



## HSSE "Message"

### Ways to avoid Diabetes:



- Manage your weight. Excess body fat, particularly if stored around the abdomen, can increase the body's resistance to the hormone insulin.
- Exercise regularly. Moderate physical activity on most days of the week helps manage weight.
- Eat a balanced, healthy diet. Reduce the amount of fat in your diet, especially saturated and trans fats. Eat more fruit, vegetables and high-fiber foods. Cut back on salt.

- Limit takeaway and processed foods. 'Convenience meals' are usually high in salt, fat and kilojoules
- Quit smoking. Smokers are twice as likely to develop diabetes as non-smokers
- Control your blood pressure. Most people can do this with regular exercise, a balanced diet and by keeping a healthy weight
- Reduce your risk of cardiovascular disease. Diabetes and cardiovascular disease have many risk factors in common, including obesity and physical inactivity.
- See your doctor for regular check-ups. As you get older, it's a good idea to regularly check your blood glucose, blood pressure and blood cholesterol levels.



### HR Coming-up:

Personnel Administration & Industrial Relation Team is pleased to announce the forthcoming "Sick Leave" awareness campaign for HO & WJO employees which will help promote awareness for the negative impact of excessive sick leave taken for both; company as well as employees. The campaign will include many interesting activities and giveaway gifts. We look forward to your participation.

### HR "Tip of the Month":

"When you are talking about or presenting to your boss a case or problem, you need to come in with as much knowledge as possible and have read the entire file, even stuff that may not seem completely relevant as it might be potential solutions. This will enable you to answer his/her questions and have an informed discussion about the case or the problem. Explain the case and the potential solutions as well as other alternatives if possible. Doing this will save your boss time and helps you get a better result, because often bosses are thinking about something else or don't remember the specifics details of the case.



## Life lesson: The Visionary "Steve Jobs"

Steve Jobs was born on February 24, 1955, in San Francisco, California. As an infant, Jobs was adopted by Clara and Paul Jobs and named Steven Paul Jobs. As a boy, Jobs and his father worked on electronics in the family garage. Paul showed his son how to take apart and reconstruct electronics, a hobby that instilled confidence, tenacity and mechanical prowess in young Jobs. While Jobs was always an intelligent and innovative thinker, his youth was riddled with frustrations over formal schooling.

In 1974, Jobs took a position as a video game designer with Atari. Several months later he left the company to find spiritual enlightenment in India, traveling further and experimenting with psychedelic drugs.

In 1976, when Jobs was just 21, he and Steve Wozniak started Apple Computer in the Jobs' family garage. They funded their entrepreneurial venture by Jobs selling his Volkswagen bus and Wozniak selling his beloved scientific calculator. In 1980, Apple Computer became a publicly traded company, with a market value of \$1.2 billion by the end of its very first day of trading. Jobs looked to marketing expert John Sculley of Pepsi-Cola to take over the role of CEO for Apple. In 1984, Apple released the Macintosh, marketing the computer as a piece of a counterculture lifestyle:

romantic, youthful, creative. But despite positive sales and performance superior to IBM's PCs, the Macintosh was still not IBM-compatible.

In 1986, Jobs purchased an animation company from George Lucas, which later became Pixar Animation Studios. Believing in Pixar's potential, Jobs initially invested \$50 million of his own money in the company. The studio went on to produce wildly popular movies such as Toy Story, Finding Nemo and The Incredibles; Pixar's films have collectively netted \$4 billion. The studio merged with Walt Disney in 2006, making Steve Jobs Disney's largest shareholder.

In 2003, Jobs discovered that he had a neuroendocrine tumor, a rare but operable form of pancreatic cancer. For nine months, Jobs postponed surgery, making Apple's board of directors nervous. Executives feared that shareholders would pull their stock if word got out that their CEO was ill. In 2004, he had a successful surgery to remove the pancreatic tumor. True to form, in subsequent years Jobs disclosed little about his health.

Early in 2009, reports circulated about Jobs' weight loss, some predicting his health issues had returned, which included a liver transplant. Jobs responded to these concerns by stating he was dealing with a hormone imbalance. Days later, he went on a six-month leave of absence. In an e-mail message to employees, Jobs said his "health-related issues are more complex" than he thought, then named Tim Cook, Apple's chief operating officer, as "responsible for Apple's day-to-day operations."

After nearly a year out of the spotlight, Steve Jobs delivered a keynote address at an invite-only Apple event on September 9, 2009. He continued to serve as master of ceremonies, which included the unveiling of the iPad, throughout much of 2010. However in January 2011, Jobs announced he was going on medical leave. In August, he resigned as CEO of Apple, handing the reigns to Cook, and in October he passed away.

## Humor of the Month

John and Jack are two employees chatting together. John says, "I can make the boss give me the day off." Jack replies, "And how would you do that?" John says, "Just wait and see." He then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?" John replies, "I'm a light bulb." The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off." Jack starts to follow John and the boss says, "Where are you going?" Jack says, "I'm going home, too. I can't work in the dark."

