



Panaga Outpost Pages Seria, Brunei Darussalam

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we can tell you all about it!**

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Issue 6, June 2017



EXPATRIATE SUPPORT NETWORK

Outpost

Dear Readers,

Thanks for paying attention to this POP magazine as Outpost is keen to share lots of interesting information with our community.

The month of May have been a busy month for Outpost, as we had six successful events. The first one took place on May 11th. It was the Newcomer's coffee morning, at the home of Ceri Powell, our MD. She arranged lots of nice treats plus coffee and tea, comforting all guests whilst meeting new people. We would like to thank her for this great hospitality.

The second and third events were two pleasant boat trips, held on the 18th and 19th of May, both organized with the fantastic help of the KBBC Boat club. Please look inside this POP to see the lovely pictures of these events.

The Fire Fighting Course for Amahs, on May 20th, was our fourth event. The Bomba (Fire Station) Seria had been so kind to organise a lecture about how to prevent dangerous situations, and how to deal with them when they occur. Please read about some useful tips in the article itself.

Margot Stroeken kindly hosted a lecture about "How to prepare your move" at the Outpost Office,

on May 23rd. As always, she shared a lot of useful information, for which Outpost is very grateful.

On May 24th, all participants of the Guest-room Competition at the home of our MD handed over their designs to Ceri Powell, whom they met in person on May 25th to discuss and highlight their creative work.

Outpost is keen to hear the outcome of this competition as all of these creative candidates have been working very hard to deliver their best design. The outcome of this competition will be shared with our community in the next edition of the POP.

Other interesting future events are mentioned in this POP, enabling you to write down their dates.

Last but not least Outpost has to say goodbye to five lovely ladies from the Outpost Meet & Greet team. I wish to thank Tik, Firi, Yemi, Sarah and Sandra for all their effort and time spent during their Meet & Greet tasks. I wish them all the best with their new adventures.

Enjoy this POP!

Kind regards,

Myrte Dijksman-Schouten

Focal Point Shell Outpost Brunei-Seria

About Outpost 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
- › 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.

Contact us:

Tel: +673 337 4927

Email: outpostbrunei@shell.com

URL: <http://seria.globaloutpostservices.com>

or: www.panagaclub.com/outpost

Facebook Group: Outpost Seria, Brunei

Or come visit!

Opening Hours:

Mon. - Wed: 9 - 11am

Thurs: 8.30 - 10.30am

Address:

Outpost Brunei -
Seria

F12 Lapanpuluh A1
Panaga KB 3534

Meet & Greet Corner



Titi Owoyemi
Meet & Greet Coordinator

Hello Panaga People

It's nice to be back.

We've had quite an interesting month filled with various activities in the community. From a Newcomers Coffee Morning held at the lovely residence of our MD, to a nice thank you and farewell lunch for the Welcome Team. We will sadly be saying goodbye to Firi, Tik, Yemi, Sarah and Sandra from the team: Outpost Brunei is very grateful for their dedicated service to the community and wishes them very well for the future.

We also use this opportunity to welcome all the newcomers to Panaga. Please feel free to send us a note or drop in to the outpost office if you have any settling-in questions.

See you all next month!

Love & Light,
Titi Owoyemi

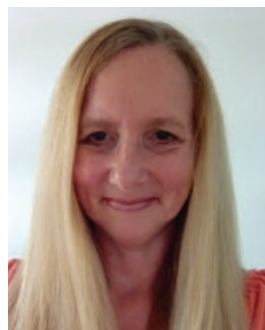
Meet & Greet team members : June



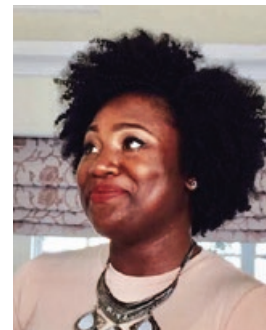
Christina



Jessica



Georgia



Yemi

Meet & Greet Team Event

Meet & Greet Team Appreciation Event



Beach Safety

IMPORTANT MESSAGE

Beach Safety

Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. We recommend the following safety tips:

- › Learn to swim.
- › Never swim alone.
- › Supervise children closely.
- › Always tell someone else when and where you plan to enter the ocean, whether to surf, swim, skim or boogie board or to take part in any other ocean or beach-related activities.
- › Don't rely on flotation devices, such as rafts.
- › If caught in a rip current, swim sideways until free; parallel to the beach. Don't swim against the current's pull.
- › Alcohol and swimming, surfing, windsurfing or boating don't mix.
- › Protect your head, neck and spine. Don't dive into unfamiliar waters.
- › If you are in trouble, call or wave for help.
- › Follow posted regulations.
- › Swim parallel to shore if you wish to swim long distances.
- › Report hazardous conditions.
- › Scuba dive only if trained and certified - and within the limits of your training.
- › Stay clear of coastal bluffs. They can collapse and cause injury.
- › No glass containers at the beach - broken glass and bare feet don't mix
- › Never turn your back to the ocean. You may be swept off coastal bluffs, beaches or tide pool areas and into the water by "sneaker" waves that can come without warning. Keep your eye on the surf. Avoid "Killer Surf."
- › Do not climb up onto logs on the beach. While they look heavy and sturdy when climbing on them, the smallest wave will roll it over you or a child. Killer logs are real.
- › Have your beach access available to you at all times. A big wave can come right up to a seawall, leaving you no path for safety, getting you cold, wet and possibly swimming when you don't want to do any of the three.

Watch those logs!

The ocean is strong enough to pick up even the biggest log and plop it down on top of you. Some logs may look small, but even the tiny ones can be waterlogged and weigh tons. A log may look stable but they can fall over and cause severe injuries if a child is playing on it.

How to play it safe: If you see a log in the surf or on the beach, stay off it!

source: <http://visittheoregoncoast.com/beach-safety/>

Notice Board

IMPORTANT MESSAGE

Beware of Wasps/Hornets

There has been a recent attack by a swarm of wasps at the F2 area. Please be careful and call PPA if you see a nest.

Pest Control contact number: (+673) 872 3006



Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com

Study or Work Space

Dear POP readers,

Are you currently working from home? Do you need a quiet working space away from your house? Which kind of requirements should it meet: Location? Working hours? Internet?

Outpost Seria would like to understand if there is a need for a designated study or work space. Currently the Outpost office is open for you on Friday mornings to come and work or study undisturbed.

Please, send you replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice Board

English classes

We are happy to announce that we again will offer classes in English for non speakers. These classes will be held by our new volunteer Alvin.

Classes will be held at the Outpost office every Tuesday morning from 8-9am.

Please register at outpostbrunei@shell.com

ENGLISH



Volunteering in and around Brunei

Dear POP readers,

We would like to ask you to share your volunteering experiences in Brunei and the nearby countries: Where have you volunteered since moving here? How did you like it? Would you advise it to other expats?

Help your fellow expats find a good cause to support! Please send you replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.

Notice Board

Amah Database at Outpost

Did you know that we can help you find an amah or help your amah find a new employer when you leave?

Come to our office to leave your amahs resumé, or to have a look through the database of resumé we allready have!



Tzu Chi Recycling

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

New info:

Users are kindly asked to sort their items themselves before dropping them off. In other words, keep plastic, cans, clothes and paper in separated boxes.

Here is what they DO NOT accept:

- › Computers
- › Photostat machines
- › Thermo flasks
- › Microwave
- › Air-con plastic cover
- › Tomato/ Chili Sauce bottles
- › Wine bottles
- › Colored plastic
- › Broken items
- › Religious artefacts
- › Car tyres

Address:

Jalan Jaya Negara, Kuala Belait.
Turn into Simpang 34 and again into
Simpang 34-9, Lot 4341



Notice Board

Settling in Sessions

These informal information mornings are held every Wednesday morning, from 9:30 until 11:00, at the Outpost office. They are designed to answer any questions regarding relocating to Brunei and settling into the community.

Please register at outpostbrunei@shell.com



Be a Guest Speaker at Outpost

Do you want to share your experience of setting up an online business? Do you want to help other expats build a portable career? Do you want to inspire others to follow their passions? Be our guest speaker!

Outpost is searching for guest speakers who could tell their stories of becoming an expat-preneur!

If you would like to be a guest speaker or know someone that would be interested in speaking with us, please contact outpostbrunei@shell.com or Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice Board

Malay lessons for Beginners

Date: every Tuesday

Place: Outpost Office, Lapanpuluh Apartment 1a-b

Time: 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

Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com

Notice Board

Do you want to discover the hidden gems of Miri? Go on a half day tour!

MIRI RESORT CITY – HALF DAY TOUR

Starts at 9am / Ends at 3pm

Places of Interest:

- Tamu Muhibbah – a local & native market
- Artisan Gallery – furnitures & home deco from Bali
- Miri Handicraft Center in China Street
- Batek Craft Gallery – paintings drawn on silk batek
- Alijon Collection – costume jewellery made from sterling silver

- › Lunch is provided (Chinese/Vietnam/Thai/Malay)
- › B\$50 per person (maximum 3-4 person per group)
- › B\$70 per person (if only 1-2 person per group)
- › Available only on Monday, Wednesday & Thursday
- › Contact E/Mail: oshinchin@hotmail.com

**** Transport NOT provided ** Meeting point in Miri**



Photo credit: Fabio Lamanna via Shutterstock

Notice Board

Panaga Club Ramadan operating hours

Panaga Club and KBBC Restaurants operating hours during Ramadan are as below.

Please be reminded that before the breaking of fasting hours / Iftar, food is to be bought for take outs only.

Serikandi at Kenyalang Café and Pool Side Café Normal Operating Hours

Serikandi at Halfway House Canteen Closed 1st Ramadhan 1438
Mon – Sun 12noon to 5pm,
except Friday 2pm to 5pm

SNS at KBBC Normal Operating Hours

Panaga Mauri at Teratai Restaurant 8.30 am to 12 midnight

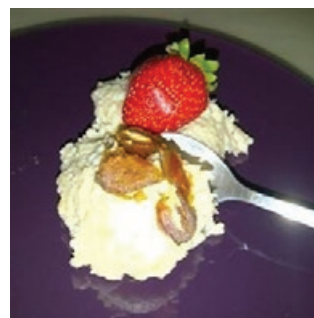
How about a tasty new recipe for Ramadan?

As Ramadan fast approaches, here is a quick and easy recipe suggestion for Suhor (Pre-Dawn Dish)

Rice Pudding with Dates

Ingredients

- › 2 Cups Cooked White Rice
- › 2 cups Milk
- › 2 tablespoons White Sugar
- › 15 Dates, pitted and chopped



Place the rice into a food processor or blender, and process until coarse, but not pureed. Transfer to a saucepan, and stir in the milk, sugar and dates. Cook over low heat, stirring occasionally until the dates are tender, for about 20 minutes. Serve warm or cold.

This recipe and picture have been taken from www.allrecipes.com. This is a wonderful website packed with mouth watering recipes and cooking ideas.

Snapshots

Nations Cup '17

held at Panaga Club, on May 20th



Thank you Juls Ibarra and Cyrielle Sosso contributing photos!

Snapshots

Newcomer's coffee morning

Organized by Outpost together with mrs Ceri Powell
held at House 49



Snapshots

Newcomer's boat trip

Organized by Outpost and KBBC



Jumping Competition

BSRC Riding Stables Jumping competition

On May 22nd, the Riding Stables of the BSRC organized an amazing jumping competition.

There were four categories our riders could attend:

Introduction Group / Prelim / Novice and Open Joker Round.

All riders did a fabulous job, together with their horses.

In case you feel interested in joining our next competition in October 2017, when we compete against the BEQ Riding Stables, please start your riding lessons NOW. Practice makes perfect.

Email: ridingstables.bsrc@gmail.com

Visit us on Facebook: "Panaga Riding Stables"



Jumping Competition



Fire Fighting Course

Fire Fighting for Amahs

at the Fire ("Bomba") Station, Seria

by Myrte Dijkman-Schouten

On May 20th, Outpost and the Bomba Seria organized a fire fighting course. The course is highly recommended as we all deal with safety issues each day, mainly in our kitchen. This time we invited the "Panaga amah community" to attend. As a result we had twenty participants.

Some useful information from the course I wish to share:

- › Do you know that you have to make sure your oven is clean? It should not contain left-overs or oil. These types of dirt might cause a fire.
- › Your kitchen ventilator should be cleaned regularly as well, as dirt could block the ventilator from spinning, and cause a fault followed by a fire.
- › Your kitchen must have a fire-blanket and a fire-extinguisher. Remember that these items are also required in the kitchen of your amah. You can request these items from PPA via an Echit.

We should all keep our fire-extinguisher easily accessible and clearly visible. Lots of people tend to use their fire-extinguishers as coat hangers or storage equipment, which is not recommended.

- › Lots of other tips and practice of the equipment had been provided during this course. You have to come and see for yourself at the next course. Please keep your eye open for our course-announcements.

All 20 participants are really excited and happy with their new/refreshed knowledge.

Many thanks Bomba Seria for your time and effort!



This picture shows an easily accessible and clearly visible fire-extinguisher and fire blanket in the kitchen.



Fire Fighting Course



June Calendar

Outpost Calendar

Wednesday June 14th

Online Studying Workshop

Community Calendar

Sunday June 4th

Blood Donation Campaign

More information can be found
on the following pages and
on our Facebook page



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

Upcoming Event

Blood Donation Campaign

Date: Sunday June 4th

Place: Panaga Club, Multi Purpose Hall

Time: 9 am to 12 pm



Donate Blood Save Life

Date: 4th June 2017, Time : 9am-12pm

Venue: Panaga Club (Multi Purpose Hall)

Contact: Mahesh-7173586

Upcoming Event

Online Studying

On June 14 Outpost in cooperation with Focus will hold an Online Studying Workshop. We believe that you don't have to have a paid job in order to develop yourself personally or professionally. There are a million ways of developing yourself, of growing and of working on yourself. One way is to start an online course or study.

Advantages of Online Studying

Studying online has many advantages. You can study anywhere and anytime and you are therefore very flexible, for example being able to plan around holidays or family visits. Also, some of us worry about a gap on our resume. Online studying can help overcome this. Moreover, it can provide you with a sense of accomplishment, if you are able to finish a course or study (even a course in Harvard University is a possibility!), this can make you feel very proud and good about yourself.

How to Start

Before you start studying online there are some questions to consider in order to make the right choice and to increase your chance of success. First of all, you have to ask yourself what is the goal that you want to achieve? Is it personal development or professional development? What knowledge do you want to obtain or which skill do you want to develop? Then you need to ask yourself if you want to follow a program, like a BSc or a MSc from an open university, or whether you prefer a short course. Furthermore, you should ask yourself how much time you are willing to spend and whether you want to study self-paced or with deadlines. And how important is the reputation of the institution to you?

Massive Open Online Courses

A popular option for online students are MOOC's (Massive Open Online Courses). MOOC's are courses that are made available over the internet to a very large number of people. Often, these courses are free of charge, or you only have to pay if you want to receive a certificate. For financing your studies, you could use the Shell Partner Development Plan (PDP), which covers 80% of your costs with a certain maximum budget per posting. For the conditions of the Shell PDP, please visit the Shell Intranet.

Where to Find Online Courses

There are many online platforms that offer MOOC's. To start your search, we recommend that you check out the following three platforms:

- <https://www.edx.org> (English, French, Chinese, sometimes with subtitles)
- <https://www.coursera.org>
- <https://www.futurelearn.com>

Each of these platforms offers many courses, ranging from Psychology to Business, and from IT to History. A key difference is the institutions that provide the courses. For example, EDX features courses from MIT, Harvard and Berkeley, whereas Coursera features courses from Stanford and Penn.

continues on next page

Upcoming Event

Online Studying Workshop

Date: Wednesday, June 14th

Time: 9:30-11am

Place: Outpost Office, Lapanpuluh 1 (A-B)



Following a very successful session last year Outpost and Focus are coming back with the workshop on online studying. Are you considering an online course but don't know how to start and what to do? Do you need advice on planning your online study? Please, join us for an interesting and informative workshop that will guide you through the world of online studying.

Register via outpostbrunei@shell.com

Hosted by the Focus study group

Sponsored by Outpost

Study Strategies – Focus!

Try not to be overwhelmed by the number of courses that these platforms have on offer. Think of something that you have always wanted to learn, reflect on the questions above, and see if there is a short course available and... give it a go!

Once you have enrolled in a course, you need to find a way to incorporate your studies in your daily life in Panaga. Careful planning, a fixed routine and minimizing distractions can help you reach your goal. If you don't like to study by yourself at home and prefer to join forces with others, the Focus study group might be interesting for you. The Focus group comes together several mornings per week (depending on the demand) at different locations. You will meet like-minded people who all work on their own projects, focused. They share experiences, inspire and motivate each other and have coffee breaks together.

We hope this article brought you some new information on the possibilities of studying online. If you want to learn more, please register for the Online Studying Workshop taking place on June 14 at Outpost.

Upcoming Event

Coming soon

November 2017



Public Holiday Calendar

Brunei 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 26th	Chinese New Year	1st day of 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-Quraan	Revelation of the Quran
Jun 26*	Monday	Hari Raya Aidil Fitri	End of Ramadan
Jun 27*	Tuesday	Hari Raya Aidil Fitri	
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 the lunar calendar

Emergency Contact Numbers

Emergency Contact 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



why not hang these on your
fridge for easy access?

Panaga Health Centre Information

Panaga Health Centre

Out Patient Department

Registration to see doctor

Monday to Thursday 7.00 am - 11.00 am
1.00pm - 3.00 pm

Friday 7.00 am - 11.30 am
2.00 pm - 3.30 pm

Please notice:

**the Health Centre
will be closed on
the first day of Hari
Raya Aidil Fitri**

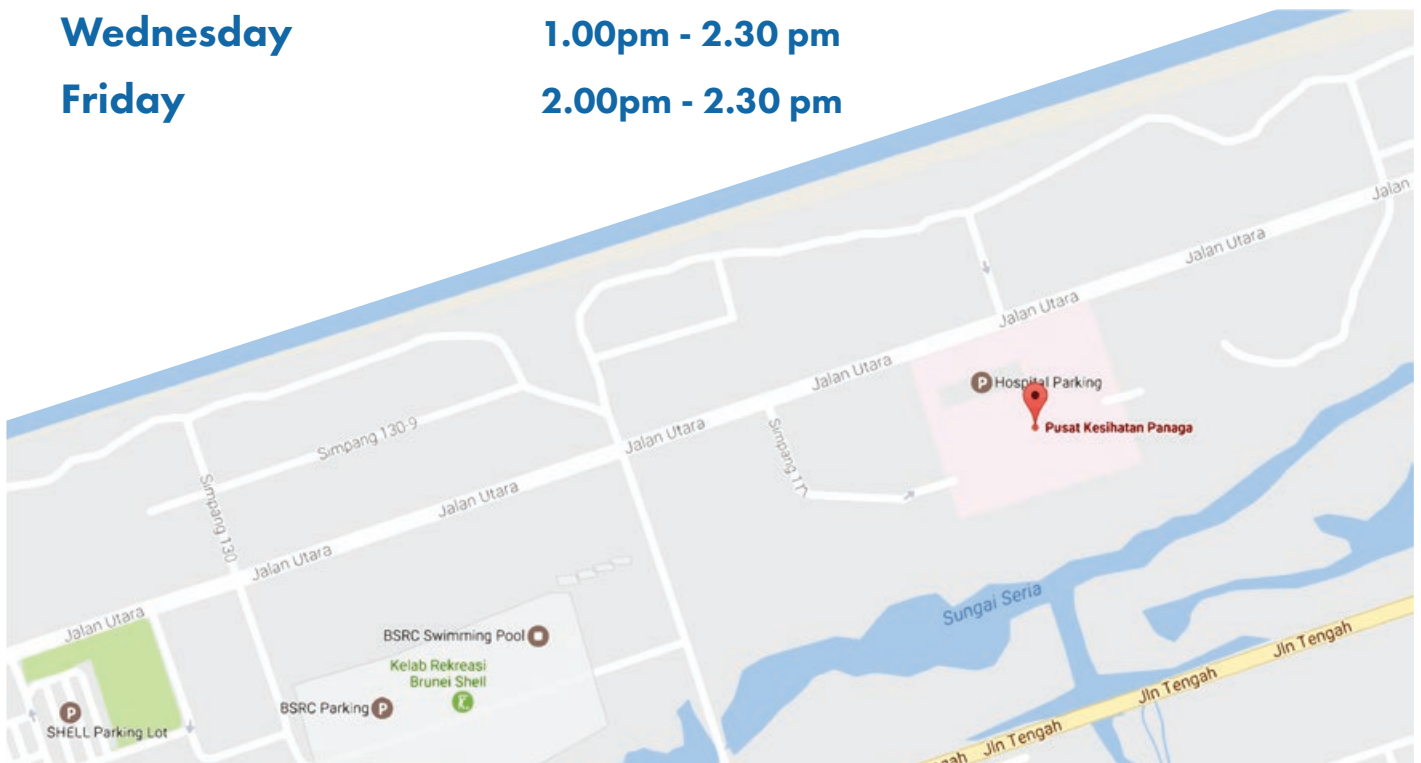
Panaga Health Centre

Immunisation Clinic

The registration times are as below

Wednesday 1.00pm - 2.30 pm

Friday 2.00pm - 2.30 pm



Outpost Seria Team 2017



Myrte Dijkman
Focal Point



Kerry Smillie
Secretary



Christina Suglia
Treasurer



Snehal Tiwari
Relocations Advisor



Titi Owoyemi
Meet and Greet
Coordinator



Spandana Chivukula
IT Member



Ksenia Odintsova
Career Development
Advisor



Thamine M. Kilbride
Public Relations



**Mas Azny Suhana
Mohamad**
Event Coordinator



Annika Cederberg
POP Editor



Cyrielle Sosso
General Member



Mr. Outpost
Online Promoter