



BLNGEMA



Quarter 3 2016

"The white bellied sea eagle is a frequent visitor to our loading jetty. We must play our part in ensuring that this sea eagle remains a familiar sight, now and for future generations."



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MD Message

Bismillahirrahmanirrahim

Assalamualaikum Warahmtuallahi Wabarkatuh/ Warmest Greetings,

Dear Colleagues,

In this Q3 issue of our BLNGema I would like to highlight on the importance of health for our people. Besides realising our People as one of the assets in our organisation, I want to talk slightly deeper than just our people, rather I want to touch on the concerns of our people's health, and that includes me.

Health is the most important asset for an individual, with healthy employees around creates a healthy environment that will bring us to an effective and motivated pool of employees. Looking at our current situation, do we have the so called healthy employees? Well! The answer is more towards to 'NO'. Based on the result of the health screening last year 2015, the percentage of overweight and obesity in Brunei LNG is at an alarming rate. According to the health screening record, around 76 percent of our staff from a total of 738 employees is overweight and obese. Only 23 percent have an ideal weight. This is a great concern because obesity will create problems such as: high blood pressure; high cholesterol; diabetes; heart disease; stroke; gall bladder disease; osteoarthritis; sleep apnea; or cancer endometrial.

The concerns have not only within our fence but it becomes the nation's concern. His Majesty's Titah in this year Hari Raya Aidilfitri highlighted that citing the Global Nutrition Report 2016, Brunei is the highest-ranked country for obesity, and following this report Brunei is being ranked as the most obese country in Southeast Asia. In regards to this His Majesty reiterated that this pose a great concerns on our population where His Majesty advice Bruneians to watch what they eat, and the government should not take this issue lightly too.

With the above statistics and reports, as an individual we can make the difference. We can start to assess our eating habits and then change for a better one. If in the past you were rarely do an exercise, it's not too late to pamper you with a new set of exercise gear just to make you motivated to engage in physical activity, join any organised walk or run, indulge yourself with some healthy lifestyle programmes within Brunei LNG.

Committing to the above is not as difficult as it seems. It is a matter of an individual's willingness to participate and have that full commitment towards healthy livings. In Brunei LNG, we have various HLP programme to participate such as; the Healthy Me Programme; Health and Wellness activities i.e. Zumba, Bootcamp and Trekking ; Monthly HLP Programme; Quit2win Smoking Programme; and Annual HLP Screening/ Department Health Screening. These are some of the company's initiatives to help promoting a healthy lifestyle for our employees. It is encouraging to note that our programme have received good responses from employees. The Healthy Me Programme 2016 achieved more than 50% increase in participation in comparison to 2015. The result for 2015 recorded that more than 60 kg weight reduction in total have been achieved. Looking at the weekly activities statistic, Zumba recorded as the most popular activity with an increasing number of participants in each quarter.

Besides activities and health programmes, Brunei LNG is also in the midst of providing amenities for our employees aimed at Healthy Lifestyle Programme. This is through the provision of the new gym located at the block E of our office facilities. This project portrays our full commitment in seriously pursuing healthy lifestyle for our employees. This project is scheduled to be completed before the end of 2016.

My advice to everyone is to look after your health seriously. Don't be complacent with any illness that you have experienced, thinking it as a routine health issue. Change your eating habits if necessary. Engage in physical activities at least 3 hrs per week. For those who have not participated in our Healthy Lifestyle Programme, start making the change, participate at least one and see for yourself if that makes a difference. It is you who is responsible for the health and wellbeing of your body. Healthy body will bring in healthy mind, and this will give a positive impact to your wellbeing in the organisation.

Let's work together as one team towards a healthier and prosperous future.

Best Regards

Mohamad Awang Damit
MD/CEO of Brunei LNG

BRUNEI LNG COLLABORATES WITH OTHER OIL & GAS COMPANIES IN MINI PLANT PROJECT

Mini Plant or Hands on Training Skids (H.O.T.S), a comprehensive process-related training system, will be officially commissioned by April 2017, with the aim to provide real training platform for process/plant technicians and students.

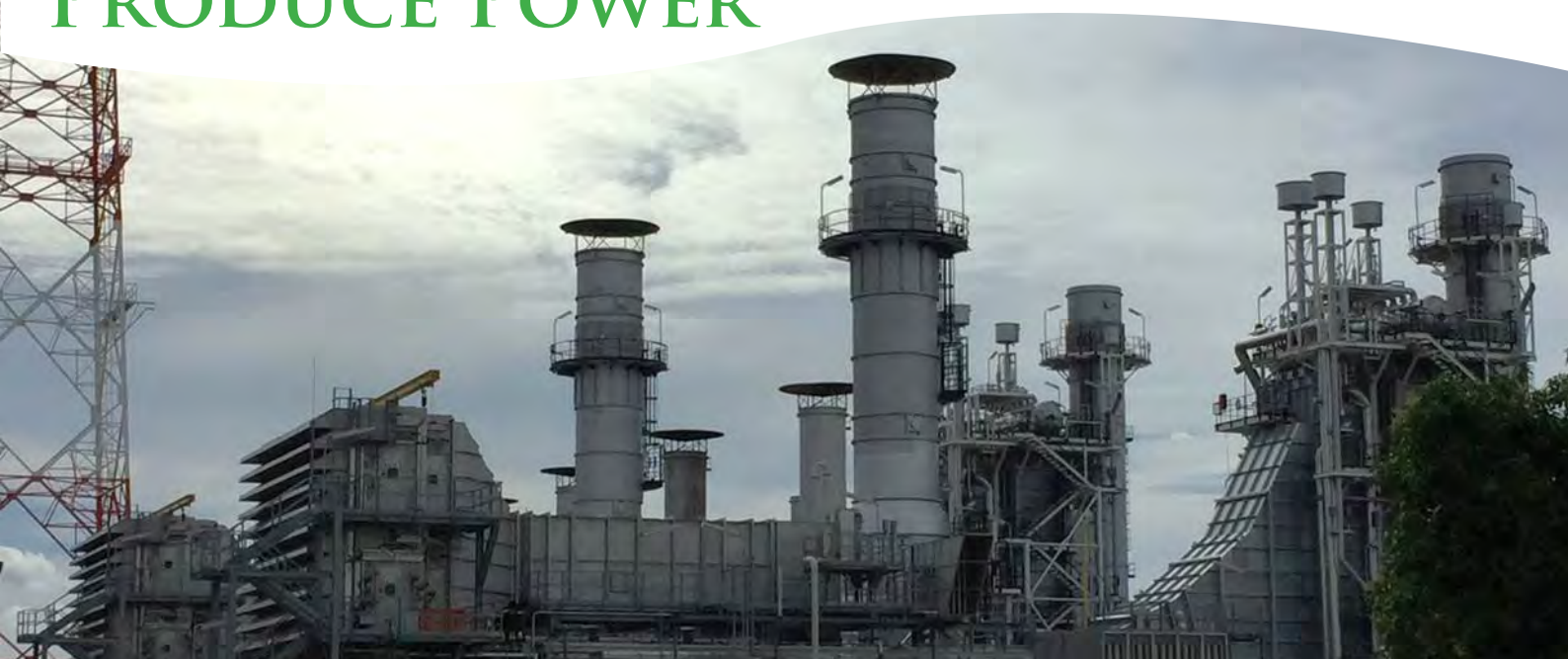
Brunei LNG was entrusted to lead the Mini Plant project for the Ministry of Education (MoE) in collaboration with the Institute of Business and Technical Education (IBTE) and Energy Industry Department at Prime Minister's Office (EIDPMO) together with other oil and gas companies. The project steering committee consists of all the operators companies in the oil & gas industry, ie: Brunei Shell Petroleum (BSP), Brunei LNG, Brunei Methanol Company (BMC), TOTAL & HENGYI.

The Mini Plant is a comprehensive process-related training system, and was designed and built to the actual industrial specification, which can be used extensively, from teaching, hands-on learning activities and exercises and also for competence assurances/assessments. With the realistic, full-sized equipment, the mini plant will be one of the breakthroughs in Brunei's Oil and Gas Industry, particularly its role in supporting Brunei's Industry Competence Framework (ICF), competency development of existing and future technicians to serve in the Oil and Gas sector in Brunei Darussalam.

The Training SKids are designed, fabricated and constructed by Shanghai Morimatsu Pressure Vessel Company of China, in its Nantong factory. Fabrication started in March 2016 and was completed in September. The skids were shipped over to Brunei in October and to be installed at the Jefri Bolkiah Campus site, Kuala Belait in December 2016.



COGEN II PROJECT STARTS TO PRODUCE POWER



On 15 September 2016, Cogen II project achieved a historical milestone when the first power was supplied to the electrical public grid in Lumut. The project is a close cooperation between Brunei LNG ("BLNG") and the Department of Electrical Services ("DES") Lumut Power Station operations teams.

The work began in early September 2016 when the Cogen II Project introduced hydrocarbons to the site and began testing of the new DES Gas Turbine Generator ("GTG") GTG-09. Following this successful synchronisation with the DES electrical grid, power began to flow to the public on 15th September 2016 as part of GTG-09 testing. Once testing is completed, GTG-09 will be handed over to DES for their continuous operation.

In the next coming months, the first of three new Waste Heat Boilers, F-9209, will be started up and begin to provide high efficiency steam to Brunei LNG. This new source of steam will lead to an increase of LNG production through a more efficient use of the available gas supply. The reduction in gas required for steam production will also lead to a reduction in the carbon footprint of Brunei LNG.

Subsequent to the start-up of F-9209, the Project will begin the start-up and switchover of new High Pressure Fuel Gas Strings at Unit 9800. Once in placed, the expanded Fuel Gas Station will provide additional capacity, an updated

configuration, and new fuel gas metering between BSP and DES operations.

The Cogen II Project is a Joint Venture between Brunei LNG, DES, and Brunei Shell Petroleum ("BSP"); with Brunei LNG taking the lead role in providing Project Management Services. The scope of the Project primarily involves the construction of two new Gas Turbine Generators, three new Waste Heat Boilers, and rejuvenation and expansion of the High Pressure Fuel Gas Station at Unit 9800.

The project is considered one of the biggest in the history of Brunei LNG where:

- Total volume of concrete poured could fill about 2-1/2 Olympic sized swimming pools!
- Total steel work erected is nearly the same weight as 20 Royal Brunei Airlines Airbus A320-200 planes!
- Total length of cables pulled would stretch from Brunei LNG to Pusat Bandar... and back... twice!
- Over 300 piping tie-ins and nearly 6,500 cable terminations will be made!





PRESIDENT OF VIETNAM VISIT TO BRUNEI LNG



On the 27th of August, His Excellency Mr. Tran Dai Quang, the President of the Socialist Republic of Vietnam paid a visit to Brunei LNG Sdn Bhd during a three-day visit to Brunei Darussalam. The President and his delegation were greeted and briefed by Yang Berhormat Pehin Datu Singamanteri Colonel (Rtd) Dato Seri Setia (Dr) Awang Haji Mohammad Yasmin bin Haji Umar, Minister of Energy and Industry at the Prime Minister's Office on the overview of Oil and Gas in Brunei.

The Minister of Energy and Industry at the Prime Minister's Office touched on the developments of Brunei LNG Sdn Bhd. The company is able to produce 7.2 million tonnes of liquefied natural gas a year via 5 liquefaction facilities, also highlighting that their liquefaction facility is among the top reliable LNGs plants in the world as established in a global LNG benchmarking exercise.

At the end of the briefing, Mr. Tran Tuan Anh, the Minister of Industry and Trade of Vietnam commented that Vietnam would be an excellent potential partner for Brunei. They have established a keen interest in collaborating with Brunei, especially in the area of energy.

After the briefing was finished, His Excellency and his delegation were taken for a tour around the plant. The visit was then concluded with light refreshments and the exchange of tokens of appreciation between Brunei LNG Sdn Bhd and His Excellency Mr. Tran Dai Quang.

To commemorate the official visit His Excellency signed a plaque and posed for a group photo with Bruneian and Vietnamese government officials as well as representatives from Brunei LNG Sdn Bhd before departing from the premises.





TESTING OF SAR HELICOPTER LANDING SITE AT LLRC



28th July 2016. Brunei LNG in coordination with Brunei Shell Petroleum (BSP) carried out an exercise at Liang Lumut Recreation Club (LLRC) with the purpose of testing the proposed landing site for Search and Rescue (SAR) helicopter on the east side (open field) of LLRC. This also allowed Brunei LNG and BSP to be familiarized with the procedures as set out by BSP's Search and Rescue.



RAMAH MESRA IN CONJUNCTION WITH HIS MAJESTY'S 70TH BIRTHDAY CELEBRATION IN BELAIT DISTRICT

23rd July 2016. Brunei LNG in cooperation with Brunei Shell Petroleum, Brunei Gas Carriers and Brunei Methanol Company the Oil and Gas and International Community during his Majesty's 70th Birthday Celebration's Ramah Mesra / Get Together Session for the Belait District. Brunei LNG being lead coordinators brought in LTs, Heads of Departments, Young Professionals and staff from the various companies along with their families to personally meet with His Majesty and accompanying family members during the event held at Kuala Belait Town Park.

The Oil and Gas companies had also presented a birthday cake to His Majesty which showcased the oil and gas supply chain network.



MALAM ANTARABANGSA / INTERNATIONAL NIGHT IN CONJUNCTION WITH HIS MAJESTY'S 70TH BIRTHDAY CELEBRATION IN BELAIT DISTRICT



22nd July 2016. Brunei LNG along with Brunei Shell Petroleum, Brunei Gas Carriers and Brunei Methanol Company hosted the Malam Antarabangsa / International Night in the Belait District in conjunction with His Majesty's 70th Birthday Celebration. Leadership teams from all companies, government officials and the public attended the colorful event. Attending as Guest of Honor was Haji Haris bin Hj Othman, Belait District Officer.

Performances included colorful song and dances by Khairy, Pei Pei, the Philippines Community, British Community, Syafiq and the Sektanggi Buskers from Brunei LNG.

BRUNEI LNG HARI RAYA WITH STAFF



BRUNEI LNG YOUNG PROFESSIONALS ATTEND YAYASAN HARI RAYA AIDILFITRI CELEBRATIONS

30th July 2016. The Brunei LNG Leadership Team and 10 young professionals from the Company celebrated its Hari Raya Aidilfitri Gathering alongside a number of professionals, officers and staff from the government and private sectors. Taking place at the International Convention Centre, the event was held for the 13th occasion and saw the attendance of about 600 young professionals from various companies.

The event was graced by His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam, who was accompanied by Her Royal Highness Raja Isteri together with other members of the royal family.

The young professionals were chosen to be part of the celebrations, in order to enhance their understanding of His Majesty's aspirations of the country's youths as independent and outstanding individuals, capable of contributing to Brunei's economy and achieving the goals of Vision 2035.



POON HILL TRIP BY BRUNEI LNG STAFF



Mountain climbing is not an extraordinary interest to some of our staff in BLNG. Many had climbed the highest mountain in South East Asia, the Mount Kinabalu. Some had climbed the mountains in Indonesia and in Europe. Others had tried the more challenging milestone like mountain-marathon or mountain-challenge. For recreational mountaineers, reaching the Annapurna Base Camp or Everest Base Camp, famously known as the ABC or EBC would be a major achievement.

In September this year, some of us decided to venture out of the region and joined in an organized expedition to Nepal. The target is Mount Poonhill standing at 3210m above sea level, in the Annapurna Range.

There are 14 of us in the expedition, six from Brunei LNG Healthy Lifestyle Activity group, with eight others from different Brunei Trekkers group. We left Brunei and arrived in Kathmandu, Nepal full of excitement and enthusiasm, as well as nervousness at the same time.

The journey to Pokhara is an adventure to forget, when the 25 minutes flight was delayed for almost 5 hours. We started the expedition from Nayapul at 1000m above sea level, and it was raining. But we had trained and prepared ourselves for any adverse weather.

We stopped at many beautiful places along the expedition route, stayed the nights in guest-houses which surprisingly have proper facilities such as

nice rooms, electricity, retail shops, dining area, and importantly, WiFi!. We normally started quite early in the morning, every day it was a 6 to 7 hours of walking and climbing until we reached the pre-determined destination. And it was at Ghorepani on the next day, we began the summit attack in the cold dawn time to the peak of Mount Poonhill. An hour later, we found ourselves witnessing the most amazing scenery, literally, from top of the world. The sunrise was beautiful and it took sometimes when a glimpse of white and snowy peak of the Southern Annapurna mountain appeared beyond the clouds. We can only utter all praise be to the Creator for the achievement and together with some of our newly met friends, recited the Takbir prayer in conjunction to the Eidul Adha celebration day.

The return journey was also filled with exciting and memorable events. We got to see the three full golden peaks of the Annapurna mountain ranges particularly the sacred Macchapuchre mountain, better known as the Fishtail. We witnessed the strong will and determination of the local people and fellow trekkers to survive the cold and treacherous condition of the mountains. In this expedition, we were also encouraged to donate in charitable causes especially for the earthquake and school-building funds.

Either with heavy hearts or teary eyes, we left Nepal with a lot of memories and stories to tell. But we do have an unfinished chapter to our expedition. Until next time, EBC anyone!



Brunei LNG Healthy Lifestyle Programme from July to September 2016



FEATURED ARTICLE

FINDING FITNESS: 10 WAYS TO FIT IN EXERCISE

The “E” word can make you cringe, but exercise is really necessary. Besides, it can be fun: Learn how to squeeze fitness into your busy day.

The benefits of regular exercise are unrivaled: Physical activity can help you lose weight and prevent a host of ailments, including heart disease, diabetes, and osteoporosis. Being fit also can help you stay mentally sharp.

While most people know they should exercise, you may not know where to start or how to fit it into a busy schedule. The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) recommend that healthy adults get at least 150 minutes of moderate-intensity aerobic activity spread out over five days a week, or 20 minutes of vigorous-intensity aerobic activity on each of three days a week.

“This is something we recommend to all Americans,” says Gerald Fletcher, MD, a cardiologist at the Mayo Clinic in Jacksonville, Fla., and a spokesman for the AHA.

An ideal fitness routine also includes resistance or weight training to improve muscle strength and endurance. The ACSM and the AHA recommend that most adults engage in resistance training at least twice a week.

Finding Fitness: 10 Ways to Get in Exercise

Sometimes the problem isn't motivation — it's simply finding the time. But scheduling exercise isn't as difficult as you might think. Here are 10 ways to get you moving more often:

1. **Be less efficient.** People typically try to think of ways to make daily tasks easier. But if we make them harder, we can get more exercise, says Sabrena Merrill, MS, of Lawrence, Kan., a certified personal trainer, group fitness instructor, and spokeswoman for the American Council on Exercise (ACE). “Bring in the groceries from your car one bag at a time so you have to make several trips,” Merrill says. “Put the laundry away a few items at a time, rather than carrying it up in a basket.”
2. **Shun labor-saving devices.** Wash the car by hand rather than taking it to the car wash. “It takes about an hour and a half to do a good job, and in the meantime you've gotten great exercise,” Merrill says. Use a push mower rather than a riding mower to groom your lawn.
3. **Going somewhere? Take the long way.** Walking up or down a few flights of stairs each day can be good for your heart. Avoid elevators and escalators whenever possible. If you ride the bus or subway to work, get off a stop before your office and walk the extra distance. When you go to the mall or the grocery store, park furthest from the entrance, not as close to it as you can, and you'll get a few extra minutes of walking — one of the best exercises there is, Dr. Fletcher says. “Walking is great because anyone can do it and you don't need any special equipment other than a properly fitting pair of sneakers.”

4. **Be a morning person.** Studies show that people who exercise in the morning are more likely to stick with it. As Merrill explains, “Are you going to feel like exercising at the end of a hard day? Probably not. If you do your workout in the morning, you're not only more likely to do it, but you'll also set a positive tone for the day.”
5. **Ink the deal.** Whether morning, afternoon, or evening, pick the time that is most convenient for you to exercise and write it down in your daily planner. Keep your exercise routine as you would keep any appointment.
6. **Watch your step.** Investing in a good pedometer can help you stay motivated. “If you have a pedometer attached to your waist and you can see how many steps you've taken, you'll see it doesn't take long to walk 5,000 steps and you will be inspired,” Merrill says. And building up to 10,000 steps a day won't seem like such a daunting task.
7. **Hire the right help.** While weight training is important, if you don't know what you're doing, you run the risk of injuring yourself or not being effective, Merrill says. It's best to get instructions from a personal trainer at the gym. You also can buy a weight-training DVD and follow along in your living room.
8. **Keep records.** Grab a diary or logbook, and every day that you exercise, write down what you did and for how long. Your records will make it easy for you to see what you've accomplished and make you more accountable. Blank pages? You'd be ashamed.
9. **Phone a friend.** Find someone who likes the same activity that you do — walking in the neighborhood, riding bikes, playing tennis — and make a date to do it together. “Exercising with a friend or in a group can be very motivating,” Fletcher says. “You are likely to walk longer or bike greater distances if you're talking to a friend along the way. The time will go by faster.” Don't have a buddy who is available? Grab an MP3 player and listen to your favorite music or an audio book while exercising.
10. **Do what you like.** Whatever exercise you choose, be sure it's one that you enjoy. You're more likely to stick with it if it's something you have fun doing rather than something you see as a chore, Fletcher says.

If you can't fit 30 minutes a day into your schedule, get more exercise simply by being less efficient with your chores and adding a little extra walking distance everywhere you go. However, if you pick an activity you like, finding time for fitness will become effortless and the rewards enormous.

By Beth W. Orenstein | Medically reviewed by Pat F. Bass III, MD, MPH
<http://www.everydayhealth.com/healthy-living/being-active.aspx>

HOW TO SEE HARD CHOICES AS EMPOWERING



BY CHANTAL TRANCHEMONTAGNE

<https://www.readersdigest.ca/health/healthy-living/how-see-hard-choices-empowering/>

When confronted with a difficult decision, we can be like deer in headlights: dazed and unable to choose a direction. Should you start your own company or stay in your current job? Pick investment A over investment B? Opt for this course of medical treatment or that one? The answer isn't always obvious, and the fear of making a potentially disastrous move can send anxiety levels skyrocketing or allow paralysis to set in.

Despite these pitfalls, empowerment is possible—it's a matter of shifting our mindset. Here are some steps to feeling liberated in the quest to find answers.

Step 1: Take It Easy

"Most of the paralysis in decision-making comes from assuming the world has the right answer and we're just too stupid to figure it out," says Ruth Chang, a philosopher at Rutgers University in New Jersey.

Not so, she insists. Chang studies the process of making hard choices and has outlined a new framework for those tough calls. According to her thinking, in truly complex situations, there is no right answer and no one option better than another. "So when we face hard choices," she says, "we shouldn't tear our hair out trying to figure out which alternative is better." If you need further incentive to ease up on yourself, consider a 2012 study published in the *Journal of Personality and Social Psychology*. The authors found that anxiety clouds your judgment and makes you more likely to seek outside counsel and act on bad advice.

Step 2: Do the Grunt Work

While less-demanding decision-making is your goal, you still have some heavy lifting to do. There has been a surge of insight into the field of emotional/instinctual/intuitive decision-making, yet you should still start at the beginning: with the facts. Chang argues that studying the alternatives, making pros and cons lists and working out the hypotheticals is important and unavoidable. However, if you've studied all the options and a clear decision doesn't rise to the top, don't get stuck. Move on to the next step.

Step 3: Dig Deep

Montreal-based certified life coach Erica Diamond knows that finding the answers to life's truly tough questions requires a one-two punch. "We often think that decision-making is all logic," she says. "But the best decisions are made with a combination of intellect and instinct. Good strategists collect information based on these two things until they feel they can make a good decision."

In research released in 2014 by Time Inc.'s Fortune Knowledge Group and global advertising firm Gyro, 62 per cent of executives admitted to relying on gut feelings and other unquantifiable factors, while 65 per cent said that subjective elements influenced the choices they made.

"Any big decisions can't be made in a vacuum of analytics," said Christoph Becker, Gyro's CEO, in an interview shortly after the study was released. "It's underscored by a rational structure, but emotion has to lead."

Step 4: Distinguish Yourself

In going through the exercise of listing the facts, pondering the possibilities and letting sentiments play a part in decision-making, remember that hard choices are an opportunity. "When we pick between options that are on a par, we can do something rather remarkable: we can put our very selves behind an option. And what we put our agency behind really does define what matters to us and who we are," says Chang. "You might say that we become the authors of our own lives."

Jeff Bezos, founder and CEO of Amazon, would agree. In a commencement speech he gave to Princeton's class of 2010, he echoed Chang's philosophy, outlining why we should view decision-making as empowering. "When you are 80 years old and, in a quiet moment of reflection, narrating for only yourself the most personal version of your life story, the telling that will be most compact and meaningful will be the series of choices you have made. In the end, we are our choices. Build yourself a great story."

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**LEADING AND
COMPETITIVE**
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