

Seria, Brunei Darussalam



OUTPOST
EXPATRIATE SUPPORT NETWORK

Panaga Outpost Pages

Issue 2, February 2017





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Address

Outpost Brunei - Seria

F12 Lapanpuluh A1

Panaga KB 3534

Tel: +673-337-4217

Email: Outpostbrunei@shell.com

URL: www.globaloutpostservices.com

www.panagaclub.com/outpost



Good Day People of Panaga!

We'd love 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 so we can share your recommendations with the community.

A warm welcome to all the new members of the community and a fond farewell to those leaving this month.

This edition of POP has details on some exciting opportunities for you to join the Outpost team. This includes POP editor. March will be my last issue before I leave Brunei so if you want to take over see page 6 for details.

The excellent English for Amahs course is starting up again on Feb 27th. Don't miss out, register your amah today.

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



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: Four Vacancies;

The local Shell Outpost Brunei-Seria is currently looking for four new team members. Our team normally has ten office members. They all work on 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 functions, please send your CV indicating the requested position to the Outpost Focal Point: Myrte.Schouten@Shell.com

Deadline: February 28th 2017;

The 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 at 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 Information

Notice Board

Career and Development team member:

Main tasks:

- **Curriculum Vitae writing:** Provides advice about Curriculum Vitae writing;
- **Career & Development workshop sessions:** Organizes the “Career and Development” workshop sessions (Career Awareness and Development Sessions).
- **Partner Development Program (PDP):** Assists Shell spouses with information on Partner Development Program (PDP) and liaises with HR regarding PDP.
- **Individual career advice:** Provides individual advice about career possibilities/ educational goals/ job search strategies.
- **Maintain database with information about work & study topics:** Collects relevant up-to-date information on work and study topics from internal and external sources. For example: information on long distance learning and private local universities.
- **External Community Events about Education & Career Development:** Participates in the community events related to education and career development.
- **Database individual professions:** Maintains database on spouses interested in working including a brief summary of their experience and qualifications.
- **Outpost Meeting:** Attends Outpost Brunei monthly meetings.
- **Monthly Office shift:** At least one office shift per week.

Outpost Newsletter Editor:

Main tasks:

- **“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 is a request.
- **Monthly Outpost Meeting:** attends the monthly Outpost meeting each first Monday of the new month.
- **No Outpost office shifts required.**

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 functions, please send your CV indicating the requested position to the Outpost Focal Point: Myrte.Schouten@Shell.com

Deadline: February 28th 2017

The Outpost Calendar

Feb/Mar 2017

- Feb 27th - English for Amahs
- Mar 16th - Third Culture Kids

More information on the following pages.

Is there something you'd like to learn with Outpost?

Email us: outpostbrunei@shell.com

Seria, Brunei Darussalam



ENGLISH CLASSES for AMAHS

Panaga Club	Monday 27 Feb., 2017	7:30 - 9:30 pm
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Register : Sign in with Panaga Club's Security at main entrance



One Session (2 hours)

Once a week

Maximum 12 persons

Is your amah interested to expand her knowledge of English?

Is your amah keen to improve her employability quotient?

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



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

Malaysia Truly Asia

TICKET RATES

CATEGORY	NORMAL (1 st Oct 2016 till 26 th 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

25 & 26 FEB 2017
ParkCity Everly Hotel Miri, Sarawak

YEE... HAA... SCAN ME!

Organised by **place borneo** NICE + MANAGEMENT

Endorsed by **ESTB** Sarawak Tourism Board

Supported by **Malaysia major events**

Official Hotel **ParkCity Everly Hotel**

Official Media Partner **RENTAK SEJUTA**

Supporting Airline **SELEBRITONLINE**

Official Tour Operator **MASwings**

LIKE US Miri Country Music Fest

FOLLOW US Miri Country Music Fest

Ticket Booking Hotline + 6(0)82 555 189

Website www.miricountrymusic.com

MIRI COUNTRY MUSIC FEST 2017

2017's instalment is going to be bigger and better! For the first time, MCMF'17 will be held over two days at Parkcity Everly Hotel, Miri. Featuring some of the best lineups of country musicians from all over the world, frequented by country music lovers from all walks of life, MCMF'17 is definitely coming in with a loud BANG!

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!

Our friends at the Miri Country Music Festival 2017 have kindly organised a discount for us this year!

Here's the link:

www.miricountrymusic.com/index.php/tickets/miri-country-music-fest-2017/individual-registration

Fill in your details and key in the code **MCMF17CLBM**

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

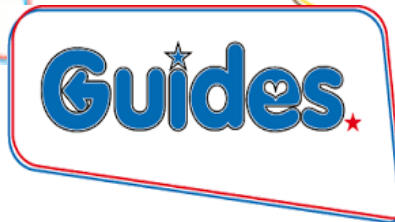
*(in the past, we have had instructors come for only 10 days with self-instruction prior and post. This time, students will receive the benefit of a trainer during the entire course!)

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



FREE
All Mondays
* Except Public
Holidays



DESTRESS YOUR BODY & MIND WITH YOGA & MEDITATION

This is designed especially for BSJV & Panaga Club Members. Workshop will focus on desk top Yoga and Breathing techniques that will keep you cool, focused and happy all the day !.

All Mondays *Except Public Holidays
NOTE: Following weeks we have 2 batches to
accommodate your timings
5:00- 5:45 & 6:00 - 6:45 PM Pelangi

Note : Please Bring your Yoga Mats or either beach Towel's

For info pls you may also contact

Ravi G AES/341 : 729 2219 :Mahesh AES/144 : 7173586 :Saurabh AES/11 :8789240: Ravi Yadav AEB/213:8731503

Carlos DPE/12 :8908816; Diego TSG/33 : AES/11:7185693; Yoke Mae OAI/2 : 8920541

Sanjay AER/51 :8988662; Arjun EMI/5: 8215533; Marita TWB/5 :7172034

Please Note : For non panaga Club Members Club Entrance Fee applies \$5/head

Community

Notice Board



BSRC RIDING CLUB INVITES YOU TO TRY HORSE RIDING WITH OUR TEAM

BSRC Riding Club are offering a fantastic 'Come and Try Package' for all ADULT riders from complete Beginner to Advanced (must be over 16 years old).



It includes a **free** assessment (normally \$20) and **4 lessons for the price of 3!!!!**
The lesson type is determined after the assessment...

For Lunge Lessons the package will cost \$90 – saving you \$50

For Riding Lessons with Mr Eri the package will cost you £150 – saving you \$70

For Riding Lessons with Mr Indra the package will cost you \$195 – saving you \$85

Terms and conditions apply – riders must be over 16 years old, complete and sign a new rider form (parent complete for school child) located on the Main Notice Board at the BSRC Riding Club before your assessment, not have ridden with BSRC Riding Club in the last 6 months. This package must be paid upfront before the first lesson by Cash/Chit.

Get in touch!!!!!!

Email – bsrc.ridingstables@gmail.com
Address - BSRC Riding club, Jalan
Utara, Panaga, KB2933

Facebook – BSRC Riding Club
BSRC Riding Club Scheduler –
whatsapp +447793383780

Seria, Brunei Darussalam



MALAY LESSONS

Beginner Level

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

Tuesdays

9:30 - 10:30 am

Register : outpostbrunei@shell.com / oshinchin@hotmail.com



One Session (1 hour)

Once a week

4 or 5 Sessions per month

Learn a new language

Meet new people

Have fun!

Seria, Brunei Darussalam



ADULT ENGLISH CLASSES

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

Tuesdays

8:00 - 9:00 am

Register : outpostbrunei@shell.com



Lezioni di inglese gratuite per adulti

Cours d'anglais gratuit pour adultes

بالغوں کے لیے مفت انگریزی کی کلاسیں

حروس مجانية في اللغة الإنجليزية للبالغين

無料英語レッスン (対象 成人のみ)

Clases de inglés gratis para adultos

成人英语免费教程

Pelajaran bahasa inggeris percuma untuk orang dewasa

Want to improve English in your daily life?
Gain confidence in speaking fluent English?
Our Classes Are For YOU!!!

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

POP QUIZ



Here's a little something to wake up your brain. Try our POP QUIZ to test your general knowledge and maybe learn something you didn't know before.

Answers below.



1. The Nile
2. Sausage
3. Libra
4. Once every 20 years
5. California Dreamin'
6. Japan
7. Silk
8. The speed of light
9. Sicily
10. Raspberry and blackberry

POP QUIZ FEBRUARY

1. Which is the longest river in the world?
2. Which word can go before, meat, dog and roll?
3. What sign of the zodiac would you be if you were born on 18th October?
4. How often does a 'vicennial' event occur?
5. "All the leaves are brown and the sky is grey..." are the opening lyrics to which song?
6. In which country would you find Shinjuku railway station?
7. Which fabric is made by worms?
8. In Einstein's theory of relativity, $E=MC^2$, what does 'C' stand for?
9. In terms of area, which island is the largest in the Mediterranean Sea?
10. The loganberry is a hybrid of which two fruits?

Outpost Brunei Seria Team Members 2017

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

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

Public Relations
Event Coordinator
Career Development Advisor
Newsletter (POP) Editor

vacancy
vacancy
vacancy
vacancy

POP Editor February 2017

Lynne Haddow

