



ТШО ЖАҢАЛЫҚТАРЫ

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TCO NEWS

These Kids are the Future of Kazakhstan

President Nursultan Nazarbayev visits the Miras-Atyrau Kindergarten built by Tengizchevroil for company employees



On Tuesday, September 30, one day before the opening of the 11th Cross-Regional Cooperation Forum in Atyrau, President of the Republic of Kazakhstan Nursultan Nazarbayev visited the Miras-Atyrau Kindergarten built by Tengizchevroil for the children of company employees. President Nazarbayev attended a class with the Botakan junior group, and visited the cafeteria and the music hall. The pupils of the kindergarten – children of TCO employees – gave a concert to the

president. The head of state noted the large scale and unique features of the curriculum of the Miras Kindergarten. "These wonderful kids are our hope, they are the future Kazakhstan," commented President Nazarbayev. Director of the Nursultan Nazarbayev Educational Foundation Dinara Kulibayeva toured the educational facility with the president.

On the 1st of June, which is the International Day for Protection of Children, TCO held a ribbon-cutting ceremony for the "soft"

opening of the kindergarten built for the children of its employees. TCO funded the construction of the contemporary three-story facility and auxiliary buildings designed to accommodate 350 children. The pupils will receive state-of-the-art education through the innovative methods promoted by the Nursultan Nazarbayev Education Foundation.

Yermek Sdykov
Human Resources
Photo by Vadim Solovyov

Chevron Board Visits Kazakhstan

Chevron's Board of Directors and senior executives recently traveled to Kazakhstan for an in-depth view of Tengizchevroil's (TCO) operations. Directors and executives began their trip in Astana, where they visited with President Nursultan Nazarbayev and senior government officials. They then visited Atyrau, and toured the resource-rich Tengiz field, to gain deeper knowledge of activities and strategies that make TCO a leader in Kazakhstan and a reliable asset for Chevron.

Several new directors have been appointed to the board since the last TCO visit in 2007. For six of the directors, this visit marked their first opportunity to view TCO's leadership, partnership and innovation in the region. TCO's

(Continued on Page 2.)



In this issue:



Atyrau Hosts Forum of Near-border States Cooperation

Page 3



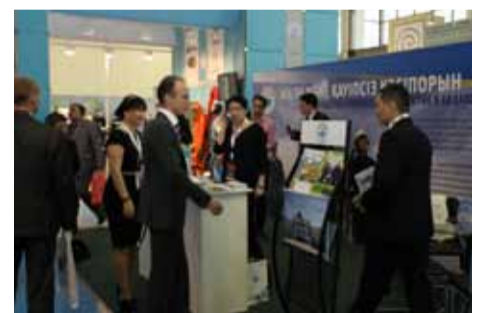
Future Growth Project Round Table

Page 3



KIOGE – 2014

Page 4-5



ECOTECH '14

Page 5



TCO's Health and Fitness Center Project Approved

Page 6

Chevron Board Visits Kazakhstan



(Continued from Page 1)

commitment to operational excellence, environmental stewardship and people development has established the company as an integral component to the success of Chevron and Kazakhstan. TCO is the largest energy producer in Kazakhstan, accounting for approximately 30 percent of the country's total oil output. Its average daily oil production of approximately 73 thousand tonnes (585,000 barrels) is larger than the combined daily oil produced by Denmark, Peru and South Africa in 2013. TCO's cumulative contribution to Kazakhstan's economy has reached nearly \$100 billion – 70 percent of which was contributed between 2009 and July 2014. On October 6, President Nazarbayev presented Chevron Chairman and CEO John Watson with the prestigious Dostyk award, which represents one of the highest honors Kazakhstan bestows on foreign citizens, signifying the fruitful partnership between Chevron and Kazakhstan. The safe operations, development and risk management of the Tengiz field distinguishes TCO as the premier operator and Chevron as the partner of choice. Directors and executives learned about the continuous improvement plans, mitigations and safeguards in place to successfully operate in TCO's high H₂S environment. Plant design, process controls and TCO's highly trained staff keep the nearly 15,000 people working on-site prepared and safe. With a workforce anticipated to achieve more than 62 million hours this year, TCO remains a national and global leader in operational safety and maintains industry leading rates

in days away from work and total recordable injuries.

TCO General Director Tim Miller and TCO Leadership Team provided directors and executives with an overview of TCO's operations and status updates on major capital projects. They learned about reservoir management and innovative investments that minimize environmental impacts and positively benefit operational activities and costs. Since 2000, TCO has reduced the amount of gas it flares by approximately 93 percent. At the same time, TCO has achieved a 99 percent gas utilization rate and more than doubled crude oil and gas production. This success has been accomplished through commitment of resources, hard work and ingenuity of the personnel, and successful execution of multiple major capital projects. In 2012, TCO received the prestigious Excellence in Flaring Reduction Award and was recognized as a global leader in flaring reduction by the World Bank's Global Gas Flaring Reduction Partnership. TCO's implementation of the waste management and recycling program further demonstrates its commitment and ability to reduce environmental impact while creating opportunities for local companies. Through development of a recycling network with companies across Kazakhstan, TCO has become a top recycler in the country. The company recycles waste such as scrap metal, plastic, electronics and more. TCO's early recycling efforts have already supported job growth and raised the awareness and importance of recycling in Kazakhstan. While there are many highlights of this visit, Mr. Watson shared that "it was especially important for our Directors to meet President Nazarbayev and Prime Minister Massimov and to



hear from them how impressed they are with Chevron's performance and the quality of our people. This was very gratifying and made me proud of our employees' commitment to ensuring that Chevron remains the 'Partner of Choice' in Kazakhstan." Active engagement with communities, government and suppliers demonstrates Chevron and TCO's commitment to being the



most respected company in Kazakhstan. Directors, executives and their spouses witnessed these partnerships during the Atyrau Youth Center ground-breaking ceremony, Miras-Atyrau Kindergarten grand opening, and community health event.

John Watson and Atyrau Oblast Akim Baktykozha Izmukhambetov participated in the ground-breaking ceremony of the Atyrau Youth Palace. "We believe investing in regional youth projects will help young people develop their skills and make the best use of their opportunities," Watson said. The \$50 million youth palace will provide arts, health and recreational opportunities for children and young adults through social, educational and vocational programs. Oblast Akim Izmukhambetov shared that good projects have been jointly implemented over the past 20 years, developing "our region and its social sphere." "Young people will have the opportunities to realize their talents," said Izmukhambetov.

TCO HR General Manager Sholpan Altybayeva and Diane Watson, wife of Chairman and CEO John Watson, provided remarks at the Miras-Atyrau Kindergarten grand opening. TCO partnered with the Nursultan Nazarbayev Education Fund (NNEF) - a leader in education - to establish the Miras-Atyrau Kindergarten. TCO donated \$11 million to fund the construction and equipment for the kindergarten; NNEF developed the curriculum - which will implement the International Baccalaureate Primary Years Program. "Chevron and TCO recognize that a good education is the foundation upon which a

person's future is constructed," said Mrs. Watson. "That is why education is a key focus area in community investment efforts in Kazakhstan and around the world where Chevron operates." The three-story kindergarten serves children of TCO employees aged 2-6. Currently, approximately 290 children are enrolled.

As a result of partnering with the Atyrau Oblast Health Department, TCO donated \$4 million in advanced diagnostic and therapeutic equipment and specialist training to the Atyrau Oblast Cardiology Hospital, Atyrau Oblast Children's Hospital Audiology Clinic and seven other clinics in the region. "Cardiovascular disease is the main mortality cause not only in the region, but in the whole country, and hearing disorders are widespread among the region's children," said Altybayeva. "Kazakhstan's future depends on a healthy population, and we believe that this investment will help ensure the future is a bright one." In conjunction with the Union of Artisans of Kazakhstan and local artists, TCO was able to provide the spouses of directors and executives with a cultural exhibition that included an eagle demonstration, yurt presentation, Kazakh wedding ritual (betashar), arts and crafts displays, and master classes in felt, carving, weaving and pottery.

Directors and executives experienced the operations, people, culture and government of Kazakhstan. According to John Watson this was "one of the most memorable and truly successful Director visits."

Hakim Johnson
PGPA



Atyrau Hosts Forum of Near-border States Cooperation

In mid-summer 2014, local folks spotted traces of facelift happening in Atyrau - the city known as the capital of Kazakhstan's petroleum industry - which included renovation of asphalt-paved roads, new impressive-looking buildings, conspicuous architectural décor, and flower beds at road crossings arranged in various shapes (i.e., a huge clock). The reason was soon known to all - Atyrau was preparing to host the Forum of Near-Border States Cooperation, now held for the 11th time.



Some specific activities organized as part of the event were targeting further expansion of opportunities for productive cooperation between companies in Kazakhstan and Russian Federation. In addition, the organizers held an exhibition primarily focusing on the subject of innovations in the petroleum industry. Tengizchevroil took an active part in the event. The company's booth introduced visitors to the methods of creating a computer model of the Tengiz oilfield based on historical data. The TCO booth offered a brief overview of modeling technique; while a duet of reservoir

management specialists - Aizada Abdrakhmanova and Baurzhan Kasenov - were available to supply answers to questions on the given subject. On the next day TCO's exhibition was visited by the two heads of state, and they were introduced to the latest achievements and innovations in the Kazakhstan upstream. As part of the forum, KAZENERGY hosted a master class for the young participants facilitated by TCO General Director Tim Miller. Following a short video describing Miller's life and career, the general director illustrated TCO's activities during his presentation to the young

oilmen. This was a free and relaxed conversation between a world-class company executive and the younger generation of petroleum sector engineers and supervisors. The question and answer session covered a variety of topics from career building to the prospects of the global energy market.

Overall, the Forum appeared to be an outstanding event which provided an opportunity for many Kazakh and Russian firms to interact and once again share achievements and plans with good neighbors.

Yerlan Kassym
PGPA

Future Growth Project Round Table

On initiative of Tengizchevroil, a roundtable was held in the conference hall of the Atyrau Hotel to discuss the Future Growth Project (FGP) and its Environmental Impact Assessment (EIA). To provide a comprehensive and expert review of FGP and address the high priority concerns of the public, environmentalists,

NGOs and community leaders, TCO invited researchers, NGO leaders and representatives of the local community to attend the meeting. According to the concept of the event developed by TCO Policy, Government and Public Affairs, the roundtable was designed to offer extensive information of the Tengiz project to stakeholders prior to the official public hearings.



PowerPoint presentations were made by Askhat Baidaliyev, FGP Infrastructure Investments manager, and Sergei Pleskach, manager of JSC KazEcoProject in charge of the EIA for FGP. The data presented were strongly appreciated by the attendees. A similar event was earlier hosted by TCO in Kulsary, the seat of the Zhylyoi Region. The public hearing in Atyrau occurred on October 24, 2014. An update will be provided in the next TCO newsletter.

G. Trukhin
PGPA

Second Wind

At KIOGE '14 Tengizchevroil served as the center of gravity for the young visitors

The annual oil & gas KIOGE event in Almaty traditionally gathers key players of Kazakhstan petroleum sector in one place. Those, however, are not all national specialists. The booming Kazakhstan petroleum industry of today is the venue of broad international cooperation, thus KIOGE serves an important and effective tool helping to touch base and coordinate the efforts of all stakeholders. The slogan giving warm welcome to all flags suits perfectly the occasion.

It seems, the two decades plus since the moment when the first Oil & Gas forum in Almaty threw the doors open to welcome the visitors indicates a serious mileage covered. Presently, KIOGE convened for the 22nd time. Over these years, the key players have found their partners of choice, and a whole large community of trusted business partners has been formed in the petroleum sector. Dozens of new companies and service firms emerged and established positions on the market, producing quality goods and services. In other words, everybody knows everybody and what the company is worth. Meanwhile, interestingly enough, the intense interest to KIOGE demonstrates no sign of down trend. Each new meeting of industry colleagues in the fall contributes more energy and inspiration for further progress and development to representatives of this trade.

In this respect, at KIOGE '14 the booth of our Company looked particularly conspicuous employing the subject of Future Growth Project as lead motif. Perhaps, it is worth a mention, the chief stages of capacity expansion of Tengizchevroil, once branded the Project of the Century, had been planned yet back in 1992 and 1993, when the partners ploughed around to project the concept of future business in Kazakhstan. The magnitude of the super-giant Tengiz oilfield allowed to look ahead with optimism and a lot of confidence. Initial modernization of the existing facility resulted in increasing production capacity from original 1 MMTY to 12 MMTY plus. Coming next was the Second Generation Project, an innovative breakthrough which doubled the capacity, upgrading to present-day record of 27.1 million metric tons per year. FGP is expected to increase production capacity to 36 million metric tons, with potential to further upgrade.

"So what?" can be only logical question to ask. - "What makes these numbers so very interesting to the visitors?"

I must say, according to my personal observations, KIOGE is hardly a place for curious idlers, so occasional passer-by would be a rare phenomenon here, with exception of a small group of busy looking babushkas who show up each year to get their booty – the pens, pins, calendars, souvenirs and other handouts available for free, who I call "the snipers." The majority of visitors are people by far not indifferent to the status of domestic petroleum industry, which serves the locomotive of national economy, also caring of its progress and impact on the wellbeing of population. This particular category of visitors

understands very well that projects like SGP or FGP mean not only more millions of metric tones of crude oil produced, but also a well-paved thoroughfare to the future prosperity, also including newer opportunities to local businesses, more jobs created and exciting outlook for the industry development.

Please find below a few comments by TCO specialists at TCO booth at KIOGE '14.

Kuralai Seidildina, headhunting



Kuralai Seidildina

specialist with TCO HR:

The exhibition both impressed and pleased me. I was impressed by the clear-cut interest of the visitors to TCO. We have been approached by very many people eager to get some information about TCO. Pleased – is about my reaction to the above and to the fact this was no idle curiosity, but largely a business talk. Everybody, including students, inquired about some practical things. This was not like "I would like to work for TCO", but more often people wanted to know whether there was an opportunity to apply their professional knowledge working with innovative technologies, the potential of upgrading through higher level advance training, etc. The overwhelming majority of people willing to get a job with TCO are individuals with professional technical background training, young engineers or future technicians. They also checked about social package for employees, and the answers we supplied were strongly appreciated.

This was my first experience with KIOGE. All those meetings and conversations are extremely interesting to me, and I appreciated my role of a spokesperson for the company treated with deep respect by people coming from Kazakhstan, Russia and far abroad.

Nariman Alimov, senior specialist for TCO Purchases Group:

At KIOGE '14 I represented TCO Total Supply Chain and this was

my first time at the event. The exhibition made a very strong and positive impression on me. Most of our visitors had specific interest in TCO. We literally had people standing the line to ask their question. Perhaps, my other colleagues at TCO booth who had been here before treated this as a matter of fact. Visitors asked very many questions about Future Growth Project. There were quite a few in need of information on purchases and HR-related issues. This is a remarkable fact TCO attracts the young generation strongly.

I wished I could get a closer look at the stands of other companies, however, unfortunately, this was not to happen, because we were very busy receiving more visitors. Besides, the conversations lasted for long. Such strong is the interest to TCO. I can probably comment on my impressions of the exhibit of Emerson Company, a specialist in wireless communications for Electrical & Automatic Controls. I have been introduced to some innovations which might be of value to our plant personnel. As you see, both our interviewees noted the strong interest the



Nariman Alimov



Students Helen and Veronika



Nairi Seitzhanova and Saule Jandildina

young visitors showed to TCO in general and Future Growth Project in particular. This is what made KIOGE '14 different from earlier events. In fact, the number of people seeking a job with TCO

has been invariably great, but the present-day attitude of the younger generation is somewhat different. The young specialists and university students have received up-to-date training and they are

willing to unfold their potential to the maximum. This makes the innovations intense FGP an extremely promising opportunity. I saw two young students **Helen** and **Veronika** reading through TCO brochure with visible interest. What are they looking for? – All students say TCO provides the best internship opportunities. We approached your specialists to find out how we can get a chance with the Company. Kuralai played back a video to us, so we were strongly impressed. Well, maybe a bit too far from home, yet a chance to learn about the future job at such a huge company is definitely better and greater practical value than wasting time with some small advertisement agency or supermarket. We care about our future.

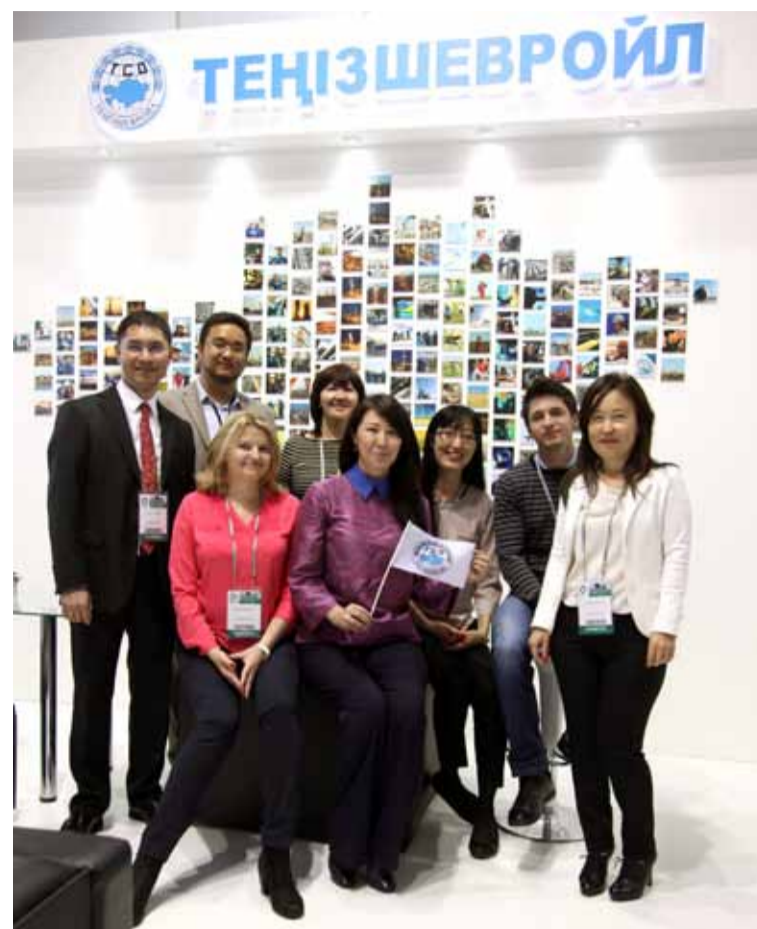
– You put it right! Exactly to the point! – was a commentary somebody made, encouraging the smart students. I immediately recognized a familiar voice. Yes, this was **Nairi Seitzhanova**, who I remembered as former significant function at the Plant in Tengiz. She was administrative supervisor with TCO Operations. Nairi had worked for many years at TCO, but after the daughter was born to the young parents, they chose to move to Almaty.

– We are so happy to meet our good friends at TCO here! Said Nairi radiating a smile, supported by her friend **Saule Jandildina**, former linguist for TCO. – We visit your booth each year by all means. There is no such thing as ex-TCO, because we continue to be part of the team, at least in our heart. The memories make it warm. So, you are starting with a new expansion project – this is great. And the young girls' ideas are very correct – there is no company in Kazakhstan better than TCO! Well, will not indulge in the discussion and argument about the best company. However, the fact that educated and enthusiastic young people are ready to enroll and make career with petroleum industry leader is reality and a good sign. KIOGE '14 has provided more evidence to prove the above.

Georgy Trukhin

PGPA

Photo supplied by the writer



Achievements and Challenges

TCO's presentation at KIOGE 2014 technical conference aroused interest of industry players from Kazakhstan and abroad

The first two days of October 2014 saw the KIOGE annual technical conference held as part of the traditional Oil & Gas KIOGE '14 International Conference and Exhibition.

Over quite some time now, the KIOGE event has been known among the key forums of Kazakhstan's petroleum sector which serves a perfect venue for comprehensive discussion of the issues faced by the sector. It is only natural that each annual session of KIOGE has been invariably attracting attention of general managers and lead specialists from

more than 500 oil companies, financial organizations, research agencies and public associations representing over 20 countries of the world. As usual, TCO traditionally took an active part in the technical conference and exhibition. Below is the list of subjects discussed at the conference during the two days beginning October 2, 2014:



- Newer prospects of international cooperation in the petroleum industry
- Hydrocarbon's base expansion and review of the most recent geological research
- Update on latest changes in land use regulations

- Diversification of exports flows
- Oilfield infrastructure and well maintenance
- Oil processing, petroleum chemical industry, etc.

Ted Etchison, general manager of TCO Operations, made a

report on Well construction at TCO – past achievements and future challenges. He specifically spoke about how TCO has been executing its drilling program for 21 years, the technology and methods used, and important lessons learned which provided the basis for improvements in drilling practices. The operations general manager also discussed future challenges and essential concepts employed to achieve success in the business. The presentation continued TCO's tradition at the KIOGE conference to stimulate a strong interest among sector representatives. This occurs because TCO has been strongly committed to bringing on proven technologies, methods and innovative technique, thus further developing the strategy of drilling wells in Kazakhstan upstream, along with best practices used for completion of wells, while enhancing and maximizing the use of Kazakhstani content and local resources.

Meruert Sukankulova
PGPA

ECOTECH '14 – Green Economy Forum

Almaty hosted the EcoTech 2014 exhibition and conference on methods of environmental protection, waste management, industrial wastewater treatment and green innovations. As part of the event, a conference was held to discuss the development of waste reclamation and materials recovery facilities in Kazakhstan. Tengizchevroil took an active role in the event and participated as co-sponsor.

EcoTech 2014, held in Almaty to recognize the 10th anniversary of the initiative, once again gathered domestic and foreign companies, offering to them a brilliant opportunity to share achievements and best practices in the areas of: waste collection, waste reclamation, recycling and landfilling, management of industrial and municipal waste, wastewater and sewage water treatment, expedient use of freshwater resources, gas and air purification, cleaning of soils, work and industrial safety, monitoring, energy conservation and resource-saving. A long list, huh? This list, while not complete, emphasizes the importance of the event. In fact, companies encounter difficulties with each of the issues listed, hence Kazakhstan's willingness to borrow best ideas and effective practices as it aspires to comply with the highest international standards in the area of green economy and environmental protection. Tengizchevroil has something to share, because the company has amassed a significant expertise in developing and effectively implementing a number of related projects and programs.

The TCO delegation included specialists from Operational Excellence, Health, Safety and Environmental (OE & HES), Policy, Government and Public Affairs and Kazakhstan Content Development Group. The data on achievements in the area of waste management strategy improvement and reports on

increased volume of waste recycled have been made available to the audience. Special brochures and booklets were handed out, and videos were played, yet the highest value created was the



open discussion and Q & A where the entire team at the TCO booth answered questions and shared the activities, success stories and future plans of the company. The exhibition was organized on the premises of the Atakent Expo Center, which served as the primary and most popular ground of Ecotech 2014 used for sharing experiences and best practices. TCO's booth, particularly the interactive board used for the first time, stimulated a strong interest. The audience was particularly interested to know the names of the

companies contracted by TCO for recycling and collection of waste, and the type of waste chosen for recycling. These significant issues appeared in the focus of discussion. The public wanted to learn more about the increase of Kazakhstani content in the national economy and the technologies used for saving of resources. The exhibition was visited by people of various age groups, professions and countries. For some visiting from abroad, the facts reported by TCO appeared totally new and often unexpected. Domestic and international

companies producing equipment and providing services were interested to learn more about TCO's requirements for potential contractors. Students seeking future employment at TCO asked about career opportunities and checked on personal experience of our specialists.

On the opening day of Ecotech 2014 Tengizchevroil offered a presentation to the audience on waste management in Kazakhstan. Arman Sadyrbaev, deputy general manager of TCO OE/HES, shared TCO's strategy to address the issue of waste management,



making a special emphasis on the practical impact of the work done. He reported on the success of TCO's lasting effort and strong commitment to responsible operation, innovative technologies and significant projects implemented to effectively address waste management, recycling and

reclamation of waste. Experts from Geneva and Wien, and national specialists from United Nations Development Programme (UNDP) shared international experience in the given area and made in-depth analysis of the situation in Kazakhstan, in particular, the issue of electronics waste and made a review of best processes available. Kazakhstan environmental protection specialists highlighted the priority issues and suggested ideas to implement modernization of solid waste treatment facilities. As a result of the forum,

Tengizchevroil has once again proved its leadership in the area of environmental protection in Kazakhstan.

The TCO booth worked as a magnet, attracting more visitors through the closing hour of the exhibition. The designer's idea to use a mosaic map of Kazakhstan made of hundreds of photos telling the history of Tengizchevroil was appealing to the public. The creativity of the original design was appreciated by the visitors and participants, which made our booth the most popular background for those seeking unusual photo opportunities. Representatives of other companies praised the concept and design of TCO's booth as a successful art design style to copy.

During the closing session, Tengizchevroil was cited by the organizers and recognized as the owner of the Best Booth Design. However, the chief value of the EcoTech 2014 exhibition and forum was the productive discussion held by all attendees on the priority issues faced by Kazakhstan and the commitment from all participants to jointly address problems and work out effective resolutions.

Agulya Tultabayeva
OE/HES
Bakhytgul Khalel
PGPA

Municipal Planning Committee Approves TCO's Health and Fitness Center Project

Tengizchevroil (TCO) is known for its leadership in the area of corporate responsibility. In pursuance of its commitment to continuously improving the social conditions and enhancing health of employees, TCO made a decision to build and furnish a TCO Health & Fitness Center (TCO HFC) its employees and their families. On 14th of October 2014, the Municipal Planning Committee held a meeting at the Atyrau Mayor's Office to review eight projects submitted by TCO. TCO Infrastructure Program Manager Sam Grossman presented the TCO HFC. The facility is planned to be built at the intersection of Moldagulova Street and Kulmanov Street, on the north western area of the existing TCO Headquarters, next to existing TCO parking lot. The TCO HFC design was developed by KAZGOR Design Academy.



The main building is a single-floor with a total area of 3,900 square meters. TCO HFC incorporates a multipurpose sports hall, a swimming pool, a gymnasium, saunas, various exercise areas for aerobics and yoga, and a number

of locker rooms, wash rooms and social areas. TCO HFC working hours will be from 6 a.m. to 11 p.m., seven days a week. Expected number of visitors is up to 500 persons a day, maximum visits per hour is up to



100 persons. Construction proposal process has begun with local contractors. The project has obtained positive approval from the Municipal Planning Committee for building the conceptual design. Detail design is scheduled to be complete in 4Q 2014. Construction of TCO HFC is planned to commence in spring 2015 and ready for operation in spring 2017.

During the forthcoming months the project team will be working closely with KAZGOR Design Academy for completing design details and obtaining positive State expertise approval. Updated information will be announced in due course on TCO Webpage.

Katrenov Kanat
HFC Project
Photos Provided by HFC

TCO Active in Tree Planting

This year saw the start of the Tree Day in Kazakhstan, an environmental project initiated by the Sustainable Development Earth Foundation and supported by the national government. The decision was made to hold the activity twice a year – spring and autumn. On this particular day volunteers across Kazakhstan plant trees, arrange green areas in various cities and small towns, and contribute to increasing the priceless reserves of woods, forests, national parks and alleys. The April 19, 2014, spring activity mobilized more than 100,000 volunteers that planted nearly 1 million saplings across 5000 acres. Tengizchevroil has actively supported the noble initiative and recently sponsored an event on September 21 in New Karaton, a town in the Zhylyoi region, which was also supported by a group



of school students headed by the village Akim. More than 30 senior students from local schools, led by instructors, joined TCO employees,

contractors, and verdurization business specialists. The weather was not particularly friendly on that rather gloomy

and windy day, yet everyone was in high spirit and looked very enthusiastic. Carol Baker, technical manager of TCO Operational Excellence, Health and Safety Department, emphasized that, through active involvement in this environmental project, TCO demonstrated strong support of President Nursultan Nazarbayev's green economy initiative, - contributing to the valuable idea of creating green belts and beautification in the Zhylyoi- home of the Tengiz field. She thanked the children for volunteering their free time on a Sunday toward the noble initiative, wishing them the best of health and excellent performance at school. On that day approximately 100 trees, including saplings of elm, ash tree and maple, were planted in the Oilmen's Alley in New Karaton. Participants attached a special sticker to their tree indicating which school and class they attended, as well as the type of wood, age and initial height of their tree. While planting the trees, the children

shared their thoughts and imagined how these small saplings would eventually grow into graceful trees providing plenty of precious shade. As these children become mature citizens and come to visit their native town, they will remember this wonderful time when they were young. Each move of these young schoolchildren revealed their strong aspiration to make their native land a beautiful and prosperous place full of flowers in bloom - which proved they were true patriots of Kazakhstan. Mayor of New Karaton Moldabayeva R., who also took an active part in the tree planting mission, spoke of her strong appreciation for TCO's continuous effort in supporting social projects for the town. We are very positive our close cooperation with the local government, community and school students will not be limited to this single occasion and can help this become a tradition in the future.

Gulnur Taskali
OE/HES

Volunteers take Kindergartens under their Wing

As the new academic year started in Kazakhstan, English-speaking volunteers resumed their visits of local schools. On the request of Kulsary administration, a few local kindergartens have been also added on the list. The first such facility visited by TCO volunteers was Erkem-ai Kindergarten where the children of the senior pre-school group demonstrated their knowledge of English. Together with the children we went on a tour of a local farm to introduce our pupils to the idea of eco-tourism. Meanwhile, we were amazed discovering our small ones could sing songs equally well in Kazakh, Russian and English. They presented a brief concert to us, and after all English instructors of Kulsary kindergartens attended a short seminar facilitated by TCO volunteer Gulnur Andakulova. The participants shared their impressions. In fact, Gulnur was on her initial hitch at Tengizchevroil, and

also this was her first experience as part of volunteerism program. Said Gulnur, "My enrolling with the Volunteerism Program initiated by TCO PGPA has given me plenty of positive emotions and also some

food for reflection. When I saw with own eyes the little boys and girls performed very professionally on the stage, speaking good English, I truly appreciated the standard of pre-school education provided

in Kulsary. I can say I became a witness of Kazakhstan 2050 national strategy being implemented practically. I saw sufficient evidence of active practical action taken in a rural area providing the opportunity

to the children for becoming tri-lingual yet before they go to school. When I had a conversation with the language instructors of 10 kindergartens in the city of Kulsary, they asked what I thought about tri-lingual training at pre-school facilities. I am absolutely positive that starting at this young age is a good idea, because at this age the children tend to demonstrate unique ability to grasp and master a foreign language. When on my course of training in the States, I saw how the children of my friends who also attended the two-year training program in the US soon started to speak English much better than we all did. Thanks to this experience of mine, I presently shared the confidence of our president, who believes strongly by the year 2050 the Kazakhstanis will become a community of well educated people, all tri-lingual, without exception.

Galiya Esenova



BBS Program in action

Neck, Head and Safe Behavior

It has become a standing tradition at TCO HQ in Atyrau to observe the BBS Day on the 25th day of each month. This does not mean we can forget BBS on the regular days within the given interval and look forward to enjoying an extraordinary and jolly event, a festival of smartness on the 25th – the dedicated day organized especially to test the personnel's knowledge of safety tenets and simply brush up our awareness of basic rules of safe behavior.

The BBS Day in September was organized in strict pursuance of the above concept. Each floor of TCO HQ hosted exciting lessons, inviting participants to think of ways we could reduce the daily load on the neck and shoulder girdle while attending to our routine business. This is important because our neck essentially carries the priceless depository of intellect –there were individuals on each floor opposing this axiom and debating this universal truth was not applicable to all. One should take proper care of the vertebrae and muscles to make sure the average head weighing five kilograms - the average weight of a pumpkin - sits comfortably on top. Speaking of practical recommendations, they are

very simple: you should turn your head from time to time for exercise, maintain proper carriage and avoid sticking the focus to either the floor or the keyboard. However, we know only too well it is the hands which are responsible, most of the time, for execution of the thoughts generated by our head. This was the subject of yet another dispute, because some insisted individuals prefer to put the lower limbs to work instead. Why most of the time? Even the manner of carrying your handbag can strongly affect the musculoskeletal system, cause discomfort, and thus incidentally result in a trauma. We recommend strongly to take a good look at our safety photos showing the incorrect and correct way to carry your essential daily items. Naturally, the above was by far not the only subject touched during our latest BBS Day. The BBS Program is comprehensive, and the number of advices and recommendations it gives is sufficient to address all potential cases we encounter in our life. Each

advice is invariably precious, because it is based on the detailed analysis of the case and ultimately provides the ways to avoid unsafe behavior in the future. Many thanks to all participants! Wishing you all the best of health and safety at each workplace!

Madi Kuanyshov
Atyrau HQ BBS
Leadership Cmt



One more on our health

“Healthy Heart – Healthy You!” was the theme of the activities held this year to observe World Heart Day on September 28th. The World Health Organization established this holiday to inform people about the increasing risk of heart diseases around the globe. Healthy Heart Week (September 22 through September 28) was held by the TCO medical department in partnership with the Kemel Foundation to draw attention of employees working in Tengiz to the problem of cardiovascular diseases and their prevention. At the beginning of the week an announcement was published on TCO Daily News informing employees on the launch of the health promotion campaign. During the week brief notes on risk factors of cardiovascular diseases were published on a daily basis which were recommended for use at departmental meetings. Every day one particular risk factor was the focus of attention: cholesterol, nutrition, physical activity, salt consumption, high blood pressure, fats and sugar. At morning meetings in TCO Clinic the chief topics of the day were covered; TCO medical personnel were actively involved in the physical activity break. PowerPoint presentations on the prevention of cardiovascular diseases - such as “Know Your Numbers” and “Physical Activity of Patients with Cardiovascular diseases” – were published on the Medical web page.

Healthy Heart, Healthy You



The Kemel team placed posters and booklets on healthy diet in the canteens indicating the most useful and healthy food. The visitors of the canteens could also see the “Heart Myths Buster” posters. Overall health promotion work was carried out within the framework of Healthy Heart Week. Doctors had discussions with patients on prevention of heart diseases and their risk factors; leaflets were distributed. Health promotion bulletins and posters were put in public places. It is worth mentioning the poster “When you feel chest pain

immediately call 5555” – as you know it is minutes and seconds that count in case of a heart attack - delay may mean death. All the typographic materials were printed by the TCO Reprographic department. Establishment of cardiology service at TCO was a strategically wise move. Last December, TCO Clinic cardiologists launched a cardiovascular screening program – for this purpose a Holter apparatus has been obtained for monitoring patient's heart rhythm as well as 3 ambulatory blood pressure

monitors (ABPM) - to monitor blood pressure during the day and an ultrasonic examination machine with cardiosensor for examination of the heart. TCO employees - males beyond 45 and females beyond 55 with cardiovascular pathologies - are examined with the help of the aforementioned devices and based on the results of the examination and corresponding indications they are referred to coronary angiography and eventually, if there is a need, to stenting or coronary artery bypass grafting. In the center of attention is the patient's

compliance with the treatment prescribed – strict observation of all doctor's recommendations and regular administration of prescribed medicines. The results of the screening program will be summarized by the end of 2015. A TCO Clinic cardiologist pointed out that the mortality rate of TCO employees due to cardiovascular diseases in the current year has reduced nearly 50 percent compared to the 2013 rate and includes reduction of mortality as the result of myocardial infarction. Such tendency clearly demonstrates the value of the measures taken. The plan for further cardiovascular screening has been outlined, as well as for reduction of morbidity and mortality rates and striving for employees' wellness. Cardiovascular diseases can be controlled since in most cases they are caused by an individual's unhealthy lifestyle. The major risk factors include smoking, unhealthy diet, excess weight, lack of physical activity and alcohol abuse. Modification of your lifestyle will help you reduce the risk of developing a heart disease. The purpose of the Healthy Heart Week in TCO was to draw everyone's attention to the significance of cardiovascular diseases and the necessity of taking proper care of our hearts. Remember: Healthy heart is guarantee of enjoyable and eventful life!

Maira Uzakbaeva
TCO Clinic Doctor

Tengiz all out for Tennis Titles –

Please find below the feedback to the story we published in the previous edition of TCO newsletter. The subject aroused a strong interest among our amateur athletes and lawn tennis players in Tengiz. We are publishing their comments to encourage TCO employees to support physical fitness and sports, create similar networks and get actively involved in various competitions.



Gary Engel, senior engineer with TCO Major Capital Projects is coming from Washington, USA - This is great. People unite in Tengiz, building associations and networks – like this one – based on common devotion to specific type of sports. This works as a perfect motivation for folks on their time off to look forward to coming back to a remote location and feel perfectly at home in Tengiz. Sports also stimulate physical fitness and a healthy and creative mood at workplace. However, training one's stamina is not the only valuable function of it. I love to observe and treasure such observations when totally different people, often coming from various places, meet at the tennis court, socialize and become good friends. Personally, I made friends with so many people in Tengiz whom I first met at the tennis court, and I treasure those relations. Tennis used to be my favorite sport some time before, yet it so happened I was forced to take a 5-year break. When in Tengiz, finally, I uncovered my racquet and went straight to the tennis club to celebrate a wonderful comeback. The primary function of sports is to unite people. Just take a look at us - we all look like close friends, a true large family.



Nurbanu Duissebekova, senior translator. I learned to play here back in 2003. That was my initial experience. Acting as my coach

was Alan Hipi, a Chevron expat from Durban, South Africa. We visited the court every other day, playing singles and doubles with other colleagues. Then I got a transfer to Almaty where I started to attend tennis classes at an academy with a professional coach. The moment I did so, I discovered at once my manner of playing was really primitive. I had to begin from scratch, learning the basic techniques of playing once again, which was tough like any other effort of teaching an old dog a new trick, so it took plenty of time and effort. Later I returned to Tengiz in 2010. I was aware there was a tennis club in Tengiz, and I even attended the regular Sunday tournaments, however, I did not make it to enroll as a full-time club member. Still later, in May of 2013, Victor Kim, a colleague of mine invited me to join his class. (He wrote an article about it for TCO news). Victor is a good instructor, very liberal with compliments and extremely patient. He explains every little detail thoroughly for better comprehension, plus he does this from the bottom of his heart which is extremely important for the pupils and their progress. He still continues to give precious recommendations which I follow strictly. These training sessions have fueled my intense interest in tennis, thus only naturally I eventually came to the club and made acquaintance with all people here who share the same passion for this sport. Courtesy of true enthusiasts of tennis, like Victor Kim, Natalia Georgiyevskaya, Tatyana Beschastnaya and James Dixony, the school of tennis and tennis club have been created and continue to function in Tengiz. Tengiz offers more opportunities and networks, like ballroom dancing, "jiveoholics" dancing club, a school of Yoga and more which help diversify our activities after hours during our regular hitch. Many of our tennis players prefer individual singles, while I often like to play doubles which seems to me a more dynamic style and a jolly entertainment. Doubles is definitely a more effective workout, as well as a socializing opportunity and great fun which helps relieve the stresses accumulated throughout the workday. Nowadays, tennis and the tennis club mean a lot to me and, I think, to all who play tennis in Tengiz. Many thanks again to all enthusiasts who contribute their time and effort to provide physical fitness opportunities



continued

to all those working rotational schedules in Tengiz. I am sure these opportunities will continue to improve in the future for the benefit of our people.

Saken Saimbetov, Communications specialist – I began to play lawn tennis when I was a school student in Taraz. I arrived in Tengiz and accepted a job at TCO in April of 2014.



Honestly, I was amazed to discover this type of sport and a dedicated tennis club can exist in such a typically technical environment. But soon I was recognized as member of the team and invited to the club. Of course, I accepted immediately, so today I am the youngest player in Tengiz. Interestingly enough, from my first appearance on the court in Tengiz, my fellow players asked me to demonstrate a few tricks I mastered from initial classes with professional instructors, thus I had an opportunity to brag my skills and share experience from the very beginning. However, the tennis club is not all about playing skills. Among our club members there are quite a few people of respectable age who cannot master sophisticated technique like smash or dry volley as easily as the young players. In fact, they just can do without those, relax and enjoy the play just for the fun of it and as healthy pastime. The club is also a brilliant socializing opportunity,

a place where you can talk on any subject at all, from job-related to private stuff. I am very happy here, and I am hoping everybody can enjoy such a wonderful leisure time, although limited, yet precious, indeed.

Timur Kerenkov, engineer – I've been a strong supporter of lawn tennis since I was 12, attending an academy in Almaty, a facility



belonging to the famous CSKA Club. This is a tremendous value we have an opportunity to maintain physical shape while on rotation in Tengiz. Speaking of the Tennis Club, as a matter of fact, this is by far more than playing tennis. Tennis serves as the common hobby, the craze in the positive sense of the word. I am pleased to observe the Club has been contributing strongly to my personal development. It definitely helps to grow intellectually and expand one's world outlook. To better understand life and the world around yourself, it is critical to live among humans and be part of the community. Our club is very diverse, which adds more flavor to intercommunication. I think this has nothing to do with the specific type of sports we adhere to. In general, TCO is a great, strong team of employees, and sports add more energy and diversity to it. **Elena Tagakova, advisor for Strategic Planning & Analysis** – I



began playing tennis the moment I joined the great family of TCO in Tengiz. At the time I was lucky to meet a great man and colleague – Kevin Linkleiter – who kindly volunteered to help me with my new craze. We held practice sessions practically every other day. Two of my colleagues, Tatyana Makovets and Lera Kumyschenko, also joined us and we practiced in individual singles in the intervals between training sessions. I got so strongly involved with tennis I used every single opportunity to practice, playing for 3 hours after work each day. Despite the fact Tengiz is a very peculiar environment, sometimes with strong wind and clouds of mosquitos, we continued practicing from early spring to late fall. As a result, I later started to play at annual tournaments with my personal record of silver won in doubles. Starting from 2010 when I received a transfer to Atyrau HQ, I changed the venue, but remained loyal to tennis. I continue playing in Atyrau. Tennis is extremely helpful for maintaining physical fitness, and serves as the source of strong positive emotions and builds up adrenaline. Last but not least, this gives you an opportunity to meet good friends who stay with you forever outside the tennis court.