



Panaga Outpost Pages  
Seria, Brunei Darussalam

*March*



### Highlights:

- › Outpost Presents Donation to Pusat Ehsan
- › How to Make Vietnamese Spring Rolls
- › Netball Q&A
- › Outpost Seeking New Focal Point to Lead the Team!

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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 the following services:

- › Meet and Greet for newcomers
- › Networking events including information mornings
- › Workshops on topics like CV writing, first aid, how to prepare for your move, wildlife in Panaga, and third-culture kids
- › Weekly Spanish and Malay classes
- › ... and many more!

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

### Contact us

Tel: +673 337 4927

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

Website: [seria.globaloutpostservices.com](http://seria.globaloutpostservices.com)\*

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

Facebook: Outpost Seria, Brunei

### Or come visit our office!

Outpost Brunei, Seria  
Lapanpuluh A1  
F12, Panaga, KB 3534

### Opening Hours

Monday: 9 - 11 a.m.

Tuesday: Open only for courses

Wednesday: 9 - 11 a.m.

Thursday: 9 - 11 a.m.

Friday: 9 - 11 a.m.

\*Website requires registration.

## Hello again,

I hope everyone has had a good start to 2019. We are gearing up with a lot of movement of people within the Panaga camp. In the first two months of this year, we have received 19 new families. There are more to come, and we are looking forward to that.

Our cooking lessons have been a blast, loved by our expat spouses. Lined up for this month we have a Kiwi cooking and Indian food cooking classes. Make sure you book early.

Remember the Panaga Bazaar charity event organized by the Outpost team last October? This week we had the opportunity to present the funds collected during the event to the Pusat Ehsan charity organization. The \$9,000 will be used to build an extra classroom for children with special needs. The Outpost team will continue to organize events of this kind to contribute to the local community. We need your support. If you are interested, please connect with us.

Stay tuned for exciting upcoming events.

Celyn Lim

Outpost Brunei-Seria Focal Point



Celyn Lim  
Focal Point





## *Outpost Vacancy*

# Join our team!

Outpost Brunei-Seria is always looking for new members!

Working with us is a great way to meet new people, get involved in the community and have a little fun. If you are an organized and positive individual looking to join our enthusiastic and welcoming team, please do not hesitate to get in touch with us. Expertise in IT or HR is especially appreciated!

To apply, visit the Outpost Office in Block A at the Lapanpuluh Apartment complex or email us at [outpost-brunei@shell.com](mailto:outpost-brunei@shell.com).

We are also looking for a new Focal Point. To read more about this role and see if it might be right for you, check out the job description on page 12!





## Outpost Presents Gift to Pusat Ehsan

By Wijnand Hoitinga

On Wednesday Feb. 27 Outpost Brunei-Seria presented a donation gift of B\$9,000 to Pusat Ehsan Al-Ameerah Al-Hajjah Maryam – Kuala Belait branch – a non-governmental organization that provides education, rehabilitation and training programs for children and adults with special needs.

In October 2018 Outpost Brunei-Seria organized a fundraiser event, the Panaga Bazaar, to raise funds for Pusat Ehsan. Before the fundraiser event, Pusat Ehsan and Outpost agreed that the money would go towards educational materials, renovation of their current building, or construction of an entirely new classroom, depending on the amount raised. Since the fundraiser, Outpost and Pusat Ehsan have been in contact on a regular basis to discuss how the money would be best spent, and the decision was made to find a contractor to build a new classroom.



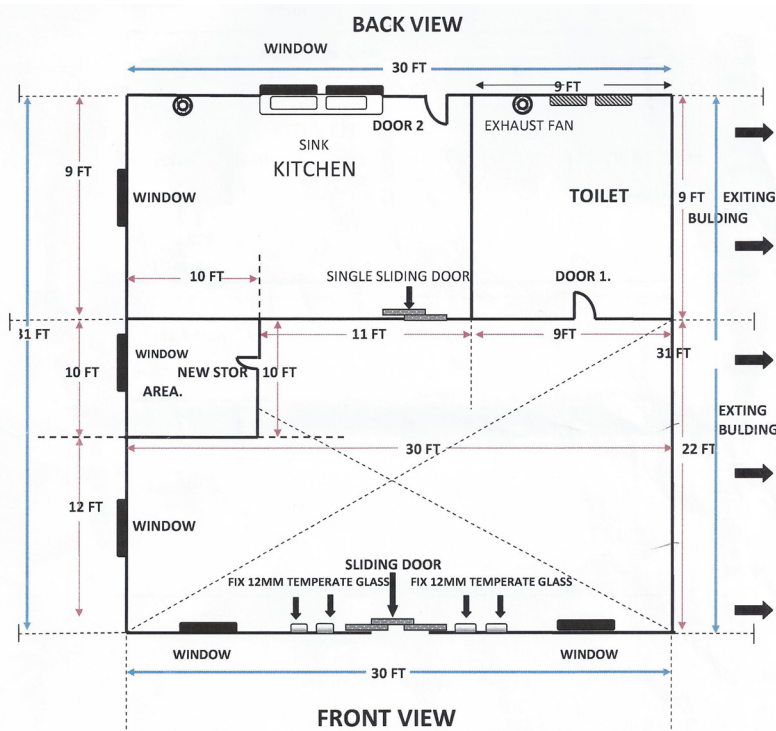


## Pusat Ehsan Donation



After careful consideration, a contractor has been chosen for the job. And so, on Wednesday, Outpost did the official handover of the donation gift to the contractor that will start construction of a new classroom in the first week of March. The B\$9,000 gift is not enough to cover all that Pusat Ehsan has in mind, but it will cover the first phase: construction of the classroom's foundation, walls and roof. The first phase is expected to be completed by the end of May. To celebrate this festive moment and important milestone, Pusat Ehsan arranged for tea and cakes.

Outpost will track progress during the construction and, of course, we will keep you informed!





*Cooking Class*

## Vietnamese Spring Rolls

By Pratibha Prasad

"A salad packed into an edible container" sums up Vietnamese spring rolls nicely. At the most recent Outpost cooking class, held on Feb. 19, I got the chance to prepare and taste this special dish.

The fresh flavours of Vietnamese cooking are so much lighter and punchier than the fried snacks I was expecting!! They're just about the freshest thing I can imagine: a jumble of crunchy raw vegetables and soft aromatic leaves with cool prawns and chicken, all stuffed snugly into a featherlight rice wrapper. Paired with the lemon and vinegar dip, it was a rush of flavours in my mouth.

Big thanks to Pinky Pabillore for hosting us in her beautiful house! After her demonstration, all the enthusiastic





## Cooking Class

participants got the opportunity to try and make their own spring rolls!

If you are interested in joining our cooking lessons, please refer to the Outpost weekly update and POP magazine or drop by our office to find out more details. And if you're interested in hosting a cooking lesson, send an email to [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com).



## Vietnamese Fresh Spring Roll

### Ingredients:

- 15 pcs – round rice paper wrappers
- 1 cup fresh mint leaves
- 1 cup fresh basil leaves
- 1 cup fresh coriander
- ½ kg cooked shrimps
- 15 pcs lettuce (roman) leaves
- ½ kg boil chicken
- 1 whole pineapple
- 2 pcs cucumber
- 2 cup beans sprouts

For Sauce: lime juice, sugar, fish sauce, carrots, garlic and chilli



### Procedure:

1. Boil the chicken until tender, let it cool, slice thinly.
2. boil the prawns, remove shells, set aside
3. prepare cold water and put some sugar in a wide bowl.
4. start by softening the rice paper.
5. lay flat the rice paper arrange the lettuce chicken, cucumber, mint or basil, pineapple slices and lastly the prawns.
6. fold the sides inwards, then tightly roll the rice paper.

### Sauce : Vinegar

In the saucepan, combine rice vinegar, fish sauce, 1 cup water and 3 spoon sugar (or according to taste). Heat until sugar has dissolved. Then let it cool completely, add garlic and grated carrots.

### Sauce: Lime

Take 1/2 cup lime juice, mix it with 3 spoons sugar, 5sp fish sauce and put some sliced chilli.





## Netball Q&A



# Belait Flyers Netball

By Michelle Brown

We are a fun and friendly sports section in Panaga Club and would love to have some more players join us. You don't need to have any experience at all and we will teach you all that you need to know. You will get to play a game in your first session with us.

### Who can join?

Anyone, male or female, 16 years and above can join.

### So, what is netball?

Netball is a ball game similar to basketball, in that you have two teams and score goals by shooting the ball through a hoop, but with a few fundamental differences. For example, you can't move your feet whilst holding the ball.

### Oh no, are there loads of rules I have to learn first?

Not really. There are rules that do define the game, but we will go through these as and when you need to know them. If you want to have a look beforehand, there is a 6-minute video that gives a good introduction to the game. Do a Google search for "netball presentation youtube" and this video should appear.



### What do you do during your sessions?

We have a gentle warm up with a couple of basic drills and skills practices to help improve your game, and then we play netball!

### Sounds great – I'd love to have a go! When and where do you play?

We play on Tuesday nights from 7:00 to 8:30 p.m. in the Multi-Purpose Hall at Panaga Club.

### Do I need to bring any special equipment?

Nope, just wear some comfortable sports kit and a good pair of trainers. Do bring some water.

### Do I have to be a Panaga Club member?

No!

### How much does it cost?

\$10 a month for Panaga Club members or \$5 a session for non-Panaga Club members. And your first session is free!

### How do I contact you if I want more information?

We have a Facebook page (Belait Flyers netball, Brunei) or you can email [belaitflyers@gmail.com](mailto:belaitflyers@gmail.com).





## Notice Board

### Settling in Sessions

These informal information meetings are held every Wednesday morning from 9 - 11 a.m. at the Outpost office. They are designed to answer any questions newcomers may have about relocating to Brunei and settling into the community.



### Volunteering in and Around Brunei

Dear POP readers,

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





## Notice Board

# Vacancy

### Focal Point

### Shell Outpost Brunei-Seria Team

#### About Shell Outpost Brunei-Seria

Shell Outpost offers a unique service to Shell employees and their families facing the challenges of global mobility. The Outpost Network of expatriate partners ensures that up-to-date and accurate information is exchanged to support Shell families on the move or on repatriation.

The Outpost Team provides professional information – in addition to HR services – on most aspects of living abroad in specific locations where Shell operates. These services include welcoming and settling-in support, career and personal development for partners and many others addressing different aspects of living in one of our locations. Each Outpost location develops a personal, confidential relationship with their Shell clients.

#### Job Purpose for Focal Point

The Outpost Focal Point develops, delivers, sources and monitors a sustainable range of high quality and cost effective services locally, which will have a significant impact on the attraction and retention of international employees and their families.

#### Accountabilities:

- Ensure that Outpost operates as a satellite of the larger Outpost Network and follows the mission and vision of Global Outpost.
- Maintain a close working relationship with local HR and with Global Outpost Services (GOS).
- Ensure that Outpost gives honest, reliable, confidential and non-contractual advice on the realities of assignments without compromising the reputation of the Shell organisation.
- Keep abreast of changing business and client needs and adapt team activities to local and global trends.

#### Special Requirements:

- Enthusiasm and commitment
- Excellent communication and diplomacy skills for engaging with clients
- Ability to develop rapport with people from various cultures and various levels of the organization
- Preferably a member of the expatriate community who has an appreciation for the Outpost Network and plenty of cultural sensitivity
- Leadership qualities, particularly the ability to create good team spirit
- Honesty, integrity and total confidentiality in handling client information and in all Outpost activities
- Ability to work independently
- Ability to read, write and speak English fluently
- Computer literacy (Internet, Outlook, Word, Excel and Power Point)





## Notice Board

### Tasks & Duties:

- Promote Outpost across the businesses, in the community and throughout the network.
- Maintain regular contact with Global Outpost Services (GOS) and the Outpost Network and visit GOS if possible when in The Hague.
- Cooperate and liaise with the local HR department through regular meetings to discuss current issues and scope of services.
- Recruit and appoint suitable Outpost team members in a professional way.
- Manage, motivate and develop an effective and diverse team that reflects the community, composed of different nationalities, cultures and skills. Allocate specific tasks and projects related to the Outpost activities to Team Members.
- Train the team in cooperation with GOS: how to answer/advise clients, where to find information, how to improve computer skills, GOS website functionalities, Global Application Database, etc.
- Organise and coordinate arrival support activities in agreement with HR to provide location-specific services, such as a Meet & Greet service, welcome package, and familiarisation visits.
- Develop a Quarterly Report and an Annual Report to summarise the activities and achievements of the past quarter/year including statistics, successes and possible concerns.
- Create an Annual Business plan for the new year to present the activities and commitments of Outpost for discussion with Local HR (and Committee of Advisors if present).
- Prepare an annual budget in cooperation with HR (including acknowledgement of all team members) to support the proposed business plan.
- Participate in the bi-annual Outpost Global Learning Event.

The new Focal Point will receive the on-boarding programme with her/his GOS Advisor, including completion of the compulsory training in using the Global website and Global database.

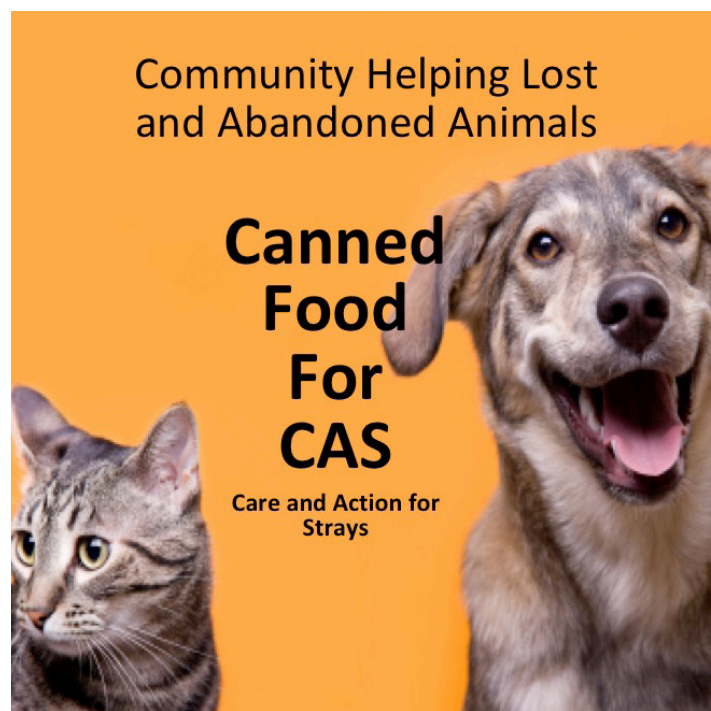
To apply for this function please email  
[celyn-sze-cheong.lim@shell.com](mailto:celyn-sze-cheong.lim@shell.com).

Please note that this function is a voluntary position.

Closing date: Monday, April 1, 2019.



*Notice Board*



**Please donate canned cat and dog food to:  
E8/4, SPG 316.  
WhatsApp: 673-896-4552**

Your donations will go to Care and Action for Strays, foster homes, and local people known for distributing food to lost, abandoned, and stray domestic animals.





*Language Classes*

# Language Classes

## sponsored by Outpost

**Would you like to learn Mandarin?** If there is enough interest, Outpost will add Mandarin to the language classes we offer. Let us know!

**Held in the Outpost office**  
**Lapanpuluh Block A, 1 & 2:**

### English

**Teacher needed! Please contact us if you're interested in teaching an English class.**

### Malay

Hosted by Adriana

#### Intermediate class

Day: Tuesdays

Time: 8:30 - 9:30 a.m.

#### Beginner class:

Day: Tuesdays

Time: 9:30 - 10:30 a.m.

### Spanish

Hosted by Carla

#### Intermediate class

Day: Wednesdays

Time: 8:15 - 9:15 a.m.

#### Beginner class

Day: Thursdays

Time: 8:15 - 9:15 a.m.

**Held in the Annex room**  
**at Panaga Club:**

### English for Amahs

**Teacher needed! Please contact us if you're interested in teaching an English class.**



## Brunei Public Calendar 2019

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

\* Date may vary due to the lunar calendar.





## *Community Calendar*

### Outpost Calendar

**Tues., March 19**

**Thurs., March 21**

**Online Study Workshop**

**Ceramic Painting Workshop**

### Community Calendar

**Wed., March 6**

**Wed., March 6**

**Fri., March 8 -**

**Sat., March 16**

**F.U.N. International Women's Day Brunch**

**Run With Us**

**Panaga Tennis Club Junior Tournament**

### Miri Events

**Sat., April 6**

**Burns' Supper**



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

*Upcoming Outpost Event*

# Online Study Workshop

## (For Spouses)

Have you considered taking up online studies? But are you not sure where to begin? Online studies come in many shapes and forms, from full MBA degrees to language courses and photography workshops.

This workshop will give you information about the possibilities out there, and it will also provide you with the essential questions to ask yourself and the tips to keep in mind so you can start and also successfully finish your online course.

**Date: March 19th**

**Time: 9:30 – 11:00 a.m.**

**Venue: Outpost office**

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



About the presenters:

Noortje Campman, MA, is currently finishing an online degree in Management Science that she started in Oman and finished in Brunei.

Margot Stroeken, LLM, is a Life & Career Coach with Clarity Brunei who has tried and tested different types of online studies from 6 weeks to 6 months.





*Upcoming Outpost Event*

## Ceramic Painting Workshop

This exciting art class is hosted by the talented Emilia!

**Date: March 21st**

**Time: 9:15 – 11:00 a.m.**

**Charge: \$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 Community Events*



firmness  
calm  
friend  
patient  
wishful  
trust  
beauty  
equal rights  
respect  
elegance

**International Women's Day**  
2019

Join us in  
**PURPLE**

6<sup>th</sup> Mar'19  
Wednesday; 9:30 – 11:30am  
@ Panaga Club

Secure your seat through F.U.N. Facebook or any F.U.N. committee.  
\$10/pp including BRUNCH



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## *Upcoming Community Events*



### Junior Age Group Tournament

When: March 8 – March 16  
Where: Panaga Tennis Club, Seria  
Entry time: now until March 2  
Entry fee: BND 10 (members), BND 15 (non-members)

Please register on [www.tournamentsoftware.com](http://www.tournamentsoftware.com)

## Emergency Numbers

### Government Hotlines (24Hrs)

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

### BSP Emergency Contact Numbers

BSP Emergency .....	337 2999
BSP HQ Security (24 hours).....	337 4292 / 337 4296
BSP HSE Duty Security .....	873 0905 / 872 1041

### Medical & Health Services

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

### Integrated Facilities Management

Housing Gen. Civil & Electrical Maint. (24 hours)	719 3547
Camp Services.....	874 2034

### 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 Outpatient Department

### Service hours

Monday to Thursday  
7:00 a.m. - 12:00 p.m.  
1:00 - 4:00 p.m.

Friday  
7:00 a.m. - 12:00 p.m.  
2:00 - 4:00 p.m.

### Registration to see doctor

Monday to Thursday  
7:00 - 9:00 a.m.  
9:30 - 11:00 a.m.  
1:00 - 3:00 p.m.

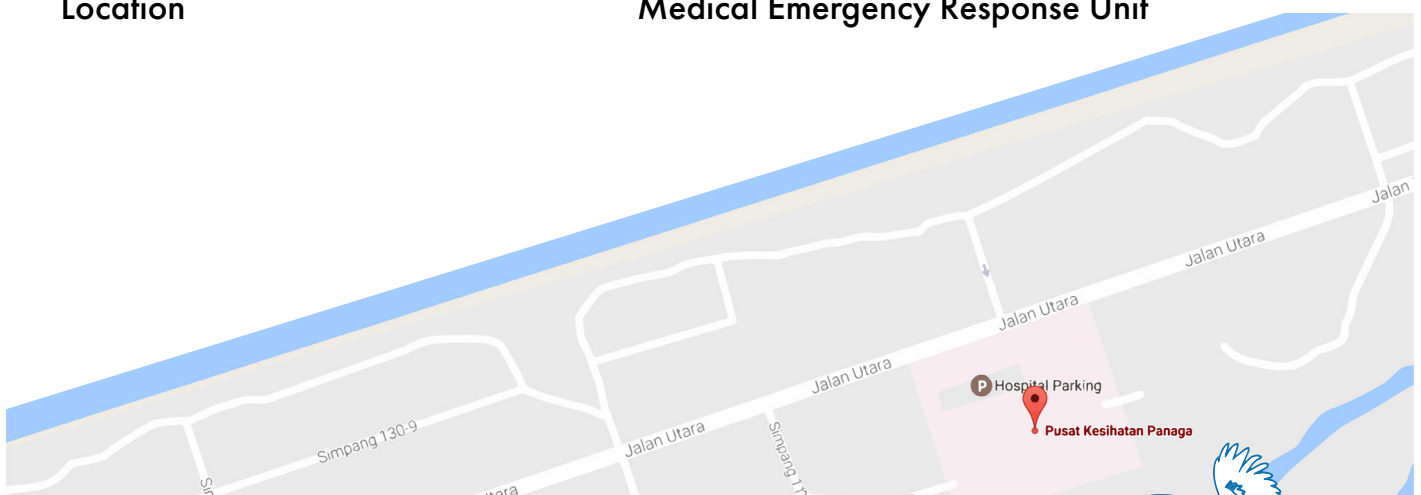
Friday  
7:00 - 11:30 a.m.  
2:00 - 3:30 p.m.

## Extended Hours Clinic

Monday to Friday  
Location  
7:30 - 8:30 p.m.  
Medical Emergency Response Unit

Saturdays  
Location  
9:00 - 10:00 a.m.  
Outpatient Clinic

Sundays and public holidays  
Location  
9:00 - 10:00 a.m.  
Medical Emergency Response Unit





*Outpost Team Seria 2019*



**Celyn Lim**  
Focal Point



**Robbert-Jan Pierik**  
Public Relations



**Olayinka Idowu**  
Treasurer



**Pratibha Prasad**  
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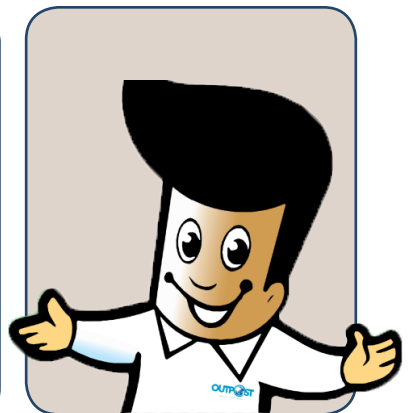
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Relocation Advisor



**Thamine M. Kilbride**  
Special Project  
Coordinator



**Annika Cederberg**  
General Member



**Mr. Outpost**  
Online Promoter

