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TECHNIQUES

TO STICK TO YOUR FITNESS RESOLUTIONS

By: Junefer Tenchavez

At the start of the year, people (that includes you) always have the tendency to prepare fitness resolutions. Perhaps that's because after the holidays, everyone will try to recover from all those sweets, parties and forgetting to spend time in the gym. Here are some tips that can help you achieved your desired fitness goal.



WRITE IT. Resolutions should be both specific and measurable. Prepare a proper plan on how to reach from Point A to B. Keep a schedule.



MUST BE DOABLE. Don't desire something you can't do. You cannot change things overnight. Process should be gradual.



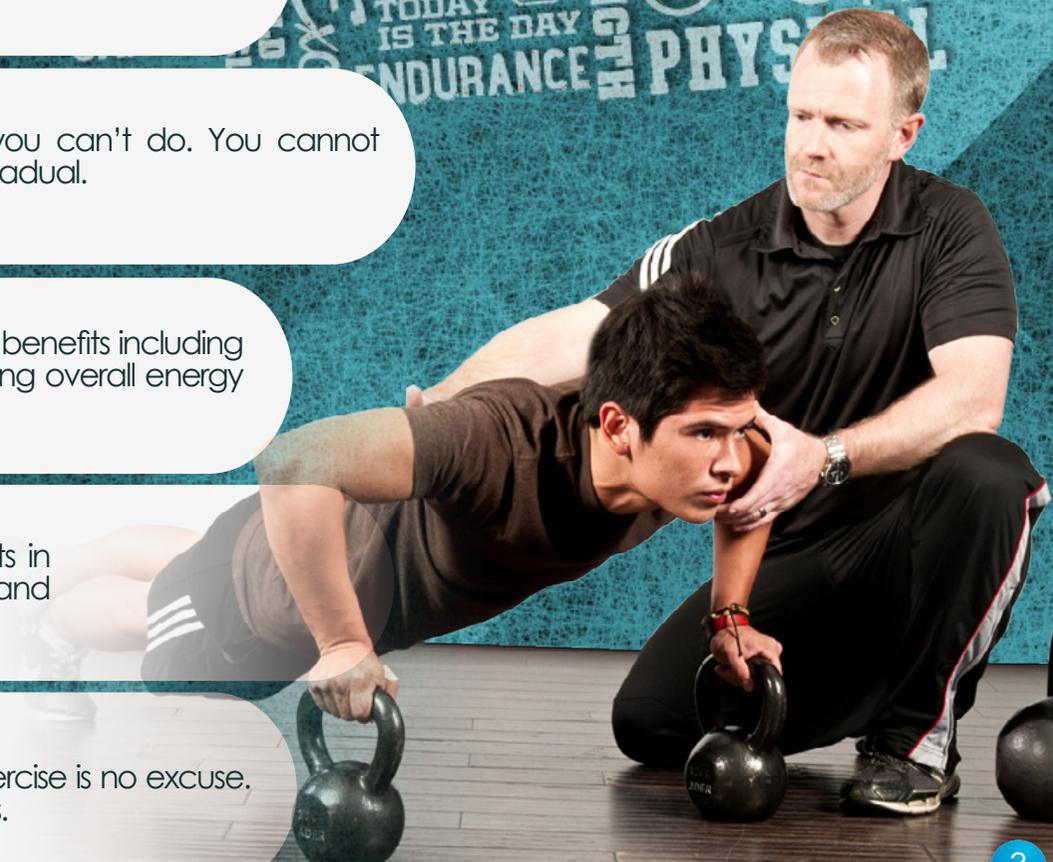
MAKE IT A LIFESTYLE. Regular exercise has unexpected benefits including lowering cholesterol, slowing the aging process, boosting overall energy and even increasing happiness.



TREAT YOURSELF. When you hit achievements in the gym like losing 50 lbs of body fat - treat and reward yourself for all the hard work.



ASK FOR HELP. Not knowing how to do a certain a exercise is no excuse. Consult a trainer if you're curious about new techniques.



Reverse Crunches

Benefits

What makes the reverse crunch so much better is that the only muscle group you engage in this exercise is your abs. No hips, no back, just the area you really want to target. This makes the reverse crunch much more effective compared to the traditional abs exercise. It also targets the external obliques, the muscles on the sides of your tummy that are responsible for pulling the muscles in.

Can also help to correct some posture problems. Not only are you keeping your back flat on the ground, you're tilting the pelvis as you contract the abs. This not only strengthens your lower abdominals, it can correct the inward curve of your spine.

How to

1. Lay on your back with knees bent and your feet on the floor.
2. Pull your feet off the floor so that your thighs are perpendicular to the ground and your feet are close to your glutes.
3. Tilting your pelvis, and keep your back completely flat on the ground, contract your abs to pull your knees in toward your head.
4. Lower your knees back to your starting pose and contract again.
5. Start with 3 sets of 12



Segmental Rotation

Segmental rotation is another way to boost core strength:

1. Lie on your back with your knees bent and your back in a neutral position. Tighten your abdominal muscles.
2. Keeping your shoulders on the floor, let your knees fall slowly to the left **(A)**. Go only as far as is comfortable. You should feel a stretch, but not pain. Hold for three deep breaths.
3. Return to the start position. Repeat the exercise to the right **(B)**



Be Inspired

Lost 20 Kgs in 2.5 Months

Hussam Abdul Karim, *HSE Officer*



What's your motivation?

I noticed that my weight was increasing day after day then I feel tired when I walk long distance. I feel weak and my shape started to become very ugly.

Can you tell us your fitness schedule?

Every after working hours.

Are you following a strict meal plan?

I'm controlling my food and I am strictly following a meal plan.

How many kgs/lbs you lost so far?

I lost 20 kilograms but my target is to reach 90 kgs, so that means I have to lose another 10 kgs.

Any advice you can give to people who wants to achieve the results like you do?

"I was asking myself what will happen if I will control my weight. Then the answer is I will become FIT. Thanks to Jun for the day to day advice and guidance inside the gym and also to Mohammad Al Hammadi."



Be Inspired

Shaped Up and Build Muscles in 3 Months

Mohd Abdullah Al Hammadi, Assistant Shift Controller

What's your motivation to do fitness training?

I've been reading a lot and watched a lot of fitness exercises routine then I said to myself, 'I can do that'. First few weeks was very difficult and I feel tired right away. But I have a goal that's why training now is part of my daily routine.

Your fitness schedule?

After office hours with the help of Jun

Are you following a strict meal plan?

Very much. I watched every food I take.

Any advice you can give to people who wants to get a body like you?

Remember step by step and you can do it easily to reach your GOAL. Again, thanks for your full support



Full Tummy in a Minute

Raise your hands if you are not on the lookout for quick and easy snack recipes you can make in as little time as possible!! You don't have time! So let's start!

Yogurt and Nuts



Ingredients:

- Plain Greek yogurt
- 3 or 4 walnuts

Microwave potato wedges

Ingredients:

- 3 to 4 large potatoes, wedged
- 2 to 3 tablespoons olive oil
- Garlic powder
- Paprika
- Salt and pepper
- Grated parmesan cheese



Celery and Nut Butter

One of the best snacks you can make in under 5 minutes is celery and nut butter. It's tasty, satisfying, and nutritious and it's quick.



Fruit Smoothie

Blend all the following in blender until they smooth

Ingredients:

- Pure 1 cup vanilla (optional) yogurt,
- 1 cup frozen strawberries,
- 1 frozen banana and
- 1/4 cup orange juice
- Blend them in blender until smooth.



Cucumber dill crackers

Ingredients:

- 1 (8 ounce) brick cream cheese, softened
- 1 cup Italian dressing
- Cucumber, peeled and sliced
- Dill
- Crackers



Improve Relations

by Mona Shoubayl

As we move to **2015** many of us should take the opportunity to make some changes in their life. Chose a particular skill or perhaps an attitude and work on improving it.

We might all agree that In our field of work developing a technical proficiency is the number one key to success. On the contrary people who have a strong people's skills and a positive influence on others, get their voice heard, and sometimes move up the ladder as fast as a highly technical intelligent.

The following are few tips I would like to share on how to improve your relationship at work to be able to enhance your professional skills overall:

- 1 | Be open to culture, diversity and people's and opinions, and do not criticize
- 2 | Learn not to interrupt by giving others a chance to finish what he/she have to say.
- 3 | Train your mind to focus and not to wonder while someone is explaining a point.
- 4 | Control your emotions and develop an EI (Emotion Intelligence) this will help you understand messages clearly.
- 5 | Show appreciation and be positive by genially complimenting other people's work and provide support.



Help yourself to better your interpersonal skill and relationship with coworkers, because by developing a good relation with coworkers will make your work environment enjoyable and relaxing. It may even open new opportunities for you in carrier advancement.

2015 Wishes & Ambitions



Khalfan Albarq Alali

Area 3 - Operations Department Head
Habshan 5 Plant Division

"Ambition is free... Anyone may create their own ambition; in fact, most people have ambitions. The ambition to achieve bigger and better status in their lives or careers. So basically, ambition is like a dream, but a very pleasing dream of the future you; the job position you want to acquire, the fame you want to achieve, the life you want to be living, or the money you want to be earning. However, actually, ambition is just part of an equation, if you will:

(Ambition X Effort) + Luck = Realization... There will always have to be the imminent fraction of luck, no escape from that one. But the efforts you are willing to exert is proportional to the ambition itself.

Here at Habshan-5 division, we embark again in another year in the successful story book of GASCO, actually of the UAE. I am riding along with everyone else on this "boat". And yes, I have ambitions. Though my most important ambition in 2015 is that along with my Habshan-5 colleagues to become the pioneers in all of ADNOC group companies in all creative and innovative aspects of the industry in the UAE. So the question that strikes here is how much efforts are we willing to apply? ...

We as a team are worthy of a much bigger status, so together let's redefine the limits of excellence!"



Sulaiman Saleh Mohammad Asker

Area 1 Operations Department Head
Habshan 5 Plant Division

Looking at 2014, We feel proud of all successes that were accomplished and at the same time we feel stressed as we need to sustain our performance and add more achievements into our portfolio and reputation.

We are, in Area 1, responsible of processing 25% of total sales gas production in whole GASCO sites and we are strategically linked with onshore & offshore oil production. This grants us a vital role to play in the core business of the corporate.

We are sure and confident that our team members are our key success factor in all stages of excellence and they will save no efforts to capture all opportunities and transform uncertainties into successful achievements

2015 Wishes & Ambitions



Mohamed Saleh Al Katheeri

Operations Coordinator
Habshan 5 Plant Division

At times I rethink about the things that matter to my career. For 2015, I look forward to heading the Bab Gas Development project within the ADNOC group of companies.

I also look forward in partaking in the necessary engineering studies which will allow me to gain the essential skills and knowledge which in-turn will benefit me and the Company as a whole. Doing all these requires both effective team leadership and time-management expertise and proficiency along with the ability to focus with a birds-eye view.

Success is only half of it. The other half is what passion dictates and that is happiness. I believe (you can be successful yet unhappy). Second important point is to have a foresight of where my current path is taking me.

This should be in tune with what I want to achieve and how to achieve it. The key is to be open, explorative and courageous enough.



Mohamed Farah Yabarag

Senior Budget and Cost Analyst
Habshan 5 Plant Division

With Habshan 5 Plant now fully operational, I expect the 2015 to be more challenging and exciting for the Business Support Section as much as it for the rest of the Habshan 5 family. Cost optimization, proper and robust cost control as well as achieving higher budget compliance (KPI) will be at the top of our priority list.

On a personal note, I am relishing the challenge of being the acting Section Head for the past three months. With the help of my Habshan 5 Plant work colleagues, including my own team, I expect my job to be more fun and exciting, and together we achieve better results in the weeks and months ahead

2015 Wishes & Ambitions



Nasser Omair Al Muhairi

Senior Operations Engineer
HXO2 - Habshan 5 Plant Division

I hope that the year 2015 will be a good year on Habshan, god-willing; one that will well reflect the hard work, high drive, initiative and development potential that is being undertaken by our leadership, as well as by my seniors and colleagues here in Habshan & Bab Complex.

Habshan is only going to grow bigger and more challenging, this will be a great opportunity to partake in its future growth and un-paralleled successes in many different arenas hand in hand with my fellow colleagues. A work place where the improbable seems given and the seemingly impossible is likely, my hopes and wishes is to continue further growing, developing and evolving in Habshan, paying back all that has been gained.

DREAM IT, THEN BUILD IT THE EMARATI WAY. I urge all my fellow colleagues simply to be driven by a desire to have a positive impact and to avoid the fate of past failures buy learning from incidents. Buy this we will ensure that GASCO remains at the top of its game – a company that's best in its class.



Noora Al Mansoori

Administration Assistant
Habshan Complex

In our lives we get to go through a lot of things ups and downs. Sometimes we push through the hardship we make in life to make sure we are stronger than ever.

Some point in life people take advantage of others to reach what they want in work or in personal life. You got the strength to get back up after falling.

Sometimes when I think like that I just do simple video editing because I also write and edit videos for fun and put all this energy away. It's just my way to keep bad things far from my mind.

Lastly, I just want to say that no matter what you do either big or small and if people made fun of who you are, it shouldn't bother you because you'll always remind yourself that you are a wonderful person.

2015 Wishes & Ambitions



Balasubramanian Chinnusamy

Laboratory Section Head
Technical Services Sub-Division
Habshan Complex

GASCO offers a culturally diverse, enthusiastic young professional environment to work and learn. Recently, I did a 360 feedback stakeholder survey and working on my improvement areas. My top priority is to raise trustworthiness alongside competency enhancement of Laboratory staff. I shall initiate simplification journey across GASCO labs, to begin with standardization of test practices.

And I do see a valuable opportunity in streamlining the quality measurement instruments (QMI) employed in Habshan complex. There could be a couple of work streams developed on research collaboration from Petroleum Institute (PI) staff knowledge sharing experience shall be expected at higher level. Apart from work I do find a quality time for family and children and I look forward to a great year 2015.

PHOTO GALLERY



Habshan 5 2014 Achievement Party
6th January 2015



PHOTO GALLERY



Habshan 5 2014 Achievement Party
6th January 2015





Habshan & Bab 2014 Achievement Party
26th January 2015



PHOTO GALLERY



Habshan & Bab 2014 Achievement Party
26th January 2015



PHOTO GALLERY



Senior Management interact with UAE National Employees in Habshan 5
2nd February 2015



PHOTO GALLERY



Senior Management interact with UAE National Employees in Habshan 5
2nd February 2015

PHOTO GALLERY



**Habshan & Bab Maintenance
Sub-Division Achievement Party**

2nd February 2015



PHOTO GALLERY



**Habshan & Bab Maintenance
Sub-Division Achievement Party**

2nd February 2015



PHOTO GALLERY



ADNOC GPD&GASCO visit to Habshan 0
3rd March 2015



PHOTO GALLERY



Kuwait Petroleum visit to Habshan 5
19th - 20th January 2015



PHOTO GALLERY



Kuwait Petroleum visit to Habshan 5
19th - 20th January 2015



PHOTO GALLERY



Kuwait Petroleum visit to Habshan 5

19th - 20th January 2015



PHOTO GALLERY



**Highest NGL Production in Area 1
Habshan 5 Celebration**
4th March 2015



PHOTO GALLERY



HSE & PROCESS SAFETY MAJLIS
3rd March 2015

