



**Panaga Outpost Pages**  
**Seria, Brunei Darussalam**

*february*

### Highlights:

- › Learn how to make Sarawak Laksa
- › Read about Mu, the Vietnamese trekking guide
- › Plenty of exciting events for the beginning of the year

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contact us at: [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
- › 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.

### Hello again,

Happy New Year to everyone.  
Welcome to the refreshed January 2019 edition of POP.



**Celyn Lim**  
Focal Point

Let's do a quick recap of 2018. Outpost Brunei-Seria received about 130 new families to the Panaga Camp. We had in total 603 expatriate families living in the Panaga area in 2018. A preliminary estimate shows that we are going to see more newcomers in 2019. Surely, it will be a busy year ahead.

We are going to continue the basic activities at Outpost Brunei-Seria. Newcomers: Be sure not to miss the Information Coffee Morning, which is held quarterly. On top of that, there is a series of cooking and art classes in the funnel. You can get in touch with any of the Outpost members for further details. Also, we are working with BSP HR to organise first aid training for spouses and amahs.

Outpost Brunei-Seria is bidding farewell to a few members and welcoming a few new and fresh faces to the team. Anchaal, Marleen, and Robbert are our new members, and they are eager to get to work in service of the Panaga community. To accommodate the relocation needs of a growing number of expatriate families, the Outpost Brunei-Seria invites new volunteers to join the team. Anyone who is keen to help make Panaga a wonderful neighbourhood is welcome.

So, are you ready to make the 2019 another exciting year for the Panaga community? We hope to see you at our events. Stay connected with our Facebook page (Outpost Seria, Brunei) for the latest updates, or you are most welcome to visit the Outpost Brunei-Seria office at Lapanpuluh Apartments, Block A.

Celyn Lim  
Outpost Brunei-Seria 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 - 11am

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

Address:

Outpost Brunei - Seria  
F12 Lapanpuluh A1  
Panaga KB 3534



## *Outpost Vacancy*

# Join our team!

**We are looking for new members for Outpost Brunei-Seria!**

**If you an organized and positive individual looking to join our enthusiastic and welcoming team, please do not hesitate to get in touch with us.**

**To apply, visit the Outpost Office inside the Lapanpuluh Apartment complex or email us at [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com).**





## Coffee Morning

### First Information Coffee Morning of 2019

By Wynand Hoitinga

A new year with new fun events, new opportunities and, of course, new arrivals to Brunei! On January 17th, Outpost held the first Information Coffee Morning of 2019, meticulously organised by Event Coordinator, Pratibha Prasad. The purpose of the quarterly coffee mornings is to inform all new arrivals on basic aspects in living in Panaga/Brunei. Furthermore, coffee mornings enable the newbies to meet each other and the Outpost team so that they know who/where to turn to for queries.

This premier coffee morning was extra-special because Aanchal Bhuhsan made her debut as Outpost's new Meet and Greet Coordinator, taking up the mantle from the great work done up to the end of last year by Mas Aznie.



Also in attendance was our special guest Margot Stroeken of Clarity Brunei. Margot is a Life & Career Coach, facilitating seminars for expats and giving advice regarding emigration; something she has considerable experience with. During the coffee morning, Margot helped participants by sharing her experience in career development, building a new social network abroad and finding purpose in living in Panaga, especially for the non-working spouses.



## *Coffee Morning*



Team Outpost's warm gratitude goes out to Dr. Ceri Powell for her generosity and hospitality in offering 49 as a venue. It is an excellent place to get to know others while enjoying delicious pastries made by Dr. Ceri Powell's friendly Amahs. It goes without saying that 49 leaves an impression which new arrivals remember fondly, especially when Dr. Ceri Powell makes time in her schedule to meet and greet them.





## *Vietnam Travelogue*

# An Inspiring and Magical Black Hmong Lady, Ly Thi Mu



By Celyn Lim

Ly Thi Mu (aka Mu) grew up in a patriarchal society in the mountainous terrain of Vietnam, where girls are not encouraged to go to school but are expected to provide care to the family, raising younger siblings and performing regular household tasks including cooking, feeding livestock, and laundry. Mu performed the expected role during the 9 years of her childhood. Mu is the fourth of six siblings, which is considered a small family in her home village of Lao Cai. The Lao Cai village has five indigenous Vietnamese tribes, namely the Black Hmong, the Red Chao, the Green Zai (ta ban), the Safo (4 days trekking), and the Day.



Walking Stick from Bamboo





## *Vietnam Travelogue*

Traditionally, Hmong parents arrange for their children's marriage when their children turn 14 or 15 years old. The young wife will begin the routine of pregnancy and continue helping in the family business of farming. Mu, who has no educational background at all, chose to do the unconventional thing, which was to work with a travel agency at 13 years old, where she led groups of tourists trekking into the Lao Cai and Sapa mountains. She made use of this opportunity to sell souvenirs to tourists and at the same time started learning English by talking to her clients. Impressively, she learned word by word from tourists and eventually managed to construct fluent English sentences. Let's not forget, Mu did not even have the background of Vietnamese language before she started learning English!

Refusing to bow to the tribe's culture of arranged marriage was one of Mu's bravest acts to fight for her own future. About 7 or 8 years into her career as trekking guide, Mu realized that reading and writing would open a new chapter of her life. She then decided to start learning reading and writing in both Vietnamese and English at the same time, by seeking guidance and assistance and making use of today's technologically advanced smartphone apps. When we met Mu on our Sapa trekking tour, she had just turned 29 years old and was married to a Dutch journalist. Mu could speak freely in fluent English with us about the Lao Cai local cultural practices, the magical spells used by the Hmong ancestors, Vietnamese communist history, and Vietnam's transformation in recent decades. As of this year, this magical mountain girl had been running her own travel agency with a staff of four for over 3 years, and the company has a very modern and advanced website that is actively searched by overseas tourists. We strongly



Traditional MHong cooking



Mu's family homestay





## *Vietnam Travelogue*

believe this is not the end of Mu's achievement. She is still young and energetic. She has a full passion for life. From our conversation, we learned that Mu is currently preparing for her next career in fashion design. She wants to blend her village's culture into the modern world of fashion. We are hopeful to see the next successful chapter in Mu's life.

If you are interested in trekking in Sapa (Vietnam), do visit Mu's website [Mutrekkingtours.com](http://Mutrekkingtours.com). I am sure you will enjoy the journey and have fun with Mu while walking through the bamboo forest of Lao Cai.



A young MHong mother





## Notice Board

# Living in Panaga-sessions

### COVERING:

- › PANAGA MEDICAL CENTRE
- › SECURITY ON CAMP
- › ROAD SAFETY

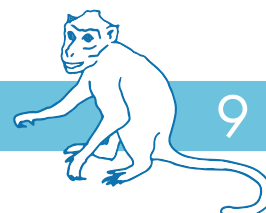


**12th of February**

**2.30 – 4.30pm**

Sessions will be held quarterly. Recent new joiners will receive an invite from BSP HR Services. A waiting list will be created for current Panaga residents who would like to join the meeting.

Contact [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) for more information.



## Notice Board



**Puppy „Bruce“ is looking for foster/or adoption family**

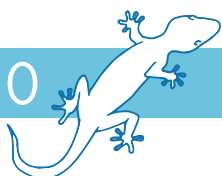
**Bruce is about 6 months old.**

**Hi is very friendly with kids, adults and other dogs.**

**For further information, please contact Annette via WhatsApp: +673 7227492**



PIC•COLLAGE





## Notice Board

# Settling in Sessions

**These informal information meetings are held every Wednesday morning from 9 am to 11 am at the Outpost office. They are designed to answer any questions regarding relocating to Brunei and settling into the community.**



## 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 recommend it to other expats? Help your fellow expats find a good cause to support! Please send your replies to Outpost Seria at [outpostbrunei@shell.com](mailto: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](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).



## Snapshots

### Outpost Cooking Class

by Celyn Lim

Living in Borneo, you have probably heard of a local delicacy named Sarawak Laksa.

It was our pleasure at Outpost Brunei-Seria to have a local Bornean, Jacquelin, host a Sarawak Laksa cooking class on 23rd Jan.

We Southeast Asians love complex flavors. We mix the taste of sweet, sour, savory, and to a certain extent bitterness in our food, but we blend them harmoniously to achieve a fragrant and delicious delicacy. Sarawak Laksa fits very well into this category. It has the freshness of prawns, the sweetness of palm sugar, the spiciness of ground chili, and the sourness of lime. The slightly bitter taste of coriander as a topping is a perfect complement to the noodles and gravy.

The cooking class was fully booked with 10 participants. It was not purely learning the cooking. The Outpost Focal Point took the opportunity to introduce a variety of Laksa available within this region. The class lasted 2 hours and towards the end, everyone got the chance to taste the "product" and share with others.

If you are interested in joining our cooking lessons, please refer to the Outpost weekly newsletter and POP magazine or drop by our office to find out more details.

Organiser: Pratibha, Event Coordinator





## Sarawak Laksa

### What you need:

500gm laksa paste 1 pack rice vermicelli  
3pcs chicken breast  
4 eggs  
1 kg prawn- deveined, tails intact, shells and head reserved for stock  
250gm bean sprout  
1kg fresh coconut milk (1st layer)  
Calamansi -cut into half  
A stalks cilantro or spring onion- chop thinly  
Sambal  
Salt  
Chicken stock cube



### How:

1. Cover the prawn head and shells in water, and bring to boil. Let it simmer for 20mins. Stir the laksa paste into the stock. Simmer for another 20mins. Let it cool down after that.
2. In another pot, add chicken stock cube and boil the chicken breast till tender. Remove chicken from stock, and when cool enough to handle, shred and set aside. Discard the bones.
3. Using strainer to hold back the prawn stock and laksa paste mixture, add into chicken stock. Simmer at low heat. Add prawn for 30 second, remove and set aside. Add in coconut milk into the stock mixture, salt to you taste. Simmer for a while. Remove from heat and ready to serve.
4. Whisk egg in a bowl. Heat oil in a pan and fried egg in. Once cooked, let it cool, cut into strips and set aside. In another pot, blanch rice vermicelli, set aside. On same pot, blanch bean sprout, set aside.
5. In a bowl, divide prawn, egg, chicken, bean sprout and rice vermicelli. Pour hot laksa broth on top. Serve with calamansi, cilantro and sambal.



## Language Classes

# Language classes sponsored by Outpost

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

### English

Hosted by Alvin

Day: Mondays  
Time: 8:30 - 9:30 am

### Malay

Hosted by Adriana

Intermediate class:

Day: Tuesdays  
Time: 8:30 - 9:30 am

Beginner class:

Day: Tuesdays  
Time: 9:30 - 10:30 am

### Spanish

Hosted by Carla

Intermediate class:

Day: Wednesdays  
Time: 8:15 - 9:15 am

Beginner class:

Day: Thursdays  
Time: 8:15 - 9:15 am

Held in the Annex room  
at Panaga Club:

### English for Amahs

Hosted by Alvin

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





## Brunei Public Calendar 2019

Date	Weekday	Holiday Name	Holiday Type
<b>Jan 1st</b>	Monday	New Year's Day	
<b>Feb 5th</b>	Tuesday	Chinese New Year	1st day of lunar month
<b>Feb 23rd</b>	Saturday	National Day	Independence from the UK in 1984
<b>Feb 25th</b>	Monday	National Day Holiday	
<b>Apr 3rd*</b>	Wednesday	Israk and Mikraj	The Prophet's Night Journey and Ascension
<b>May 6th*</b>	Monday	Ramadan begins	
<b>May 22nd*</b>	Wednesday	Nuzul Al-Quraan	Revelation of the Quran
<b>May 31st</b>	Friday	Royal Brunei Armed Forces Day	RBAF formed 1961
<b>Jun 5-7th*</b>	Wed - Friday	Hari Raya Aidil Fitri	
<b>Jul 15th</b>	Monday	H.M. Sultan's Birthday Holiday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
<b>Aug 12th*</b>	Monday	Hari Raya Aidil Adha	Festival of the Sacrifice
<b>Sep 1st</b>	Sunday	Al-Hijra	Islamic New Year 1441
<b>Nov 9th*</b>	Saturday	Maulud	Prophet Muhammad SAW's Birthday
<b>Dec 25th</b>	Wednesday	Christmas Day	

\* date may vary due to the lunar calendar



## *Community Calendar*

### Outpost Calendar

**Wednesday, February 13th**  
**Tuesday, March 19th**  
**Thursday, March 21st**

**Vietnamese Cooking Class**  
**Online Study Workshop**  
**Ceramic Painting Workshop**

### Community Calendar

**Tuesday, February 12th**  
**February 13-16th**  
**Saturday, March 2nd**

**Living in Panaga Session**  
**Treasure Island, a pantomime**  
**Flamenco Night**

### Miri Event

**Thursday, February 14th**  
**Friday, February 15th**

**Valentine's Day Dinner**  
**Chinese New Year Dinner**

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





*Upcoming Event*

# Vietnamese Cooking Class

We're excited for the next cooking class of 2019!  
This time you will get the chance to learn how to make a  
Vietnamese dish: fresh spring rolls!

<b>Date:</b>	<b>February 13th</b>
<b>Time:</b>	<b>9:00 – 11:00 am</b>
<b>Charges:</b>	<b>\$5</b>

Please be advised that there is a maximum of 10 participants.

Venue will be disclosed to participants after signing up.

Email [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) to sign up!



*Upcoming Event*

# Online Study Workshop

## (For Spouses)

Outpost presents this highly useful workshop hosted by Noortje Campman and Margot Stroecken.

**Date:** March 19th  
**Time:** 9:30 – 11:00am  
**Venue:** Outpost office

Send an email to [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) to sign up.





*Upcoming Event*

# Ceramic Painting Workshop

Welcome to join this exciting art class, hosted by the talented Emilia!

**Date:** March 21st  
**Time:** 9:15 – 11:00 am  
**Charges:** \$5

Please be advised that there is a maximum of 8 participants for this workshop.

Venue will be disclosed to participants after signing up.

Send an email to [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) to sign up.



## Upcoming Event

## Community Events:





## Upcoming Event

# Outpost Miri Events:

PIASAU BOAT CLUB

A NIGHT FOR 2  
*February 14th*

*Valentine's Day*  
DINNER

6PM-ONWARD // COUPLES RM120

APPETIZERS:  
 >> PRAWN COCKTAIL  
 >> CREAM OF LEEK & POTATOE SOUP  
 DESSERT:  
 >> RED VELVET CAKE SERVED WITH ICE CREAM  
 >> BREW COFFEE & TEA

MAIN COURSE:  
 >> ROAST RACK OF LAMB WITH HERB CRUST  
 >> GRILLED SALMON WITH CREAM MUSTARD SEED SOUR SAUCE (SERVE WITH HASSEL BAKED POTATOES & VEGETABLES OF THE DAY)

>> COMPLIMENTARY 2 GLASS OF WINE & A ROSE <<

ENJOY YOUR VALENTINE DAY WITH SUNSET VIEW AND NIGHT SEA BREEZE

ANY ENQUIRIES CAN CALL : 085-640063 (MONDAY TO FRIDAY , 8AM TILL 5PM)

CHINESE  
NEW YEAR  
**2019**

DATE : 15th FEBRUARY 2019,  
TUESDAY

**BUFFET DINNER  
@ 7PM**

STARTER

- > Seven Star Yee Sang

MAIN COURSE

- > Fried Bean Curd with Leek, Mushroom & Bacon
- > Braised Broccoli with Yam Roll
- > Deep Fried Snapper Fillet with Nyonya Sauce
- > Fried Butter Prawn with Oats & Curry Leaf
- > Grilled Lamb Tandoori
- > Roasted Chicken with Mushroom Sauce
- > White Rice
- > Mandarin Orange

Price:  
 RM 50.00 Nett (Adult)  
 RM 30.00 Nett  
 (Kid-below 12 yrs old)

Wishing all our PBC members  
a Happy Chinese New Year  
2019  
GONG XI FA CAI !!

**LION DANCE  
PERFORMANCE @ 6PM**

- > High Pole Lion Dance Performance
- > Drum Performance
- > Dragon Performance

FOR MORE DETAILS CALL  
 085-640063 (MONDAY TO FRIDAY, 8AM TO 5PM) OR  
 EMAIL - pbcmiri@piasauboaclub.com



## 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 / 337 4296
BSP HSE Duty Security: .....	873 0905 / 872 1041

### Medical & Health Services

Ambulance (24Hrs): .....	337 2200
Panaga Health Centre Outpatient Reception .....	337 2306 / 337 3033
Dental Clinic (Office Hours): .....	377 2540
Animal And Vector Control (24Hrs):.....	872 3006

### IFM Contacts

IFM Customer Services (Office hours) .....	3373147
Asset Maintenance Duty Phone.....	729 3547
Accommodation Maintenance Duty Phone.....	719 3547

### Others

Panaga School Hotline (office hours) .....	337 2139
Panaga School Hotline (after working hours) .....	877 7028
BSRC Hotline (office hours).....	337 3503
BSRC Hotline (after working hours) .....	337 4091
Panaga Club Hotlines: .....	337 2265 / 337 5754 / 337 2234



why not hang these on your  
fridge for easy access?





## *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**

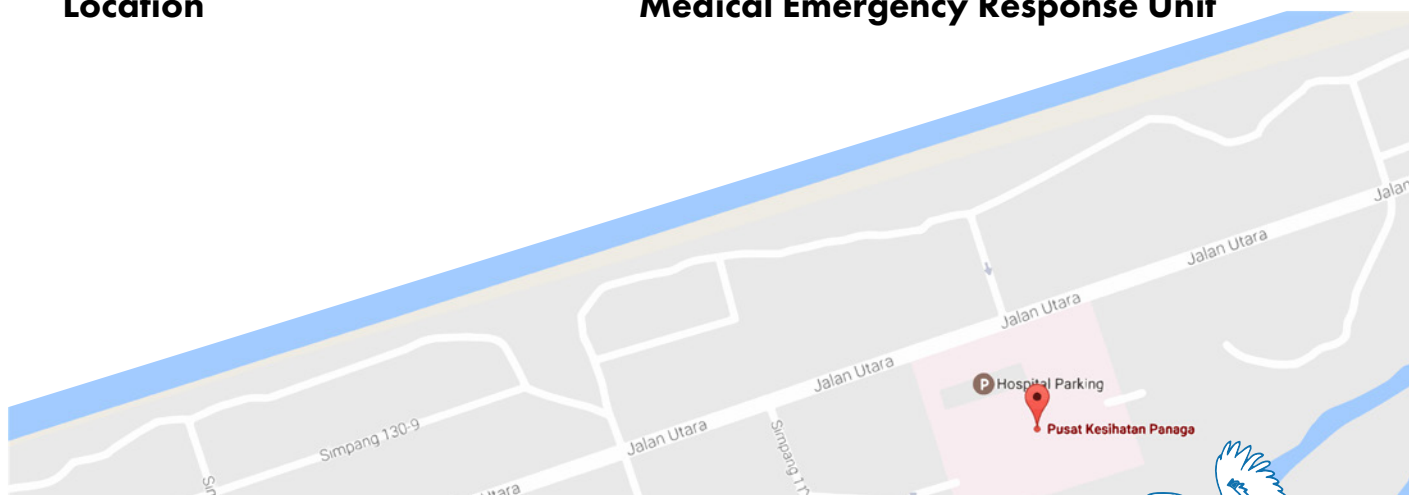
**Friday**                                        **7.00 am - 11.30 am**  
   **2.00 pm - 3.30 pm**

### **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 2019



**Celyn Lim**  
Focal Point



**Thamine M. Kilbride**  
Public Relations



**Olayinka Idowu**  
Treasurer



**Pratibha Prasad**  
Event Coordinator



**Wijinand Hoitinga**  
Secretary



**Alvin Machia**  
Webmaster



**Annika Cederberg**  
POP Editor



**Rachel Laramie**  
Special Project  
Coordinator



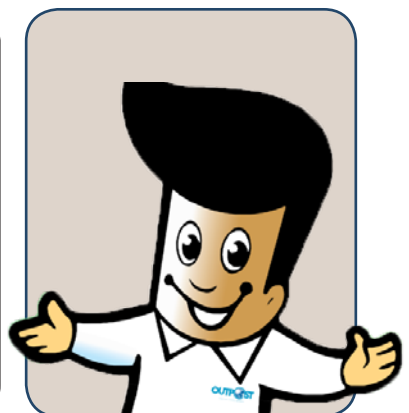
**Aanchal Bhushan**  
Relocation Advisor



**Robbert-Jan Pierik**  
General Member



**Marleen Anna  
Spaans**  
Career &  
Development advisor



**Mr. Outpost**  
Online Promoter

