



Panaga Outpost Pages Seria, Brunei Darussalam

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Issue 10, November 2017



EXPATRIATE SUPPORT NETWORK

Welcome to Outpost

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
- › 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 –Outpost Seria, Brunei– for up to date information.



Dear "POP" readers,

Welcome to the November issue of POP, the next to last issue for 2017. I hope you have all had a lovely October and have made lots of fun plans for the upcoming month. Make sure to have a look at our calendar for November (on page 21) so you don't miss any of the fun activities and events taking place in the next few weeks.

In this issue you can read another inspiring interview with a member of our community, this time Anna Coyajee-van Rietschoten. If you have a suggestion for a person - expat or local - that you think we should interview for POP, don't hesitate to let us know!

Finally I just want to remind you that if you have an upcoming event, any recommendations or any other information you believe can benefit the community - newcomers as well as "veterans" here in Brunei - feel free to contact us so we can add it to the next issue. Send in an email to: outpostbrunei@shell.com

Have a great November!

Kind regards,
*Annika Cederberg on behalf of
the Shell Outpost Brunei-Seria team.*

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: Monday to Friday, 9 - 11 am

Please note: each Tuesday the office will be open for courses only.

Address:

Outpost Brunei - Seria
F12 Lapanpuluh A1
Panaga KB 3534

Meet & Greet Corner

Titi Owoyemi

Meet & Greet Coordinator



Hello Panaga People

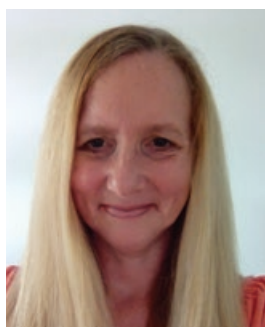
The month of November is here and we all know what that means, one more month till the year ends, how time flies!

This month, to welcome our new arrivals are: Georgia, Mirian, Farah and Jessica. As always, don't forget that your friendly Outpost team is always on hand to offer support and local information to help you when needed, so pop into our offices during our working hours or send us an email. We are always happy to hear from you!

Warm Regards,

Titi Owoyemi
Meet & Greet Coordinator.

Meet & Greet team members : November



Georgia



Mirian



Jessica



Farah

Interview

Anna Coyajee-van Rietschoten

- › **Commodore of the Kuala Belait Boat Club (KBBC) since August 2012**
- › **Passionate about the Borneo wildlife, in particular about hornbills**
- › **Creator of the popular Brunei Memory Game and Brunei wildlife cards**

How did you get involved in the KBBC activities? How long have you been doing it? Tell us a bit about this part of your life in Brunei.

Well, I arrived in Brunei in April 2012. I quit my job and came here as a trailing spouse not really knowing what to expect but willing to explore. I've always liked sailing, so I quickly joined the KBBC sailing activities. They happened to run a sailing course. After I showed I knew how to sail I was offered to join in as a sailing instructor. At first I was a bit shocked as I had limited experience with the types of boats they were using (Hobie Cat 16) but then I thought "Why not? I can try". So that is how I started to be an active KBBC member and met new people. Shortly after I went to a KBBC committee meeting. Quite soon the then commodore started looking for a successor as he was about to move, and in August 2012 I took over the role. I became the first female commodore. All the previous KBBC commodores were men employed by BSP.

In the beginning I relied quite a bit on the help of the then vice-commodore who was a BSP employee. It worked really well, as I could ask him many questions and rely on his assistance and experience. In the course of time I developed my own way of running the KBBC and its subsections. I learned my politics, I learned how things worked... Yeah, I learned on the job. Now, more than 5 years later, it feels like I know so much already. For outsiders being the KBBC commodore might seem as a difficult and challenging position. But it is not just me. We have a great board (vice-commodore, secretary, treasurer, house member, etc.), and we all work together to support the KBBC and its subsections.

Being the KBBC commodore means being a volunteer and working with volunteers. Working



Nationality: Dutch

Have been in Brunei since: 2012

Family: husband Emil, daughter Lucy (now 9 years old) and son Kaj (now 6 years old).



Interview



with volunteers means that nobody has a clear job description. As the commodore I do have certain responsibilities. I aim for a good ratio of running lots of activities and having as little meetings as we can. Volunteers should not do lots of KBBC-related admin work, as they have enough admin work as a spouse or as an employee! We have a long record of organizing activities but with people coming and going - as is the case in an expat community - it always depends on the active members that are around. But it may take up to half a year before a new subcommittee settles and starts working independently. For the last regatta I did not have to do anything, as it was fully organized by the Sailing subcommittee members.

As the KBBC commodore I participate in the Panaga Club management committee meetings. I represent all the KBBC subsections the same way as other people represent Tennis, Golf, Tri-Fit, Yoga, Swimming, the Panaga Natural History Society (PNHS), the Panaga Library, etc. Typically at the KBBC we charge a small fee to cover operating costs (maintenance of boats, kayaks and SUPs), and all the assets and investments are covered by the Panaga Club and BSP. Sometimes my work includes the need to do a bit of lobbying, a bit of playing, a bit of talking to people... and we get things done!

Next to running the KBBC you have been active in bird watching and studying hornbills.

But how nice is it when these beautiful birds are in your garden! And it fits my background. I am a medical biologist. I did a PhD in Medical Immunology, so generally I understand how research works.

I've been so lucky to have had so much time to develop my hornbill project. The PNHS has a long track record of people (volunteers mostly) involved in conservation of hornbills and other wildlife on the BSP property. In 2014 Iwan de Lugt asked me if I wanted to take over his task of watching hornbill nests and nest boxes that existed around the Panaga camp. Sure, I had the skills to do it but Brunei also gave me opportunities. First I got interested in hornbills, and then I started studying them. At some point I realized that people wanted to hear more about this topic, so I gave a talk at Outpost. After that I became more confident about my experience and started giving



Interview

small lectures in schools here in Brunei. At some point I even went to a hornbill conference in Kuching. I am used to going to conferences, but not in this field. And then it turned out that I was the only one from Brunei and suddenly I became “the expert”, “the hornbill lady”. I am happy to see that now the Panaga community is much more aware of this topic and is more attentive to hornbills. We are planning to organize a Hornbill Day early next year.

What do you like most about your life here?

I’ve discovered how nice it can be to live in a small community. I have mostly lived in Amsterdam where you are much more anonymous. Here in Brunei I met people that I would have never met otherwise. This small community gives you opportunities to hang out and do things together with people so different from yourself.

Plus, I love having this nice big garden and having the jungle so close by.

What do you like least about your life here?

The distance from and the time difference with the Netherlands. I don’t like making appointments to have a call. That does not work for me. So I have to work to keep in touch with my family and friends by other means. My parents could only come here once, which was great and a big memory to treasure. Nowadays for them it is just too long to travel all the way to Brunei again.

What is your typical weekend in Brunei?

I like to spend Friday nights at home with my family. On Saturday mornings we usually go to the Panaga Library with the kids. There we often meet pretty much the same group of people, and it is always nice to catch up with each other. Quite often there is also a kids party, a horseback riding lesson or a social function to go to.

On Sunday mornings at 9 o’clock there is the Dutch swimming lesson at the Panaga Club pool. It is a great tradition and a good way for our children to get their A, B and C swimming diplomas. While kids are in the water parents can have their coffee and talk about life (in Brunei) and the party of the night before.

Sometimes I help my children with their homework. Sometimes we play music exercises together. Then we prepare for the week and have a nice dinner together at home.



Interview

What is your favorite travel destination?

This is Borneo! Here is the jungle! I made a couple of wonderful private trips here on the island.

We made a wonderful family trip to New Zealand. From the Netherlands we would have probably never made it so far. It was great having our own camper-van and having the freedom to travel around.

When we go back to Europe during the summer break we like to have a holiday in a holiday. We go camping in the Alps. These holidays for me have been the best.

How do you think your life in Brunei changed you as person?

I think I've been lucky enough to discover my true passions here. Sailing and other water sports have become my work here, but they have also been my hobby. How nice is it to do work which is also your hobby! I know that if I get in a bad mood I need to go for an hour of sailing or kayaking, and then I am as good as new.

Here in Brunei I managed to discover my passions, and luckily I had opportunities to pursue them.

What advice would you give to newcomers?

Don't be afraid to show initiative. Don't be afraid to talk to people. Just do it! Try to contribute to projects even if in the beginning you are not familiar with the topic. Meet new people; Participate in different activities and committees. You don't always have to commit to big and long-term projects, but don't be afraid to try new things and to contribute in your own way.

Try to see the positive sides of living here. Try not to complain. See the opportunities. Every place will have things you can complain about. Try to be positive. You need to be positive if you want to work together with people, and working with positive people is so much better!

As a non-employed partner in Brunei you sometimes have to create your opportunities. You do need to have initiative and be enthusiastic. First you might see a niche, then you develop it, then you gradually get people to help you out with it, and in the end you end up with something really beautiful! And then you realize that it is not getting more complicated than that. Sometimes you hear people complaining about not being able to work here. But work does not have to be paid by money; It can be paid by reward. This community can give you a lot of rewarding experiences.

How do you see your life after the Brunei adventure is over?

Things are quite different here in Brunei from how they are, for



Interview

example, in the Netherlands. There a regular paid job would be part of a normal life for me. In the Netherlands I would eventually find work based on my new experience. I feel like I won't go back to how things used to be 5 years ago, as I have moved on. From there I will continue to explore.

At the moment I find it hard to predict what happens because I don't know where we will be going to next year. But I think I've managed pretty well here in Brunei, so I have the confidence that I can adjust and adapt easily and have a positive experience anywhere. Once we know where we will be moving to it will get exciting as well.

For now I am focused on making a good handover of the KBBC activities and on organizing another hornbill project before we leave Brunei.

Interviewed by Ksenia Odintsova in October 2017.



Snapshots

Newcomer's boat trip

Organized by Outpost and KBBC



Snapshots

Newcomer's coffee morning

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



Snapshots

Bollywood nite 2017



The Outpost team wants to thank the Panaga Indian Section for hosting such a lovely party!



Snapshots

26th Panaga Highland Games



Organized by the Kuala Belait Scottish Community



Snapshots



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 on-line 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

English Classes



**DO YOU SPEAK
ENGLISH?**

Hosted by Alvin



Mondays, 10.00 - 11.00 am
Outpost office, Lapanpuluh 1 (A-B)

Register via outpostbrunei@shell.com

Sponsored by Outpost

Notice Board

ENGLISH for AMAHS

Hosted by Alvin

**Friday evenings
7.30-9.30pm**

Panaga Club, Annex Room



No need to register. Just sign in with the security at the main entrance to the club

Notice Board

Malay Lessons



Date: Tuesdays

Time: 9:30-10:30 BEGINNER level
10:30-11:30 INTERMEDIATE level

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

Instructor: Adriana

Register via outpostbrunei@shell.com

Sponsored by Outpost

Notice Boards

SPANISH CLASSES

Hosted by Carla and Yumaira



Starting in October 2017

Wednesdays & Thursdays, 8.00 - 9.15am

Outpost office, Lapanpuluh 1 A-B



Register via outpostbrunei@shell.com

VERY FEW SPOTS LEFT!

Please indicate whether you are a beginner or already have some experience in learning Spanish
sponsored by Outpost

Notice Board

Reminder from Panaga Club:

Please make sure that infants and toddlers wear swim-nappies when using the Panaga swimming pool.



Is there something you would like to learn with Outpost?
Email us! outpostbrunei@shell.com



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

Cooking classes Coming soon!

Look out for more information on our newest Outpost series: Cooking classes!

At Outpost we always try to renew ourselves and come up with new events and activities for the Panaga community! Do you have any good ideas you want to share? Contact us at outpostbrunei@shell.com

We at Outpost have extended our opening hours!
Visit us on Monday, Wednesday - Friday, 9 - 11 am
Please note: each Tuesday the office will be open for courses only.

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.



November Calendar

Community Calendar

Friday 3rd of November

Panaga Badminton Fun Tournament

Saturday 4th of November

Trick or Treat

Sunday 5th of November

The 44th Panaga Triathlon

Saturday 11th of November

Latino Night

Saturday 18th of November

St Andrew's Ball



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 Events

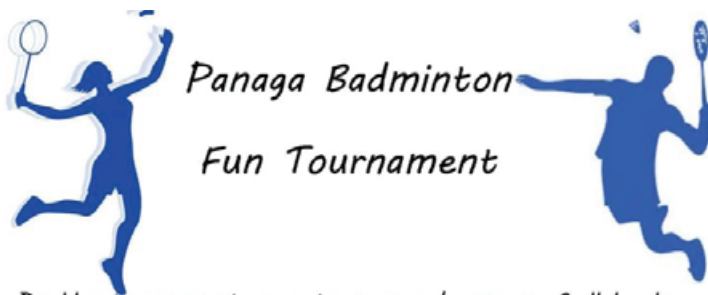
Kuala Belait Scottish Community
proudly presents
The St Andrew's Ball
at the Miri Marriott Resort and Spa.
Saturday 18th November 2017
Come and celebrate Scotland with an evening of Dinner
and Dancing.
For more information and Tickets contact
Kbscottishcommunity@gmail.com



THE AMERICAN CLUB PRESENTS
Halloween
TRICK OR TREAT
Saturday 4 November 5PM



Cost: \$5 per child
REGISTER YOUR GHOSTS & GOBLINS AT
www.panagaclub.com/american
OF THE TRICK OR TREAT BOX IN PANAGA CLUB LOBBY
questions? americanclubbrunei@gmail.com
BIKE & PEDESTRIAN FRIENDLY EVENT



Panaga Badminton Fun Tournament

Doubles tournament open to men and women of all levels.

Partners will be randomly selected on the night.

Date: Friday 3rd November

Time: 4:30pm onwards

Dinner and prize ceremony afterwards at Panaga Mauri

*Entrance fee: FREE for Panaga badminton section members
(\$10 for non-members)*

*Registration forms are available at MPH. Please complete form and
place in box provided.*

Closing date for registration: Monday 23rd October

Contact Belinda (8790549) or Cath (7255967) for any queries or see Panaga Club Badminton FB page

PIA DE LOS MUERTOS



TICKETS AVAILABLE
SEPT
THE LATINOS BRING THE PARTY TO PANAGA

11TH NOV
SATURDAY

7PM - 1AM
AT 49
LIVE LATIN BAND

A DAY OF DEAD FUN AND FIESTA

SAVE THE DATE!

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
Oct 5th	Thursday	Golden Jubilee	of Sultan Hassanal Bolkiah's accession to the throne
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

Medical Emergency Hot-line 337 2200

Panaga Health Emergency: 337 2999

Panaga Health Appointment: 337 2306

Removal of Pests: 872 3006

Shell Security (Emergency): 337 2999

24 hours Security 337 4292

or 337 4296



why not hang these on your
fridge for easy access?

Panaga Health Centre Information

Panaga Health Centre

Out Patient Department

Service hours

Monday to Thursday 7.00 am - 12.00 pm
1.00 pm - 4.00 pm

Friday 7.00 am - 12.00 pm
2.00 pm - 4.00 pm

Registration to see doctor

Monday to Thursday 7.00 am - 9.00 am
9.30 am - 11.00 am
1.00 pm - 3.00 pm

Friday 7.00 am - 11.30 am
2.00 pm - 3.30 pm

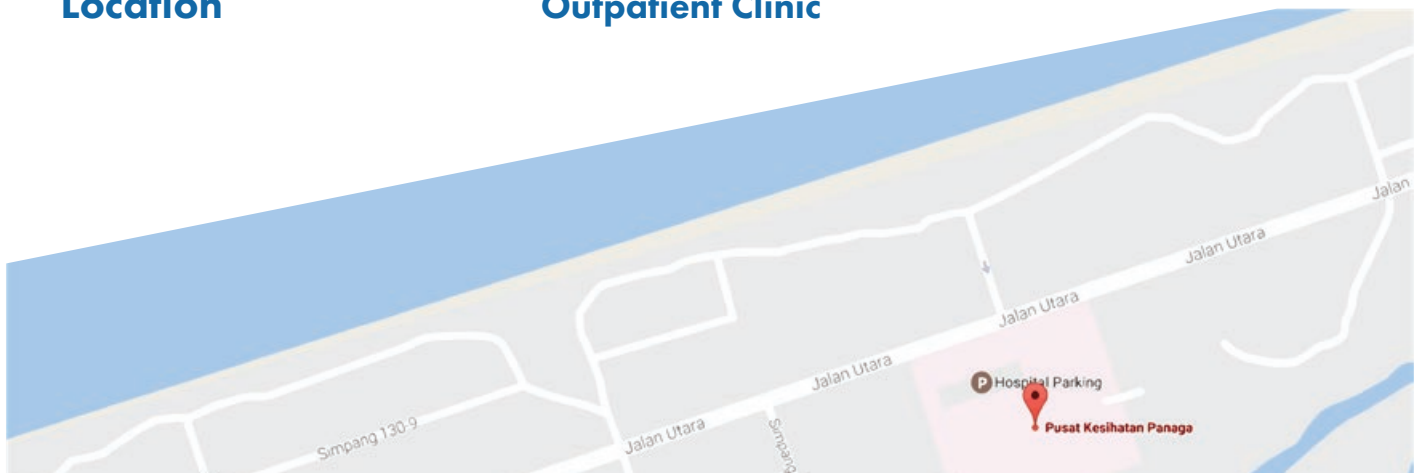
EXTENDED HOURS CLINIC

Monday to Friday 7.30 pm to 8.30 pm

Location **Medical Emergency Response Unit**

Saturdays 9.00 am to 10.00 am

Location **Outpatient Clinic**



Outpost Seria Team 2017



Myrte Dijkman
Focal Point



Kerry Smillie
Secretary



Christina Suglia
Treasurer



Snehal Tiwari
Relocations Advisor



Titi Owoyemi
Meet and Greet
Coordinator



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