

# CONTRIBUTORS MARCH 2020 EDITION

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### MESSAGE FROM THE EDITOR-IN-CHIEF

This third edition celebrates various successes across several fronts. And as usual, it gives me great pride that SandRose has the privilege of being the platform that delivers the successes of our people, our industry and our beautiful Kingdom.

The teams continued with their technical and non-technical sessions, student visits, community outreach and young professionals' development – one great success after another! The memberships team continued to enhance members' experiences through the SPE-KSA Loyalty Program. The IT team has worked consistently to further elevate SPE-KSA to a digitally-advanced organization, allowing it to broaden its reach and impact.

We are also immensely proud to announce the launch of the second SandRose Education, which was created to address the concerns of the Oil & Gas industry, its impact on our lives and its future. This time around, the team created a booklet with a hypothetical dialogue between a father and his daughter on the importance of oil and gas and its future. Most of the credit for this booklet goes to its content creators: Rabab Meshikhes, Yazeed AlDugaither and Rowa Tawfiq – thank you for your time and effort. A special thank you goes to Salma Al-Hashimi and Shayma AlShukri for translating this booklet and to Sara Sami for designing it. Finally, thank you to the sponsors of this edition, APC Oilfield Services and Taqa, for their support.

What makes this edition unique is its coverage of IPTC 2020 and I am extremely proud that Saudi Arabia has become a new home for IPTC. In this edition, we showcase a gallery of carefully-selected photos from the conference along with provide a unique perspective on IPTC, such as that of the youth. A big thank you to Salma Al-Hashimi for putting this gallery together, and to all those who took the time to contribute with quotes, articles and insight pieces.

In this edition, you will also find a special feature from our valuable sponsor, Baker Hughes, two general interest articles, an exclusive interview with Fahad Al Yahya (aka "The Diet Ninja"), a special book recommendations piece and our usual "Useful Resources" page.

In the past few months, I have had the honor of seeing the successes of this section and its leaders. The hard work, innovation and far-reaching aspirations of my fellow team members are inspiring to me, and they are what fuels us all. The world is amidst many changes and great uncertainty, and the only things that will see us through are perseverance, clear direction and dedication.

HALA A. ALHASHMI Editor-in-Chief





# **MEET THE SANDROSE TEAM**



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Maha AlHashmi Contributor



Ahmad Ismail Contributor



**Nouf Alotaibi** Contributor



Noora Al-Hashimi Contributor

### **MESSAGE FROM THE CHAIRMAN**

#### "We Are Celebrating a Very Big Success", Dr. Mohammed Al-Qahtani, 2020 IPTC Executive Committee Chairman

(IPTC) was successfully concluded in January 2020. The 12th edition of IPTC was held for the first time in Dhahran, Saudi Arabia with Saudi Aramco as the unique global position as an energy leader and provider.

was carefully selected to reflect what Saudi Arabia is marching into with all the

our leaders and volunteers. However, beyond all, this conference was a great

to IPTC 2022 that will be held in Dhahran once again.

ABDULAZIZ K. AL SUFAYAN Chairman, SPE-KSA







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# INTERNATIONAL PETROLEUM TECHNOLOGY CONFERENCE (IPTC) 2020

VISION TO PROSPERITY: A NEW ENERGY ERA EMERGES

#### January 13th - 15th

IPTC 2020, the 12th edition of the International Petroleum Technology Conference, was held in the Kingdom of Saudi Arabia for the first time with Saudi Aramco as the exclusive host - a major milestone for the Kingdom in the world of energy and technology. The conference was held under the patronage of HRH Prince Mohammad bin Salman bin Abdulaziz Al-Saud, Crown Prince, Deputy Prime Minister, and Minister of Defense. IPTC 2020 was opened by HRH Prince Abdulaziz bin Salman bin Abdulaziz Al-Saud, Minister of Energy of the Kingdom of Saudi Arabia.

IPTC was attended by over 18,000 participants, including top industry executives and leading technical experts. This was a remarkable and unparalleled achievement as it set a new record in attendance since IPTC's initiation. The opening ceremony alone was attended by 2000+ guests. IPTC 2020's opening ceremony included a keynote speech by HRH Prince Abdulaziz bin Salman.

The opening ceremony also included speeches by:

- Saudi Aramco speech by H.E. Yasir O. Al-Rumayyan, Chairman of the Board of Saudi Aramco and Governor of the Public Investment Fund
- Opening speech by Dr. Mohammed Y. Al-Qahtani, IPTC 2020 Chairman and Senior Vice President of Upstream at Saudi Aramco

 Welcoming remarks by Mr. Mahmoud M. Abdulbaqi, IPTC Chairman of the Board of Directors

The conference's rich program included:

- Ministerial Plenary Session
- OPEC Dialogue
- CEO Plenary Session
- Executive Plenary Session
- Energy Think Tank
- 5 Panel Discussions focusing on a spectrum of topics concerning the energy industry

The exhibition consisted of 250 exhibitors from 70 countries around the globe, all creating an energetic atmosphere of knowledge sharing and growth. The diversity in thought, innovation, technology and culture can be sensed upon entering the exhibition. To make room for this impressive statistic, Dhahran Expo was expanded into more than twice its size.

From a technical standpoint, IPTC 2020 received the largest number of abstracts in IPTC history. Not only that, but a total of 100 technical sessions were held covering 800 technical topics.

Saudi Arabia, IPTC's new home in the Middle East, welcomes you all, once again, in 2022!





With the Kingdom's first hosting of IPTC this year, the gathering was not only one for the history books, it was one for the record books, with more than 18,000 attendees representing over 1,200 organizations. In putting forward a truly world-class event, I believe it captured the very best of our industry by highlighting our full engagement around the challenges and opportunities that lie ahead at the dawn of a new decade. Everyone at Saudi Aramco, as well as the many others who contributed, including service companies and suppliers, can take pride in this remarkable success. We have set the bar high for IPTC and I have no doubt that when we once again serve as the hosting organization for IPTC 2022, we will set it even higher!

#### DR. MOHAMMED Y. AL-QAHTANI

**Executive Committee Chair, IPTC** 

Senior Vice President, Upstream, Saudi Aramco, Honorary Chairman of the Board of Directors, SPE-KSA

IPTC 2020 was not just another conference, it was the beginning of a new era - an era of technology, innovation and sustainability for the industry and the Kingdom. For three days, Saudi Arabia was home to the industry's brightest minds, and IPTC was the reason. Yes, we have achieved a great milestone, and we will continue developing and expanding capitalizing on this pronounced success. In fact, we have officially commenced on a new journey, with IPTC 2022 to be held, once again, in our beloved Kingdom. This means that we are expected to do better and be better, and I know that our professionals are up to the challenge and they will exceed all expectations as we have witnessed during IPTC 2020. I am proud of what has been achieved so far, and I am confident that what we will achieve in the future will be absolutely revolutionary.

#### NASIR K. AL NAIMI

Vide President, Petroleum Engineering & Development, Saudi Aramco, Chairman of the Board of Directors, SPE-KSA



We were honored to participate in the International Petroleum Technology Conference (IPTC) during its debut in Saudi Arabia. As an exhibitor and sponsor of the Author Room Lounge, we want to give special thanks to HRH Prince Mohamed bin Salman for his patronage. With over 18,000 attendees, our message of innovation, collaboration, and diversity reached far and wide. We look forward to supporting IPTC in the future and engaging in the valuable discussions that the event enables.

MARK MCCOLLUM President & CEO, Weatherford IPTC was truly one for the books and a major milestone for the Kingdom and the industry. The success was attributed to the professionalism and the outstanding dedications towards making the first multidisciplinary inter-society in oil and gas to be held in the Kingdom of Saudi Arabia, a shattering of all records. Over the course of only 3 days, the event attracted over 18,000 registrants, a record high for IPTC. For the first time in IPTC, the number of booths reached a staggering 255 occupancy, with exhibitors from all over the world showcasing their technologies, innovations and people. From a technical standpoint, IPTC went above and beyond in its technical program that featured 105 sessions with over 800 papers chosen from over record-breaking 3500 accepted abstracts. I am incredibly proud of this achievement, and I look forward to what the future holds for the Kingdom, the industry and the people.

#### ALI M. AL-SHAHRI

Programme Committee Chair, IPTC, Manager, Northern Area Reservoir Management Department, Saudi Aramco

I feel that the most important factor contributing to the remarkable success of IPTC 2020 was the amazing team of volunteers, especially the young professionals who worked tirelessly for more than a year to organize and host the premier inter-society and multi-disciplinary event in the oil & gas industry. I am proud and inspired by their extraordinary team spirit and dedication that brought top CEOs, Executives, Industry Leaders and Policy-Makers from around the globe to the Kingdom of Saudi Arabia and home of Saudi Aramco. We truly owe all the volunteers from Saudi Aramco, our business and our industry partners the sincerest appreciation for a record-breaking IPTC. The conference made it possible for people to experience the hospitality, attractions and diversity of our Kingdom as they networked, collaborated and shared their knowledge about the latest ground-breaking technologies and innovations in technical sessions, panels and exhibition booths.

#### KHALID A. ZAINALABEDIN

Host Committee Co-Chair, IPTC Manager, Reservoir Descriptions & Simulation Department, Saudi Aramco Chairman of the Board, Middle East Region, SPE





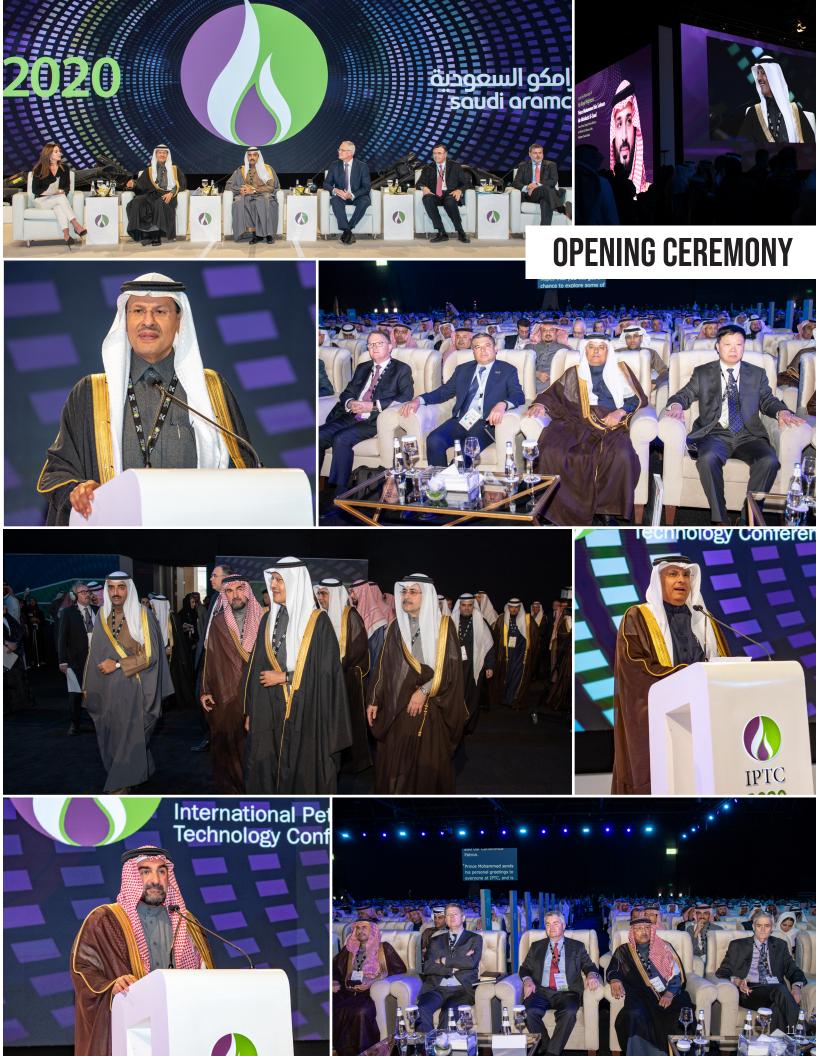


































IPTC 2020 was a remarkable event packed with tremendous excitement and engaging displays of advancement in the energy sector.

#### HANI ALMAIMANI

Vice President, Arabian Region, NESR

Continuing to meet the world's growing energy demands requires greater collaboration within our sector and an intense focus on delivering shared solutions for some of the world's most pressing energy issues. IPTC embodies this spirit, regularly bringing together the oil and gas industry's brightest minds and engineering talent to drive new innovations, increased connectivity and new ways of working.

#### **OMAR SUWAINA AL SUWAIDI**

Director, The Executive Office Directorate, ADNOC

IPTC 2020 is one of the best energy conferences I've ever attended. Almost every single significant industry expert and organization participated. I admired most the comprehensive technical program, especially with regards to unconventional resources (panel discussions, technical sessions and technical papers).

#### **SULTAN AL-SHEHRI**

District Manager, Bahrain, Halliburton Worldwide Limited

IPTC is a great international platform to network with key industry players. It helps us customize our solutions according to our clients' needs and address current market dynamics and industry challenges. Lastly, it is an opportunity to explore how technology and innovation can help bring cleaner and safer energy to the world.

#### **AYMAN ASHOOR**

Key Accounts Manager, Baker Hughes

The 12th edition of the International Petroleum Technology Conference (IPTC - 2020) was a particularly special occasion as it marked the debut of this global event in Dhahran, Saudi Arabia - the focal point of the world's oil and gas production and reserves. Centered around collaboration between the world's leading technologists and scientists and attended by some of the most influential decisionmakers and policymakers from around the world, IPTC-2020 opened a new decade for the global energy industry that will be marked by further ground-breaking innovation and transformation, all of which are well aligned to the Kingdom's Vision 2030.

#### **ABDULRAHMAN AL-KHERAIGI**

Corporate Communications Senior Manager, Taga

IPTC 2020 brought the world of energy to the Kingdom of Saudi Arabia and was a great venue to demonstrate our commitment as the performance company of choice, leveraging 80 years of local experience.

#### MAI AL-DOSSARY

KSA Communication Manager, Schlumberger

With an interesting program and massive attendance from all around the world, IPTC 2020 was indeed a great kick-off for such industry related events in the Kingdom of Saudi Arabia. Luckily, I was one of the IPTC 2020 Education Week committee members. It was very rewarding to see students from around the world enjoying the experience and getting an impressive image about Saudi Arabia - an image that definitely exceeded their expectations.

#### SAJEDA BARNI

Engineer-Reservoir Simulation, Tatweer Petroleum, Bahrain

What I liked most about the IPTC conference is the panel sessions which addressed some of the pivotal concerns we are facing today from green gas house emissions to the energy demand. As a young professional with a computer science background, I'm optimistic that technology will enable us to set forth creative solutions that turn tough challenges into mighty prosperity. Collaboration, however, will be crucially important to turn the table, and as Ryunosuke Satoro puts it, 'Individually, we are one drop. Together, we are an ocean.

#### **NORAH AL SUNAIDI**

Petroleum Engineering Systems Analyst, Saudi Aramco Associate Editor, SandRose Magazine, SPE-KSA

It was an amazing experience to see the diversity in the attendees from different countries & age groups. Additionally, it was very rewarding to see different media platforms portraying a beautiful image of Saudi Arabia's interest and participation in the energy and technology sector.

#### **ABDULAZIZ A. ALUMAIRI**

Well Testing Engineer III, NESR

### IPTC AND THE YOUTH

#### TRANSITIONING FROM STUDENT TO YOUNG PROFESSIONAL

It was the start of a new decade, and there was an atmosphere of anticipation in Saudi Arabia. One hundred students had been invited to take part in the Education Week Program of the International Petroleum Technology Conference (IPTC) 2020 – the first in the Kingdom.

The IPTC Young Member Activities Committee members – responsible for coordinating the Week – had rolled up their sleeves and gotten busy with Najwa Al-Azaimi, Committee Chairperson, ensuring that no stone was left unturned.

"We are delighted to host this program for the first time in Saudi Arabia, at a period of great transformation in the Kingdom," Najwa wrote in the welcome letter to the students who were selected from 29 countries.

Le Meridien Hotel in the city of Al Khobar was the host venue of Education Week.

#### Learning from others

Various sessions and activities during Education Week presented perspectives on how to transition from a student to a young professional. And representatives of several companies were on hand to answer questions. In one of the sessions, Ashraf Tahini, Manager of EXPEC Advanced Research Center in Saudi Aramco, explained the role of new technologies in the oil and gas industry, and discussed how Saudi Aramco was harnessing the power of the Fourth Industrial Revolution with technologies that include big data, advanced analytics, and artificial intelligence.

A debate between Osama Kheshaifaty – a young professional, and Richard Palmer – an experienced engineer, offered unique views on the journey of a professional in the industry.

"Experience is learned and gained," Richard argued.
"With experience also comes storytelling." However,
Osama countered that "young engineers have lots of
speed, and are much more innovative."

When Committee Chairperson Najwa stepped on stage to round off the debate, her intention was not to take sides.

"We cannot do without the experienced engineers," she said, "and the industry also requires the energy and fresh ideas of the young talent."



#### Saudi culture

It was not all about engineering or technology; other items were also on the menu.

The students had a taste of Saudi culture during their visit to the King Abdulaziz Center for World Culture, also known as Ithra (the Arabic word for enrichment).

This Center uses science, innovation, arts and culture to inspire creativity and a love of learning.

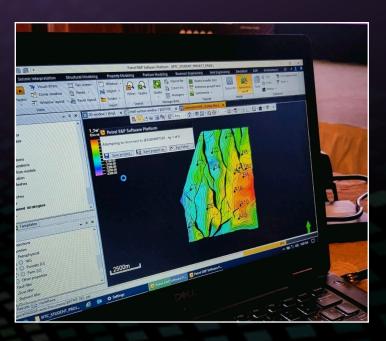
One of the most environmentally-friendly buildings in the region, Ithra, made TIME Magazine's 2018 list of the world's greatest places.

At the city of Al Ahsa, the students had a desert camp lunch and visited the Qaraa Caves.

Al Ahsa is home to unmatched oil and gas reserves, and is also a top destination spot for tourists.

#### **IPTC 2020**

Organizers of Education Week ensured that the students also attended some sessions at IPTC 2020, which took place at Dhahran Expo.



The Education Week program brought out the best in the students, and they were full of praise for the conference, the organizers, and the Kingdom of Saudi Arabia.

"This is my first visit to Saudi Arabia, and I have found it a beautiful country with lovely people," said Fauziyyah Sadeeq, Petroleum Engineering student, from Nile University, Nigeria.



### IPTC AND YOUNG LEADERS

#### EMERGING LEADERS IN AN ERA OF SPECIALIZATION



**Khobar** – Bahrain's Minister of Oil H.E. Shaikh Mohammed bin Khalifa bin Ahmed Al Khalifa shared wise words as the keynote speaker at IPTC Week's Emerging Leaders event last month – encouraging young leaders to immerse themselves in the opportunities given to them by their companies, and to proactively tap into the immense knowledge pool of their colleagues.

# The true definition of leadership is specialization

H.E. coined this an "era of specialization" within the industry, where young talents need not only awareness of the broader business but also expertise within their specific fields. He called on young scholars – including engineers, scientists, lawyers, human resources and marketing professionals – to find the solutions of the future by 'pestering' their seasoned colleagues with questions, reading historical documents, and generally developing themselves in alignment with ethics and morality which, he says, are core to happiness.

H.E. further charged emerging talents to remember to pass on their safe, timely, disciplined professionalism to their employees once they become leaders. He closed by offering inspiration to work hard and never be satisfied with one's current level of knowledge, as it can always be improved.

### Agility is a both a formal methodology and a mindset

The day-long event also included two panel sessions, moderated by Sean Evans of Gulf Intelligence and distinguished guest Fuad Therman, General Manager of Saudi Aramco's Office of the President and CEO.

In the age of a transitioning energy industry, organizational agility was identified as a game-changer – both as a formalized process and an informal, corporate-cultural way to ensure incremental progress. IBM's Artificial Intelligence expert Scott Kimbleton identified collaboration as mission-critical in the fast-paced environment of change today, and offered sage advice to emerging lead-

ers: finish strong! Saudi Aramco geologist and young professional Mazen Angari echoed the criticality of follow-through by stating to young talents that "leaders open doors, but it is up to you to walk through."

A lively afternoon workshop was coordinated by Saudi Aramco's career development specialist Rehman Akhtar, Radio Bahrain's Imran Al Aradi, and Bahrain International TV's Baraa Abdulla. The three share a history in the regional comedy circuit, and brought their humorous and poignant insights to the lucky attendees. The trio explored leadership competencies interactively and creatively - using story-telling based on personal experience. Attendees left the session energized and inspired, with take-away tips for effective communication including:

- The key to speaking with impact is preparation
- Don't underestimate the importance of non verbal skills like body language and eye contact
- Practice is essential for improvement
- Always leave your audience with something to think about

Event co-chairs Najwa Azaimi (Division Head of Corporate Citizenship, Saudi Aramco) and Ali Al Sayegh (Vice President of Internal Communication, ADNOC) wrapped up the session by encouraging the audience's emerging leaders to look towards current leaderships' best practices. Sayegh noted that the recipe for leadership success is to stay humble, and Azaimi spotlighted that the best leaders are those who take the time to recognize and acknowledge their people – citing the recent and famously inspirational post-attack message of resilience by Saudi Aramco President and CEO Mr. Amin Nasser.

#### SIDEBAR: Don't Miss these Reading Rec's!

From the session emerged a high-value reading list. Per suggestions from communications subject matter experts, don't miss: "Find Your Why" by Simon Sinek, "The Slight Edge" by Jeff Orson, "Drive" by Daniel Pink, and "Grit" by Dr. Angela Duckworth





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# IPTC FROM THE EYES OF OUR EDITORS





#### Khalid Butairi

I have yet to attend an event of such magnitude. As soon as you walk in, the stunning view of the exhibitions and the incredibly-engaging visuals set up at each booth fill you with a sense of awe. The event was truly "an international conference", as you can see 151 vendors all the way from Japan to the United States, and everything in between. This serves as a reminder of how diverse and eclectic the Oil  $\theta$  gas industry is.

With that being said, in my opinion, the true value of this conference lies in the executive panels, where you have direct access into the thought process and business philosophies of individuals who are responsible for shaping the landscape of the oil & gas industry. A philosophy that caught my attention was Mr. Nasir Al-Naimi's, Vice President of Saudi Aramco's Petroleum and Engineering Development, who emphasized the importance of investing in Saudi Aramco's most important asset: the young employees who will carry the torch of leading Saudi Aramco using the transformative potentials of the 4th Industrial Revolution.

Sophie Zurquiyah, CEO of CGG (a fully-integrated Geoscience company providing geological, geophysical and reservoir capabilities), echoed her beliefs of what could allow this industry to further evolve into the future: continuous collaboration. As an example, she used one of the fastest evolving fields, the tech industry, where leading tech companies are collaboratively investing astronomical amounts of money into revolutionary technologies such as the cloud. She called for our industry to adopt that collaborative spirit and invest in upcoming landmark technologies and bring them into the world.

All of the aforementioned highlights how integrated and intertwined the oil  $\theta$  gas industry is. Hearing industry leaders call for youth development and collaboration gave me a sense of reassurance that we, as an industry, are heading in the right direction.

#### Reem Alsadoun

At IPTC, I had the opportunity to present my research to industry professionals from all over the world. Having such a platform prompted a discussion on the latest industry technologies and an exchange of expertise which I hope to apply to my research. The plenary sessions also provided me with incredible insight into current industry trends and challenges, and the future of energy from the movers and shakers of the field.

I was genuinely impressed by the variety of programs provided, from the plenary and panel sessions to the technical programs. I was also impressed with the opening ceremony - the presentation was indeed representative of such a monumental event at a unique time for the Kingdom and the industry. Additionally, I found myself fascinated by all the leading-edge technologies presented at the conference, especially considering the fact that the industry is experiencing a technological renaissance of sorts with the rise of artificial intelligence technologies.

I would recommend students and professionals in the oil and gas industry to attend. IPTC presents a unique setting to learn about the innovations in the oil and gas industry and the business of energy. It is also a great place to share your work, learn from others, and network with industry professionals.

The conference would greatly benefit students wishing to join the energy industry from all disciplines. It is a common misconception that the industry solely consists of geoscientists and petroleum engineers, and it is by attending events like IPTC that students can see that there is space for everyone in the industry. Young professionals also have a lot to gain from attending the conference because they get to network with industry professionals and experts, get caught up on the latest trends in energy, exchange ideas, and hone their soft skills.

















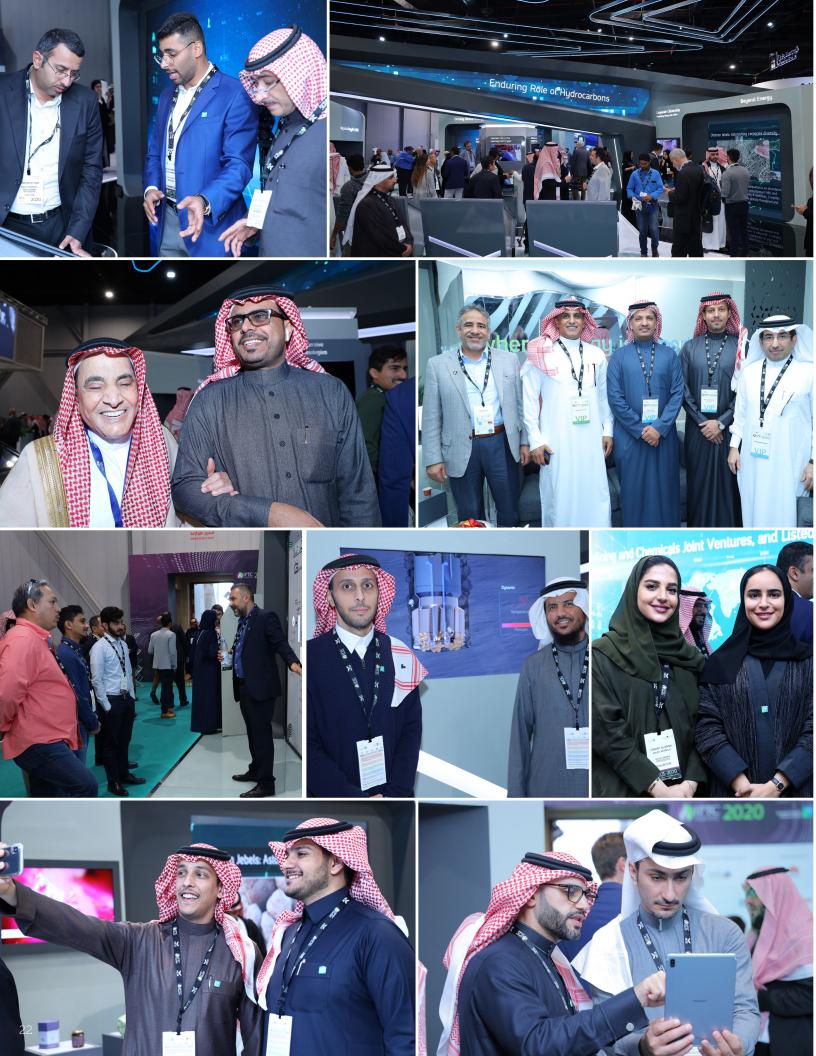


























































**OLIVIER LE PEUCH** CEO at Schlumberger

### **DECEMBER DINNER MEETING**

COLLABORATION AND SHARING TECHNICAL EXPERTISE



December 15th, 2020

On December 15th, 2019, our Technical Programs team had a successful dinner meeting with its distinguished guest and keynote speaker Mr. Olivier Le Peuch, Chief Executive Officer at Schlumberger. The event took place at the Kempinski Al-Othman Hotel in Al-Khobar with a diverse group of 400 attendees. Referencing Vision 2030, Le Peuch talked about the importance of collaboration in the industry and the potential impact of sharing technical expertise, especially between the youth of the Kingdom.

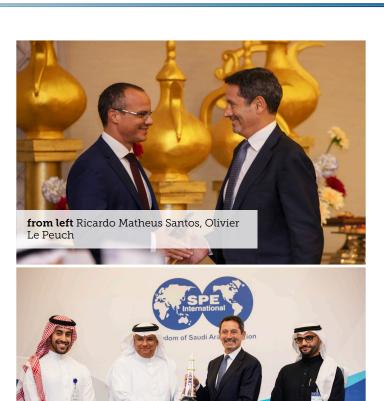
Mr. Olivier Le Peuch was appointed Chief Executive Officer (CEO) of Schlumberger Limited in August, 2019. Prior to that, he was the company's Chief Operating Officer (COO). Previously, he held global management roles such as the Executive Vice President of Reservoir & Infrastructure, President of the Cameron Group, President of Schlumberger Completions, and Vice President of Software Integrated Solutions. Le Peuch joined Schlumberger in 1987 as an electrical engineer and focused early in his career on custom software integration and high temperature electronics development for wireline equipment. He earned his electrical engineering degree from the Bordeaux Engineering School and his research Master's degree in Microelectronics from the Bordeaux University of Science.

Mr. Olivier started his speech by acknowledging SPE-KSA and its efforts for more than 60 years. He continued with Schlumberger's journey in the Kingdom when it all began back in 1941 with well number 7 in Dammam.

Le Peuch went on to commend these efforts and how we should all be proud of these technologies "developed by Saudis and deployed around the world". He also believes that SPE-KSA members should continue broadening the horizon of technical innovation. Mr. Olivier moved on to recognize Saudi Aramco going public, with the IPO being a week away at the time of the event. He said: "I believe it is the largest in Saudi for sure, in oil & gas for sure, and in the financial market. This proves that Saudi Aramco has a gained a lot of talent in its workforce, a lot of respect in the industry, and a lot of trust as a company that can thrive and support sustainability for generations to come."

Afterwards, Mr. Olivier talked about the three critical factors that would shape the future and success of the oil & gas industry in the Kingdom. The first one is that the future lies in designing, manufacturing, and deploying technology in the Kingdom of Saudi Arabia. This will change the effectivity, efficiency, and recovery of reservoirs both on the cost element and on the reservoirs' performance. With Vision 2030 ahead, the time has come to accelerate this journey and reach 70% of reservoir technology development in the long run by Saudi nationals and export it worldwide.

The second factor is the digital one where we are talking beyond the IR 4.0 chapter and engaging fresh talent, especially new generations like Generation Y. It provides an opportunity to completely change the way we work. Three months ago, in Monaco, Schlumberger announced its commitment to changing its approach to provide an open environment. To achieve this, organizations will have to deploy new tools and digitalize not only in the form of data analytics but in automation capabilities as well. However, there are challenges, such as cybersecurity, that Mr. Olivier believes provide a unique opportunity for Saudi nationals. He trusts that the Kingdom's youth are capable to create a digital center that will host and support innovative digital solutions "for the industry by the industry", capitalizing on collaboration.





from left Nassir Abalkhail, Mohammed Al-

Qahtani, Olivier Le Peuch, Abdulaziz Al Sufayan



The last factor addresses sustainability. Le Peuch is impressed by Saudi Aramco's achievement of having the lowest CO2 emission footprint cost in the industry. Yet there is still more that we can do and newer technologies that we can be adopt. For example, Schlumberger has a clean burner that has 0% emissions when burning, 18 of which are deployed today. This puts Schlumberger out of capacity but the company would love to collaborate and create more of this green and clean burner. Other examples include waste management and advanced digital developments where we can eliminate trips especially with people at remote areas and with transporting equipment, leading eventually to lower footprints. Another example can be regarding operations where we can consume less water and energy. More technologies will be developed in the future that offer opportunities to collaborate towards achieving lower carbon footprints.

To conclude, Mr. Olivier summarized his talk and how proud he is of Schlumberger's contribution and collaboration when it comes to technological advancements. He emphasized on the opportunity available to develop "fit for Saudi" technologies. He thanked Saudi Aramco for its continuous support during the past 80 years, and SPE-KSA for the great efforts put into organizing its events. The dinner meeting came to an end with Mr. Olivier Le Peuch being handed a token of appreciation by the Honorary Chairman of the Board of Directors of SPE-KSA, Dr. Mohammed AlQahtani, the Chairman of the Executive Board of SPE-KSA, Mr. Abdulaziz Al Sufayan, and the SPE-KSA Technical Programs Chairperson, Mr. Nassir Abalkhail.

Written By: Muneera Aldamer



























## LOYALTY **PROGRAM**

The Society of Petroleum Engineers - Kingdom of Saudi Arabia section (SPE-KSA), in its continuous efforts to support its members and the community, would like to update its members with the new coffee shops and restaurants joining its Loyalty Program.

The Loyalty Program is an initiative by the Membership Team to enhance its members' experiences and promote local businesses by advertising their services and products to more than 10,000 members within Saudi Arabia. The program offers SPE-KSA members discounts from selected hotels, shops, restaurants and service providers. Discounts at selected establishments range from 5% - 25%.

More information is available on the SPE-KSA website <a href="https://spe-ksa.org/loyaltyProgram">https://spe-ksa.org/loyaltyProgram</a> and will become accessible through the SPE-KSA mobile app.











































More collaborations to come! Follow us on our social media platforms, download our app and visit our website to be up-to-date with the Loyalty Program and the many other opportunities and benefits that SPE-KSA has to offer!

For further information, please feel free to contact the SPE-KSA section membership chairperson, Mr. Othman M. Qasim at othman.qasim@spe-ksa.org. You can also visit the Loyalty Program page: https://spe-ksa.org/loyal*tyProgram* 

Or scan the QR code below:











### Baker Hughes Brings New Transformative Capabilities to its Operations in Saudi Arabia

Baker Hughes, now transformed as an energy technology company providing industry-leading technologies & services, is strengthening its footprint in Saudi Arabia with several path-breaking initiatives towards a diversified workforce and cleaner energy solutions.

For over a century, Baker Hughes has developed the innovations that have helped to advance the oil and gas industry. Today, with the many changes happening within the sector, the company's goal is to bring its deeply rooted expertise to generate safer, cleaner, and more efficient energy solutions. With operations in over 120 countries, Baker Hughes is continuously developing and deploying technologies to help take the energy forward.

Baker Hughes prides itself as a global company with a local footprint. With over 80 years of presence in the Kingdom, localization is part of the company's DNA. The development of people, local suppliers, manufacturing, technology and research are all factors contributing to its successful and robust ecosystem in the Kingdom.

A major influencer of Baker Hughes localization strategy is Saudi Aramco's In-Kingdom Total Value Add (iktva) Program. A critical component to its operations, iktva pillars have set the path for many companies operating in Saudi Arabia to take a deeper look at their businesses and what investments are needed in order to contribute towards the overall Kingdom's growth.

Baker Hughes' commitment strategy to iktva is defined under the following pillars:

**1) Human Capital Investment:** putting great efforts & focus on upskilling its local workforce and investing in young Saudi talent.

**2)** Suppliers & SME Development: strengthening its local supply chain ecosystem by collaborating with local suppliers & SMEs, as well as investing in training programs to make sure that the ecosystem is not only locally competitive, but also globally.

**3) Local Manufacturing Growth:** utilizing the 10 facilities present in-Kingdom to manufacture, repair and service products to support customers and exporting capabilities.

**4) Energy Technology Innovation:** working on cutting-edge technologies in its Dhahran Technology Center (DTC) 4.0 to address key customer challenges and create customer focused solutions.

**5) Digital Transformation:** bringing transformative capabilities like Additive Manufacturing, Artificial Intelligence and Non-Metallics that will shape the future of the industry in Saudi Arabia.

During the iktva Forum & Exhibition 2020, we caught up with the Baker Hughes team to learn more about their commitment and contribution towards the iktva Program.

In an interview with Asma Alhuwayil, an NIT Academy Graduate who now works with Baker Hughes as a System Administration Specialist, we spoke about the latest diversity milestones the company has achieved in one of its key markets over the past year.

**Asma Alhuwayil** System Administration Specialist



#### Can you tell us more about your recent diversity milestones in the Kingdom?

We have several success stories that we, at Baker Hughes, are incredibly proud of. For example, we have recently reached 70% Saudization rate as a result of our commitment to hire, train and develop Saudi talent. The company has hired over 500 Saudis in 2019 alone, putting us ahead of our target by two years! We have successfully reached over 2,100 Saudi employees in the company, out of which 50% are females working in STEM fields.

In fact, this year, we won the iktva Excellence Award for "Best in Saudization in the Service Sector" as a result of this milestone. One of the key initiatives that drove this success is the launch of our fifth global Digital Hub, which is led by 34 Saudi women professionals, I being one of them.

#### What makes the Digital Hub special?

The Digital Hub in Saudi Arabia is one of the company's' global hubs focused on building core technical competencies that are easily accessible to different operations globally. What makes this center special and unique is that it is fully operated by Saudi women professionals, whom have received their training as part of an agreement between Baker Hughes and the National Information Technology Academy (NIT).

This partnership is a direct result of the iktva program, an initiative to bring local and diversified talent to increase local content and expertise. Today, we, as Baker Hughes Digital Hub employees, work on global projects and are experts in Cloud Computing, Data & Analytics, Cybers and Security, and Networks/Servers.

### And why did Baker Hughes choose Saudi Arabia as the location of the hub?

I would say that the reason why Saudi Arabia is the perfect location to place the fifth global digital hub is because the Kingdom has set the right environment and talent pool to have a successful hub that is able to serve customers locally, regionally and globally.





Also, the Digital Hub is located in our Dhahran Technology Center (DTC 4.0), a state-of-the-art facility that is home to groundbreaking technologies, including the first Industrial 3D metal printer in Saudi Arabia; a Visualization lab that enables digital learning, visualization  $\vartheta$  automation; and lastly a Corrosion lab, the first oil  $\vartheta$  gas service sector fully equipped H2S lab in the Kingdom.

These capabilities in one location are true game changers that will feature several advanced learning  $\vartheta$  research platforms, all contributing to the goals of iktva – both in terms of promoting in-Kingdom research and of adding to the overall efficiency/productivity needed in the energy sector. The proximity of DTC 4.0 to Saudi Aramco, the world's largest energy company and one of the key customers, allows for better collaboration and customized solutions.

## Where do you see the Digital hub in the next few years?

I see this hub as being a remarkable source of many future opportunities, as well as a driver to strengthen digitization in the Kingdom, the industry and where we see our company heading. It's going to bring productivity and efficiency in all areas of the business.

More importantly, this hub is an incubator to career development, an investment to support and shape the future Chief Information Officers (CIOs) of the country. Today our narrative is one that encourages investment in talent, diversity and inclusiveness.

Baker Hughes has not only focused on diversity  $\vartheta$  inclusion, they have also launched several key projects to increase local content and strengthen its partnerships. Furthermore, Baker Hughes is committed to deploy new energy solutions to reduce the carbon footprint of our customers' operations around the world.

We spoke to *Raif Aseeri*, *Local Content Director at Baker Hughes*, to share insights on some of the latest milestones the company has achieved over the past year in these areas.



Raif Aseeri Local Content Director

What has Baker Hughes achieved recently to further strengthen localized manufacturing in Saudi Arabia?

As part of the Saudi Vision 2030 and iktva goals to strengthen localized manufacturing, we at Baker Hughes increased our investment by breaking ground on a new chemical manufacturing facility in Jubail, Saudi Arabia.



The facility, located in PlasChem Park in Jubail, is designed to help customers improve production, reduce costs, and maximize the value of assets across the chemicals value chain. The goal is to improve support for our customers' growth in Saudi Arabia and in the region by building a world-class regional chemical supply chain that is easily accessible.

Of course, collaboration with key partners is very important to us, which is why we have also signed an agreement with Sadara Chemical Company to supply the facility with feedstock chemicals.



The facility will support the company's full portfolio of chemicals services and technology solutions for hydrocarbon production, transmission and processing, as well as for the petrochemical industries. Combining best practices from both downstream and upstream operations

with cutting-edge technologies is how Baker Hughes is truly an integrated energy technology company.

The employees working in the facility will be able to collaborate with researchers and subject matter experts at DTC 4.0 to address region-specific chemicals challenges and deliver value-added solutions to our customers.

Last year, Baker Hughes announced its commitment to reducing its carbon emission footprint and the strategy to cleaner, safer energy solutions. *Ahmed Hafiz, Non-Metallic Product Manager* in Saudi Arabia at Baker Hughes, tells us more about this commitment and what they have achieved with Saudi Aramco to this date.



**Ahmed Hafiz** Non-Metallic Product Manager

### What is Baker Hughes' Commitment to Net Zero?

As the world works towards achieving the goal of net zero carbon emissions by 2050, Baker Hughes has demonstrated its own commitments to the goal through implementing forward-looking policies.

As part of our journey to net zero, we have committed to reduce our carbon emissions by 50% by 2030 and achieve net zero by 2050. To drive this, we are partnering with our customers to advance low emissions technologies and solutions.

Among the strategic priorities in the road to net zero is continued optimization of global logistics, distribution and supply chains, redesigning tools and equipment to minimize lifecycle emissions, and transitioning to renewables-generated electricity for manufacturing plants and facilities.

### What plans do you have to implement the plan of reducing carbon footprint in Saudi Arabia?

Saudi Arabia is a key market for us to bring these plans into action! At Baker Hughes, we are aiming to transition to carbon capture, use, storage and offsets. Through offerings such as intelligent manufacturing, implementation of automation, additive manufacturing, and use of less-energy intensive materials, such as non-metallic composites, the journey is being further accelerated in Saudi Arabia.

To mark this commitment, Baker Hughes has signed an agreement during the iktva Forum & Exhibition 2020 with Saudi Aramco to create a new joint venture facility in Saudi Arabia to manufacture non-metallic materials that will be used in a variety of areas of the energy industry.

This agreement also supports Saudi Aramco's strategy to play a leading role in accelerating the deployment of non-metallic materials globally.

Non-metallic materials will not only help reduce emissions but will also add to the efficiency and reliability of operational assets by reducing the effects of corrosion.



This joint venture will initially focus on non-metallic reinforced thermoplastic pipes (RTP) as a first and critical step towards developing such capabilities in Saudi Arabia.

Non-metallic applications are deployed in various industries, including oil and gas, construction, automation, packaging and renewable energy to manufacture various products. This will open doors to address and solve carbon emission beyond the energy sector.

We concluded our conversation with the Baker Hughes team by asking them to share what they envision for the Kingdom and the company. Here's what they had to say.



### In your own words, where do you see the future of Baker Hughes in Saudi Arabia heading towards?

We embarked on our journey in the Kingdom more than 80 years ago; today Saudi Vision 2030 is the catalyst enabling the Kingdom's transformation across different sectors. We are proud of what we have achieved with our partners to date and look forward to an even more collaborative future.

As an energy technology company, our core is to design, manufacture and deliver leading technology solutions. To further grow, we need to tackle the Kingdom's industry challenges and incorporate a long-term strategy that supports the energy transition.

We are reducing the carbon intensity of our operations and applying proven low-carbon technology to help our customers in the Kingdom meet their goals and innovate for the future of energy.

We have a competitive edge by using artificial intelligence to lead the digital transformation, and advanced manufacturing technologies to radically transform our supply chain ecosystem.

By anticipating future energy trends, and leveraging our unique product mix, we aspire to make Baker Hughes the provider of choice in Saudi's energy industry of the future.

Through initiatives such as the new chemicals manufacturing facility in Jubail, our global Digital Hub, and our joint venture with Saudi Aramco to build a non-metallic facility, we are further strengthening the Kingdom's energy value chain.

For Baker Hughes, localization means more than simply operating & supporting our customers by locally providing products and services. Instead, we work to create links across the local economy to build the right ecosystem across the energy sector. It is the way we do business and we will continue to strive towards achieving it.





### **SADDLE UP RIDE ON**

### December 14th, 2019

The SPE-KSA T&SA team held a horseback riding activity for the first time and hosted a total of 27 participant of both genders and different age groups in Al Jawhara club. The event started with a morning tour of the club and an introduction to equestrianism. After the tour, the participants underwent basic training in horseback riding followed by a jumping show. In the afternoon, the team had lunch and began horseback riding and were able to try out arrow shooting as well.

The event was exciting, on-of-its kind and gave the participants the opportunity to experience this joyous activity which led to participants signing up for horseback riding subscriptions at the club.

Written By: Arwa AlHilal

Event Lead: Sarah Algurashi













### **JUDAH HIKING TRIP**

#### November 29th, 2019

The T&SA team conducted its first In-Kingdom trip for this term: A hiking activity at Judah. The trip started with a social breakfast at Cosmo Café. Then, participants boarded the bus to Judah where they got to know each other through several ice breaker activities.

Upon arrival to Judah, the team walked to the camp to unload their belongings. After that, the team began its 5K hike. The hike was followed by several fun activities, including going through the maze. To end the day, the team had an outdoor BBQ for dinner followed by music around the fire.

A total of 39 participants, both females and males, joined this trip and expressed that it was a fun and memorable experience for the whole team.

Written By: Arwa AlHilal

Event Lead: Abdulaziz Alaqeel













# BLOOD DONATION CAMPAIGN

December 11th - 12th, 15th - 16th

The SPE-KSA T&SA team continued its blood donation campaign, which was initiated in September, with the following companies:

- On December 11th–12th: The campaign was hosted by Weatherford in collaboration with King Fahad Specialist Hospital. A total of 66 donors participated in the campaign.
- On December 15th–16th: The campaign was hosted by Saudi Aramco in collaboration with Johns Hopkins Aramco Healthcare. A total of 63 donors participated in the campaign.

The annual blood donation campaign was successful with a total of 278 donors who helped save many lives and impact the lives of patients and their families. The intention of this campaign was to promote this cause and spread awareness on the valuable impact of blood donations.

Written By: Arwa AlHilal

**Event Leads:** Arwa AlHilal, Suliman Algosaibi, Abdullah Al-Towailiai













### **GREENING THE KINGDOM**

December 7th, 2019, January 26th-28th, 2020

In light of SPE-KSA's continuous efforts to preserve the environment, the T&SA team had the honor of collaborating with Saudi Aramco in holding an afforestation activity. The activity was inspired by one of Vision 2030's initiatives to plant 1,000,000 trees around the Kingdom.

The first activity took place in Aramco Environment Park 3 on December 7th, 2019, and was organized by 8 members from T&SA and 20 volunteers. A total of 120 participants from different age groups joined the plantation activity and, collaboratively, successfully planted 1,500 trees across the park.

This event was the first of a series of activities under that umbrella of afforestation. During the month of January, the T&SA team launched the second initiative of "Greening the Kingdom" with Gulf Steel Works (GSW) and Schlumberger.

On January 26th, GSW in Jubail planted a total of 150 seedlings. On January 27th and 28th, Schlumberger conducted a campaign in 2 different locations in Dammam planting a total of 240 seedlings.

All events were delivered with a genuine, high level of enthusiasm under the spirit of preserving our Kingdom and, ultimately, contributing to saving the planet.

Written By: Arwa AlHilal

**Event Leads:** Nada Aljuraib, Mohammed Alzuabi, Sulaiman Algosaibi













### **WINTERIZATION CAMPAIGN**

December 25th - 26th, 2019

The Trips and Social Activities team held their annual winterization campaign in collaboration with the Eastern Province Municipality. The campaign was targeting workers with outdoor occupations to support them during the winter season. Winter clothing packages were distributed to workers in Dammam and Khobar over the period of 2 days. On December 25th, the team distributed the packages to workers in Dammam corniche and several neighbourhoods. On December 26th, the campaign continued to cover workers in Khobar corniche and gas stations. A total of 300 packages were distributed in both cities.

Written By: Arwa AlHilal

**Event Leads:** Abdullah Al-Sabti & Modi Al-Khunaifir













### **SPE-KSA** Who We Are

by Khaled Al Mansour

### SPE-KSA membership Growth





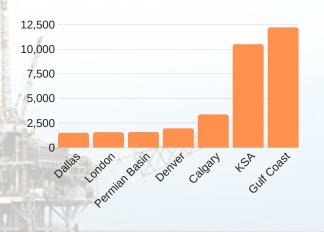
Continuous growth since 2009. In fact, members have grown more than 5 times from 2,043 to 10,503.



Professionals in the exploration, development and production of oil & gas were able to collect, disseminate and exchange technical knowledge

### **2ND LARGEST**

KSA-Section is the second largest section worldwide



### Membership Criteria



University degree equivalent to a 4-year Bachelor's degree in engineering or basic or applied sciences

#### OR

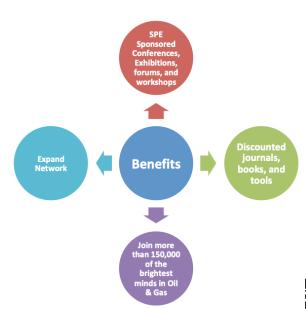
A 2-year science or engineering degree or a 4-year degree in a field other than science or engineering



### OR



6-years of active practice in support of petroleum engineering or in the application of science to the petroleum industry





### SCHOOL VISITS

VISITS TO ALAZIZYA, KFUPM, ALSAFA, AND AJYAL ALMWAHIB SCHOOLS

November - December, 2019

The Student Outreach team continued visiting schools and spreading awareness and knowledge to students. So far, the team has met with a total of 1500 students across all schools.

As part of SPE-KSA's continued efforts to link the professional and academic communities, the Student Outreach team visited several schools in the region during November and December of 2019. At KFUPM girls' schools, the team participated in a 2-day Career Guidance fair featuring universities and societies in order to introduce high school students to potential career paths. Over the two days, more than 500 students visited the fair. The team also visited AlAzizya, AlSafa, and Ajyal AlMwahib Schools, where SPE-KSA volunteers presented to high school students and shared their knowledge and experience.

Students were intrigued by the opportunities offered in the energy industry and the role of petroleum engineers in meeting the global energy demand. To date, the Student Outreach team has reached more than 1500 students. Those visits were well received from the students who showed boundless interaction, as well as the schools who provided great feedback to SPE-KSA.

Written By: Sarah AlAmer







# ENERGY4ME TEAM SCHOOL VISITS

RIYADH ALISLAM BOYS SCHOOL & ALMISHKA GIRLS SCHOOL

#### November 25th and December 4th, 2019

The Event Management team in Student Outreach conducted its first deliveries of the Energy4Me Workshops to schools. The team visited Riyadh Alislam Boys School and Almishka Girls School with a total of 72 students from both schools. The sessions included SPE members, school representatives and students.

To capitalize on the Energy4Me certification obtained by our members, the Event Management team arranged with 2 schools to host the certified members and deliver the Energy4Me workshop at their facilities on November 25th and December 4th, 2019. The workshop was delivered to sixth grade students in Riyadh Alisalam schools, and middle schools students in Almishka schools, with a total of 72 students benefiting from this initiative. During the workshop, the petroleum journey and the various scientific aspects of the oil and gas industry were simplified through interactive experiments to which the students showed great engagement and excitement.

The discussion and hands-on experiments helped the students understand the significance of energy in our lives as well as the hydrocarbon lifecycle. This collaboration is one of many that SO intends to continue in order to promote the oil and gas industry to the ambitious youth of the Kingdom.

Written By: Rabab Meshikhes











# SECOND ENERGY4ME "TRAIN THE TRAINER" WORKSHOP

December 14th, 2019

Given the success of the first Energy4Me "Train the Trainer" workshop, the Event Management team in Student Outreach held its second workshop on December 14th, 2019, in Al Othman Office Tower in Dhahran. The workshop saw a total of 10 attendees who are SPE members from Saudi Aramco, Halliburton, TAQA and Weatherford.

This workshop was conducted in collaboration with SPE's Dubai office for the second time, after certifying 11 members back in September, 2019. The section now has 21 certified members prepared to deliver their knowledge and awareness on the O&G industry to students across the Kingdom and GCC.

Lou Jean, from SPE's Dubai Office, both delivered the workshop and awarded the Energy4Me Trainer certificates to the participants. At the end of the workshop, the SPE-KSA Student Outreach team extended a token of appreciation to Lou Jean for her valuable time and dedication.

Written By: Rabab Meshikhes





from left Lou Jean Rodriguez, Seba Almaghlouth









### IPTC TEACHER SCIENCE WORKSHOP - ENERGY4ME

#### January 13th, 2020

The Student Outreach team played an active role in IPTC by conducting the "IPTC Teacher Science Workshop" as part of the Energy4Me certifier program to "Train the Trainer". The workshop was held in Le Meridien Al



Khobar and saw a total attendance of 80. Attendees were diverse and included SPE members, Eastern Province Science teachers, members from the IPTC organizing committee and Ministry of Education representatives.

In an effort to spread knowledge on energy and the O&G industry, a session targeting science teachers was conducted in collaboration with the Ministry of Education during IPTC. The teachers spent one full day being trained to conduct scientific experiments that explain the journey from exploration to production. These experiments are intended to be delivered in schools in order to enlighten the students on the significance of our industry in their lives.

The session was run by a representative from SPE international and 8 certified SPE-KSA members who also answered questions that teachers had on misconceptions about our industry in a 15-minute panel discussion. Mr. Awad AlMalik, Director of Private Education Office from the Ministry of Education, visited the workshop to observe the first Energy4Me train the trainer session for science teachers in Saudi Arabia.

By the end of this workshop, Student Outreach trained 60 science teachers from schools in the Eastern Province. The team aims to expand and reach out to other cities in the Kingdom in 2020. Certificates of appreciation were presented to the teachers for their participation in this first teacher training to take place in the GCC.

Written By: Rabab Meshikhes





### **UNIVERSITY VISIT**

ALASALA AND IMAM ABDULRAHMAN
UNIVERSITY VISITS

### November 24th and December 18th, 2019

The University Outreach team from Student Outreach continued its university visits and met with Dr. Mohammed Gronfula from Alasala University and Dr. Gulraiz Khan from Imam Abdulrahman University.

The team met with IAU faculty to discuss SPE-KSA's chapter objectives, including plans for contributions in the upcoming events, which is in alignment with the university's goals. In addition, plans and initiatives were discussed with Alasala University to engage their students in future events. The team will deliver presentations in both universities to clarify the program's objectives for the students.

Dr. Mohammed, Dean of College of Engineering in AlAsala University, discussed university events, which are a great opportunity to host Student Outreach as a networking opportunity for the students. Following Student Outreach's suggestion for students to participate in research in collaboration with experts, Dr. Gulraiz proposed research plans, including environmental challenges that are associated with CO2 emission and finding alternative energy solutions.

By the end of the visit, SPE-KSA Student Outreach recognized and appreciated the students in both universities for their valuable time and effort. This sincere appreciation was also extended to Dr. Mohammed Gronfula and Dr. Gulraiz Khan for their eminent dedication and support.

Written By: Mohammed Alatique & Fatimah Albalawi











### **SCHLUMBERGER VISIT**

YP Academy's Visit to Schlumberger's Center of Reliability & Efficiency (CRE)

#### January 21st, 2020

The YP Academy coordinated a visit to Schlumberger's Middle East Center of Reliability & Efficiency (CRE) at Dammam's Second Industrial City. This visit is part of YP Academy's continuous efforts to enhance the technical knowledge of our young professionals and showcase the great initiatives and state-of-the-art investments in our region.

The visit included an interactive workshop focusing on Wireline, Drilling, and Measurements followed by a tour of the CRE where attendees had the chance to see the technologies they learned about during the workshop and engaged with some of Schlumberger's subject matter experts on the grounds of the maintenance process.

The Middle East CRE is part of a network of regional centralized asset maintenance and sustaining centers with the Technology Lifecycle Management (TLM) function. The center provides optimal maintenance for oil and gas technology within the Kingdom and helps improve the interaction between engineering, manufacturing, and operations.

# **EXPLORATION MINDS SERIES**

SPE-KSA Young Professionals Collaboration with AAPG Middle East

#### January 29<sup>TH</sup>, 2020

As part of SPE-KSA's belief in the importance of collaboration and integration with the technical societies of the region, SPE-KSA and AAPG Middle East inaugurated a new joint series under the name "Exploration Minds". Exploration Minds aims to share discovery stories, lessons learned and the creative thinking behind hydrocarbon discoveries from all around the world.

The first event in the series was titled "Prosperity: Saudi's First Oil Discovery", which discussed the story of the first discovery of hydrocarbon in the Kingdom. The presenter, Salvatore Di Simone, is a Carbonate Sedimentologist/ Stratigrapher in Saudi Aramco. Salvatore's talk journeyed all the way back to the discoveries of oil in the Middle East thousands of years ago all the way to discovering the historic Dammam Well No. 7 or the Prosperity Well.

The Exploration Minds series collaboration plans to continue spreading knowledge about the historical events of our industry, highlighting game changing discoveries from around the world.

Written By: Mohammed Al-Nahas

**Written by: Mayadah Alhashem**Engineer, Production and Facilities Development
Department, Saudi Aramco



Have you ever seen someone else do something for years, or even decades, without really understanding why they're doing it? For example, there are people in this world who would spend a great deal of their time and money on astronomy, ballet dancing, forest exploration, or the art of making handmade wooden statues. The motivation is, in fact, not that complicated. They are simply passionate.

Now, I thought I was one lucky lady to have already discovered two of my life's passions at a young age: soccer and public speaking. However, recently, I came across a concept that shocked me and reshaped my perceptions on my own passions. Now let me shock you too.

#### Passion is never discovered. Passion is developed.

Due to the nature of how we develop passion, we often think that passion is something that is hiding and has to be discovered. In an elaborate Life Purpose Coaching Certification course, I learned about the detailed process of developing a passion. To help you understand this process, I will briefly touch upon the six characteristics of passion.

Do you have a clearly identified passion? If you do, keep it in mind as you read through the characteristics below.



In the case that you don't, I will use a personal example to guide you through the process.

#### 1) Passion often develops 'accidentally'

Usually, an interest is ignited by a trigger. Interest is the seed for passion. Once your interest is triggered, you follow the impulse and dig deeper. Sometimes it fades away, and other times it develops into a passion. My trigger for soccer was when I was in college and decided to try it just for fun and joined my friends who practiced it as a hobby.

### 2) Passion takes encouragement and exposure

Your interests need to be retriggered over time. When I found myself rapidly developing an interest in soccer, I never missed an opportunity to play matches or join tournaments with my friends. I even took three college courses on soccer for credit. I would be on training both during class in the morning and after classes recreationally with my friends.

#### 3) Passion isn't always enjoyable

Passion initially starts at an elementary level but, as you go deeper, it becomes more challenging. There may be aspects of the passion that become like chores. For me, my passion for soccer created a total lifestyle transformation. I've always hated the gym and had a sweet tooth. Dessert and sugar have always been my thing. But for the sake of soccer, the reward outweighed the costs. I am now dedicated to healthy nutrition and regular exercise. Passion adds flavor to these challenging chores. It helps you lessen your focus on what you are doing, and increase your focus on why you are doing it.

#### 4) Passion doesn't require talent or skill, at first

Passion usually starts as play - something you get into out of curiosity. Then, as you become more advanced, it becomes crucial to acquire a higher level of skill to continue. I cannot even compare my level today to that from 7 years ago. I didn't start playing because I was good. Trust me, I was far from good. I continued and still continue to develop myself, though, because I want to be great.

#### 5) Passion takes practice

In order to be proficient in your passion, you must practice. You must invest in yourself and put time and effort to develop that passion. I am part of an all-female football team that trains 3 days a week. On non-training days, I go to the gym or run in the running track. My commitment did not simply exist overnight, but rather developed over the years.

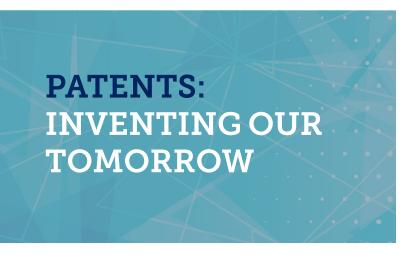
#### 6) Purpose amplifies passion

When your passion is directed towards a higher purpose, a higher level of meaning and fulfillment can be achieved. When you see the impact that your passionate efforts makes, you feel stronger about what you do. What I am doing right now is the higher purpose. My leadership style is to coach. My purpose is to help those who have not yet realized their full potential. Today is an example of how I use my passion for football to coach others into developing their own passions.

The fact of the matter is, you might not even know what your passion is. However, I still have great news for you. Although passion can help, it is still not the key to fulfillment. Purpose, on the other hand, will help you reach fulfillment. If you do not have a passion, explore your interests, and use them for your purpose. Find that beautiful link between your talents and the wellbeing of others. Now that, more than anything, is the key to fulfillment.



### A collaboration between:



#### What is a patent?

A patent is a type of intellectual property that gives the owner the exclusive right to an invention, which means the owner has the right to prevent others from using the invention without permission. Patent processes vary by country but are usually valid for 20 years from filing date.

#### What is patentable?

- A process (e.g. a method of fabricating a package)
- A machine (e.g. a packaging machine)
- An article of manufacture (e.g. packaging)
- A composition of matter (e.g. a chemical)
- An improvement on any of the above

#### Relevant terms and concepts

- Intellectual property: intangible mental creations such as inventions, literary or artistic works, designs, names, images, or symbols.
- Invention disclosure: a form that states all the details of the invention, including the inventor(s), as well as the main concept behind the invention.
- Prior art: a collection of the most relevant material (previous patents, published papers, etc.) around the same topic as the invention. This helps guarantee that the patent is actually novel and doesn't infringe on other intellectual properties.



**Yazeed Al AlDughaither,** Drilling Engineer, Saudi Aramco



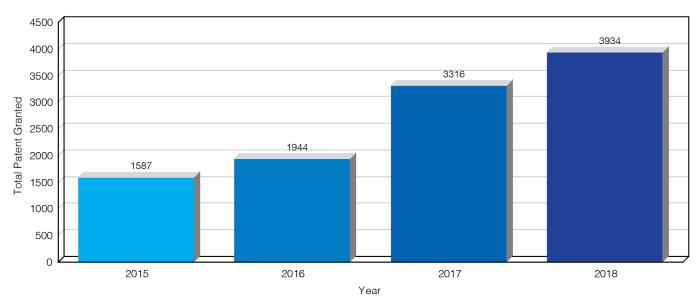
**Mahmoud Alqurashi,**Drilling Engineer, Saudi
Aramco

#### Misconceptions about patents

- You have to have a working prototype
- You must have test data to prove the concept
- It can't be an obvious idea
- It takes too long
- It's too expensive
- You can't patent it because there's already a similar patent granted

#### Why should you file for a patent?

In a word: money. Once a patent is registered, you can use it to raise funds for a business, license it to third parties for commercial use, or sell the patented invention. Once you have a granted patent, you have control over the idea and how it's used. Patents can also give a company a technological edge over its competitors and can positively reinforce a company's position as a leader of industry.



Total Patents Granted in Saudi Arabia

\*Note: Number of total patents granted includes resident, non-resident, and patents filed abroad

Total Patents Applicants	2016	2017	2018
Saudi Arabian Oil Co.	126	214	321
King Abdullah University of Science & Technology	72	97	78
King Abdulaziz City for Science & Technology	2	2	3

#### What should you do if you think you have a patentable idea?

The answer depends on your company or organization. Generally speaking, you should contact the group within your company that deals with intellectual property. In Saudi Aramco, that group is Intellectual Asset Management (IAM). Although it is best to limit sharing the details of your idea until your patent is filed, your supervisor or other co-workers with relevant experience may be able to guide you towards individuals or resources that can get your idea off the ground before you formally apply through a patent disclosure form.

Patents are a great way to bring your creativity to life in a useful and possibly lucrative way. The beauty of patents is that they combine creativity with technical disciplines that can sometimes be a bit dry. Some of these resources are Saudi Aramco-based, but you can ask about the process in your respective organization. You can even file for a patent as an individual if you wish. Happy inventing!

#### **Helpful Resources**

http://worldwide.espacenet.com

www.google.com/patents

www.uspto.gov

IAM@exchange.aramco.com (Intellectual Asset Management Group, Saudi Aramco)



#### Fahad Al Yahya Lifestyle Coach and Consultant

### "THE DIET NINJA"

on diets, exercise, lifestyle changes, diet myths and overall health

Fahad is a Lifestyle Coach and Consultant. He is the founder of The Approved Market, a store based in Kuwait with an online platform. He is also the founder of the GoDietNinja brand with an active presence on several social media platforms, constantly providing health and fitness tips and communicating with his followers.

According to Fahad, his former fatty self is alive and currently resides in a fit façade, and he has a hard time taking life seriously. He alternates between two personalities: funny fatty Fahad and the more serious and demoralizing fit Fahad who guides people into taking control of their lives.

### Fahad, thank you so much for agreeing to this interview. Can you tell us a little bit about yourself and what got you started on your fitness journey?

Long story short: I was overweight in the latter part of my teenage years (2001) and decided to do something about it. I went from 150kg to 80kg within a year. My very primitive diet consisted of Frosties Corn Flakes and skimmed milk for breakfast, grilled chicken and an oil-less salad for lunch, 250ml of chocolate milk pre-workout and a lot of watermelon for dinner. My workouts were at least 3 hours long and most times went up to 6 hours.

I'm currently a Lifestyle Coach, guiding people in attaining balance and flexibility within their lives.

### What advice would you give to people who are trying to find the most suitable diet/lifestyle change?

Experiment as much as you can, and fail as much as you can because with failure you'll know what works/ suits/fits your hectic lifestyle. Never take one approach or method. For example, sometimes I'd go low carb-high fat, then I'd switch to a higher carb-lower fat regimen depending on what I'm doing, where I am or what I'm in



**Instagram:**@thedietninja
@godietninja

the mood for. I also have days when I let go for the sake of reminding myself that I'm in control of my food and not the other way around. My regimen is always high in protein sources - both plant-based and animal-based.

Lastly, BE VERY PATIENT.

### We know you are a firm believer in moderation, which is great! But what would you say is a food that everyone should cut out of their diets, if any at all?

I think people should eat at least 70% whole foods and no more than 30% of any ultra-processed food products of their choice. Elimination diets work but they are not sustainable. Moreover, elimination diets cause you to have a bad relationship with food. People get angry, stressed or anxious around food they love. It is not normal to fear food.

#### Do you have a favorite food/diet plan?

Any plan that's high in protein.

### What are some diet myths that you want to shed light on?

Myths that should die:

**Myth:** Eating more than 3 meals a day boosts your metabolism

**Reality**: The amount of calories you consume and your lean body mass determine your metabolic rate

Myth: Eating at night causes weight gain

**Reality**: Overall excess calories causes weight gain

Myth: Carbs/Sugar/Fat make you fat

Reality: Anything in excess makes you fat

Myth: You have to be in ketosis to lose weight/fat on keto Reality: No, you have to be in a calorie deficit on keto to

lose weight/fat on keto

### How does a typical day look like for Fahad, in terms of health & fitness?

- I wake up at 4:30am and drink water and unsweetened black tea.
- I work from 5:00am to 8:30am.
- I drink a protein shake and head to the gym at 9am.
- I work out for 2 hours 5 days a week and try to get in 15-20k steps per day.
- I head home and have a "keto-ish" post-workout meal (high in protein, high in fat and moderate in carbs) while spending time with my mother and father.
- I work again for 2 hours then head to the office for consultations.
- I finish around 7pm and head back home to sit and talk with my mother and sisters.
- I eat my last meal of the day at 8:30pm and go to sleep at 10.

### We always hear that it's 80% diet and 20% exercise. What do you think of that? And do you see exercise as being crucial to a healthy lifestyle?

It's 100% of everything. Exercise is essential, and you don't need that much to maintain your health, fitness and longevity. 30 minutes per day should do the job.

#### In addition:

- I think everyone should monitor their step count. No less than 8,000 steps per day, and I'd prefer if they maintain 12,000 steps per day.
- I also prefer if people ate 300 calories less than what they burn 5-7 days a week to maintain their weightloss, health and longevity.
- I think people should water fast at least 12 hours per day: Up to 14 hours for females and up to 16 hours for males. Fasting hours are the hours between the last thing you ate yesterday and the first thing you eat today.

The Keto diet has become increasingly popular. Talk to us about this diet, its benefits and challenges and whether or not it's sustainable (i.e., can it be a permanent lifestyle change?)

People nowadays are very impatient, demanding

tomorrow's results yesterday and they think Keto can do that. Initially you'll lose a lot of water weight on Keto, then you'll notice gradual weight loss like you're on any other plan.

Is it sustainable? I guess so if you don't like carbohydrates or can't control yourself around carbs, but I have a lot of clients who are currently on a maintenance cyclical keto diet plan. They Keto 5 days a week and go higher carb on weekends. Keto is not for everyone, so if it doesn't work for you then it doesn't work for you.

### What is intermittent fasting? And what are its benefits?

It's basically restricting the time you eat. Fasting durations range from 12-72 hours, but I wouldn't recommend more than 14 hours for females in order not to run into hormonal problems.

#### How do people lose weight with intermittent fasting?

Increasing insulin sensitivity IF they are insulin resistant (insulin resistance happens when the pancreas releases a lot of insulin - a storage hormone - to store a little amount of food, and insulin sensitivity happens when the pancreas releases a little insulin to store a lot of food).

The inability to eat the same number of calories that you would normally eat when not fasting. Can you eat 3000 calories within 24 hours? Definitely. Can you eat the same 3000 calories within 10 hours? Some people can but the majority will struggle, and this is how you lose weight with intermittent fasting.

I love fasting because it gives all my organs a break, especially my digestive system, liver and kidneys.

There is nothing more detoxifying to the body than fasting. I also recommend fasting for 16-24 hours after cheat meals or cheat days.

### Throughout your journey, what is the most valuable lesson you learned about health & fitness?

Patience, balance, accountability and flexibility.







### **SPE-KSA**

# ALL-NEW MOBILE APPLICATION AND WEBSITE

- STAY UP TO DATE WITH UPCOMING EVENTS
- ACCESS SANDROSE AND SHARE ARTICLES
- UTILIZE THE AUGMENTED REALITY FEATURES
  - **ACCESS YOUR VIRTUAL MEMBERSHIP**
  - **LOGIN TO BENEFITS FROM SPE-KSA LOYALTY PROGRAM**

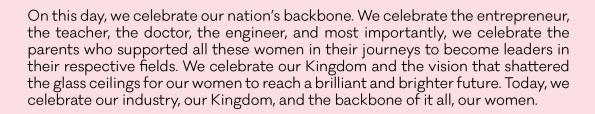
Information technology plays a major role in any organization, enabling it to expand and seize opportunities that were impossible to achieve prior to adapting IT. The IT Team's objective in the scope of The Society of Petroleum Engineers – Kingdom of Saudi Arabia, is to develop, deploy and support technologies that enable SPE-KSA to effectively reach more people and provide current members with the required platform to take advantage of SPE-KSA's events and services.



spe-ksa.org





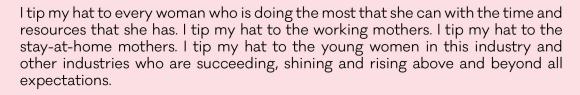


### Seba Almaghlouth

Chairperson, Student Outreach, SPE-KSA



Happy Women's Day



I have discovered recently what a powerful thing it is to be a woman as we are unique beings. We have created a new definition for the word "superhero", and I could not be prouder. I do not wish to only deliver the message that women can be anything and can do anything. I wish to deliver the message that women are doing everything, and that they are everything. It's not a matter of "we can", it's a matter of "we are". I see women in all sectors succeeding and shining, right here, right now.

But it goes beyond work and professions. I tip my hat to every mother who is doing an amazing job being a mother. I wouldn't be who I am without a mother who has raised me to be this way. Without my mother, I would have never been the woman that I am today, or have had the aspirations that I have. I would have never believed in myself the way that I do. And there is no way that I would have reached what I have reached today, and no way that I will continue on tomorrow, if it wasn't for my mother.

Everything I am today, and everything I will be tomorrow, I owe to this strong, kind and beautiful woman I am lucky to call my mother.

On this Women's International Day, I congratulate every woman reading this – may you forever be a superhero.

### **GATES NOTES**

**BY BILL GATES** 





### **BY: NOUF ALOTAIBI**

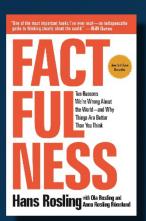
William Henry Gates III is an American business magnate, software developer, investor, and philanthropist. He is best known as the co-founder of Microsoft Corporation.

How Gates reads books





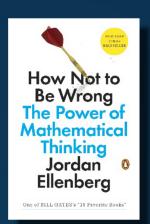
### **Gates Book Recommendations**



Factfulness
Ten Reasons We're
Wrong About the
World

By Hans Rosling, Ola Rosling, Anna Rosling Rönnlund

Factfulness is a book about how we perceive the world through the wrong categorization of "developed" and "developing" countries, and how we can shift these views through 10 important facts to consider in our daily lives.



How Not to Be Wrong
The Power of Mathematical
Thinking

By Jordan Ellenberg

This book on the surface is about math, but it is really about how much math plays into our daily lives without our even knowing it, and how there are ways in which we're all doing math, all the time



### **USEFUL RESOURCES**

### **BY: AHMAD ISMAIL**Petroleum Engineer, Saudi Aramco

#### **APPS**





### **REMINI**

Remini is an online real-time photo enhancing app that fully leverages a state-of-the-art AI generative technology.

#### **Main Features:**

- Enhance old and low-quality photos to make them high-definition.
- Enhance photos taken with old cameras or mobile phones.
- Repair blurred photos to make them clearer.



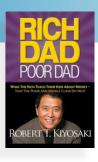
### **TADAWUL**

The official application of the Saudi Stock Exchange (Tadawul). The application displays information from the Saudi Stock Exchange (Tadawul) including Equity, Sukuk, Bonds, and ETF markets.

#### **Main Features:**

- View market summaries and indices.
- Customize your watch list to monitor selected instruments.
- View detailed quotes & charts for each instrument.

### **BOOK/AUDIOBOOK**



### RICH DAD POOR DAD

Rich Dad Poor Dad will dispel the myth that you need to earn a high income to become rich. It will define, once and for all, what assets and liabilities are and will give you a new outlook that will be helpful in achieving future financial successes.

This book, amongst thousands of others, can be found on Audible, a mobile application housing more than 200,000 audiobooks.

#### **YOUTUBE CHANNEL**



### FITNESSBLENDER

This channel has hundreds of full-length workout videos. These workout videos vary by length, difficulty, training type, muscles used, calories burned etc. This will allow you to create a safe workout program that gives you lasting results.

### Covid-19 **Clean Hands...Healthier Community**



#### HOW TO PROTECT YOURSELF AND OTHERS FROM THE RISK OF INFECTION

The novel coronavirus COVID-19 is a new strain, identified in Wuhan, China, from the family of viruses that includes the common cold and Middle East Respiratory Syndrome (MERS)."

#### **Dr. Jaffar Al-Tawfig**

JHAH Director of Infection Control Infectious Disease Specialist

### **How does COVID-19 spread?**

Evidence suggests that COVID-19, like other coronaviruses such as (Middle East Respiratory Syndrome (MERS), can be transmitted from one person to another by:

- Droplets from coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

Avoid contact with others; do not travel while sick; cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing; wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

Will wearing a mask help

If you are coming from an area with reported cases\* of COVID-19 **OY** you have had contact with someone with confirmed COVID-19



وزارة الصحة

\* The list of affected countries as defined by MOH available on JHAH.com/covid-19



### You have to:



Call

Wear a mask

مركز حونز هوبكنز أرامكو الطبي **Johns Hopkins** Aramco Healthcare



### How do I put on, use, take off and dispose of a mask?

Follow WHO'S guidelines on how to put on, take off, and dispose of masks:

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

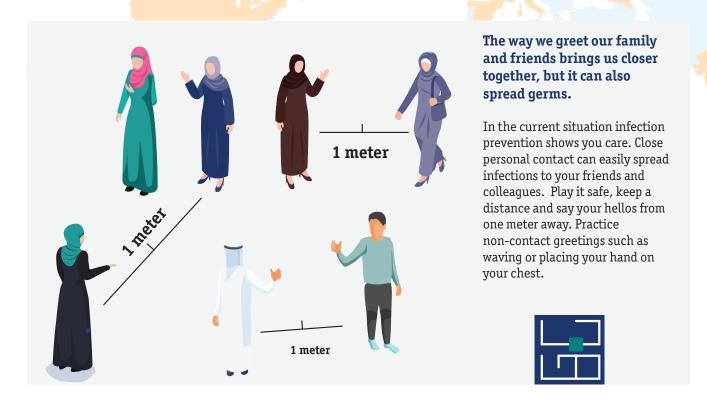
### How should I greet my friends and family?

The way we greet out family and friends can bring us closer together, but it can also spread germs. If you are sick, close personal contact such as touching, kissing, or shaking hands can spread infections such as the cold or the flu to your loved ones.

If you or someone around you is sick, you should do the following:

- Play it safe
- Keep a distance, as physical contact can increase the risk of the spread of infection
- Avoid close contact with people suffering from a fever or a cough.
- Frequently clean hands, and cover mouth and nose with flexed elbow or tissue when coughing or sneezing
- To stay healthy, regularly wash your hands with soap and water for at least 20 seconds, or used an alcohol-based hand sanitizer.

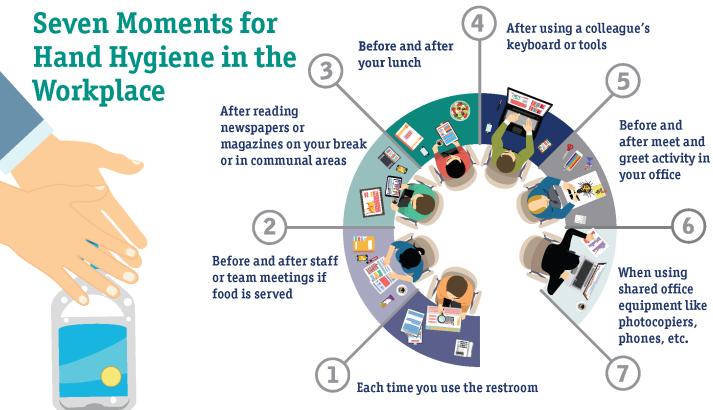
Watch our Clean Hands...Healthier Community video on JHAH.com/covid-19



### There are things every individual can do to protect themselves and others:

- **Clean** surfaces regularly with disinfectant for example work desks and items in the workplace such as keyboards.
- **Reduce** potential exposure to, and transmission of, the virus by regularly washing your hands and practicing respiratory hygiene.
- Educate yourself about COVID-19 and make sure your information comes from reliable sources.

Watch COVID-19 – What you Need to Know on jhah.com/covid-19, with Dr. Jaffar Al-Tawfiq, JHAH Director of Infection Control, Infectious Disease Specialist, Department of Patient Safety & Quality



### Handwashing prevents illnesses and the spread of infections to others:

Wash hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.

- Reduces respiratory illnesses, such as colds, in the general population by 21%
- Reduces the number of people who get sick with diarrhea by 31%

Source: www.cdc.gov/handwashing/why-handwashing.html

مركز جونز هوبكنز أرامكو الطبي Johns Hopkins Aramco Healthcare



### Why should I wash my hands?

You should wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer because handwashing can:

- Prevent illnesses and the spread of infections to others.
- Reduce respiratory illnesses, such as colds, in the general population by 21%
- Reduce the number of people who get sick with diarrhea by 31%









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**У f @ in** 800-305-4444 | www.jhah.com

How can I stay updated on the latest COVID-19 news and awareness? You can visit JHAH.com for COVID-19 updates and health education material.

