



Panaga Outpost Pages
Seria, Brunei Darussalam

April



Highlights:

- › Panaga Celebrates International Women's Day
- › Noche Flamenca Is a Huge Success!
- › A Special Visit for Shell Safety Day

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Contact us at 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!

Check our Facebook page (Outpost Seria, Brunei) for up-to-date information.

Contact us

Tel: +673 337 4927
Email: outpostbrunei@shell.com
Website: seria.globaloutpostservices.com
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.

Note from Celyn

As we end Q1 2019, I hope everyone has finalized their goals for the year and is moving on to carry out their plans.

At Outpost Brunei-Seria, we have set our 2019 targets and are progressively executing the necessary actions. We just completed an Online Studies Workshop on March 19, which provided guidance on how to find the right online courses

and how to manage time and resources. The turnout was very encouraging, thanks to the efforts of our Event Coordinator, Pratibha Prasad, and our presenters, Margot Stroeken and Noortje Campman. Besides this workshop, Outpost also successfully organized three cooking classes and one art class, in accordance with our 2019 plan.



Celyn Lim
Focal Point

On March 8, Outpost celebrated International Women's Day with the theme of Balance for Better. Our representatives spent the morning at the BSP Headquarters Atrium discussing many interesting topics surrounding women's progress toward balance in their work and home lives. See Marleen's article for more details about this meaningful event.

Perhaps you remember an article in the March issue of POP about Outpost's donation of the funds raised during last year's Panaga Bazaar to the charity organization Pusat Ehsan. We are monitoring the new classroom construction and have just released the first milestone payment of \$4,500 for the completion of the classroom foundation. We will continue to monitor and ensure the proper release of funds to complete the new classroom. Some photos of the project are included in the Snapshots section of this issue.

Last but not least, I hope all of us take sufficient measures to deal with the dry season in Brunei. Do drink a lot of water to stay hydrated and avoid prolonged exposure to the dry air and hazy outdoors.



Welcome to Outpost

Stay connected!

Are you a member of our Facebook group, Outpost Seria, Brunei? Join us there for info about upcoming Outpost events.

Our Webmaster, Alvin, has been working tirelessly over the last couple of months to set up the new Outpost Brunei-Seria website:

<https://seria.globaloutpostservices.com/>

Please register and check it out! It will take a community effort to keep the content accurate and relevant, so let us know if you find outdated info or if you have suggestions for what to include.

Get involved!

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 get in touch with us. Expertise in IT or HR is especially appreciated!

To apply, visit the Outpost office in Block A at the Lapapuluh Apartment complex or email us at outpostbrunei@shell.com.



(from left to right) Wijnand, Alvin, Robbert-Jan, Celyn, Aanchal, Marleen, Yinka, Pratibha, and Rachel

Noche Flamenca

The Latinos Bring the Party to Panaga



By Julia Ibarra

On Saturday, March 2, the Panaga community got together to celebrate Latino Night, "Noche Flamenca", at House 49. The Latino Community organized this event, which has earned its place as one of the best nights in Panaga.

Every year since 2014 the Latino Community of Panaga has organized events with the aim of celebrating the main elements of Latino culture. For this year's Noche Flamenca they planned several activities to entertain the guests throughout the night, such as the "Maraca" dance contest, which resulted in the election of "El Papa-

(continued)

(above) El Papazon and La Mamasita, winners of the Maraca dance contest

(below) Latin Community Committee: Oswaldo Gavidia (Chair), Alejandra Guerrero (Treasurer), Julia Ibarra (Secretary) and collaborators.



Noche Flamenca



Ireson Latin Band from Singapore show up once again bringing the Latin rhythm.

zon" and "La Mamasita» (King and Queen of the party), and the "Hora Loca" featuring "El Toro", who chased people around like the running of the bulls in Pamplona. Ireson Latin Band came from Singapore to play authentic Latin salsa music that invited people to the dance floor and had them moving all night. DJ Paul was also part of the entertainment, playing his mixes for the last time in Panaga. Popular dances such as La Macarena and El Meneito helped set the mood for the fiesta.

The venue was decorated like a typical Spanish town, and flamenco dancers and bull runners served as hosts to the gathered crowd. In photo booths around the site, attendants could snap a memory of the party. Traditional foods like tapas, empanadas and churros were provided by local vendors Ricardo's and Serikandi, having been carefully assessed by members of the Latino community to assure the authenticity of the flavors. The gastronomical hit of the night was the paella, cooked live by Ricardo's Chef Hakeem, who made a big effort to master the preparation of this dish using original spices and a genu-

ine paellera as used in traditional kitchens in Spain.

The Latino Committee was super excited to throw this party and celebrate with the Panaga community this big Flamenco Night, full of art, music and fun entertainment. They're also looking forward to next year's party, Havana Night!"



DJ Paul enjoying his last night on a Bruneian stage.



Noche Flamenca



(above) Chef Hakeem from Ricardo's shows his paellera skills. (below) "Ya viene el Toro!" (Here comes the bull!)



F.U.N. Women's Day

F.U.N. Club Celebrates International Women's Day



By Celyn Lim

On March 6, the Friends United Network (F.U.N.) Club celebrated International Women's Day. The F.U.N. Club invited two speakers to share their experiences regarding this year's International Women's Day theme of "Balance for Better."

The audience was impressed by the ladies' words. Evelyn Tan has certainly sacrificed a lot of her own development and career for her family, and so has Jiao Foster, a Chinese nurse who met her military husband in London and started a brand new challenge in her life. These ladies are relatively new to speaking in public, but they demonstrated that they are moving towards balancing their relationships in their families for the better. The ladies showed us that if there is a will there is a way to overcome obsta-

cles in life. They also demonstrated the unlimited strength a lady has, which is comparable to any man!

(continued)



(above and below) Participants were invited to wear purple, the internationally recognized color symbolizing women.



F.U.N. Women's Day



Guest speakers Evelyn Tan (left) and Jiao Foster (right).

The event included some intellectual yet fun games and ended with a group dance led by Panaga Tri-Fit instructor, Korn. All participants were grateful for the chance to participate in this meaningful event.

The F.U.N. Club's main aim is to bring people together to socialize and make new friends. The club's members are from all over the world, and there are active local Bruneian members as well. The F.U.N. Club serves as a plat-

form to encourage individuals and spouses to expand their social network, and it regularly organizes events to help fellow members understand different cultures.

Special thanks to the F.U.N. committee: Marichu (Treasurer), Winnie (Secretary), Jacqueline (Deputy Treasurer), Aanchal (Public Relations), and Wijnand and Robbert-Jan (Event Volunteers).



BSP Women's Day

Outpost Attends BSP Women's Day Panel

By Marleen Spaans

Outpost Brunei-Seria had the pleasure of attending the "International Women's Day: Balance for Better" celebration on March 8 at the Brunei Shell Petroleum (BSP) Headquarters Atrium.

The event, organised by the Women in Focus Network (WIN), included a panel session featuring several highly esteemed guest speakers: Legislative Councilmembers Yang Berhormat Siti Rozaimeriyanty binti Dato Seri Laila Jasa Haji Abdul Rahman, Yang Berhormat Hafimi binti Abdul Haadii, and Yang Berhormat Iswandy bin Ahmad; our Country Chair and BSP Managing Director Dr. Ceri M. Powell; and BSP HR Director Hajah Zainab M.A. Omar.

The theme of the panel session, Balance for Better, was in alignment with the global International Women's Day

(continued)



(above) Outpost team members Marleen and Pratibha pose with panel members and Dr. Ceri Powell.

(below) The panel asks for the audience's opinions on gender balance in Brunei.



BSP Women's Day

Campaign theme. The purpose of the session was to raise awareness about ways to achieve "balance" together. The first question was directed towards the audience: Using orange and green cards, the audience gave their own opinions on the current state of gender balance in Brunei – orange for not balanced, green for balanced. A bright mix of orange and green indicated that even that answer was... balanced!

The event was very informative, with the esteemed panel sharing their thoughts on a wide range of matters. They discussed what balance means to each of them, what advice they would give their younger selves (don't forget to pause now and then; it's ok to say no; follow your passion; keep the momentum; never compare yourself to others; hindsight is 20/20), their thoughts on successes and disappointments in life (every failure in your life is part of the journey; failing doesn't make you a failure; success can mean many things), and how

the interpretation of balance can change according to the life phase you are in. The panel shared their views on the struggle for balance in the workplace; on moving past gender equality to equal opportunities for people with visible and less visible disabilities and people from different races and backgrounds; and on the inequality of maternity and paternity leave for new parents in different countries and continents. They mentioned the importance of always being your authentic self and shared their thoughts on the enablers for balance for better, such as respect, support, priority, and many others.

Towards the end of the session, the audience was asked to discuss amongst themselves the following statement: "Balance is not something you find, it's something you create." This offered the audience an opportunity to hear their colleagues' take on what balance is. All in all the session provided plenty of food for thought!



Marleen and Pratibha avail themselves of the provided photo booth.



Safety Day Visit

Ms. Julie Brown Visits Panaga

By Celyn Lim

On March 26 and 27, Outpost Brunei-Seria had the honor of hosting Julie Brown, spouse of Andrew Brown, Shell Upstream EVP, during her visit to Brunei in conjunction with Shell's Safety Day. On the first day of her visit, together with Brunei Shell Petroleum (BSP) HR and Corporate Affairs departments, we accompanied Julie for a tour of the Kampung Ayer and Cultural Heritage sites in Bandar.

On the second day of her visit, Julie toured the Panaga Health Clinic and the Panaga School, and she spent some quality time with Shell employee spouses at the Panaga Club. During a special coffee morning, she delivered a strong message to Shell secondees spouses about being



(above) Julie takes a riverboat tour in Bandar. (below) Julie poses with Shell secondees spouses at a coffee morning.



(above) Julie visits with employees at the Panaga Health Centre. (below) Julie tours the Panaga Club.



proactive in warning others to be safe, and if someone is offended in response (which often happens), we need to explain that we intervene because we care. Julie shared one incident where someone fell on a staircase and perished, which serves a powerful example of why we ought to be open to giving and receiving advice and warnings. Lots of information was exchanged with Julie throughout this interactive session.

A smaller group of Shell spouses joined Julie for lunch on the same day. While lunching, Julie shared her experience of living in various Shell operating locations, including Brunei. It was beneficial to hear how she adapted to different and distinct locations.

Overall, this special visit by Julie was a great opportunity for Panaga spouses to enjoy the knowledge and experience she shared and for Julie to visit the vibrant and supportive Panaga community.

Snapshots

Kiwi Cooking Class




Host Lizzie rolls a rich fruit truffle in coconut.

KIWI RECIPES

Rich Fruit Truffles:

Ingredients: 1c Dates; 1c Raisins; 1c Walnuts; 2 Tbs cocoa; 1 Tbs coconut oil; 1 ½ Tbs Desiccated coconut; 1 tsp vanilla essence; Extra coconut for dusting

Place all ingredients into a food processor. Process until desired consistency reached, not smooth, but with some small pieces of Walnut still visible. Using hands roll small golf ball sized pieces. Dust with extra coconut. Store in refrigerator.




Cheesymite Scrolls:

Ingredients: 3 cups flour; 3tsp baking powder; Pinch salt; 50g butter; 375ml milk; 3 tbs Vegemite/Marmite; 200g grated tasty cheese

Process: Sift the flour, salt and baking powder in a bowl. Rub through the butter. Mix in enough milk to make a soft dough. Gently roll out onto a silicon or baking paper rectangle. Spread the marmite/vegemite over the dough then sprinkle with the cheese. Roll up along the long side to enclose the cheese, cut into 4 cm pieces.

Bake on a lined tray at 220 c for 15-20 mins until golden.




Lizzie adds more cheese to the cheesymite scrolls.



Time to slice!



Snapshots

Kiwi Cooking Class

KIWI RECIPES

Paleo Chicken and Shrimp Soup

Ingredients:
 ¼ Cup olive oil; 1 onion; 1 green capsicum; 2 stalks celery; 2 carrots; 2 cloves garlic
 1 can chopped tomatoes; 2 cups cauliflower rice (chopped in a food processor until it resembles rice)
 ½ tsp cayenne pepper; ½ tsp black pepper; ½ tsp paprika; 1 tsp dried garlic; 1 tsp salt
 2 cups chopped cooked chicken; 8 cups chicken stock; 1 small bag peeled uncooked shrimp
 1/4c spring onions chopped; 1/2c coriander chopped

Process: Saute the onions, capsicum, celery and carrots in olive oil for 5 mins.
 Add the garlic and cook for 2 mins. Add the tomato and cauliflower rice, along with the cayenne pepper, black pepper, paprika, dried garlic and salt. Saute for 2 minutes then add the chicken and stir for a further 2 mins.
 Add chicken stock and simmer for 20mins. Add the shrimp and simmer until cooked (5 mins or so). Stir through the coriander and spring onions to serve.



Thanks for supporting Outpost!!



Paleo chicken and shrimp soup simmers on the stove.



Participants sit down to enjoy a Kiwi meal.

Snapshots

Ceramic Painting Workshop



Emilia (above) demonstrates ceramic painting and workshop participants practice their new skills in her studio.



Snapshots

Online Studies Workshop



Presenters Margot and Noortje.

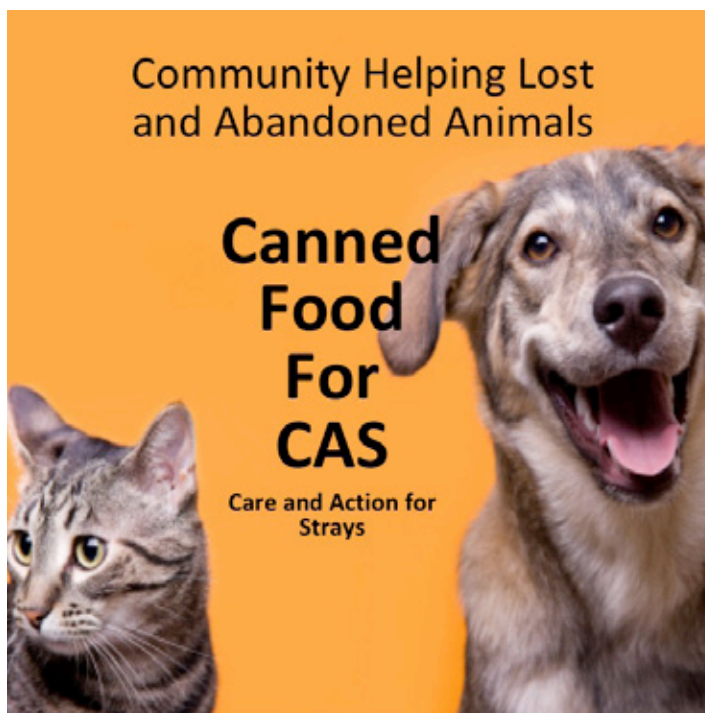


Ready to learn about online learning!

Pusat Ehsan Begins Construction



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.



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 Brunei-Seria 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 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.



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.

Language Classes

Language Classes

sponsored by Outpost

Would you like to learn Mandarin?

If there is enough interest, Outpost will start a Mandarin class. 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.

**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.

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.



Brunei Public Calendar

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

Thurs., April 18

Indian Cooking Class

Community Calendar

Tues., April 2

Natural History Society: Elephant Adaptation

Fri., April 5

Social Dance AGM *

Sat., April 6

Jungle-Themed Poetry and Crafts

Thurs., April 11

Fitness Center AGM *

Fri., April 12

Panas Time Trial (TT) - 5k and 10k *

Panaga Photographic Society AGM *

Sat., April 13

Tubular Earrings Workshop

Fri., April 19 -

Women & Men Singles Open Tournament

Fri., April 26

Sat., April 20

KBBC Family Fun Day

Sun., April 21

Panas 10-Mile and 5-Mile Race *

Wed., April 24

Panaga Club AGM

Miri Events

Sat., April 6

PBC Beach Fun Day

Scottish Ceilidh

Sun., April 21

PBC Easter Brunch

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

* Check the Panaga Club website (www.panagaclub.com) for details.



Upcoming Events

Outpost Event

Indian Cuisine

Learn how to cook authentic Indian vegetarian dishes!

Date: April 18th

Time: 9:00 – 11:00 a.m.

Cost: \$5

Venue will be disclosed to participants after signing up.

Send an email to outpostbrunei@shell.com to sign up.

Community Events

A PANAGA NATURAL HISTORY SOCIETY ACTIVITY



Presented by Mark Easterbrook
Tuesday, April 2, 19:00
Panaga Club, Annex Room
Everyone welcome

Elephant Adaptation

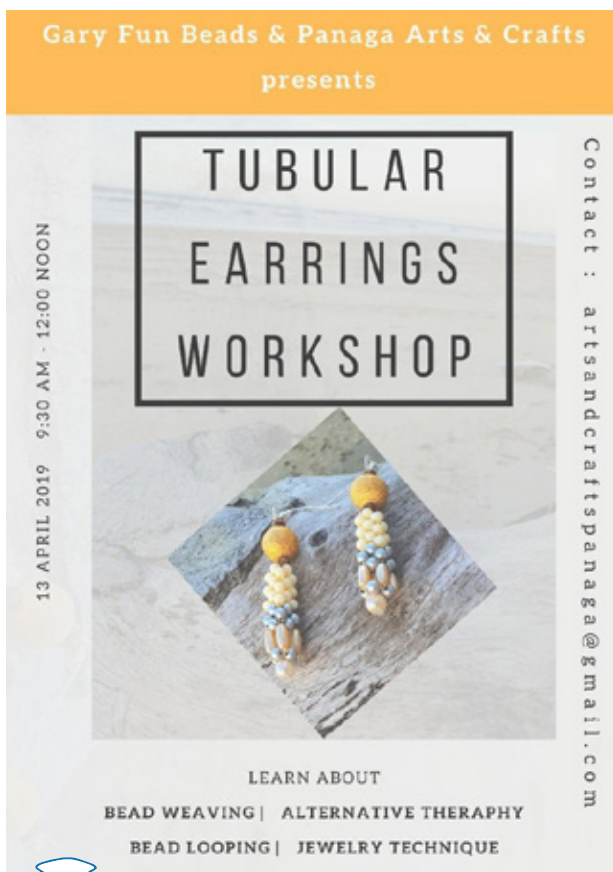
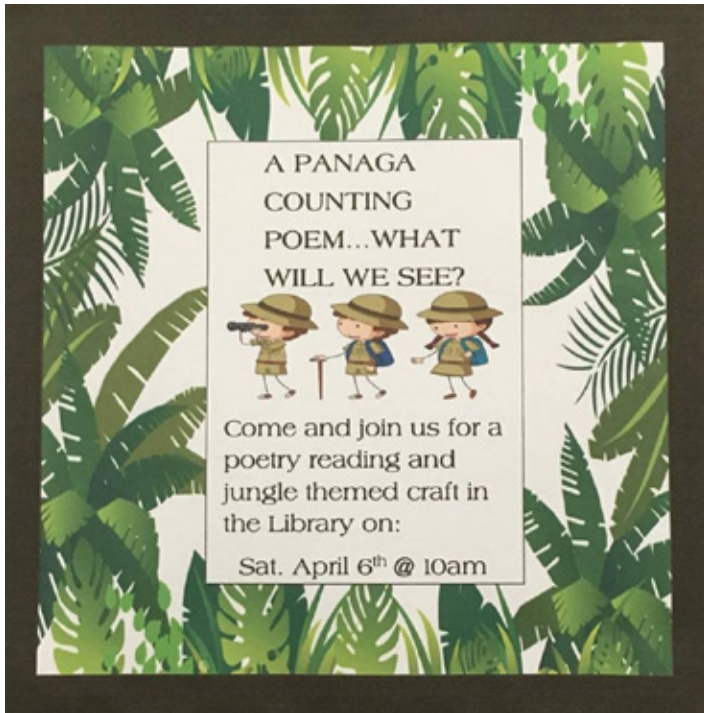
Comparing Namibia's desert-adapted elephants to Borneo's forest-adapted elephant: Through a photographic diary of the work being undertaken to manage human-wildlife conflict in both regions.

Explore the challenges of the desert-adapted elephant in their search for water, and the challenges of the forest-adapted elephant due to habitat fragmentation.



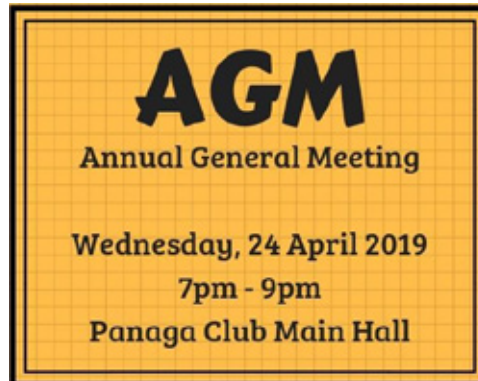
Upcoming Events

Community Events



Upcoming Events

Community Events



Miri Events

Piasau Boat Club
BRUNEI'S PREMIER SPORTS AND RECREATION CLUB

OPEN TO PUBLIC

- Sailing
- Kayaking
- Windsurf
- Banana Boat Ride
- Sand Castle
- Bouncy Castle
- Beach Soccer
- Beach Volleyball
- Food

AND MANY MORE!

FOR MORE INFO:
Call +6085640063
or PM our FB

APRIL BEACH FUN DAY
6TH APRIL, 11 AM

A green poster for the Piasau Boat Club. It features a drawing of a green Volkswagen van with "LOVE YAW" on the side, carrying surfboards and a beach ball. The text lists various activities and provides contact information for the April Beach Fun Day on 6th April at 11 AM.

Scottish Ceilidh
Saturday 6 April at
7:30 pm
Location - P100

Come and enjoy a fun evening and try your hand at some very easy Scottish Country Dancing

Cash and Chit bar supplied by PBC Boat club

Tickets (@ RM15 pp) are available from Liz,
liz_durkin@hotmail.com and the Old Bridge Delicatessen

Please also bring along a small plate of potluck snacks to share (finger food only)

A poster for a Scottish Ceilidh event. It features a decorative floral border at the top and a silhouette of a dance line at the bottom. The text provides details about the event on Saturday 6 April at 7:30 pm at location P100, including ticket prices and a request for potluck snacks.



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 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.

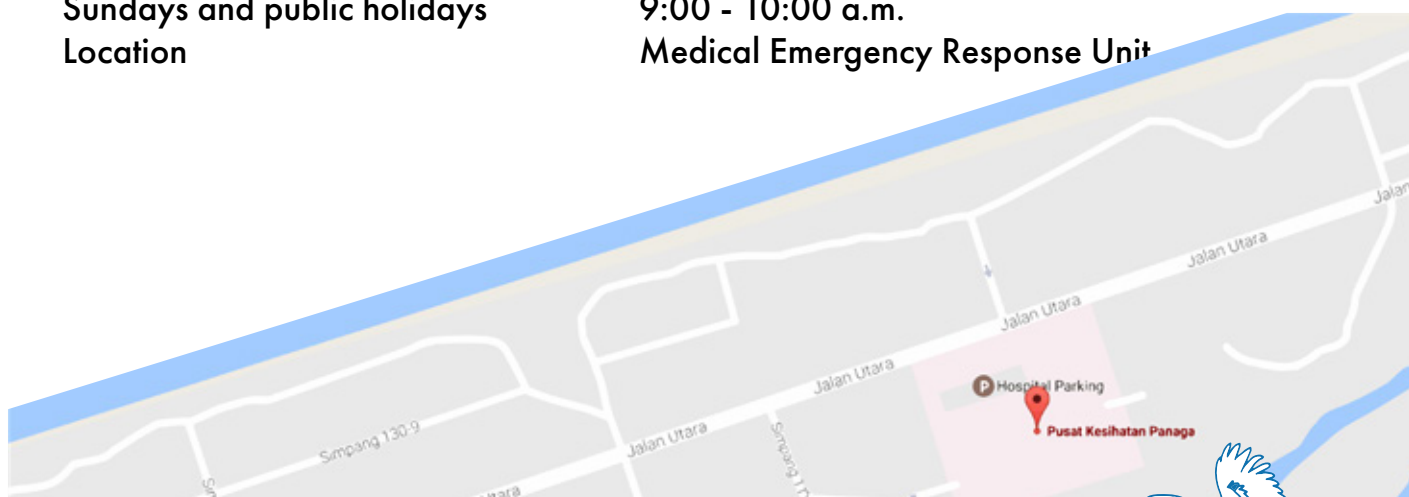
Friday 7:00 - 11:30 a.m.
2:00 - 3:30 p.m.

Extended Hours Clinic

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

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

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



Outpost Team Seria 2019



Celyn Lim
Focal Point



Wijnand Hoitinga
Secretary



Olayinka Idowu
Treasurer



Aanchal Bhushan
Relocation Advisor



Robbert-Jan Pierik
Public Relations



Pratibha Prasad
Event Coordinator



Alvin Machia
Webmaster



Marleen Spaans
Career & Development
Advisor



Rachel Laramee
POP Editor

