



On behalf of the entire Kuwait Gulf Oil Company, Human Resources Group would like to extend its sincere congratulation to **Mr. Abdullah Al-Sumaiti KGOC DCEO of Planning & Commercial Affairs, Acting CEO**, wishing him success and prosperity in his new occupational position, and asking Allah Almighty to guide him for the welfare of the Company, Oil Sector and State of Kuwait.

Personnel Administration and Industrial Relations Team and on behalf of Human Resources Group is pleased to announce that the "**Civilized @ Work**" campaign had successfully

launched on 6<sup>th</sup> February, 2019. Presented by Eng. Hani Al-Menaii, in the presence of Deputy Chief Executive Officer (F&AA) and more than 200 employees from HO & WJO.

HR NEWS



## HSSE "Message"

### Tips for quitting smoking



- Decide on a quit date and stick to it.
- Tell your family and friends of your intention to stop smoking and ask for their support.
- Think about prior attempts to quit and what went wrong. Plan how to avoid the same pitfalls this time.
- Write a list of all the reasons why you want to stop smoking and refer to this list whenever you feel tempted to light up a cigarette.
- Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that they stop too, or only smoke outside the house and away from you.
- Avoid possible weight gain by eating more fruit, vegetables and whole meal cereals, and less fat. Do some exercise you enjoy, such as walking or swimming.
- Your body will absorb more caffeine than usual in the few weeks after quitting. Cut down on coffee and tea for the first month or so to prevent caffeine-induced anxiety and restlessness.
- If you do have a cigarette, it's not the end of your quit attempt. It is safe to keep using quitting medications, including nicotine replacement products, and to keep trying to quit.



## Success story of Larry Ellison:

### Larry Ellison, Executive chairman & Co-Founder of Oracle

Lawrence Joseph Ellison or Larry Ellison (born August 17, 1944) is an American businessman, entrepreneur, and philanthropist who is co-founder, executive chairman and chief technology officer of Oracle Corporation. As of June 2018, he was listed by *Forbes* magazine as the fifth-wealthiest person in the United States and as the tenth-wealthiest in the world, with a fortune of **\$54.5 Billion**.

Ellison was born in New York City and grew up in Chicago. He studied at the University of Illinois at Urbana–Champaign and the University of Chicago without graduating before moving to California in 1966. While working at Ampex Corporation. His projects included a database for the CIA, which he named "Oracle" in the early 1970s, Ellison was inspired by a paper written by Edgar F. Codd on relational database systems called "A Relational Model of Data for Large Shared Data Banks". In 1977, he founded Software Development Laboratories (SDL) with two partners.

In 1979, the company renamed itself Relational Software Inc., and in **1982**, officially became **Oracle Systems Corporation**.

Oracle Corporation become an American multinational computer technology corporation headquartered in Redwood Shores, California. The company specializes primarily in developing and marketing database software and technology, cloud engineered systems, and enterprise software products with a workforce of about **140,000 employees** and **annual revenue of about \$40 Billion**— particularly its own brands of database management systems. In 2018, Oracle was the third-largest software maker by revenue, after Microsoft and Alphabet.

## Humor of the Month

A young businessman had just started his own firm. He rented a beautiful office and had it furnished with antiques. Sitting there, he saw a man come into the outer office. Hoping to look like a hot shot, the businessman picked up the phone and started pretend he was working on a big, important business deal. He threw huge figures around and made giant commitments. Finally he hung up and asked the visitor, "Can I help you"? The man said, "Yeah, I've come to activate your phone lines."

