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CEO calls for collaboration at cybersecurity forum

“Aligning cybersecurity policy, collaborating on technology, and sharing information and experience is nonnegotiable,” Saudi Aramco president and CEO Amin Nasser tells those attending the Global Cybersecurity Forum in Riyadh.

see page 2

bringing golf to the fore

Bringing decades of experience in golf, Saudi Aramco plays its part by helping sponsor the Saudi International tournament, which featured more than 130 world-class athletes, including the company’s own Othman I. Al-Mulla.

see page 3



shining jewel of northern nature

thriving alongside Tanajib and Safaniyah oil and gas operations is some of eastern Saudi Arabia’s most impressive biodiversity

see pages 6 and 7

Saudi Aramco is using a community-based approach for the area’s ongoing conservation, where local people fish using traditional Arabic fishing boats. (Photos: Mohammed AlShaikh/MPD)



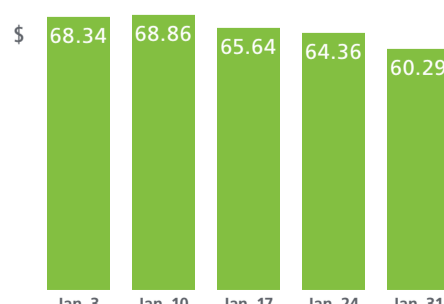
expanding to meet our growing marine operations

Saudi Aramco inaugurates the opening of nine new berths at the Tanajib Pier, bringing benefits in safety and productivity while meeting our ever-growing marine operations.

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OPEC basket five-week price trend 2020



Saudi Aramco by the numbers

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innovative ideas were highlighted in an exhibit at the first Saudi Aramco Innovation Week, which also featured 19 speakers and the top 10 innovations by the YLAB Hackathon finalists.

Saudi Aramco calls for closer collaboration on cybersecurity across the energy industry

Riyadh — Saudi Aramco president and CEO Amin Nasser participated in the Global Cybersecurity Forum held Tuesday under the patronage of The Custodian of the Two Holy Mosques, King Salman Bin Abdulaziz Al Saud, to highlight the constantly evolving threat of cyber terrorism to governments, businesses, and individuals.

Taking place during Saudi Arabia's G20 presidency year and organized for the first time by the National Cybersecurity Authority, the forum serves to create a platform for discussion between private and government institutions, providing foundations for greater cyber resilience, capacity, and management of the ever-increasing threat landscape.

collaboration is the best defense against cyberattacks

Nasser urged greater efforts to enhance regional cybersecurity collaboration and international cyber deterrence, proposing a more realistic and inclusive strategy to promote effective industry collaboration on cybersecurity. He also encouraged businesses to work with governments and to strengthen existing international frameworks.

"Aligning cybersecurity policy, collaborating on technology, and sharing information and experience beyond the fence



To beat a network, we need to be a network.

— Amin Nasser

is nonnegotiable," Nasser said, noting that company fences and national boundaries are meaningless concepts in this domain. "To beat a network, we need to be a network."

He said no institution can face cyber-risks alone, and that it requires significant cooperation and partnership between all relevant stakeholders. Nasser further noted that because of that, it is necessary to accelerate the development of a clear global framework that constitutes an international legal reference in cybersecurity governance and enhances measures against entities involved in cyber terrorism.

taking active steps to create a cyber-resilient culture

"Cybersecurity is one of the top corporate risks we address in our Enterprise Risk Management Program and is a personal priority for me," Nasser said in discussing Saudi Aramco's efforts in building a cyber-resilient culture.

He concluded his remarks by underscoring the importance of embracing "the wonders of the modern world" while simultaneously practicing caution and sound cybersecurity measures to stay a step ahead.

In efforts to collaboratively counter cyber threats, Saudi Aramco established an Intelligence Sharing Consortium in the Energy Industry, with partners such as SABIC and Sadara.

Saudi Aramco is also a founding member of the World Economic Forum's Center for Cybersecurity (WEF C4C) that promotes global collaboration and leads global initiatives across various sectors within the cybersecurity industry.



Greater efforts to collaborate must be made regionally and internationally to effectively thwart potential cyberattacks across the energy industry, said Amin Nasser on Tuesday at the Global Cybersecurity Forum in Riyadh.

Community Service housing repair initiative saves time, saves costs

by Dalia Darweesh

Dhahran — From planning to execution, the Central Community Services Department (CCSD) started a Repair House Program that saw a Saudi team achieve a record within the Dhahran community by completing 130 house repair projects as of January 2019.

highlighting Saudi talent

The program's purpose is to embrace Saudi talents through a dedicated team of employees and utilizing their skills and capabilities — within the Dhahran area, 130 houses out of 1,000 were fully executed by the team. In addition to implementing cost saving methods through the optimization of the base team, the program ensures the application of all relevant Saudi Aramco engineering and materials standards to achieve high quality work and meet customer satisfaction.

Achieving Operational Excellence is one of the essential priorities of CCSD. The Repair



Members of the team that recently completed the renovation of 130 houses in the Dhahran community pose for a photo with representatives from the Central Community Services Department. The goal of the Repair House Program was to embrace Saudi talents through a dedicated team of employees while implementing cost saving methods through the optimization of the base team.

House Program streamlines the organization's operations with the corporate strategic objectives of Saudi Aramco to enhance the presence of the Saudi workforce and empower them, and ensuring steady and efficient operations.

the program's success

The program covers and implements a thorough cycle starting from cost estima-

tion, planning, and execution, to supervision and commissioning. Members of the team demonstrated that they possess the necessary qualifications to complete various repair duties and activities, including carpentry, plumbing, electrical work, and painting.

The Saudi workforce in the program have become an integral part of CCSD's daily repair operations, contributing to a total of SR385,000 in cost avoidance, which

was achieved by using the team instead of working with General Service Orders Contractors.

For its continuous efforts and contributions, the Saudi team was recognized by CCSD management for exhibiting high levels of ambition and sustaining a strong work culture, enabling CCSD to reach even higher levels of efficiency, reliability, and safety.

aramco
insight

February



- Success at the Expo
- IKTVA in February coming up
- Recognition from the U.N.
- Ropes in the sky
- Vietnam comes to Dhahran

almost 80 years of bringing golf to the fore

Saudi Aramco plays key role in sponsoring Saudi International tourney

by Musherf Alamri

Jiddah — Some of the best golf players in the world descended on King Abdullah Economic City this past weekend to compete in the Saudi International tournament, a part of the European Tour.

With Saudi Aramco bringing the sport of golf to the Kingdom in the early 1940s, it was fitting for the company to be one of the tournament sponsors. Indeed, many of the company pioneers were avid golfers and improvised sand golf courses to play the game. This proud legacy continues today through world-class golf facilities and self-directed groups across Saudi Aramco communities.

The tournament, which was organized by Golf Saudi, looks to increase the participation in the sport throughout the Kingdom by partnering with industry leaders to host world-class events. Saudi Aramco's sponsorship is another example of our commitment toward having a positive impact via promoting sports and a healthy lifestyle.

the best of the best compete

Approximately 132 players from 29 countries competed on the 7,010-yards Par 70 Royal Greens and Country Club course for the top place in the second edition of the tournament. The competition was fierce, with some of the most accomplished players globally taking part, including Brooks Koepka (ranked No. 1) and Dustin Johnson, who is the defending champion and ranked No. 5, along with eight major champions and 20 Ryder Cup players.

Graeme McDowell held on to capture the title, scoring an even-par 70 on the final day for a 12-under par 268 to keep Johnson, who carded a 270, at bay.

Othman I. Al-Mulla, Saudi Arabia's first professional golfer and a second generation Aramcon, represented the Kingdom in the tournament after qualifying to compete. Saudi Aramco supports Al-Mulla on his playing tour and in his work in attracting young Saudi to the sport through clinics and coaching.

Al-Mulla said that his performance at this year's tournament has noticeably improved from Saudi International 2019 — he carded 10 pars over two rounds, and was 10 shots away from the cut. With continued training and practice, Al-Mulla is optimistic about his future prospects.

"Playing at this level is very different for me. But every tournament I play, I learn to be comfortable in this uncomfortable position," he said.

After the professional golf players finished their rounds, audiences headed to the Entertainment Village to enjoy listening to



Othman I. Al-Mulla, Saudi Arabia's first professional golfer and a second generation Aramcon, tees off while competing in the Saudi International golf tournament in King Abdullah Economic City this past week.

live music from a Jiddah-based music band, E-sports, food trucks, and a variety of other activities at the venue, which the organizers designed to allow people to experience the delights of playing golf.

A mini golf challenge with 18 holes was just one example of such interactive games. The ultimate goal was to encourage adults and children to play golf and engage more actively in sports and recreation activities that contributed to improving people's well-being — all in line with the Kingdom's endeavors to promote a healthy lifestyle.

sharing the passion of Golf

As part of Saudi Aramco support to the event, the company enabled 35 Aramcons from Dhahran Rolling Hills Golf Club to volunteer at the event. The volunteers provided a variety of services, including score keeping, managing crowds as Marshals, and driving VIPs, groups, and players in golf carts, said Edward R. Devlin of the Personnel Department.

The Saudi Aramco volunteers shared their golf experience and knowledge with 250 young Saudi Marshals, as well as conversing with players and guests about Saudi culture. "We Aramco (volunteers) are able to bring that expertise. We have 29 tournaments per year; we have so much knowledge in our clubs. We just want to transfer that knowledge here to younger Saudis," Devlin said.

The volunteers said that they enjoyed the experience of volunteering at the

With Saudi Aramco bringing the sport of golf to the Kingdom in the early 1940s, it was fitting for the company to be one of the sponsors of the tournament. Indeed, many of the company pioneers were avid golfers and improvised sand golf courses to play the game. This proud legacy continues today through world-class golf facilities and self-directed groups across Saudi Aramco communities.



tournament:

"It is a unique experience," said Maher M. Elasmr of Unconventional Resources. "It is following the golfers and hearing them talk and tell stories — being here surrounded by so much history."

George S. Farley, who works in the Supply Chain Policy and Systems Department, relished the role of being a cart driver.

"People ask me all kind of questions about golf. As you drive them in a cart, you are like a taxi driver. You are explaining everything to him, chit-chatting, giving them the rules of golf, and just the concepts of the sport."

"I played golf pretty much all my life, and being here in Saudi Arabia is a tremendous opportunity to be part of ... the growth of golf," said Jonathan J. Hancock of the Operational Procurement Department.

Through sponsoring Saudi International, Saudi Aramco is not only demonstrating the support to Golf Saudi to nourish the

sport within the Kingdom, it is also championing the spread of the values associated with golf such as sportsmanship, hard work, and respect for others in society. These values are in alignment with both Saudi Aramco and the Kingdom's values.

local impact with global reach

Broadcasted live to 600 million homes with approximately 40 million social media impressions, the extensive international media coverage of the tournament helped Saudi Aramco promote its brand globally and locally, casting a spotlight on its role in supporting Saudi Vision 2030. One of the key goals of Vision 2030 is to foster new, promising sectors such as sports to improve the quality of life and create new jobs.

Saudi Aramco targets brand sponsorships to reach defined target audiences and connect to them through shared brand attributes of sports or other activities. Golf fans are a strong fit with the company's target audience of global energy and financial influencers.





Cover your cough or sneeze with a tissue. Dispose of the tissue responsibly.



Cough or sneeze into your upper arm if tissue is not available.



If you are sick, wear a mask in public to prevent the spread of infection to others.



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your voice

me, my wife, and Saudi Aramco



by Abbas Suliman Dhahran
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My wife thinks that I'm married to someone else? I couldn't believe what she said to me after 23 years of marriage.

Yes, she believes that I'm married to Saudi Aramco! I know it's funny, but this is the reality with me and my beloved wife. Apparently she was in a certain state of mind to claim so.

Obviously, my wife sees me devoting much of my time to my work, but does this carry any significance or is it just a funny joke? I mean, should we stop and consider such comments coming from a family member? Can this be an indication or a signal of something? Or should we just smile or laugh whenever we hear such comments and continue on our work routine?

In my humble opinion, we should not ignore such comments — especially if they come from someone very close to us. It could be an observation to show how much you balance your work and your personal life. It could be an indication to a very serious condition that you

are not aware of.

Maybe you spend so much time on work that you don't have time for your personal life — time for family, friends, and for your own self to work out and enjoy other aspects of life. Isn't it true that we know some people who stay for hours after work, and some who come to work on weekends or take it home?

Don't we also know some individuals who feel lost, confused, or even worse, they get ill when they go on vacation or when they are retired? Maybe you now think that I'm exaggerating, but it's true that some people go to the far extreme of their relationship with their work and fail to balance work duties with their personal life.

My wife also thinks that I've become "too obsessed" with safety after years of service with Saudi Aramco — especially with matters concerning fires. She still remembers the day I bought our first fire extinguisher right after I had attended a fire safety course. The reason she still re-

members that day is because the following day we had a small fire in the kitchen and she had to use the powder fire extinguisher, which caused her a lot of mess in the kitchen after thankfully putting out the fire.

Though the whole matter was a complete coincidence, my wife still makes this illogical connection between our first home fire extinguisher and the kitchen fire.

Another example my dear wife gives for my safety obsession is when we go on vacation and stay in a hotel. She accuses me of not behaving "normally" and enjoying my vacation time when I start observing and noticing the location of the emergency exits, and check to see if there are any smoke detectors in our room.

Is my wife right in that? Do I behave normally here, or am I obsessed with safety? She might have a point, but to me that is better than not paying attention to safety.

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

nine new berths inaugurated at Tanajib Pier

expansion looks to meet growing marine operations

by Dalia Darweesh and Scott Baldauf

Tanajib — The Tanajib Marine Division last week inaugurated nine new berths on its pier as part of a three-phase expansion and renovation project designed to double the capacity of Tanajib Marine’s support for the company’s rapidly expanding offshore activities.

The expansion program, led by the Project Management’s Offshore Projects Department (OPD), reflects the increasing activity in the Tanajib area as the company prepares major increments in a number of its major offshore fields, including Berri, Marjan, Zuluf, and Safaniyah. The expansion will allow Tanajib Marine to provide logistical support to the exploration and production of oil and gas from these fields to meet growing international and domestic energy demands.

new berths bring big benefits

“The new berths, which began operation in December, have already brought significant benefits in safety and productivity,” said Abdullah O. Al Tewairqi, Marine Department manager.

“Today, Tanajib Marine Base is one of the largest offshore supply bases in the Middle East region in terms of the number of vessels and the quantity of cargo handled. It combines the highest levels of operational safety with advanced high quality engineering capabilities,” Al Tewairqi said, adding that safety and efficiency have been factored into every aspect of Tanajib’s Marine facilities. From the time the cargo request is received, through to the loading operation and all the way to the safe and timely delivery of the shipment to its final offshore destination, utilizing digitized and real-time logistics tracking solutions.

“All of this was coupled with the right training and development to our employees, which is the cornerstone for our organizational success,” he noted.

“We are upgrading both the ship-shore interface and the man-machine interface.”

Originally built in 1982, the Tanajib Pier previously could only accommodate vessels of 1,000 tons or less, and it serviced only 20 offshore rigs. Currently, the expansion and upgrade project allows for vessels of more than 4,500 tons, and the servicing of as many as 60 plus offshore rigs.

The expansion and upgrade project, on which construction began in August 2018,



A dive ship prepares to load supplies at one of the nine newly inaugurated berths at Tanajib Pier.



Cranes are among the new enhancements to Tanajib’s logistics and stevedoring capability, for handling necessary supplies for drilling, operations, security, and other offshore activities in the Tanajib offshore area. (Photos: DingIMPD)

and officially concluded in December, is just the latest example of the Marine Department’s commitment to providing vital support to the company’s offshore oil and gas exploration and production activities. By the end of the project, the pier will have the capacity to handle 24 large size supply vessels simultaneously, which is an increase in capacity of five, up from 19.

And as the pier now operates on an advanced tracking management system that can pinpoint locations from port to rigs to projects and security sites, the expanded facilities have been optimized, and as a result, can now load supplies or personnel in as little as nine hours, a sharp decrease from a previous turnaround of approximately 14 hours.

efficiency efforts drive cost avoidance

More than the gleaming new facilities, efficiency has been the driving force behind the Marine Department’s transformation. With a fleet of supply boats available to all key offshore clients, the Marine Department was able to increase fleet utilization by 45%, achieve significant cost avoidance, and reduce the response time for emergency supplies from 12 to only 2 hours.

With increased offshore activity and demand for logistics services, the Marine Department and OPD teamed up to transform the common offshore logistic activities into an optimized, cost conscious, and risk managed based operation. Their breakthrough was a shared resource concept to better optimize services and avoid redundancy in tasks.

A Milk Run Initiative was implemented, where offshore platforms were segregated into specific dedicated routes, with offshore platforms and their support vessels segregated into respective fields and dedicated offshore supply vessels being routed to serve numerous assets in a round trip.

This logistical transformation has yielded a 100% reduction in OPD’s hook-up supply vessels (and 37% for crew boats), as well as a significant annual savings and a fleet utilization of more than 95%.

a center for logistics

Keeping track of all this activity is a logistics center that has recently been centralized, said Aziz S. Al Qarni, superintendent of the Tanajib Marine Operations Division. “It created a platform to collaborate between the Marine Department and different users and clients, and by doing so, it availed a lot of opportunities for saving.”

Captain Motaz A. Nejam of the Marine’s Logistics Unit said, “This project will allow the Marine Department to support Saudi Aramco’s offshore activities such as drilling and producing during the offshore field’s increments and future production operations, with opportunities to expand the operational support services we can provide.”



The new berth stations will certainly ease port operations, especially in cargo handling. (They) will support the Marine Department in reducing the vessels’ port turnaround time, yielding significant efficiency savings, and increasing service levels.

— Motaz A. Nejam

overcoming challenges and creating opportunities

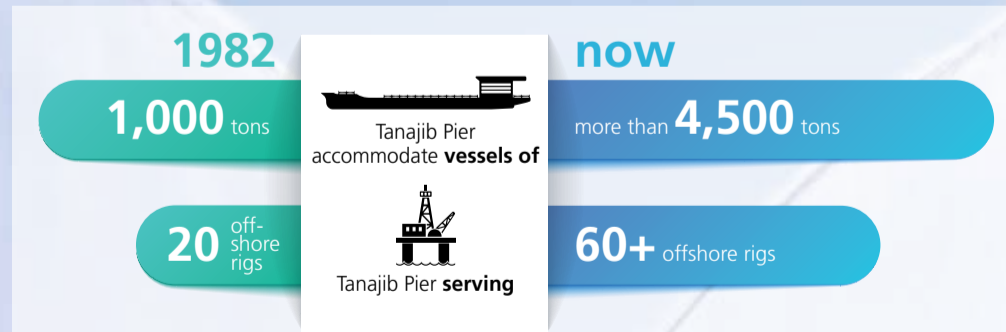
Nejam said the expansion project will help overcome significant challenges such as increased vessel traffic, a growing number of jack-up barges and large vessels, and a bottleneck for Tanajib Port services. “The new berth stations will certainly ease port operations, especially in cargo handling,” Nejam said. “The additional berth stations will support the Marine Department in reducing the vessels’ port turnaround time, yielding significant efficiency savings, and increasing service levels.”

Kashif Saeed, project manager, said their team worked closely with Marine to ensure that the system was tailored to OPD’s needs before handing over its fleet of supply boats to Marine control.

“Offshore pipelines projects are a critical part of the operations,” Saeed said. “When we finish the construction of pipelines, they can turn on the oil. And we cannot have any interruption.”

Mohammad A. Al Bakri, OPD’s project manager for the Tanajib Pier, said the construction team faced severe challenges in building new facilities at a time when the rest of Tanajib Pier was still in operation. To expedite the installation of 30-meter long metal sheet piles that compose the ocean-facing wall of the pier, OPD used a custom-built water jetting technique to penetrate hard soil layers, while a crane pounded the piles into position. This innovative process cut installation time in half.

Members of Tanajib Marine, the Offshore Projects Department, and corporate management gather at the Tanajib Pier to celebrate completion of a project designed to meet growing demand for marine services.





Hosting rich biodiversity, Safaniyah's serene lagoon curves expansively in front of Saudi Aramco's T-7 and T-8 1-million-barrel crude oil storage tanks, journeying on to rest alongside the Safaniyah plant. Each spring, flamingos are one of the many migratory bird species who rest and feed alongside the lagoon's operating oil and gas facilities.

shining jewel of northern nature

by Janet Pinheiro

(Photos: Mohammed AlShaikh/MPD)

Under ancient rock folds pressed beneath the shallow pastel blue waters of the Arabian Gulf's northwest corner lies the world's largest offshore oil field — Safaniyah.

Rising from the field's shoreline is also the world's largest gas-oil separation plant (GOSP), whose tanks, columns, and steel pipes shine serenely against an early winter Saudi Arabian sunset, slowly throwing a cool evening shadow toward the Gulf's rippling horizon.

Saudi Aramco's 66-year-old Safaniyah GOSP, immaculately maintained and innovatively updated for decades, is a substantial collection of oil and gas infrastructure.

Flourishing adjacent to the GOSP is a vast expanse of some of eastern Saudi Arabia's most impressive biodiversity — and a reminder of what the province once looked like.

biologically diverse preserve

The lowland sites of Safaniyah and its younger colleague to the south, Tanajib,

each host 13 km² of intricately dense biodiversity containing 32 recorded plant species, eight mammals, five reptiles, and 48 birds.

Together, the sites stretch across a spectacular 18-km length of coastline, sheltering many varied pockets of untouched biodiversity, a large lagoon, bird sanctuary, and dhub haven.

Safaniyah Onshore Plants separates gas from sweet Safaniyah and Zuluf crude oil streams, making the oil ready to be sent through pipelines or manufactured into products, while Tanajib Onshore Plants performs the same function for sour crude oil from the Marjan field, and is also the logistics hub for numerous offshore services.

The surrounding nature on both sites is part of more than 1,200 km² of tantalizing biodiversity living within Saudi Aramco's onshore producing areas, with each zone of nature's treasure considered some of the most biologically varied areas in Saudi Arabia.

A four-year program saw scientists examine and record biodiversity thriving on the company's sites, challenging the common

perception that conservation and industry cannot coexist.

protecting for more than eight decades

Saudi Aramco traces its beginnings to 1933 and Northern Area Oil Operations vice president Dawood M. Al-Dawood says the company has always valued its responsibility to protect and enhance the surrounding natural environments of its operations.

"As can be seen from the biodiversity on the ground, it is in the DNA of Northern Area Oil Operations' personnel to protect the environment," said Al-Dawood. "The environment is dear to our hearts as we go about performing our hydrocarbon-related activities.

"The wildlife living and migrating through our Safaniyah and Tanajib sites demonstrate the mutual coexistence of Saudi Aramco's operations, environmental protection, and the reliable supply of energy and feedstock product to the world," he said, adding that the environment was a responsibility for both the company and him.

tranquil Safaniyah lagoon

A white-sand lagoon quietly winds adjacent to the Safaniyah plant, and is a welcoming sanctuary for dozens of coastal migratory bird species on their spring and winter international journeys from Africa, Asia, Europe, and India.

The feathered guests, next to the nearby shadow of the Safaniyah GOSP, safely shelter and revel in the rich biodiversity of the gentle Gulf inlet where dolphins occasionally frolic.

In 2016, to retain and further restore Safaniyah lagoon's rich marine and shore life, the Safaniyah Onshore Producing Department (SONPD) developed a local initiative for the inlet, which is part of the larger environmental protection and restoration management project of both Safaniyah and Tanajib.

The first step was a cleanup campaign to remove man-made waste such as plastics, fishing nets, and glass from the shorelines. Planting trees followed, to enhance the tidal and coastal habitats for native creatures and migratory birds. Future plans include investigating the placement of artificial reefs,

community-based conservation

Saudi Aramco is a part of its local host communities, and aspires to help them to thrive socially, economically, and environmentally.

The local fishing community sell their daily catch at a road stop outside the Safaniyah plant, and in partnership with the government, plans are underway to conduct awareness sessions with local people fishing the surrounding waters.

"Local and wider communities have an important role to play in biodiversity conservation, and sharing this responsibility equates to shared value," explains Safaniyah Area Producing general manager Ali S. Al-Ajmi.

Using the main languages of the local fishing market workforce — Arabic, English, Hindi, Tamil, and Urdu — the sessions will promote marine environmental protection, such as sustainable fishing, never littering, not pouring oil or gasoline in the sea, and safe fish storage.

Adding that the goal was for the lagoon to be a public park with its own entrance and road, Al-Ajmi said: "Making people aware of biodiversity importance, and having people coexist sustaining alongside the environment, can result in more sustainable outcomes for both nature and people."



Six palm trees in a small eastern Saudi Arabian backyard inspired Ali M. Sinan's childhood interest in the environment.

"The green fronds, sturdy trunks and delicious dates of my family's garden palms taught me how awesome nature is," Sinan said.

After taking a position as an operations and maintenance engineer at Tanajib and Safaniyah, the sites' breathtaking coastal beauty set the mechanical engineering graduate on a determined path to learn more about the environment.

Appointed environmental coordinator for Tanajib and Safaniyah in 2016, committed Sinan knows the evening, the favorite resting spots for hundreds of migratory birds, and the best viewing spots for the new dhub sanctuary.

His favorite evening spot is a residential camp's five-kilometer walkway alongside the Arabian Gulf's turquoise shoreline: "When I walk along the coastline, I feel connected to the water, the surrounding plants and creatures."





The dhub, or spiny-tailed lizard, considered vulnerable in the wild, enjoys special status at Tanajib and Safaniyah, with their own exclusive home. A total of 23 dhubs were captured and transferred to the sanctuary, which is protected from development and disturbance.

a partnership approach to biodiversity

...nests, and hides for bird watchers.

multibillion dollar increment

Saudi Aramco recently awarded contracts valued at \$18 billion to increase Marjan and Berri oil fields' production capacity.

Questioned on the increment's impact on the site's biodiversity, Safaniyah Area Producing general manager Ali S. Al-Ajmi explains that the company ensures development has the least possible environmental impact.

"Saudi Aramco's Environmental Protection Department is a signatory on all projects — large and small — and nothing that impacts the environment goes unnoticed," he says, holding up Manifa as an example that now has more biodiversity than before the project's development.

ISO certified

In 2018, SONPD achieved the "ISO 14001 Environmental Management System" certification, assisting the site to drive long-term societal, environmental, and economic considerations into the heart of all the site's planning processes and decision making.



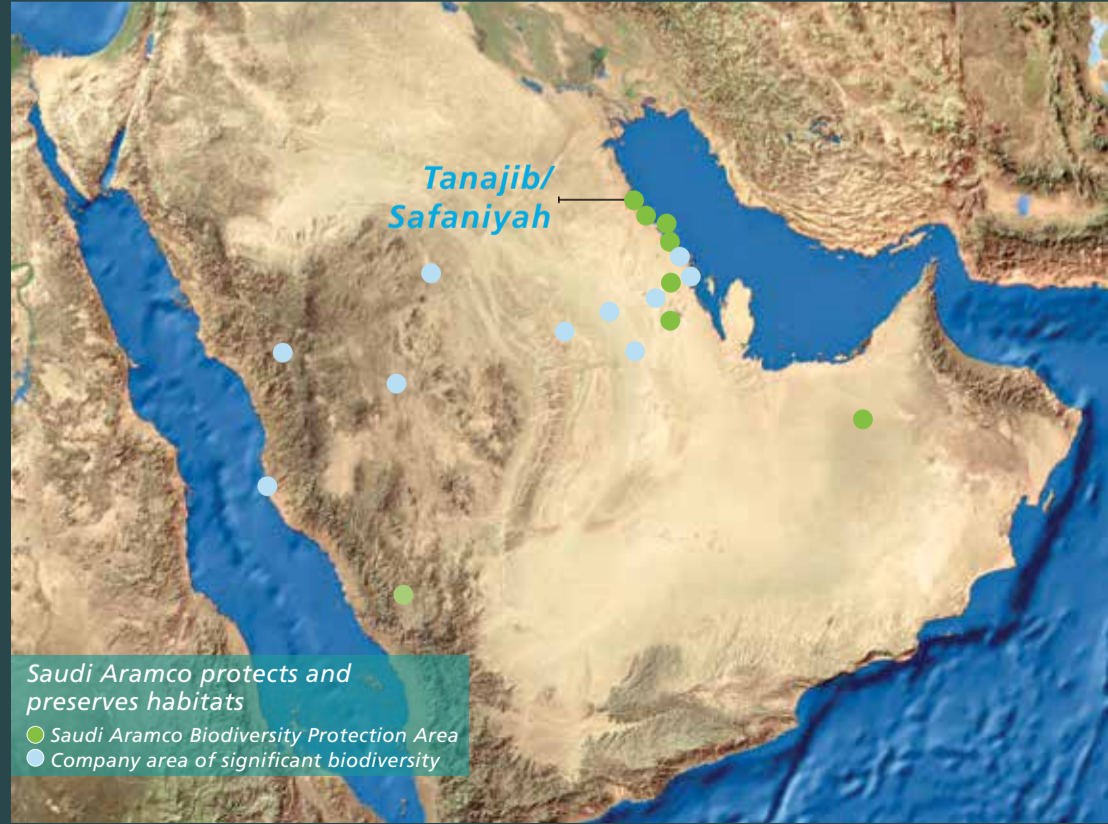
The wildlife living and migrating through our Safaniyah and Tanajib sites demonstrate the mutual coexistence of Saudi Aramco's operations, environmental protection, and the reliable supply of energy and feedstock product to the world.

— Dawood M. Al-Dawood

Using traditional Arabic fishing boats — sanabes — local people fish on the outside of the Safaniyah lagoon.



Walking in the remote residential camp for both Safaniyah and Tanajib, Mansour F. Al-Dossary notes that 400 native trees were planted in the Safaniyah lagoon area recently as part of the sites' participation in Saudi Aramco's initiative to plant 1 million native trees. "These Saudi trees like the heat and will be a wind barrier for the mangroves, and provide shade for the wildlife," the Safaniyah Onshore Producing Department manager said. The trees add to the 4,500 gray mangrove (*Avicennia marina*) saplings planted since 2016 in a combined effort by employees, contractors, and local students. Proud of the site teams' efforts to utilize in-house resources, Al-Dossary said sanitary wastewater was used to irrigate newly planted trees. "Our operations, maintenance and engineering teams always come up with innovative solutions, which has contributed to us being the first producing department achieving ISO 14001 for environmental management systems," he noted.



Saudi Aramco protects and preserves habitats
● Saudi Aramco Biodiversity Protection Area
● Company area of significant biodiversity

innovation abounds at first Innovation Week event

by Shaistha Khan

Al-Khobar — The Corporate Innovation Board recently hosted its inaugural flagship event — Saudi Aramco Innovation Week. The three-day event brought together industry experts, academics, global innovation organizations, and professionals to recognize, reward, and showcase some of the most innovative ideas across Saudi Aramco.

The event, which was designed to increase innovation and engagement, featured various activities, including a digital hackathon, pre-event workshops, international speakers, expert presentations, an exchange forum, and a recognition ceremony for top innovators.

Over the three days, more than 1,500 employees from 30 admin areas attended the event.

a culture of innovation

Abdullah O. Al Baiz, vice president of Engineering Services, highlighted the key role that innovation plays in improving the way we do business.

“Today, we gather to further promote an innovation ecosystem by learning from each other and cultivating a culture of innovation in our day-to-day activities,” Al Baiz said, noting he hoped the week inspired greater innovation companywide to address challenges and explore business opportunities.

He further called on the company's young talents to put their capabilities and skills to use at the forefront of its innovation program, concluding: “We may have reached



Rohit Patwardhan, Rafael G. Mora, Nasser Al-Qahtani, and Nauman Tehsin won first place for developing a machine learning model that will help anticipate failures and increase cost-effectiveness of mitigation, monitoring, and prevention measures in high risk pipelines.

some excellent numbers in innovation, but we can reach higher levels and sustain it only if we capture this opportunity to create a culture of innovation on the next level.”

Workshops on ideation, product development, and commercialization augmented an exhibition featuring 42 innovative ideas and technologies from 16 admin areas, as well as the top 10 innovations by the Young Leaders Advisory Board Digital Hackathon finalists. Meanwhile, 19 speakers and presenters shared insights on the latest innovation trends and the Fourth Industrial Revolution (IR 4.0), and a technical exchange forum focused on best practices in idea management.

Among those presenting were:

- Mohammed A. Abusharifah, project leader at the Innovation Center, on “Innovation as a Lifestyle,” and his experience at the World Solar Challenge 2019 in Australia, where his team of young Saudis ranked 24 out of 44 participating countries.

- Amal M. Maawadh, an advanced data

analytics specialist, on how technology can drive intelligent procurement and supply change management.

- Abdulaziz S. Al-Qasim, a petroleum engineer from EXPEC ARC, on his innovation journey and work on 20 filed patents in upstream applications.

Innovation Campaign winners

Winning ideas were selected from campaigns conducted on the Corporate Innovation Portal to provide solutions to real com-

pany challenges. The winning ideas have been successfully implemented.

Rohit Patwardhan, Rafael G. Mora, Nasser Al-Qahtani, and Nauman Tehsin won first place for their solution to aging pipelines and flow variability that featured a machine learning model to anticipate failures and increase the cost-effectiveness of mitigation, monitoring, and prevention measures in high-risk pipelines.

Mohammed T. Abdulmohsin, Abdulrahman G. Al-Amri, and Ali S. Al-Garishah won second place for developing a field device failure prediction tool that uses past history and an intelligent tool that predicts field instrument device failure, and allows timely maintenance.

Abdullah A. Al-Hamoud, Miguel A. Lopez Andreu, and Ramsey J. White from the North Ghawar Producing Department won third place for developing a real-time optimization tool that ensures that equipment operates within the desired operating window for compressors and pumps at gas-oil separation plants.



Mohammed A. Abusharifah's presentation “Innovation as a Lifestyle” inspired the audience to think like true innovators by always looking for ways to innovate and improve. He also shared his experience at the World Solar Challenge 2019 in Australia, where his team of young Saudis ranked 24 out of the 44 countries that participated.

 read it on the intranet

Upstream rolls out 2020-2022 Business Plan details at town hall sessions in Dhahran, ‘Udhailiyah, and Khursaniyah



Attendees at staff town halls in Dhahran, ‘Udhailiyah, and Khursaniyah learn about that the Upstream business plan during sessions presided over by Mohammed Y. Al-Qahtani, senior vice president of Upstream. Al-Qahtani outlined the three core focus areas of the plan: maintaining crude oil leadership; continuing the journey to becoming a leading gas company; and securing the company's future through exploration.



The Tanajib Shutdown Team poses in front of the Tanajib Process Management Center. The effort took 12 months of planning and preparation, in addition to efficient execution with a strong focus on safety. Those efforts concluded with 324,000 man-hours of work with no recorded injuries. (Photo: Mohammed AlShaikh/IMPD/IMPD)

SONPD completes successful turnaround at Tanajib



renewing OE commitment at Southern Area Production Engineering Department retreat



Southern Area Production Engineering Department leaders, champions, and subject matter experts on Operational Excellence (OE) pose for a photo following the 2020 OE retreat at the Ghawar Tent in ‘Udhailiyah. The event attracted about 50 employees who facilitated multiple presentations and group activities.

Yanbu’ NGL Fractionation earns confidence of customers, hosts meetings with SABIC affiliates



Management from the Yanbu’ NGL Fractionation Department and Yansab tour the Yanbu’ Innovation Excellence Center during a recent customer focus meeting with two SABIC affiliates — Yansab and Yanpet.

Sea Water Injection Department looks to keep employees and their families productive, energized, and feeling good in the new year

Employees practice planks during the recent Health and Fitness Campaign conducted by the Sea Water Injection Department (SWID) in Qurayyah. The goal of the campaign was to promote and enrich SWID employees’ awareness of how to embrace a healthy lifestyle, energy management, and avoiding attitudes that can lead to sports injuries.



well-being caring for your health and wellness

the unique challenge of diagnosing heart disease in women

Although many people think of it as a man's problem, women also suffer from heart disease. It is also a leading cause of disability among women.

The most common cause of heart disease is the narrowing or blockage of the coronary arteries — the blood vessels that supply blood to the heart itself. Coronary artery disease happens slowly over time and is responsible for most heart attacks. Prevention is critical, as two-thirds of women who suffer a heart attack fail to make a full recovery.

The older a woman gets, the more likely she is to get heart disease. However, women of all ages should be concerned about heart disease and take steps to prevent it by practicing healthy lifestyle habits.

risk factors and symptoms

Some risk factors for heart disease affect both women and men, including high cholesterol, high blood pressure, being overweight, lack of exercise, and unhealthy diets. Other factors may play a bigger role in the development of heart disease in women than they do in men, including metabolic syndrome, mental stress and depression, smoking, and low levels of estrogen after menopause.

As for symptoms, when you think about heart disease, you probably think about chest pain. But a woman with heart disease may not have chest pain.

If she has heart disease, a woman may feel aches, tightness, heavy pressure, and burning. These feelings may happen in the chest, back, between the shoulder blades, or just above the belly button. The pain may



spread to the jaw, neck, shoulders, ear, or the inside of the arms.

Other signs of heart disease in women are unexplained tiredness, trouble breathing, trouble sleeping, feeling sick to the stomach, feeling scared or nervous, and new or worse headaches.

Untreated, heart disease may lead to a heart attack. The most common heart attack symptom in women is some type of pain, pressure, or discomfort in the chest. But it's not always severe or even the most prominent symptom, particularly in women.

Heart attack symptoms in women are more subtle than the obvious chest pain often associated with heart attacks. Many women tend to show up in the emergency room after much heart damage has already happened. This is because their symptoms are not those typically associated with a heart attack.

If you experience symptoms, or think

you're having a heart attack, call for emergency medical help immediately. Don't drive yourself to the emergency room unless you have no other options.

treating heart disease

The goal in treating heart disease is often to open narrowed arteries that cause symptoms.

Whether heart disease is mild or severe, your physician will recommend lifestyle changes as part of your treatment. If you are at risk for heart disease, a healthy lifestyle can help prevent the development of the condition.

Talk to your physician about an exercise plan that is right for you; he or she may recommend that you exercise 30 to 60 minutes a day on most days of the week. If you can't get all of your exercise completed in one session, break up your physical activity into several 10 to 15 minute sessions. You will still get the same heart-health benefits.

Quit or don't start smoking. Avoid secondhand smoke. Eat a healthy diet that is low in saturated fat, cholesterol, and salt. Manage other conditions such as high blood pressure, high cholesterol, and diabetes. Medications can help you control your blood pressure and cholesterol levels.

A daily aspirin can have a number of benefits for women, and can help prevent heart attacks and strokes, and reduce heart disease risk. Talk to your physician about the risks and benefits of taking aspirin.

To treat heart disease, your physician may recommend specific procedures or surgery to clear the blockages in your heart.

caring profile



Dr. Sumaya Alnouri
pediatric dentist
Dhahran Health Center

work history

- 2018-present: Pediatric dentist, Johns Hopkins Aramco Healthcare, Dhahran
- 2009-2010: General dentist, Harasani Dental Clinic, Jiddah.

education

- 2013-2018: Ph.D. in pediatric dentistry, King Abdulaziz University, Jiddah
- 2009-2013: Master of medical sciences in pediatric dentistry, King Abdulaziz University, Jiddah
- 2001-2007: Bachelor of dental medicine and surgery, King Abdulaziz University, Jiddah.

quote

"It is my great privilege to be part of this organization that puts patient care above everything else. As a pediatric dentist, I aspire to make dental visits for our children smooth, easy, and maybe even enjoyable, while maintaining the highest quality of care and the best treatment standards."

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



tips for lowering elevated blood pressure

High blood pressure is known as hypertension. Blood pressure that is slightly high is called elevated blood pressure.

It is likely that elevated blood pressure will turn into hypertension if you do not make lifestyle changes. Follow the below tips to help control your elevated blood pressure.

- Diet, exercise and other lifestyle changes can help many people lower their blood pressure.
- Your primary care physician may recommend medications if lifestyle changes do not lower your blood pressure enough. Medications may also be prescribed if you have elevated blood pressure as well as another medical condition, such as diabetes.
- Eating healthy foods can help lower blood pressure. Choose vegetables, fruits, whole grains, and low fat dairy options.

Eat less saturated fat and trans fat.

- Do not add salt to your food. Read labels to find out how much sodium is in food. Limit the processed and canned foods that you eat. These include soups, frozen meals, and packaged snacks.
- Maintain a healthy weight. Lose weight if you are overweight.
- Regular physical activity can help you lower your blood pressure. It can also help you control your weight. Try to be active for at least 30 minutes every day.
- Do not smoke or use other tobacco products. If you do smoke, talk to your primary care physician about treatments that can help you quit.
- You should only drink healthy drinks.
- Reducing stress can also help control and prevent high blood pressure. Getting enough sleep can also help.



King Abdulaziz Center for World Culture
by saudi aramco



Ithra movies

in cinema

Father and Son

Feb. 5, 6, 7, 8, 10, 11, 12 4:30 p.m.

Ithra Heroes Adventure

Feb. 8, 10 10:30 a.m.

The Cave

Feb. 6, 7 7:25 p.m.

The Son of Bigfoot

Feb. 5, 6, 7, 8, 10, 11, 12 4:20 p.m.

Zero Distance

Feb. 5, 8 7:25 p.m.



Father and Son

Living by a river, a father and son sit side by side to catch fish and make a penny every day. When the son, Ca, contracts a serious illness, his father must get into the funds to pay for his expensive treatment. Will the father be able to catch enough fish to save his son's life?



The Cave

The Cave is an exploratory film where microbiologist Dr. Hussam Zawawi and speleologist Dr. Francesco Sauro take us on an expedition to produce new scientific research for "A Study of Microbes in Caves."



The Son of Bigfoot

A teenage boy sets off on a journey to find his missing father, only to discover that he's actually Bigfoot.



Zero Distance

A photographer faces his questionable past when he finds a picture of a dead body on his apartment floor, and his pistol missing a bullet.



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