



Photo by Lisa Poore

Panaga Outpost Pages



Photo by L. Haddow

Foreword	2
Emergency Numbers	3
Outpost Notice Board	4-9
Community Calendar	10
Community News	11-16
Language Class	17
Public Holidays 2017	18
Pop Tarts Recipe	19
Team and Office Hours	20

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

Holiday Office Hours for March 2017

Our office will be closed for the school holidays from 17th March till April 3rd

Open only on:

Wednesday March 22nd 9-11am

Wednesday March 29th 9-11am

Dear People of Panaga,

WELCOME! We're happy you are here.

This month sees the departure of our Honorary Chairperson Liz and her husband, MD Andrew Faulkner.

To all our departing colleagues; Thank you for your involvement and we wish you all the very best in the future.

A warm welcome BSP's new Managing Director, Ceri Powell.

At the Outpost office we also have some new recruits; Welcome Kerry, Ksenia, Thamine and Katrina!

The POPular 'Third Culture Kids' and 'How to Prepare your Move' workshops are happening next month, details inside.

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

That's it from me. Thanks Brunei, it's been a pleasure. Time for the next adventure. *Jumpa lagi!*

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

The Outpost Calendar

March/April 2017

- April 13th - How to prepare your move
- April 6th - Third Culture Kids

More information on the following pages.

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

Email us: outpostbrunei@shell.com

Third Culture Kids

- Rubina Anis

6th April, 2017

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

9:30 - 11:00 am

Max. 15 persons

Register : OutpostBrunei@Shell.com by April 3rd



Our Third Culture Kids workshop will help you understand the explicit adventure, challenges and hidden grief that accompanies a third culture kid and adult. It will also help you understand the identity development stages from early childhood to adulthood, stages of cultural integration, meaning of culture and the interaction of all the above elements that goes in making of a TCK.

It will be an interactive workshop that will help you understand and analyze the explicit fun and hidden funeral aspect of living outside your passport country.

**Thursday
13th
April**

Coping with change and transition Workshop - 1

How to prepare your MOVE?

Our transition workshop will help you to understand the psychosocial process of transition. It will help you get emotionally sorted with your upcoming/recent move. It will help you understand the process of moving in perspective of an employee, trailing spouse and child. You will acquire strategies to cope with transition and enjoy your move. It's also an opportunity to discuss the logistics of moving.



Location	Outpost Office, Lapanpuluh, 1 a-b
Time	9:00 - 11:00 am
Group	Min. 4 - Max. 10 Persons
Entrance Fee	Sponsored by Outpost
Register	Email by Monday, April 10th outpostbrunei@shell.com

ENGLISH CLASSES for AMAHS

Panaga Club

Mondays

7:30 - 9:30 pm

Register : Sign in with Panaga Club's Security at main entrance



One Session (2 hours)

Once a week

Maximum 12 persons

Want your amah to expand her English vocabulary?

Do you want your amah to speak fluent English?

Is your amah keen on improving her employability quotient?

Our Classes Are For YOU!!!

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 a 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



Outpost Information

Notice Board

“Volunteering is one of the most rewarding things you can do.”

According to www.volunteerscotland.net the benefits include:

- Gaining confidence
- Making a difference
- Meeting people
- Being a part of a community
- Learning new skills
- Taking on a challenge
- Having fun!

Trying something new can boost your confidence. You can make a valuable difference to the lives of the people in your community by volunteering to help out. There are always new people to meet, no matter how long you've been here. Being part of a team of volunteers is very rewarding. When you spend time volunteering you can learn new skills and share knowledge with others. Challenging yourself and getting out of your comfort zone can make a huge difference in your life and gives a real sense of achievement. There are always some laughs to be had working with others.

There is something really gratifying about seeing people having fun at an event you helped to create. Being part of an organising committee gives a sense of belonging and fosters a sense of community which is important when we are so far from home. Giving your time in service of others, without expecting anything in return, is hugely rewarding. Working with an event organising team brings you in contact with lots of different people you might not otherwise have a reason to know.

We are fortunate to live in this extraordinary community here in Brunei. To make the most of our time and ensure the community continues to thrive we have to dive in and take part.



The Community **Calendar**

- Apr 3rd - Yoga Teacher Training
- Apr 4th - Out to Lunch

- More information on the following pages.



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

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.

Out to 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, April 4th, 2017**

Place: **Marilyn's Cafe**, Jalan Pretty, KB

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, April 4th, 2017**

Place: **Marilyn's Cafe**, Jalan Pretty, KB

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

Out to Lunch

The **Santa's Grotto** section of the Panaga Club offers an annual gathering for the children of our community to visit Santa and join in with all the festivities!

We are currently looking for new committee members (chairperson, secretary & treasurer) to join our section to continue to deliver a magical experience for the children. Support will be given to those who take on these roles.

Without your help, Santa's Grotto will be forced to close and there will be no event.

If you are interested in taking on any of these roles, please contact Ally at allysweeney@hotmail.co.uk



Community

Notice Board

The BSRC stables still have some riding slots available, for both children and adults. Before you can have the slot you first need to have an assessment to test your capability and confidence. In order to book the assessment, please contact Mr Eri: +673 8919162.

Please follow the activities at the stables on Facebook: "BSRC Riding club".





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

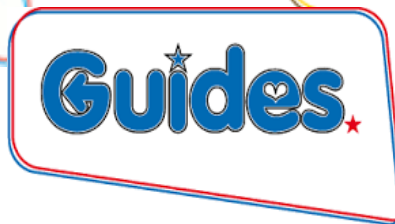
Ravi G AES/341 : 729 2219 :Mahesh AES/144 : 7173586 :Saurabh AES/11 :8789240: Ravi Yadav AEB/213:8731503

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

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



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!

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	Chinese New Year	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

Homemade Pop Tarts

Homemade Pop Tarts



Tired of cardboard pastries?
Try this 4 ingredient recipe.

WARNING: the kids may never want the paper versions again.

Ingredients

- 1 box refrigerated pie crust (2 layers)
- 1 small jar strawberry preserves (good quality)
- 1 cup powdered sugar
- 2 teaspoons milk (2 - 3 tsp)

Directions

1. Preheat the oven to 425° F. Line a cookie sheet with parchment paper.
2. Unroll one of the pie crusts and square the edges. Cut into rectangles. Place 1 tsp of jam in the center of a rectangle and top with another piece of crust. Crimp all four edges. Repeat until all of the pie crust is used.
3. Bake the pop-tarts for about 7 - 8 minutes or until slightly brown. If you don't want to add extra sugar with the glaze, you can use an egg wash on the tops with some white sugar.
4. Allow the pop tarts to cool for 5 minutes. Meanwhile prepare glaze by adding milk to the sugar, 1 teaspoon at a time until the desired consistency is reached. Pour over pop tarts and sprinkle with decorating sugar. Serve warm.
5. Leftover pop tarts can be stored in an airtight container. To serve warm, heat in the microwave, or flat in a toaster oven. (Placing in an upright toaster oven is not recommended).

Nutrition Information No nutrition information available for this recipe

Outpost Brunei Seria Team Members 2017

Focal Point
Secretary
Shadow Secretary
Treasurer
Relocations Advisor
Meet and Greet Coordinator
IT Member
Career Development Advisor
Public Relations
Event Coordinator

Myrte Dijkman
Risma Ikawaty
Kerry Smillie
Christina Suglia
Snehal Tiwari
Titi Owoyemi
Spandana Chivukula
Ksenia Odintsova
Thamine M.Kilbride
Katrina Thompson

POP Editor March 2017

Lynne Haddow



Outpost Brunei-Seria
F12 Lapanpuluh A1
Jalan Utara, KB3534
Negara Brunei Darussalam

T +673 337 4927
E outpostbrunei@shell.com

Outpost Office Hours 2017
9am - 11am - Monday, Tuesday, Wednesday
8.30am - 10.30am Thursday

Information mornings on Wednesdays
from 9:30 to 11am

www.seria.globaloutpostservices.com