



2017

HAPPY NEW YEAR!



Foreword	2
Emergency Numbers	3
Travel Time Article	4-5
Outpost Notice Board	6-11
Community Calendar	12
Community News	13-18
Language Classes	19-20
Public Holidays 2017	21
Cake Pops	22
Team and Office Hours	23

Address

Outpost Brunei - Seria

F12 Lapanpulah A1

Panaga KB 3534

Tel: +673-337-4217

Email: Outpostbrunei@shell.comURL: www.globaloutpostservices.comwww.panagaclub.com/outpost

Dear People of Panaga!

Happy New Year!

Welcome to the first edition of

POP!

Panaga Outpost Pages!

The new year brings change. Around the office we're sad to say goodbye to some great colleagues who are moving on. The good news is that there are now vacancies for you to get involved with the ever-interesting Outpost, the Shell Expatriate Support Network. More details inside.

New Office hours for 2017

Monday - Wednesday 9-11am

Thursday 8.30 - 10.30am

Despite the changes, we'll still be delighting your inbox every month with details of courses and community events.

This month we have contributions from our 'Travel Time' Networking Event speaker Risma Ikawaty and details of the 2017 Public Holiday schedule.

We want to hear from you. Tell us about places you've visited, good restaurants around town, best kids entertainment, places to go and things to do in the region.

If you've got something to share, please email the team at outpostbrunei@shell.com

Lynne Haddow

Editor

EMERGENCY NUMBERS

Ambulance:	991
Fire Brigade:	995
Police:	993
Shell Security:	337 2999
Panaga Health Emergency:	337 2999
Panaga Health Appointment:	337 2306
Removal of Pests:	872 3006

Trip to Tanjung Puting National Park, Central Kalimantan, Indonesia 1/2

by Risma Ikawaty



Tanjung Puting National Park is well known for its Orangutan conservation and located in the southeast part of Central Kalimantan, Indonesia. In addition to orangutans and proboscis monkeys, the park is home to gibbons, macaques, clouded leopards, sun bears, wild boars, porcupines, and sambar deer. The park also features many reptiles, including crocodiles, monitor lizards, pythons, birds, including hornbills, and kingfishers, and insects, such as the giant Bornean butterfly.

How to get there?

From Brunei you can fly direct to Jakarta, Surabaya or Denpasar before continuing for the next flight to Pangkalan Bun which is the closest airport to Kumai, gateway to Tanjung Puting National Park. Please note there is no direct flight from Denpasar to Pangkalan Bun. Domestic flights available are Garuda Indonesia, Trigana, and KalStar. When travelling to Pangkalan Bun, please make sure you allow enough time between flights in Surabaya and Jakarta,

as there are sometimes flight delays due to inclement weather.

Ancis, our English-speaking tour guide from Orangutan Voyage <https://orangutanvoyage.com/> picked us up at the airport and took us to our hotel accommodation in Pangkalan Bun. Three-star hotel with crisp, clean sheets, hot running water, swimming pool and in-room wifi was a pleasant surprise. Another option was staying in a *Klotok*, a wooden boat-house which offered lazy days sailing and sleeping under the stars. Recommended hotels in town include Swissbel Inn and Grand Kecubung Hotel, reservation should be made way in advance as it is quickly fully booked or can be arranged through the tour guide.

We continued our journey to Kumai harbour about 30 minutes by car, and from there we travelled up Sekonyer River using a speedboat for about one and half hours to Camp Leakey.

Trip to Tanjung Puting National Park, Central Kalimantan, Indonesia 2/2

When you opt for the boat-house, the journey will take more or less 4 hours to the first Camp. The park is best seen from Klotok where you can enjoy the wildlife along the rivers, make a few stops along the way (i.e the four stations: Tanjung Harapan, Pondok Tanggui, Camp Leakey, Camp Pelasat and also to visit the Sekonyer village), the cook serves breakfast, lunch, dinner and snacks, and when there is no full moon or rain you should be able to spot the fireflies too.

Before reaching Camp Leakey, our tour guide arranged an entry permit for us to enter the national park. As soon as we arrived, we walked along the boardwalks and then deep into the jungle to the Orangutan feeding platform. We were lucky to meet King Tom the dominant orangutan male in the area.

Visiting the orangutans in their natural habitat in a pristine forest is magical! Here you can even support local people to fight deforestation by planting new trees.

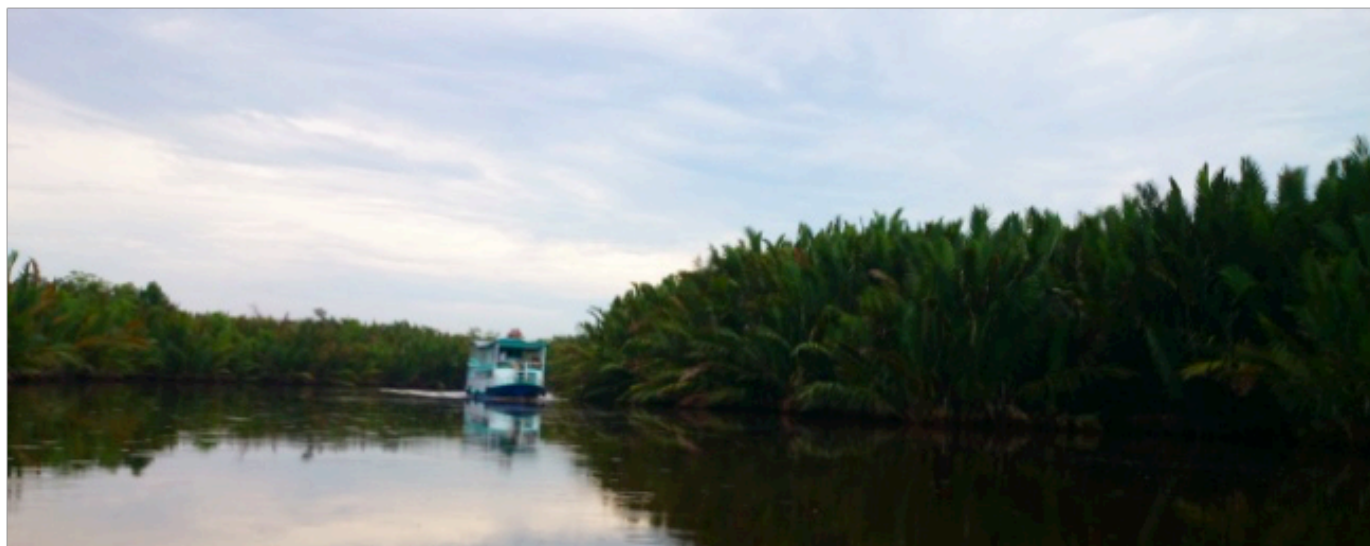
Tour price varies depending on the tour package which includes: transfer in/out Airport, tour guide, boat rental, water, meals and snacks, accommodation, park entrance, camera tax, boat parking fees.

Peak season is May-September, and prices will be higher.

What to bring: waterproof bag, hand sanitizer, mosquito repellent, raincoat, flashlight, binoculars, towel, hiking shoes.

Vaccination: No generic advice, but try to find information about malaria and similar information beforehand. To make sure, please consult a healthcare professional.

Words and pictures by Risma Ikawaty



The Outpost Calendar

February 2017

- Safety at Home - Feb 16th
- Interview Workshop - date TBC

More information on the following pages.



Is there something you'd like to learn with Outpost?
Email us: outpostbrunei@shell.com



EXPATRIATE SUPPORT NETWORK

About Shell Outpost:

Shell Outpost offers a unique service to provide support to Shell employees and their families facing the challenges of global mobility.

The Outpost Network provides professional information – in addition to HR services – on most aspects of living abroad, in specific locations where Shell operates. Our services include “welcoming and settling-in support”, “career and personal development for partners” and many other aspects of living in one of our locations.

Shell Outpost Brunei-Seria: Three Vacancies;

The local Shell Outpost Brunei-Seria is currently looking for three new team members. Our team normally has ten office members. They all work upon a voluntary basis. Besides the office duties, we have events and lectures throughout the year, including team events.

For all functions Outpost requests the following skills: *Good level in English (written and oral)/ Organizational skills/ proficiency in computer software (excel/word)/ Flexibility;*

To apply for one of the three functions, please send your CV indicating the requested position to the Outpost Focal Point: Myrte.Schouten@Shell.com

Deadline: February 28th 2017;

The three vacancies are detailed on the next page...

Outpost Information

Notice Board

Public Relations Outpost Team Member:

Main tasks:

- **Publication Distribution list:** maintains the distribution list of all email addresses of spouses of BSJV employees. Removes addresses in case spouses do not wish to be registered.
- **Weekly announcements:** sends out a weekly update via the distribution list announcing our weekly events and upcoming events.
- **The Outpost Brunei-Seria Facebook Page:** maintains and updates the Outpost Brunei-Seria Facebook page.
- **The Outpost Brunei-Seria website:** checks our website regularly to see if updates are necessary. Communicates with Outpost IT-specialist when changes are requested.
- **Posters:** creates & distributes the posters for all the Outpost events.
- **Community developments:** keeps an eye upon the need of the community. Initiates new Outpost events that help the community. For example: collection of good English books for the local schools. Or the collection of toys for the children's hospital in KB.
- **General Internet information:** can create short videos/interviews for the website. After construction of these media items, the PR team member will place them on our Facebook Page, and will ask the IT-specialist to add them at the Outpost website.
- **Other external communities:** meets community groups outside Panaga (for example: "Garrison") to try to liaise with their activities.
- **Office Shift:** at least one office shift per week.
- **Monthly meeting:** attends the monthly team meeting, each first Monday of the new month, 8am-10.30am.

Event Coordinator of the Outpost Team:

Main tasks:

- **Organization of the Outpost events:** is responsible for the organization of regular & non-regular Outpost Events. He/she will attend the events.
- **The Outpost event calendar:** Creates and updates the Outpost event calendar. Communicates closely with our Outpost Secretary and Public Relation Team member in order to advertise the events.
- **List with names of volunteers:** maintains the list with names of volunteers able to a course or to do other voluntary work at Outpost.
- **Course necessities:** facilitates and checks the course equipment before a lecture/event.
- **Event-module-book:** Writes down & saves the guidelines of all the events organized, enabling the same events in the future.
- **Thank-you-gifts:** facilitates the gifts to thank course leaders.
- **Birthday presents:** provides the birthday present to the team members on their birthdays.
- **Outpost office shift:** at least one office-shift per week.

Outpost Newsletter Editor:

Main task:

- **"The Panaga Outpost Pages, also called "POP":** Creates the Outpost Newsletter, each month. Collects articles and announcements relevant for the upcoming month after the publication of the newsletter. Knowledge of the use of Power Point or Keynote is a request.
- **Monthly Outpost Meeting:** attends the monthly Outpost meeting each first Monday of the new month.
- **No Outpost office shifts required.**

Outpost Information

Notice Board

Dog Tax, Panaga Seria

When you possess a dog, you have to pay a yearly tax for your animal.

All the owners living in Panaga and Kuala Belait have to go to the Government of the Kuala Belait District. The Government's office is currently located behind the HSBC Bank building in Kuala Belait.

You need to bring your valid IC, passport and cash money.

The current amount of tax is Bnd 8,- per dog.

After the payment, you will get a tag that has to be attached to the collar of your dog. The tag will prevent the PPA from catching (and killing) your dog, as the animal is registered officially.

For more information, please contact Outpost: outpostbrunei@shell.com

(The example here is the amount for two dogs.)



Outpost Information

Notice Board

About Outpost Brunei – Seria

Outpost is an information hub for expatriate families in all stages of their posting.

We provide services such as:

Meet and Greet for Newcomers;
Networking Events including coffee mornings and boat trips;
Workshops such as CV Writing, First Aid, How to prepare your move, Wildlife in Panaga, Third culture kids;
Weekly conversational English and Malay classes;
and much more.

Don't forget to check our Facebook page (group "Outpost Seria, Brunei") for up to date information.

Tel: +673 337 4927

Email: outpostbrunei@shell.com

Internet: http://
seria.globaloutpostservices.com
Facebook Group: Outpost Seria,
Brunei

Opening Hours:

Monday to Wednesday, 9-11am
Thursday 8.30 - 10.30am



Tzu Chi Recycle plastic, cans, paper, card and clothes (but not glass).

People are encouraged to leave their recycling in bags or boxes and the centre employees will put them in their correct sections.

Here is what they DON'T take:

1. Computers
2. Photostat machines
3. Thermo flasks
4. Microwave
5. Air-con plastic cover
6. Tomato/ Chili Sauce bottles
7. Wine bottles
8. Colour plastic
9. Broken items
10. Religious artefacts
11. Car tyres

Address:

Jalan Jaya Negara, Kuala Belait.

Turn into Simpang 34 and again into Simpang 34-9, Lot 4341





Study or Work undisturbed with like-minded people

- > Join or leave any time in between with your study/work project
- > Achieve your goals and ambition by working in concentration
- > Find inspiration from your study/work-buddies
- > We offer desks, chairs, WiFi, Free coffee and tea
- > **Thursday & Friday 8:15 - 12 pm**
- > Location **Outpost Office**

For more details please contact
Noortje (noortjecampman@yahoo.com)

We are also looking for members in the organizing committee. Are you interested? Please contact us!

The Community **Calendar**

- Feb 7 - Out To Lunch
- Feb 15-18 - TADS Pantomime
- Feb 24/25 - Miri Music Festival
- Apr 3rd - Yoga Teacher Training

- More information on the following pages.

Want to see your event advertised here?
Email us: outpostbrunei@shell.com

Are you free for lunch?

In an effort to boost the local economy we are organising a get together on the first Tuesday of every month at a different restaurant around town.

The next will be:

Date: **Tuesday, February 7th, 2017**

Place: **K.B.B.C. Restaurant**

Kuala Belait Boat Club Jalan Panglima, Kuala Belait

Time: **12 - 2pm** - drop in when you can

Your meal will be on your own account (*no such thing as a free lunch!*)

If you'd like more information please email: outpostbrunei@shell.com

All Welcome



Date: **Tuesday, February 7th, 2017**

Place: **KBBC Restaurant**

Jalan Panglima, Kuala Belait

Time: **12 - 2pm** - drop in when you can

Out to Lunch



Interested to help in any other way please contact director_cinderella@yahoo.com

The Pantomime of Cinderella a funny love story
is coming to the Panaga stage 15-18th February 2017.

How to get your tickets

When: 4 - 6 pm, every Wednesday, Thursday & Friday
up until the week before the show

Where: Panaga Club Main Entrance Lobby - Near Security

Price : \$20 per ticket.

If you have any questions, please email
director_cinderella@yahoo.com



MIRI COUNTRY MUSIC FEST 2017

TICKET RATES

CATEGORY	NORMAL (1st Oct 2016 till 26th Feb 2017)
ADULT (1 Day Pass)	RM80.00
ADULT (2 Day Pass)	RM150.00
CHILD 3-12 years old (1 Day Pass)	RM40.00
CHILD 3-12 years old (2 Day Pass)	RM70.00

** All tickets inclusive 1st Drink/Soft Drink for each day

** All tickets are Free Standing

YEE... HAA... SCAN ME!



Organised by

place borneo
MICE • MANAGEMENT

Official Hotel



Endorsed by



Official Media Partner

RENTAK SEJUTA
SOUTH EAST ASIA'S #1 MUSIC NEWS SITE

SELEBRITONLINE

Supported by



Supporting Airline

MASwings

Official Tour Operator



LIKE US

Miri Country Music Fest



FOLLOW US

Miri Country Music Fest

Ticket Booking Hotline
+ 6(0)82 555 189

Website

www.miricountrymusic.com

Malaysia
Truly Asia



**25 & 26
FEB 2017**
**ParkCity Everly
Hotel Miri, Sarawak**



PROGRAMME 2017

Time Date	Saturday, 25th February 2017	Time Date	Sunday, 26th February 2017
12:00pm	Gate Open	12:00pm	Gate Open
MCMF BAZAAR			
Foods & Drinks Handicrafts Kids Corner Games Darts Competition (1pm) MCMF Merchandise		Sunday Barbeque Cookout Foods & Drinks Handicrafts Kids Corner Games MCMF Merchandise	
WORKSHOPS			
Country Music Workshops (3pm & 4pm) Line Dance Workshops (5pm)		Country Music Workshops (2pm & 3pm) Line Dance Workshops (4pm)	
CONCERT			
6:00pm - 6:45pm	Country Music Spin-Off (DJ)	5:00pm - 5:30pm	Country Music Spin-Off (DJ)
6:45pm - 7:30pm	Adi & Maha (Kota Kinabalu, Malaysia)	5:30pm - 6:15pm	Casual Ceilidh (Brunei Europe)
7:45pm - 8:30pm	Mountain Wind Band (Sarawak, Malaysia)	6:30pm - 7:15pm	James Thomson (Australia)
8:45pm - 9:30pm	James Thomson & The Strange Pilgrims (Australia)	7:30pm - 8:15pm	Russell Curtis (Kuala Lumpur, Malaysia)
9:45pm - 10:30pm	Shane Smith & The Saints (USA)	8:30pm - 9:15pm	Country Road Band (Sarawak, Malaysia)
10:45pm - 11:30pm	Raggy Project (Penang, Malaysia)	9:15pm	Sunday Finale
11:30pm	Saturday Finale		Country Music Spin-Off (DJ)
	Country Music Spin-Off (DJ)		

* Programme subject to change without prior notice

See You There!

Yoga Teacher Training

from 03.04.17 to 24.04.17

The Yoga Section is currently organising an onsite 200hr Yoga Teacher Training Course for anyone interested in becoming a Certified Yoga Instructor. You are not required to teach once training is over but volunteer teachers are always needed to keep a good schedule of yoga classes for everyone.

Here is some further information about the course (please note changes may occur):

Pre-requisites: None at all (For beginners, it is recommended that you attend at least 20 yoga classes to get familiarised with the practice.)

No minimum or maximum weight or height. All can be taught

* If you have any medical conditions, please email us to consult our Master Teachers.

Duration:

- 20 days, 6 hrs daily (120 hrs)*
- Weekdays and Saturdays (Mon to Fri), 8am – 2pm
- Sundays off
- Study/assignment (2 hrs daily) 2 – 4pm: 40 hours
- Group project work: 20 hours
- Practicum: 20 hours
- Total: 200 hours

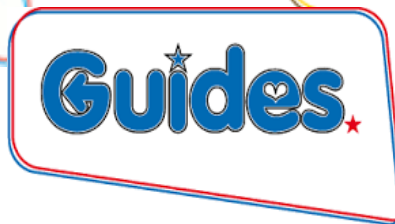
*(in the past, we have had instructors come for only 10 days with self-instruction prior and post. This time, students will receive the benefit of a trainer during the entire course!)

At the end of the course you will receive a certificate as a qualified Yoga Instructor. You can then register with Yoga Alliance (an international Registered Yoga Standards organisation).

Graduates are viewed as premium teachers in the industry, inspiring students with attention to detail, proper alignment and steady breath patterns.

Please contact the Yoga section yogasection.panaga@gmail.com today.

We Need You!!



Seria Rainbows, Brownies and
Guides are in need of new
leaders!

Without enough help our units
cannot run!

Do a good turn and spare a few
hours a week!

Contact us at

guides.seria@gmail.com

seria.brownies@gmail.com

rainbows.seria@gmail.com

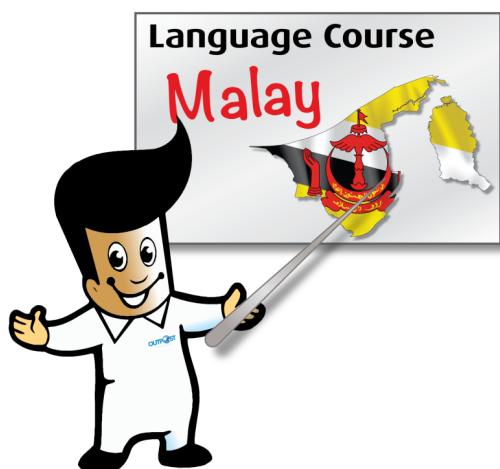
Seria, Brunei Darussalam



**EVERY
TUESDAY**

Language Classes

Malay Language for Beginners



Location	Outpost Office, Lapanpuluh, 1 a-b
Time	9:30 - 10:30 am
Register	Email outpostbrunei@shell.com / oshinchin@hotmail.com OR WhatsApp Adriana at 896 6030

EVERY
TUESDAY

Language Classes

Adult English Classes

Lezioni di inglese gratuite per adulti

無料英語レッスン (対象 成人のみ)

Cours d'anglais gratuit pour adultes

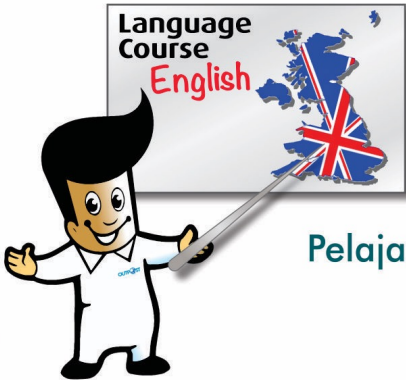
成人英语免费教程

بالغوں کے لیے مفت انگریزی کی کلاسیں

Clases de inglés gratis para adultos

حروس مجانية في اللغة الإنجليزية للبالغين

Pelajaran bahasa inggeris percuma untuk orang dewasa



Location

Outpost Office, Lapanpuluh, 1 a-b

Time

8:00 - 9:00 am

Entrance Fee Sponsored by Outpost

Register

Email outpostbrunei@shell.com

OR

Visit Outpost Office

Monday - Thursday (9:00 - 11:00 am)

Brunei Public Holiday Calendar 2017

Date	Weekday	Holiday Name	Holiday Type
Jan 2	Monday in lieu of Sun, 1st	New Year's Day	
Jan 30	Monday in lieu of Sat, 28th	Chinese New Year	1st day of 1st lunar month
Feb 23	Thursday	National Day	Independence from the UK in 1984
Apr 24	Monday	Isra and Mi'raj	The Prophet's Night Journey and Ascension
May 29**	Monday in lieu of Sat, 27th	Ramadan begins	
May 31	Wednesday	Royal Brunei Armed Forces Day	RBAF formed 1961
Jun 12**	Monday	Nuzul Al-Quran	Revelation of the Quran
Jun 26**	Monday	Hari Raya Aidil Fitri	End of Ramadan
Jun 27**	Tuesday	Hari Raya Aidil Firi	
Jun 28**	Wednesday	Hari Raya Aidil Fitri	
Jul 17	Monday in lieu of Sat, 15th	H.M. Sultan's Birthday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Sep 1**	Friday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep 22	Friday	Al-Hijra	Islamic New year 1439
Dec 1	Friday	Maulud	Prophet Muhammad SAW's Birthday
Dec 25	Monday	Christmas Day	

** date may vary due to lunar calendar

How to make Cake Pops

How To Make Cake PopsEASILY!!!

Prep time

1 hour

Total time

1 hour

Fluffy, moist little cake pops! Yum! So easy and pretty quick to make!

Author: Divas Can Cook

Serves: 13

Ingredients

- Chocolate Cake, prepared (I used ½ of a 9x13 devils food box cake)
- Chocolate Frosting (amount depends on moistness of cake. I used two big spoonfuls. See video)
- 2 boxes Premium white chocolate (I used Baker's brand)
- cake pop sticks
- sprinkles



Instructions

1. Add cake to a large bowl.
2. Crumble until it resembles fine crumbs
3. Add in frosting a little bit at a time until cake is moist and can hold a ball shape, yet still slightly crumbly.
4. Use your hands to incorporate the frosting into the cake crumbs.
5. Use a mini ice cream scoop and scoop out two balls of cake mixture.
6. Roll the mixture into a tight ball and place on a plate.
7. Repeat until all the cake mixture has been rolled into balls.
8. Melt 2-4 ounces of white chocolate in the microwave.
9. Dip the tip of the cake pop sticks into the white chocolate and insert into the cake balls about half-way.
10. Freeze for about 20 minutes.
11. Meanwhile prepare all of your decorating supplies.
12. Melt the remaining chocolate in a large cup. Make sure you have enough chocolate to completely submerge the cake ball.
13. Remove cake balls from freezer.
14. Dip cake balls carefully into the chocolate until covered.
15. Let the excess chocolate drip off. Swirl and tap gently if needed.
16. Add the sprinkles while the chocolate is still wet. It will harden quickly.
17. Stick the decorated cake pop into a styrofoam block to finish setting.
18. Place into the freezer to speed up setting time.
19. Cover with a clear treat bag & ribbon for gift giving, if desired.
20. Store in a single layer, in an airtight container.
21. Enjoy!

Notes

~TIPS~ Want to use food coloring? I'd suggest using the candy melts instead of white chocolate for the coating. I wasn't impressed with how the white chocolate took the food coloring. It made the chocolate thicker. I purchased all of my ingredients including the cake pop sticks and sprinkles at Target. The styrofoam I had already, but you can get a block of styrofoam at crafts stores or Walmart. The recipe (using only ½ of a 9 X 13 cake) makes about 13 medium sized cake balls. Feel free to change up the cake, frosting and coating. Red velvet cake, with cream cheese frosting and white chocolate coconut coating is really good! You can also use homemade cake and homemade frosting but I seriously can't tell the difference in taste.

Recipe by Divas Can Cook at <http://divascancook.com/how-to-make-cake-pops-easy-best/>

Outpost Brunei Seria Team Members 2017

Focal Point
Secretary
Treasurer
Relocations Advisor
Meet and Greet Coordinator
Career Development Advisor
IT Member

Myrte Dijkman
Risma Ikawaty
Christina Suglia
Snehal Tiwari
Titi Owoyemi
Rita Oweh
Spandana Chivukula

Public Relations
Event Coordinator
Newsletter (POP) Editor

vacancy
vacancy
vacancy

POP Editor January 2017

Lynne Haddow

