) completion ceremony with 211 graduates, combining three cohorts.

Samer S. Al Ashgar, general manager of Southern Area Gas Producing, addressed graduates at the ceremony, which was attended by Upstream senior vice president Mohammed Y. Al Qahtani and other members of Upstream management.

A poster session was on display prior to the ceremony, highlighting the exceptional work participants produced during the program.

"I'm honored to be here today. I see from the posters of your projects that line the walls here today that you did an outstanding job analyzing and interpreting data from one of our Central Arabian oil fields, taking the field from exploration to production," said Al Ashgar. This is a complex oil field — so congratulations to the Upstream professionals who completed UPOP."

He also added that he was delighted "to see many bright young women in various Upstream departments today."

#### bridging gaps in language, systems, and operations

Bridging the gap between upstream language, network systems, and operations is critical to increasing the effectiveness of the Upstream organization. The UPDC offers an outcome-based program with an objective of enhancing on-the-job performance and reducing time to competency by focusing on must-know content rather than nice-to-



Faisal I. Beheiri challenges the soft skill capabilities of petroleum engineer Abdullah M. Alkassab, a graduate of the Upstream Professional Onboarding Program, during a ceremony recognizing the 211 graduates from three cohorts in 2019. The young professionals who participated this year included petroleum engineers, geologists, geophysicists, petrophysicists, and computer scientists with a year or less of service to the company. (Photos: Moayed Al-Qahtani/MPD)

know content, as learning and workplace performance are inseparable.

The program provides an educational support and solution center that covers in-depth subjects within upstream operations with an integrated approach across multiple disciplines, solving complex challenges, and driving innovation.

The 211 young professionals who participated this year included petroleum engineers, geologists, geophysicists, petrophysicists, and computer scientists with a year or less of service to the company.

"In today's world, these skilled professionals are integral in developing the industry while performing an outstanding job in analyzing and interpreting data from our fields of exploration and production," said Al Ashgar.

The expectation for the UPDC, said Al

Ashgar, is to maximize business impacts and reach new goals while maintaining and ensuring resilient, safe, and reliable operations.

#### upstream life cycle phases, building relationships

A technical presentation was delivered by Mohammad A. Alisa from the Exploration and Business Support Department, Omar A. Almulhim and Moayed M. Dhaferi from Reservoir Management, and Mansour M. Almaghlouth from Southern Area Production Engineering, explaining the upstream life cycle phases — from exploration leading to appraisal, then to development, and finally to production. The presentation highlighted various critical workflows, processes, and technologies deployed in each phase.

In another presentation, examples of interpersonal relationship building skills were demonstrated by Ali R. Nasser, a petroleum engineer with Gas Reservoir Management, Abdulmohsen A. Mulhem, a gas production engineer with Southern Area Production Engineering, Hala A. Sadeg, a petroleum scientist with the EXPEC Advanced Research Center, and Fatima N. Marzoug, a reservoir engineer with the Unconventional Reservoir Energy Department.

"It's crucial to drive our business not only with technical skills, but soft skills as well, which include communication, negotiation, critical thinking, and leadership skills," said Al Ashgar. "Learning how to apply them is essential for the productivity of a work environment."

#### teaching skills useful on multidisciplinary projects

"Skills acquired by the UPOP participants, especially soft skills, are essential to the development of our young professionals, as they embark on multidisciplinary projects where interactions with colleagues from various disciplines and business lines is necessary," said Faisal I. Beheiri, director of Upstream Continuing Excellence.

By year-end 2019, said Beheiri, almost 2,000 upstream professionals had completed the UPOP program since its inception in 2010.

The 211 graduates from Drilling & Workover, Exploration, Southern and Northern Area Oil Operations, Petroleum Engineering and Development, and Unconventional Resources marked the largest ever UPOP graduation ceremony at UPDC.

## Aramcon soars to new heights with top honors, award at Oxford

A Saudi Aramco subject matter expert in the field of risk management has now made his mark at one of the world's most prestigious universities.

Terrence Perez, an expert in project risk management in the Project Management Office Department (PMOD), recently received the prestigious Program Director's Award for Academic Excellence at the University of Oxford in England. Perez, who also recently graduated with a master's degree (with honors) in Major Project Management from Oxford, received the award for being the top student in the graduating class from the Said Business School.

"Terrence's achievement is significant, and it exemplifies PMOD's commitment to maximizing the abilities of our subject matter experts, and the company's commitment to excellence in personnel development," said PMOD man-

ager Badr M. Burshaid. "By continuing to invest in our personnel and their development, we are ensuring they, the organization, and the company continue to excel in today's competitive environment."

#### always working to improve

Perez has been an employee with PMOD's Project Optimization Division for more than five years and has established himself as a key contributor to Saudi Aramco's Value Improving Practices. He regularly facilitates project risk workshops for mega-projects and is also an instructor at the Technical Services Professional Academy.

Additionally, he leads the continuous effort to improve Saudi Aramco's project risk management framework and process. As a result of his recent studies, Perez has been able to

apply his new skills and knowledge, affirming PMOD's commitment to excellence and maximizing project support.

Originally from Trinidad and Tobago, Terrence has more than 20 years of experience in oil, gas, and petrochemicals. He has held several crucial roles in process engineering, project engineering, project finance, commercial management, business development, and risk management.

In addition to his most recent academic accomplishments, Perez also has degrees in chemical and process engineering, international finance, and corporate and commercial law. He resides in Dhahran with his wife and two children and is an active member of the community, serving as a coach for the Saudi Aramco Youth Soccer Organization, and participating in several self-directed groups.







Two strips of photos show a typical day for Bassam H. Fallatah, which starts early to prepare for the first flight until the end of his day, when he relaxes with one of his hobbies, which include playing his guitar. (Photos: Hasan AlMubarakIMPD)

# a day in the life of a Saudi Aramco helicopter pilot



by Musleh J. Khathami

**Tanajib** — It is 4 a.m. at the Tanajib camp. The outside temperature is 11°C, as expected at this time of year.

In Building 130, an alarm bell rings awakening Bassam H. Fallatah — it's an early start. Saudi Aramco has passengers that need ferrying to offshore platforms, so it's time to get to work.

Fallatah has been a Saudi Aramco employee since 2010. It was in 2015 that he joined the Saudi Aramco Aviation Department, and in 2018 he completed his pilot training at North Dakota State University in the United States.

As a proud pilot, each day he joins his colleagues and co-pilots at the Saudi Aramco hangar in Tanajib. They operate 50 flights a day, reaching more than 65 locations and transporting nearly 800 passengers to offshore fields and bringing them back.

Starting from his room in the camp, we documented his exciting day. After preparing himself, Fallatah is picked up by the crew car and taken to the hangar



where he starts preparing for his flight.

First on the checklist is checking the Notices to Airmen, followed by the aircraft's book, and then the flight plan at the dispatch office.

Fallatah then heads to the pilot lounge to get his flight gear (life vest, Flight iPad,

aviation headset, H<sub>2</sub>S detector, and — of course — coffee mug).

After a long day, at 5 p.m., Fallatah unwinds by going to the gym, meeting friends at the coffee shop, or relaxing in his room drawing or playing the guitar.

At 8 p.m., we said goodbye to Falla-

tah. His day encompassed and embraced Saudi Aramco's core values of safety and excellence — values that underpin Saudi Aramco aviation operations and provide the rig crews with reliable transportation on a daily basis to the rigs to fulfill their duties.



Top left: Jaber Shamrani, helicopter pilot, and Bassam H. Fallatah get ready to depart to an offshore field. Top right: Tariq Altheeb, senior dispatcher at the dispatch office. Below: Fallatah at the pilots lounge with Mansour Awaji, helicopter pilot (right) and pilot candidate Abdullah Fageh.

Bassam H. Fallatah and his colleague pilots at the Saudi Aramco hangar in Tanajib operate 50 flights a day, reaching more than 65 locations and transporting nearly 800 passengers to offshore fields and bringing them back.





 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)

NAOO Vice President Town Hall gives young employees advice on career, life-work balance



Some of the more than 170 young employees who participated in the recent Northern Area Oil Operations (NAOO) Town Hall in Tanajib pose for a photo with NAOO vice president Dawood M. Al-Dawood and other members of management. The event provided a platform for young employees to speak to management and learn about the direction of the company and how to advance their own careers. (Photo: Ahmad El Itani/MPD)

International Maritime Industries signs two agreements with ARO Drilling to purchase and build first drilling rigs in Ras al-Khair



Fathi K. Al-Saleem, International Maritime Industries (IMI) CEO, signs a rig purchase agreement with ARO Drilling CEO Kelly McHenry to build two Keppel LeTourneau Super 116E jack-up drilling rigs — the first to be delivered in 2022. Upon completion of the shipyard facility, IMI, a joint venture between Saudi Aramco, Lamprell, Bahri, and Hyundai Heavy Industries, will have the capacity to build four offshore rigs and over 43 vessels, as well as service over 260 maritime products. (Photo: Ahmad El Itani/MPD)

Office Services Department welcomes Saudi Aramco employees to a new year



Employees are greeted as they arrive at work Wednesday, Jan. 1, with Arabic coffee and dates. And when they arrived at their desk, they received a complimentary chocolate gift that was distributed the previous night. The celebration was part of the Office Services Department's New Year celebration campaign, which took place in 30 major office buildings in the Eastern, Central, and Southern areas. Other notable preparations included QR-Code posters in 47 elevators, and e-banners of a New Year's greeting displayed on lobby screens.

Yanbu' Refinery Department organizes cleanup activities along corniche



Students help pick up trash along the Yanbu' corniche during a recent cleanup day organized locally by the Yanbu' Refinery Department as part of the company's citizenship and corporate social responsibility efforts.

 spotlight



Operations and Business Services (O&BS) held an award ceremony in honor of its employees who have completed 35 years and 40 years of service with Saudi Aramco. Muhammad M. Al Saggaf, then senior vice president of O&BS, presided over the ceremony. In addition to the long service awards, the ceremony also honored employees with safety awards. These awardees have demonstrated exceptional safety standards by achieving 35 years without any safety violations. This final ceremony of 2019 was organized by the Southern Area/Central Region Community Services Department at Al Murjan Hall in Abqaiq on Dec. 31. It covered a variety of departments, including the Southern Area/Central Region Community Services, Fire Protection, Southern Area Industrial Security Operations, Mechanical Services Shops, and the Transportation and Equipment Services departments under O&BS. A total of 40 exceptional employees (23 service awardees and 17 safety awardees) were recognized. Among those recognized for service were: (40 years) Ahmed al-Qareeni, Abdulrazaq Al-Hassan, Wafi Al-Juffali, and Mansour Al-Dossary; (35 years) Ahmed Al-Shamlan, Abdulrazaq Al-Hassan, Saeed Al-Ghamdi, Abdullah Al-Marry, Mohammad Al-Subaie, Mubarak Al-Dossary, Hamad Al-Khalfan, Saeed Al-Mourdy, Mohammad Al-Dossary, Salih Al-Jadidi, Ibrahim Al-Shabeeb, Adil Al-Ruwaishid, Mohammed Al-Ghunaim, Abdulhadi Al-Qahtani, Khamees Al-Dossary, Abdulrahman Al-Harbi, Fuad Al-Musabbih, Hamad Al-Fadhli, Hussain Al-Nasir, Hijab Al-Kulaib, and Waleed Al-Muhaiteb. Those receiving 35 year safety awards were Habeeb Al-Sayyafi, Hadi Al-Dossary, Hawaii Al-Dossary, Abdulaziz Al-Zaabi, Abdulaziz Al-Mubarak, Hussain Al-Qahtani, Nassir Al-Hajraf, Saad Al-Hameed, Asker Al-Hajri, Mohammad Al-Mulhim, Ibrahim Al-Amal, Abdulaziz Al-Seliman, Hamad Al-Muhassen, Mohammed Al-Ghoreeb, Bakheet Al-Marri, Rashid Al-Hajri, AbdulAziz Al-Khamis, Saeed Al-Dossary, and Mohammad Al-Mulhim. (Photo: Ding/MPD)



Strategy and Market Analysis (S&MA) recently recognized 23 employees for a total of 215 combined years of service. Yasser M. Mufti, S&MA vice president, hosted the celebration. Awardees included (25 years) Mazen Mulla; (20 years) Ayman Farhat and Haithem Shelbi; (15 years) Hanan Balawi, Ali Bahrani, and Majed Qahtani; (10 years) Manal Zimmo, Maria Jishi, and Dominic Evangelista; (five years) Damian Duffy, Dustin Knutson, John Sanderson, Sammy Showail, Peter Aronsson, Andreas Romppel, Keith Welham, Richard Lozano Garza, Verena Seebuch, Samir Sharma, Evan Stafanik, Sudhir Bhat, David Omom, Marcello Ioppolo, and Akshay Sethi. (Photo: Mohammed AlShaikh/MPD)





On your marks, get set, go! Runners bolt from the starting line at the Aramco Houston Half-Marathon held this past weekend.

# spreading a culture of giving back globally

## Aramco race builds brand, camaraderie, and goodwill in Houston

**Houston** — In Houston and in elite running circles around the world, the name Aramco takes on special meaning each year in January. That is when more than 300,000 runners, spectators, and volunteers descend on downtown Houston to be part of Marathon Weekend.

The three-day event hosts the Aramco Houston Half-Marathon, the Chevron

Houston Marathon, and the We Are Houston 5-K, which is jointly sponsored by Aramco and Chevron.

“Our longstanding support for this event is part of a larger Aramco commitment to health and wellness in the communities where we live and work,” said Mohammad S. Alshammari, president and CEO of Aramco Americas.

This year, the Aramco half was especially relevant as it was the last race that runners could use to qualify for the U.S. Olympic Trials — a dream for many American runners. As a result, this year’s field of top athletes was larger than ever before.

### Aramco-sponsored race brings community together

The event kicks off the year for Aramco Americas’ social responsibility and citizenship program in the Houston community and throughout the U.S., with more than 220 employees, friends, and family members turning out to volunteer, handing out race bibs and T-shirts, meeting attendees at the Aramco exhibit, waving from the starting lines, and greeting runners at the finish.

The race is seen as an opportunity to show the company’s continued commitment to the city it has called home for decades.

Runners participated in the “Run for a Reason” program to raise money for good causes, and Aramco joined in by making a donation to the Alzheimer’s Association, which was selected by employees.

### Aramco ‘spirit of volunteerism’ spreads to a local school’s women’s basketball teams



Student athletes from a local high school joined the Aramco Americas team of employee volunteers and their families and friends to experience the race by volunteering.

Not wanting to miss this year’s tradition of volunteering at the marathon with daughter Amiah because of basketball practice, Jessica Burgess, an analyst with Aramco Americas’ Finance, Planning and Performance, thought, “Why not invite my daughter’s entire team to join us as Aramco volunteers?”

Clear Creek High School women’s basketball head coach and assistant athletic director Kristy Odom liked the idea, using the invite as a way to teach life lessons off the hard court and in the community with volunteerism.

“We jumped on board,” said Odom.

An avid runner who has run the Aramco Houston Half-Marathon many times, Odom thought this would be a

great learning experience for those in the program. “I wanted our girls to be present, utilize teamwork and leadership, and engage with others,” she said.

All three teams — freshmen, junior varsity, and varsity — participated, adding more than 30 volunteers to the Aramco ranks. They made the 25-mile journey to downtown Houston from the suburb of League City in the early morning hours by bus on Saturday to make the first volunteer shift.

The student athletes were assigned to busy race packet pickup stations during the Health and Fitness Expo.

Burgess said it was a great way to get others involved and experience our Aramco value of citizenship.

Taking the win in the women’s half-marathon was Hitomi Niiya of Japan, with a time of 1:06:38, while Jemal Yimer of Ethiopia captured the men’s race with a time of 59:24 — just two seconds shy of a course record.



Winners of the 2020 Aramco Houston Half Marathon, Hitomi Niiya of Japan in the women’s race, and Jemal Yimer of Ethiopia in the men’s contest, cross the finish line.

# Dhahran Shotokan Karate Group celebrates another successful year

by Chiara Ciampricotti Iacoangeli

**Dhahran** — The Dhahran Shotokan Karate Group (DSKG) recently celebrated another successful year at its annual general meeting that saw young karatekas, instructors, and all board members come together to recognize the steps the organization has taken over the past 12 months.

Recreation Services was represented by DSKG adviser Maryam Sayaseb.

DSKG president Othman Homidi thanked all present for their dedication over the year, allocating their time toward the group’s success.

“I can’t express with words how happy we are for what we’ve accomplished so far,” Homidi said. “I’m grateful to be surrounded by passionate, loving, and hardworking people.”

As part of the event, the outgoing board was recognized, including vice president Masoud Qahtani and secretary Zainab Imran. Nur Breacher is returning for a second term as treasurer. New members were welcomed, including president Meshal Harbi, vice president Maher Shariff, and secretary Saul Rodriguez.

Homidi shared his personal experience and his passion for the club to continue its



Members of the Dhahran Shotokan Karate Group pose for a photo at the annual recognition banquet. Over the past few years, the number of participants has risen from only eight to approximately 100. (Photo: Chiara Ciampricotti Iacoangeli)

success. Having joined the club in 2015, Homidi noted the club had gone from facing membership challenges to seeing numbers rise quickly from eight up to approximately 100.

He noted that the introduction of the Tiger project helped boost numbers, but that in reality, it was the dedication of club members that allowed the group to succeed — a success he hopes to continue to be a part of.

“I have continued with DSKG from 2015

until today, and I will continue until I see my little daughter (a newborn) practicing with me in the club,” he said.

Homidi emphasized that the best part of martial arts is not necessarily the achievement of a certain level of technical skill, quoting Gichen Funakushi, the father of modern karate, in saying, “The ultimate goal of karate lies not in victory nor defeat, but in perfecting the character of its participants.”

Homidi concluded by saying, “I hope that

you take what you learned and hone those acquired skills to ultimately strive to be the best version of yourself.”

As part of the annual meeting, DSKG participants took part in a live quiz regarding Shotokan terms and tactical karate moves. This was followed by an awards ceremony.

The event closed with a question-and-answer session for club members to ask about club business, the technical aspects of training, and value of DSKG’s international certification.



# Barn Festival rocks in Abqaiq yet again

by Zoe Chiplin

**Abqaiq** — The Abqaiq Arabian Horse Association (AAHA) recently hosted its annual Barn Festival at the Horse Stables, with logistical support from the Abqaiq Residential and Recreation Services Division.

This event was open to both members and nonmembers of the community, and attracted over 200 employees and residents. The sold-out event proves to be a yearly favorite for all those in attendance, and this year was no different.

The horse stables and barn itself was beautifully decorated with plenty of activities for all to enjoy, including a delicious three-course barbecue meal, dance performances from the Nemo Dance School, a Ninja Kids obstacle course, pony rides, and the ever creative Homemade Hobby Horse and Best Dressed contests.

The AAHA is proud to announce the 2019 winners:



Participants in the Homemade Hobby Horse pose for a photo at the recent Barn Festival held at the Abqaiq Horse Stables. (Photo: Shama Egbe)

best dressed	
Yoshi McDonald	Victoria Ong
homemade hobby horse	
1 <sup>st</sup>	Zeynep Emre
2 <sup>nd</sup>	Kaden Caron
3 <sup>rd</sup>	Anabella Gonzalez

Also, Ryno Verster, the AAHA riding consultant, showcased his superb dressage skills in a dramatic musical performance on Storm, which was certainly one of the highlights of the evening.

Members of the AAHA board are now busy planning for their next event and win-

ter programs, so keep an eye out for more information coming soon.

For any further questions, visit and find out more about what the AAHA has to offer. The AAHA continues to welcome new members and lessons are open to all age groups and riding abilities.

# JHAH's Tawazon works to promote a balanced lifestyle in Safaniyah

by Majed A. Al Mubarak

With the prevalence of Type 2 diabetes a growing health concern Kingdomwide, the Safaniyah Area Producing planning staff recently teamed up with Johns Hopkins Aramco Healthcare (JHAH) to conduct a two-day health awareness campaign in Tanajib and Manifa.

## Tawazon and a healthy lifestyle

Highlighting the costs and impacts of diabetes, much of the campaign focused on prevention of the condition. And that's where JHAH's Tawazon program comes in.

Through the balanced lifestyle program, Tawazon participants learn about food and improving the culture of their eating habits by modifying their lifestyle — thereby decreasing their chances of developing chronic diseases such as Type 2 diabetes.

The program covers some of the habits of highly healthy people, including nutrition, physical activity, diabetes types, and prevention, and individualized body composition analysis.

## getting the word out on how to eat better, live better

A number of presentations, lectures, and workshops were delivered during the campaign, which was attended by approximately 250 people from various organizations, including Safaniyah Onshore Producing, Safaniyah Offshore Producing, Manifa Producing, Northern Area Gas Producing,



Participants in the recent balanced lifestyle campaign in Tanajib and Manifa wait for their measurements and readings to be taken. The campaign, conducted in collaboration between Safaniyah Area Producing and Johns Hopkins Aramco Healthcare, emphasized the latter's Tawazon program and its practical steps to prevent Type 2 diabetes.

Northern Area Production Engineering and Well Services, and Northern Area Technical Support.

Among those presentations, JHAH Diabetes Prevention Project manager Fawaz Alsharif spoke on Type 2 diabetes, its complications, and prevention, as well as how one can join the Tawazon program.

Abdullah Al Mutairi spoke about "The Seven Habits of Highly Healthy People," conceding that making perfectly healthy

choices isn't easy or always possible, but that shouldn't distract one from striving to make smart choices.

"The 'I'll start tomorrow' mentality is all too common," he said.

However, he added, leading a more healthy lifestyle doesn't have to mean dramatically overhauling your routine. It can easily be incorporated into your everyday life by taking small, yet significant, steps toward creating better habits.

"Healthy living is a choice that will make us feel and look better, and the best part about it is that it's accessible to everyone," said Al Mutairi, adding that incorporating these seven healthy habits into your day-to-day life can help you live a disease-free life.

The seven habits include eating healthy, being physically active, sleeping enough, sitting less, not smoking, hydrating, and managing your stress.



# MyWay: JHAH releases wayfinding app

Our "wayfinding" technology is here to help your visit to Johns Hopkins Aramco Healthcare (JHAH) run smoothly.

Download the application for an optimal experience and all features, the JHAH wayfinding application MyWay is now available on Apple App Store and Google Play.

Search for "JHAH" in your app store. Use MyWay to navigate Dhahran Primary Care (Building 50) today. All other Dhahran and al-Hasa patient areas will be available in early 2020.

## benefits

- Find your way with easy to use maps

- Check the location of a clinic or service in advance
- See all of the services and amenities.

## app features

- Live "blue dot" navigation to your destination
- Enter your destination to find the fastest route from your location
- Be guided with voice prompts or text directions to find your way
- Select the option to find a wheelchair accessible route or nearest emergency exit
- Find out more about the service or clinic.

## You can now download our JHAH Wayfinding app 'My Way' in Arabic

- To get the application, visit the Apple App Store or Google Play and search for JHAH. Or, visit the MyWay page on *JHAH.com* and follow the links.
- To use the MyWay app in Arabic, your phone or tablet will need to have the language setting on Arabic.
- If you have already downloaded the app, you may need to visit the Apple App Store or Google Play, search for JHAH and click "update" to access the latest version of the app, which includes Arabic.





The Zoom-in on Bugs program fascinated the kids with a wide range of insects. For 16 days, groups of young kids were able to dive into the unseen world of insects, bugs, plants, and nature.

## Ithra Winter Camp brings the world of nature to children

**Dhahran** — This year’s winter season embodied all things science at the King Abdulaziz Center for World Culture (Ithra). At least for the 75 kids that participated in Ithra’s 2019 Winter Camp, it did.

For 16 days, groups of young kids were able to dive into the unseen world of insects, bugs, plants, and nature. Through programs of interactive games and activities, the children used their observational, creative, and analytical skills to investigate and gain knowledge about the different aspects of science.

### bugs, bees, and butterflies

The Zoom-in on Bugs program fascinated the kids with a wide range of insects. “I saw ladybugs; I saw bees; I saw ants; I saw butterflies; and I even saw worms,” said 5-year-old Abdelrahman.

With the help of many volunteers, the children solved riddles that led them to discover different ants; they found the queen bee in a beehive with the help of a professional beekeeper; they used a microscope to get a closer look at the colorful wings of a butterfly; and they participated in many other fun activities.

Maya, 4, shared her knowledge saying “I found four ants; they are black and they have three body parts. Actually, there are brown ants too.”

The program was offered in both English and in Arabic to kids ages 4-6.

### Zoom-in on Nature

The older kids, 7-9, participated in the Zoom-in on Nature program. These activities focused on a more general aspect of



As part of the Zoom-in on Bugs program, young children work to solve a riddle by discovering the queen bee in a hive — with the help of a professional beekeeper. The hands-on learning activity was just one of many offered during the Winter Camp celebration held at the King Abdulaziz Center for World Culture (Ithra) over the past few weeks. (Photos: Ahmed Al Thani)

the natural world — plants, animals, and landscapes.

One activity that the children loved was examining many types of flowers, looking at their colors, smells, growing processes, and parts. “There were so many flowers — all different kinds and colors. My favorite flower was the purple one, I don’t remember what it’s called though,” Mai, 7, shared.

Additionally, a general consensus from the children showed that their favorite

activity was eating soil. “Just kidding, not real soil, it was edible soil! We did it with marshmallows and crushed Oreos and gummy worms,” said Sarah, 9.

In this program, the children also used technology to play interactive and educational games, broadening their abilities to work with different types of mediums.

The camp also hosted children aged 10-15 years. These children participated in two programs — Science Agent and Crime Scene Investigation. These activities were

“

I saw ladybugs; I saw bees; I saw ants; I saw butterflies; and I even saw worms.

— Abdelrahman, 5

more independent as the kids really had to dig into their observational and analytical skills to solve riddles and crimes.

Ithra’s camp was able to provide a space that encouraged children to investigate and explore the world of animals, plants, landscapes, and nature. Creativity, observation, and quick thinking were skills that all of the children tapped into as they worked on building their curiosity and knowledge about the mysteries of the world.



## the view from on top of Mount Pellegrino

Abdulaziz N. Hammad used his iPhone XR camera to take this panoramic photo from the top of Mount Pellegrino in Sicily while visiting the island nation in October. Hammad lives and works in Jiddah as a public relations representative with the Government Affairs Western Province. He has been working with the company for a little more than two months.



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



# Ithra movies

**in cinema**

**50 Thousand Photographs**

Jan. 22, 24, 28	5 p.m.
Jan. 23	5:45 p.m.
Jan. 25	1 p.m.

**A Plastic Ocean**

Jan. 24, 27	5:40 p.m.
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**Harvie and the Magic Museum**

Jan. 22	5:40 p.m.
Jan. 28, 29	7:25 p.m.

**Ithra Heroes Adventure**

Jan. 23, 25	10:30 a.m.
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**Tale of Lake**

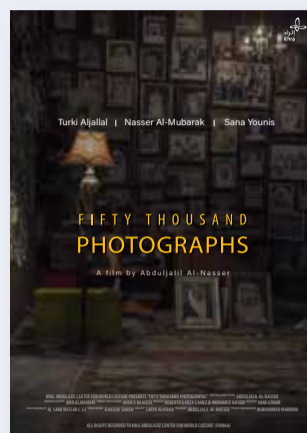
Jan. 22, 24, 28, 29	3 p.m.
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**The Investor**

Jan. 23, 25, 27, 29	5 p.m.
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**The Little Vampire**

Jan. 23, 24	7:45 p.m.
Jan. 28, 29	5:45 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 1980s 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.

**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**

The story of the film is told through tales that are based around the myths, legends, and old beliefs that are part of Finnish mythology. The first-person narrator, who is the main character of the story, is the daughter of Ahti and Vellamo, the god and goddess of the sea. She is Ahitar, the maiden of water. This sea maiden is a spirit born in a spring who has her own tale in the Finnish mythology. There are five acts in the story, and the different times of year follow the different acts.

**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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