

# POP!

Panaga Outpost Pages  
Seria, Brunei Darussalam

*May*

## Highlights:

- › Ramadan special!
- › Important snake-antivenin information
- › Snapshots from events in April

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contact us on: [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)



## Welcome to Outpost

### 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 information 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, Spanish and Malay classes

...and much more.

Don't forget to check our Facebook page –Outpost Seria, Brunei– for up to date information.

### Dear Readers

First of all, I am honoured to be given the opportunity to take up the role of Outpost Brunei-Seria focal point, starting May 2018. Coming from an engineering background, I am certain that my experience with Outpost will surely be an interesting yet challenging one and I am looking forward to work with a group of spouses who are unique, vibrant, fun, readily and eagerly offering their assistance to the community.



**Celyn Lim**  
Focal Point

It is not surprising that April had been another busy month at Outpost. We had consistently delivered a number of successful events. Firstly, the month of April started off with our offering of CPR and First Aid training, focusing on children and adults. We saw high attendance rate, including spouses and amahs.

We also had organised antenatal session, aimed to provide mothers-to-be with useful information, in the foreign environment. The overwhelming response was encouraging, we certainly plan to continue offering courses of this kind in the near future.

With the extended help from Hajah Zaiton of BSP-HR, Outpost Brunei-Seria had streamlined our organisation, to be simpler and more transparent. In the upcoming month of May, we will have 10 core members and supported by 5 meet & greet associates.

We are targeting to complete another CPR events in May. Follow our Facebook page for more updates!

Regards  
Celyn  
Focal Point

### Contact us:

Tel: +673 337 4927

Email: [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)

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

or: [www.panagaclub.com/outpost](http://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

### Hello Panaga People

Welcome to May!

The school year is winding down gradually but luckily, this in no way affects the usual Panaga social schedule, so do stay tuned to POP for more information on upcoming events.

Our Meet & Greet team members on duty for the month of May are: Pacinthe, Henny, Mirian, Shallon and Jing. These ladies graciously welcome our new arrivals, never underestimating how warming it is, to see a friendly face in a new location.

Finally, please remember that your friendly, Outpost team is always on hand to offer support, local and non-contractual 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,

Mas Azny Suhana Mohamad  
Relocations Advisor

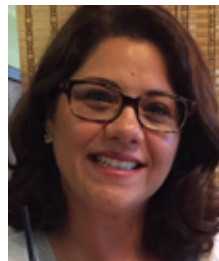


**Mas Azny Suhana Mohamad**  
Relocations Advisor

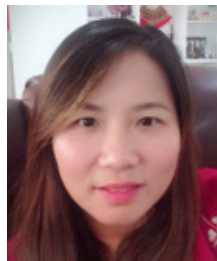
### Meet & Greet team members : May



Jing



Shallon



Henny



Pacinthe

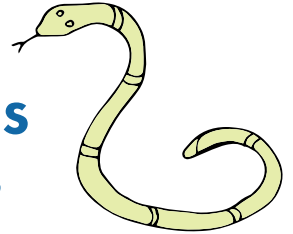


Mirian



# Snake Information

## Dos and don'ts regarding snakes in the BSP Panaga Camp Areas



Snakes, while an important part of regional biodiversity in south-east Asia, are either perceived as useful (as control agents for rodents, hence of crop pests) or harmful (for the lethal bite of a small fraction of extant species). For the latter reason, large numbers are killed, thereby removing a vital element from local ecosystems.

A total of 19 different species have been recorded in Brunei. Most species of snakes that occur in the Panaga camp are neither aggressive nor harmful. By keeping a safe distance and having a "live and let live" attitude, we can make sure that we keep the camp's ecosystem in balance.

It is never advisable to touch or handle any kind of wildlife. If you encounter a snake in your garden, watch or photograph from a safe distance and then let it carry on. If you find one in your house, and understandably find it too close for comfort, you can call the Environmental Public Health Officer's (HML/42) standby number 8723006 (24hrs). They will send their trained pest control staff with the proper equipment to safely catch and relocate the snake.

### Some steps that might help to control snake intruder around the premises:

- › Trim grass well, and prune dense foliage and under growth regularly.
- › Remove unwanted timber and pots, as these are favourite hiding places.
- › Keep branches and creepers clear of windows. Snakes may use them to get into the house.
- › Fill all burrows, holes and crevices in walls and the ground. They provide excellent hiding place for snakes.
- › Screen all ventilation openings and sewerage outlets with weather-resistant mesh or gratings (grills)
- › Dispose of uneaten food properly, otherwise this may attract rats which in turn invite their predators, the snakes.
- › If an area is infested with rats, get a pest controller to exterminate them.
- › Insects, amphibians and lizards may attract their predators, the tree snakes. IT is advisable to fumigate your premises periodically if you are living near the jungle side.
- › Rearing of chickens, pigeons and other small animals may attract snakes.
- › Drain ponds regularly and keep them clean. The Reticulated Pythons are fond of water. Improperly kept ponds tend to harbour frogs and toads, which are preyed upon by many species of snakes.



## Snake info

### Be aware of snakes when you are out in the field

- › Keep your eyes open in known snake-infested areas, and look where you are stepping or sitting.
- › Wear protective leather or rubber boots or shoes.
- › Wear baggy trousers of reasonably thick material.
- › Avoid tall grass, thick bushes and rocky places overgrown with weeds.
- › Avoid walking in the dark when out in the field because many snakes are active at night. Use a torch if you have to do so.
- › Be careful when you sleep on the ground. Your body warmth may attract a pit viper or coral snake
- › Never step out at night barefooted, or without a torch.
- › Don't stick your hand or foot into any holes in rocks, trees or the ground – there may be snakes in them.
- › On encountering a snake, DON'T RUN. It is safer to keep perfectly still or back away slowly. The snake just needs room to move off, and will do so in most circumstances.
- › Do not attack any snake. Provocation may lead to a snake biting.
- › Do not tease others with what appears to be a dead snake. It might not be dead!
- › Freshly killed snakes collected for identification purposes must be carefully handled using a stick, or with gloves.

### What should you do if you encounter a snake in BSP Camp?

- › Contact the Environmental Public Health Officer's (HML/42) standby number 8723006
- › Constant monitoring on the snake as to see its direction until someone arrives to dispose or kill the snake
- › Do not pester the snake as the snake will flee away instead of being caught
- › Patience is required until someone arrives

### What should I do if a snake bites me?

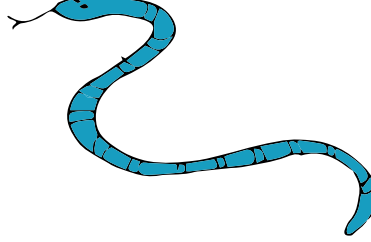
- › Only a handful of people die from a venomous snake bite. Knowing what to do if bitten by a snake and giving proper first aid is essential in keeping those numbers down and reducing them even further.
- › Two out of 3 victims are injected with very little venom (venomous bite) or no venom at all (dry bite). If someone is bitten by a snake, you won't know if it's a dry bite or a venomous bite – so to be safe, always treat any bite as a venomous bite.
- › If you are the victim and all alone, stay calm and walk slowly. Don't run for help.
- › Apply first aid immediately and seek treatment from the hospital. Do NOT wait for development of symptoms before seeking treatment.



## Snake info

### First Aid Management:

The main aim of snake bite first aid is to reduce the systemic absorption of venom by applying continuous firm pressure over the affected limb. This will help prevent life-threatening complications by prompt transport to a medical facility.

1. Lay the victim down and provide reassurance.  
Do not move the victims unless further danger is present.
  2. Call the BSP emergency number 3372999 or get to the nearest medical facility as soon as possible.
  3. Apply an elastic (pressure immobilization) bandage to slow the spread of the venom through the lymphatic system.
- 
- › Check for feeling, warmth and colour of the limb and note changes in skin colour and temperature. Place the end of the bandage against the skin and use overlapping turns
  - › The wrap should cover a long body section, such as an arm or a calf, beginning at the point farthest from the heart.
  - › For a joint, such as the knee or ankle, use figure-eight turns to support the joint.
  - › Check above and below the injury for feeling, warmth and colour, especially fingers and toes after you apply an elastic roller bandage. By checking before and after bandaging, you may be able to tell if tingling or numbness is from the bandage
  - › Check the snugness of the bandaging – a finger should easily, but not loosely, pass under the bandage.
  - › Keep the injured area still and lower than the heart. The patient should walk only if absolutely necessary.
4. DO NOT cut the bitten area
  5. Do NOT suck the venom from the bite site
  6. Do NOT apply ice
  7. DO NOT apply an arterial tourniquet
  8. DO NOT approach the snake and don't try to catch it or to kill it.
  9. If you saw the snake, try to remember what it looks like. This may help the doctor to decide the types of antivenin to give to patients.

### Hospital Management

- › Antivenin is used as an antidote to neutralize the venoms from the bites of specific species of snakes.
- › However, not all snakebites require antivenin. The doctors will only recommend antivenin if a patient with proven or suspected snake-bite develops signs of being envenomed such as paralysis, bleeding, unconscious, cardiac arrest.
- › Antivenin must be administered by doctors within hospital setting due to risks that some patients may develop severe allergic reactions (life-threatening).
- › Suri Seri Begawan Hospital at Kuala Belait keeps stocks of the antivenin. The doctors are capable of treating snakebites and able to manage cases of adverse reactions and shock due to antivenin.



*Snake info*

Some of the most common snakes seen in BSP Camp areas



Bronzeback - Non-Venomous



Python - Non-Venomous



Cobra - **Venomous**



Viper - **Venomous**

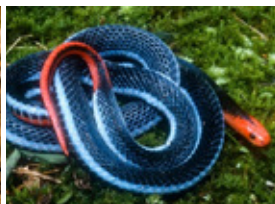
Other common venomous snakes in Brunei



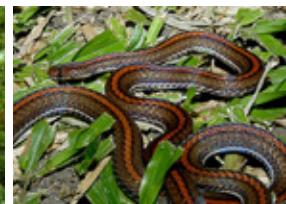
Banded Krait  
**Venomous**



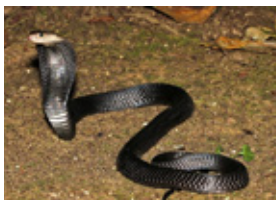
Red Headed Krait  
**Venomous**



Blue Coral Snake  
**Venomous**



Stripped Coral Snake  
**Venomous**



Equatorial Spitting Cobra  
**Venomous**



King Cobra  
**Venomous**



Sumatran Pit Viper  
**Venomous**



## UK Education Policy

### The New Shell Education Policy

Would you like to know more about the new Shell Education Policy, and how it affects you and your school-going children? Are you contemplating or about to move to the UK?



On behalf of our sister Outpost office in London, we are pleased to invite you to join in online for this talk on the new Shell Education Policy. If you are contemplating a move to the UK or have UK as your base country, do join in so you can make informed decisions to make your (future) relocation and transition to the UK a smooth one.

This talk will cover key aspects of the new Shell Education policy, which is a more accessible, streamlined approach. If you are moving to the UK and especially if you are coming home from assignment, there are things you need to be aware of.

**Wednesday 16 May 2018**

**Speaker: Mr. Henk Van Hout, Head of Shell Education Services**

Joining in via Skype/ Lync Conference call or Dial-in option

**Contact Outpost on [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) for dial in instructions!**

For the attention of Shell spouse/ partner dialing in from a non-shell device/ computer:

To speed up registration, please provide

- The Shell email of your partner
- country where you are currently based / live

Find out more about Shell Education Services, read the interview with Henk van Hout, and information about the new Shell Education Policy (links via Shell network only)

For further inquiries, kindly email [outpostlondon@shell.com](mailto:outpostlondon@shell.com) directly. If you are settling in Scotland, please contact [outpost-aberdeen@shell.com](mailto:outpost-aberdeen@shell.com). We look forward to hearing from you.

#### The Outpost London Team

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Website: <https://london.globaloutpostservices.com/>





## Welcome to Outpost

### Interview with Henk van Hout

How can Shell Education Services (SES) support families being repatriated?

**Henk van Hout** When talking about the support provided by Shell to an employee who is being repatriated, I must stress that admission of children into school is a parental responsibility. It is important for families to understand that finding a school in your base country is your responsibility, and that Education Services are willing to give advice on the quality and type of education of any specific school you are interested in. Further than that, when it comes to the admission process, this is sometimes out of SES reach. My advice is for employees to contact HR services as soon as they know they are being repatriated, to being allocated the repatriation budget for Education. It is best to do this while still on assignment in the host country rather than when you are already in your base country, and not to miss this step because the budget will not be granted automatically.



How would you describe the role of Education Services in the process of repatriation?

**Henk van Hout** It would be ideal to let children reintegrate into the education system of the employees' base country. For example, if an employee is interested in his children following the IB curriculum, Education Services can help him/her find out which schools are offering it in a specific region.

If you wish to have individual support in finding good quality schools within the UK education system, you can find several search engines on our education website.

It is common knowledge for employees that anything related to policy, including Education, can be found on the Shell intranet. Can partners access that information?

**Henk van Hout** Everything you want to know is available on the web these days. However, given the fact that the intranet (sww) is only available to Shell employees, I would suggest for partners to access this information in the evenings (from the employees' laptops), or get a printed version.

What are the most common issues in terms of Education when repatriating?

**Henk van Hout** It is very important for repatriates/ LNN to understand the difference in the fee structure between private and government (public) schools in the UK. Consider your budget. Remember it can only be used for admission and tuition fees. Again, only after contacting HR Services will you be allocated this budget. The budget is being kept in depot by HR Services and can be drawn upon after presenting an invoice for tuition fees from a certain school. You can utilize the budget for a maximum period of 24 months.

How does Outpost London and Outpost Aberdeen support the work of Education Services?

**Henk van Hout** Outpost London and Outpost Aberdeen can play an important role, because they know by their own community experience which schools are good, and how to deal with finding a residence considering schools situation. Due to the constant and immense range of education systems available in the UK, I would strongly encourage Shell people relocating to the UK to get in touch with the respective Outposts for the most current information.

Finally, what is your advice to families about to be repatriated?

**Henk van Hout** First, contact the schools as soon as possible, in case you do not have a property yet in the UK, find a school first and a house later. In case you bump into a problem. You can either contact Henk van Hout directly or Tracey Kelly, Assistant Head of Education Services.

For more information please refer to the International Mobility site on sww. [Follow this link](#)

Other schooling information and resources:

England : [outpostlondon@shell.com](mailto:outpostlondon@shell.com)

Scotland : [outpost-aberdeen@shell.com](mailto:outpost-aberdeen@shell.com)

Overview of schools in England:

<https://london.globaloutpostservices.com/about/move-to-london/schools.dot>



## About Ramadan

### RAMADAN

Ramadan is the ninth month of the Islamic calendar, and is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Muhammad according to Islamic belief. This annual observance is regarded as one of the Five Pillars of Islam. The month lasts 29–30 days based on the visual sightings of the crescent moon, according to numerous biographical accounts compiled in the hadiths.

The month of Ramadan is that in which was revealed the Quran; a guidance for mankind, and clear proofs of the guidance, and the criterion (of right and wrong).

The word Ramadan comes from Arabic root ramida or ar-ramad, which means scorching heat or dryness. Fasting is fard (obligatory) for adults Muslims, except those are suffering from an illness, travelling, are elderly, pregnant, breastfeeding, diabetic, chronically ill or menstruating.

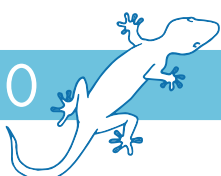
The common practice during Ramadan is fasting from dawn to sunset. Muslims refrain from consuming food, drinking liquids, smoking, and engaging in sexual relations. Muslims are also instructed to refrain from sinful behavior that may negate the reward of fasting, such as false speech (insulting, backbiting, cursing, lying, etc.) and fighting except in self-defense. Spiritual rewards (thawab) for fasting are also believed to be multiplied within the month of Ramadan. Muslims also engage in increased offering of salat (prayers), recitation of the Quran and also increase of doing good deeds and charity.

The pre-dawn meal before the fast is called the suhur, while the meal at sunset that breaks the fast is the iftar. Food and drinks are served daily, before dawn and after sunset, referred to as Suhoor and Iftar respectively.

Ramadan fasting is safe for healthy people, but those with medical conditions should seek medical advice. The fasting period is usually associated with modest weight loss, but the weight tends to return afterwards.



Omar Ali Saifuddien Mosque



## *Festive Recipe*

### **Bubur Kacang Hijau Recipe**



DIFFICULTY LEVEL: EASY TO MAKE

Yield: 3 Servings

Preparation Time: 10 Mins

Cook Time: 20 Mins

Meal Type: Dessert

Cooking Methods: Boiling/Simmering

#### **Main Ingredients**

- 1/2 cup dried mung beans
- 1 litre water
- 2 pandan leaves
- 3 slices ginger
- 2 Tbsp pearl sago
- 3 Tbsp chopped palm sugar
- 3 Tbsp white sugar
- salt
- 125 ml thick coconut milk

#### **Method**

##### **Step 1**

Rinse the mung beans well and place them in a saucepan with the water and pandan leaves. Bring to the boil and simmer on medium heat until the beans are tender, about 30 minutes. If using ginger, add now.

##### **Step 2**

Stir in the pearl sago and continue to simmer until the sago is translucent. Add the 2 types of sugar and salt, and simmer for another 5 minutes.

##### **Step 3**

Lastly, add the coconut milk and gently bring up to the boil. Turn off the heat. Serve the mung bean porridge hot or warm.



## *Festive Recipe*

### Roti John – Breakfast Sandwich



#### Ingredients

- ¼ lb ground beef
- 1 onion , finely diced
- 3 eggs
- 1 tablespoon chili sauce
- ½ teaspoon curry powder (optional)
- ½ baguette loaf
- Salt
- Pepper

#### Instructions

1. Fry the beef with onion until cooked
2. Mix all the ingredients in a bowl.
3. Heat a pan or griddle with a little vegetable oil.
4. Pour the mixture onto the pan and place a piece of open-faced baguette on top.
5. Press on the bread with a spatula and grill for 2 minutes.
6. Turn the bread over to make it a little crispy.
7. Remove from pan and cut the bread into small portions.
8. Add mayonnaise/chili sauce before cutting the sandwich (optional).



# Santa's Grotto volunteer opportunity



**Santa's Grotto**  
**Sunday 2<sup>nd</sup> December 2018.**

We are now looking for Elves and volunteers to help make the day a success.

If your interested in helping out with Elf Duties or being a volunteer please get in touch by email, we would love to hear from you!

[santasgrottopanaga@gmail.com](mailto:santasgrottopanaga@gmail.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](mailto:outpostbrunei@shell.com) or Ksenia Odintsova at [ksenia.odintsova@gmail.com](mailto:ksenia.odintsova@gmail.com).



# Settling in Sessions

These informal information mornings are held every Wednesday morning, from 9:00 until 11:00am, 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](mailto:outpostbrunei@shell.com)



## Share your travel stories!

Outpost is looking for people who would be willing to share their unique and interesting travel stories. If you have visited an unusual destination or even taken part in an exciting activity in a well traveled place we would love to hear from you. Please email Outpost for further information on [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)



## Notice Board



### 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](mailto:outpostbrunei@shell.com) or to Ksenia Odintsova at [ksenia.odintsova@gmail.com](mailto:ksenia.odintsova@gmail.com).

### Outpost 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](mailto:outpostbrunei@shell.com) or to Ksenia Odintsova at [ksenia.odintsova@gmail.com](mailto:ksenia.odintsova@gmail.com).



*Snapshots*

# Antenatal session

## With Nikki Jackson

**Nikki, a Midwife from UK, spoke to expectant couples about what to expect and how best to prepare when giving birth in Brunei. Nikki also shared valuable information about how to best care for a new born in this climate. Thank you Nikki for sharing your experience and knowledge with these families.**





*Snapshots*

# Dutch Night & Kinderfest

## Organized by the Dutch Community

On Friday the 27th and Sunday the 29th this year's Dutch Night and Kinderfest took place. Thank you to our Dutch friends for yet again organizing two such amazing and fun events!



## Language Classes

# Language classes sponsored by Outpost

Held in the Outpost office,  
Lapanuluh 1 (A-B):

### English

Hosted by Alvin

Day: Mondays  
Time: 10:00-11:00am

### Malay

Hosted by Adriana

Day: Tuesdays  
Time: 9:30 - 10:30am Beginner  
10:30 - 11:30am Intermediate

### Spanish

Hosted by Carla

Day: Wednesdays  
Time: 8.00 - 9.15 am

Held in the Annex room  
at Panaga Club:

### English for Amahs

Hosted by Alvin

Day: Friday Evening  
Time: 7:30 - 9:30pm



## Brunei Public Calendar 2018

Date	Weekday	Holiday Name	Holiday Type
<b>Jan 1</b>	Monday	New Year's Day	
<b>Feb 16</b>	Friday	Chinese New Year	1st day of lunar month
<b>Feb 17</b>	Saturday	Chinese New Year Holiday	
<b>Feb 23</b>	Friday	National Day	Independence from the UK in 1984
<b>Feb 24</b>	Saturday	National Day Holiday	
<b>Apr 16</b>	Monday In lieu of Sat 14th	Israk and Mikraj	The Prophet's Night Journey and Ascension
<b>May 17*</b>	Thursday	Ramadan begins	
<b>May 31</b>	Thursday	Royal Brunei Armed Forces Day	RBAF formed 1961
<b>Jun 4*</b>	Monday In lieu of Sat 2nd	Nuzul Al-Quraan	Revelation of the Quran
<b>Jun 15*</b>	Friday	Hari Raya Aidil Fitri	End of Ramadan
<b>Jun 18-19*</b>	Mon-Tuesday In lieu of Sat 16 - Sun 17th	Hari Raya Aidil Fitri	
<b>Jul 16</b>	Monday In lieu of Sat Sun 15th	H.M. Sultan's Birthday Holiday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
<b>Aug 22*</b>	Wednesday	Hari Raya Aidil Adha	Festival of the Sacrifice
<b>Sep 11</b>	Tuesday	Al-Hijra	Islamic New Year 1440
<b>Nov 20</b>	Tuesday	Maulud	Prophet Muhammad SAW's Birthday
<b>Dec 25</b>	Tuesday	Christmas Day	

\* date may vary due to the lunar calendar



## May Calendar

### Outpost Calendar

**Thursday, May 24th**  
**Thursday June 7th**

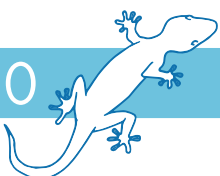
**First Aid, AED and CPR**  
**How to Prepare your Move:**  
**Surviving and Thriving in challenging times**

### Community Calendar

**Saturday, June 30th**

**27th Panaga Highland Games**  
**KB Scottish Community**

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



*Upcoming Event*

## First Aid, AED & CPR COURSE

Date: Thursday May 24h

Time: 5:30pm

Location: Lapanpuluh – LOBBY AREA

Register via [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)



Get trained in CPR and learn how to use an AED.

As part of our mission to train people how to respond to and prepare for emergencies.

You may not realize it, but the response time for first responders after 911 is called averages 8-12 minutes, and during sudden cardiac arrest – each minute that defibrillation is delayed reduces someone's chances of survival by approximately 10%.

Hosted by certified Nurse Marie McCready.

Sponsored by Outpost



## Emergency Numbers

### Government Hot lines (24Hrs)

Ambulance: .....	991
Police: .....	993
Fire & Rescue:.....	995
Search & Rescue: .....	998

### BSP Emergency Contact Numbers

BSP Emergency: .....	337 2999
BSP HQ Security (24Hrs):.....	337 4292
or .....	337 4296
BSP HSE Duty Security: .....	873 0905
or .....	872 1041

### Medical & Health Services

Ambulance (24Hrs):.....	337 2200
PHC Reception (Office Hours): .....	337 2306
or .....	337 2709
Dental Clinic (Office Hours): .....	377 2540
Animal And Vector Control (24Hrs):.....	872 3006

### Power & Amenities (24Hrs)

General Building /Civil /Cooker: .....	875 6953
Air Cond/Fridge: .....	871 0714
Electrical: .....	877 3832
Estate (Tree Cutting): .....	871 0492
Smoke Detector: .....	872 0547
External Sewerage: .....	873 0095

### Housing and Services (24Hrs)

Housing: .....	873 3670
Camp Services: .....	874 2034



## *Panaga Health Centre*

### **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**

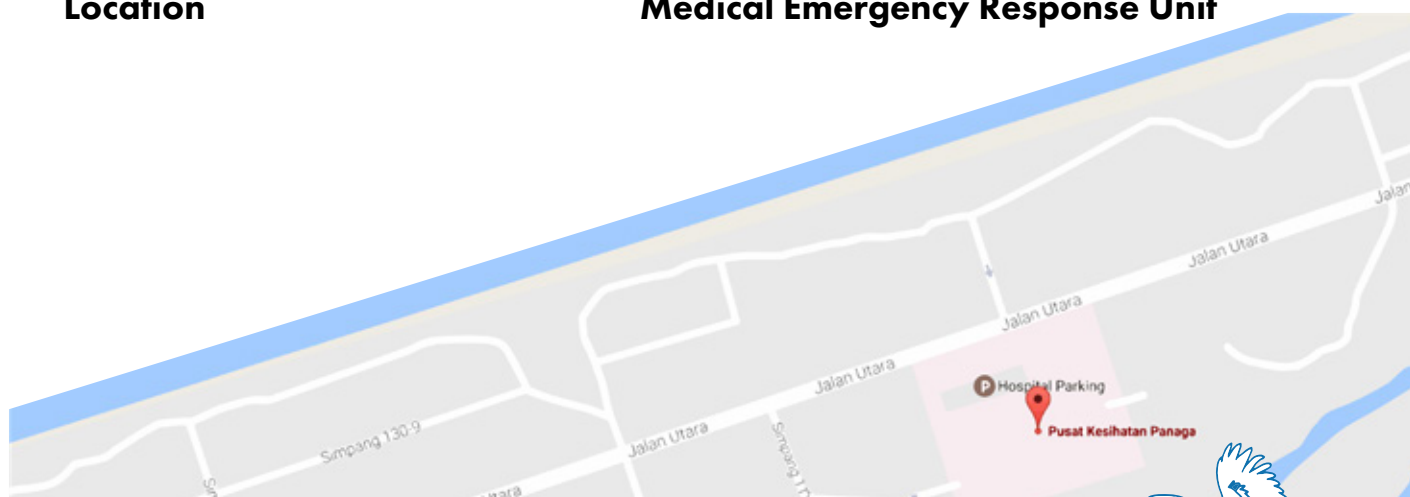
**Friday**    **7.00 am - 11.30 am**  
**2.00 pm - 3.30 pm**

### **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**

**Sundays and public holidays**              **9.00 am to 10.00 am**  
**Location**    **Medical Emergency Response Unit**



*Outpost Team Seria 2018*



**Celyn Lim**  
Focal Point



**Thamine M. Kilbride**  
Public Relations



**Christina Suglia**  
Treasurer



**Mas Azny Suhana  
Mohamad**  
Relocations Advisor



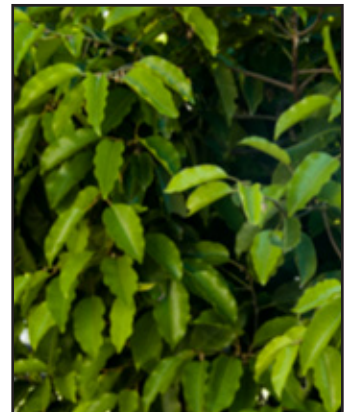
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