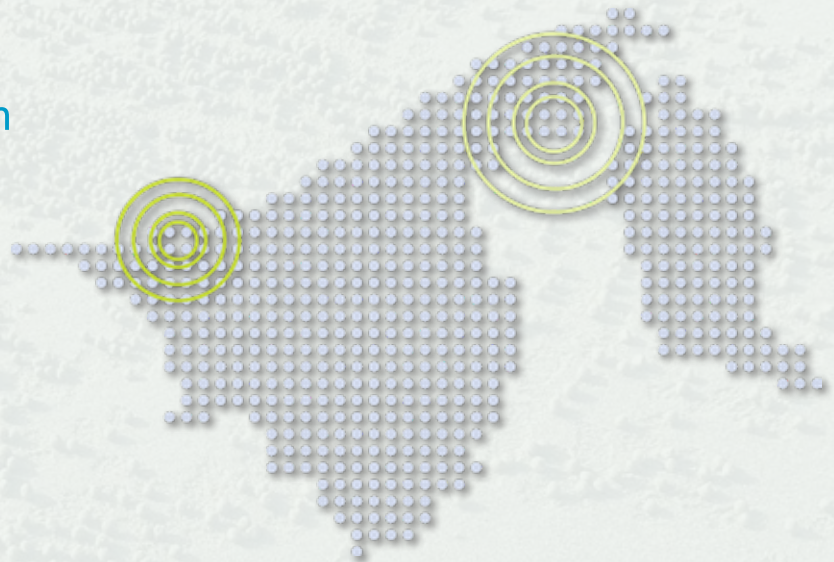




Panaga Outpost Pages  
Seria, Brunei Darussalam

*June*



### Highlights:

- › Learn About Hari Raya Aidilfitri!
- › New Boat Tours From KBBC

### in the June 2019 issue:

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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!

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.

### Focal Point Note

As the new Focal Point at Outpost Brunei, it is my pleasure to welcome you to the June issue of POP! I would like to take this opportunity to thank the Outpost Brunei Team for their warm welcome during my first weeks in this role. Another big thank you goes to my predecessor Celyn for all her hard work and enthusiasm over the past year. We wish her the very best on her new adventure in the Middle East.

Outpost Brunei has an active and diverse community. Many of Outpost Brunei's efforts are spent on welcoming new arrivals, in the hope that our information and networking services are helpful in what can be quite stressful times. Whilst we continue to provide these vital services, we also plan on (re)connecting with those community members that have already settled in Panaga. Outpost Brunei has a number of exciting social and cultural activities in the pipeline for the rest of the year, so watch this space! We also hope to hear from you if you have any suggestions that can make expat life in Brunei even more fun and enjoyable for you.

With the holy month of Ramadan drawing to a close, this edition of the Panaga Outpost Pages brings you an in-depth look at local Hari Raya traditions. Wishing you all a safe and festive Hari Raya and happy reading!

**Marleen**  
**Focal Point**  
**Outpost Brunei**





*Hari Raya*

## Hari Raya Aidilfitri: Family Time!

**By Rachel Laramee**

As Ramadan draws to a close, Bruneians are gearing up for Hari Raya Aidilfitri, an important festival for families and friends. Expats can expect Brunei to be especially quiet during the public holiday; many shops will be closed. Also, be prepared for long queues at petrol stations during the days preceding Hari Raya as people fill up their cars in preparation for road journeys to visit family and friends.

To find out more about what this festival means to Bruneians, I had the pleasure of speaking with Rasidah Daniel, a geologist at Brunei Shell Petroleum (BSP). Rasidah lives in Seria but travels with her family to her grandparents' house in Bandar for the holiday.

"Usually in the morning we start with the Hari Raya Aidilfitri prayer... A special prayer only for the morn-

ing of Hari Raya," she explained. After that, they change into new clothes made for the occasion. "It's not a must, but it's a way to celebrate," she said. "Usually we color coordinate." Lots of family photos will be taken as the family gathers.

After the prayer, families seek forgiveness from one another for wrongs committed over the course of the year. It's a time for families to resolve conflicts and strengthen their bonds.

"For me... Hari Raya is actually a very emotional moment," Rasidah shared, "where you get that forgiveness from all the people, regardless of younger and older than you... Especially in a family you might have a glitch, like not talking to this person, maybe years not talking to each other. So... if that person finally comes home, that is a very memorable year."

*(continued)*



*Rasidah's family gathered at her grandparents' home in Bandar Seri Begawan.*

## *Hari Raya*



What Hari Raya is also known for, and the part that a lucky expat might experience, is the tradition of hosting open houses so families and friends can visit and celebrate together. These open houses continue throughout the month after Ramadan, but the ones during the beginning of Hari Raya are the most important. Preparations start a week or two before the end of Ramadan.

"One of the things we usually do before Hari Raya is a house clean-up," Rasidah said. "It's a deep clean: windows, under the chairs, the fan. Really getting prepared for people to come into the house." People also decorate the outside of their houses with lights; when the lights are on, visitors know their hosts are ready to receive them. It's common for many cars to arrive all at once to an open house.

Of course, the importance of Hari Raya refreshments cannot be overstated. Satay (marinated chicken or beef skewers) is standard, along with the usual ketupat (steamed rice dumpling) and peanut sauce accompaniments. The famous beef rendang is also a big favorite. For sweets, people serve kuih moor (round ghee cakes rolled in powdered sugar) and kuih tapak kuda (horseshoe-shaped cake filled with nutella). For larger gatherings, Bruneians sometimes hire caterers, often with live cooking stations for anything from paratha to sizzling noodles to burgers. Also, it's become popular to have an ice cream truck on hand for dessert.

At Rasidah's grandparents' house in Bandar, she meets her siblings (she has six) and her cousins (she has 15). And that's just the beginning of the first day.

*(continued)*



*(top left) Kek batik*

*(bottom left) Kuih mor, ghee cake rolled in sugar*



## *Hari Raya*

"My grandfather is actually the first son between his siblings, so throughout the day his younger siblings will come with their families to visit... Usually a big family gathering."

On the second day of Hari Raya, her grandparents open their house to friends and relatives; the whole family pitches in to help with the hosting logistics. On the third day, the family travels as a group to meet other friends and families. They go in a convoy with as many as 10 cars and use walkie talkies to aid in navigation and to communicate ad hoc changes to the itinerary. The walkie talkies also provide plenty of entertainment during the journey.

When I asked about her childhood memories of Hari Raya, Rasidah mentions the green packets known as ang pau (which comes from the Chinese for "red packet" – though the Hari Raya packets are in fact green) containing small amounts of cash given to children by their elders. She also remembers that people used to set off fireworks, which have since been banned. Now her children play with popper toys that make a loud bang but aren't as dangerous.

It's no wonder that most Bruneians make it a priority to visit their families during Hari Raya; it's a festive time to reconnect and enjoy each other, and no one wants to miss it. Rasidah shared about the first time she was away from home for Hari Raya, when she was studying abroad.

"I was actually on my flight to UK during the moon sighting," she remembered, "and then the next day was Hari Raya. Good thing there were a bunch of Bruneians there already so it was not all lonely, but it was my first time being away from home. I cried like a baby." She laughed sheepishly.

Thankfully, this year Rasidah will be home with her family, enjoying all the fun of Hari Raya.



(above) Kuih tapak kuda, cake with nutella filling

(below) Design for an ang pau, packet containing cash given to children by their elders



## Notice Board

### KBBC's Belait River Boat Tours



The Kuala Belait Boat Club (KBBC) is part of the Panaga Club and open to all Panaga Club members. The clubhouse is located near the mouth of the Belait River in KB.

The Belait River Boat Tours are back on offer! See Kuala Belait's water village, Skull House, and the animals and vegetation alongside the Belait River. Food and refreshments are allowed on board. All trips include experienced boatmen, safety instructions and self-righting life jackets.

The following vessels are available for hire:

- › Hammerhead: Maximum 12 persons per boat for river trips (kids and/or adults)
- › Naga Laut: Maximum 12 persons per boat for river parties (kids and/or adults)
- › Nemo/Croc/Hammerhead: Unlimited persons, fun birthday parties in front of Panaga Club (Azul Beach Club)

Rates are as follows:

- › 1 hour: BND 150 per boat
- › 2 hours: BND 225 per boat
- › 3 hours: BND 300 per boat
- › For offshore fishing trip rates, please contact boatmen directly.

For booking, contact KBBC's boatmen Zelani +673 8864434 or Zailan +673 8128545.



## 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](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



### Jefferson

*Available for adoption*



This is Jefferson. He was a tiny 6-week-old male kitten of 340 g when he appeared on my doorstep. He is litter trained, full of fun, loves to play, be cuddled, loves company and follows me everywhere. This sweetie is looking for a loving home. Please contact +673-716-6129.

### Apple

*Available for adoption*

Apple was found in KB. She has been treated for worms, scabies, fleas and ringworm. Her fur is growing back. She is about 7 years old. She is sweet, affectionate, very loving, and the vet says she is healthy. She needs lots of TLC and needs someone to simply love her. Please contact +673-716-6129.



Community Helping Lost  
and Abandoned Animals

**Canned  
Food  
For  
CAS**

Care and Action for  
Strays



**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

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

### 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.

#### **Would you like to learn Mandarin?**

If there is enough interest, Outpost will start a Mandarin class. Let us know!

#### **Would you like to teach English?**

We are looking for someone to teach an evening English class for amahs. Get in touch if you're interested!

### 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

Tues., June 18

Nigerian Cooking Class

### Community Calendar

Fri., June 14 - Sun., June 16

Happiness Program

Sat., June 15

Highland Games

Sat., June 22

North American Group Chili Cook-Off

Sun., June 23

International Day of Yoga

Sun., June 23

Salam Aidilfitri Golf Tournament

Sun., June 30

PANAS Quarter- and Half-Marathon

### Miri Events

Sat., June 15

PBC Beach Fun Day

Fri., June 28

PBC Comedy Night

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

### Stay connected!

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

Also please register and check out our website: <https://seria.globaloutpostservices.com/>

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.



## Upcoming Events

### Outpost Event

# Nigerian Cooking Class

Learn how to cook authentic Nigerian cuisine using the African locust bean! This special ingredient is used to season various soups and is very nutritious.



**Date:** June 18th  
**Time:** 9:00 – 11:00 a.m.  
**Cost:** \$5



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

### Community Events

You are invited-

## The Happiness Program

Practical Wisdom  
for improving the quality of life

- \* Sudarshan Kriya breathing technique to eliminate stress
- \* Skills for improving relationships at home & work
- \* Ancient wisdom revived for better living
- \* Interactive exercises
- \* Yoga, stretching, and relaxation exercises
- \* Meditation and powerful breathing techniques

**Dates : 14th June - 16th June19**  
Time : Fri : 18:00-21:30 Sat : 18:00-22:00, Sun:1-530pm  
Location : Panaga Club , Seria  
Contact : Ravi Y- 8731503; Ravi G - 8790981  
email : [ravigdaol@gmail.com](mailto:ravigdaol@gmail.com)  
website : [www.artofliving.org](http://www.artofliving.org)



**THE ART OF LIVING**

Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit [www.ArtofLiving.org](http://www.ArtofLiving.org)





## Upcoming Events

### Community Events



KBSC Proudly presents  
**The 28<sup>th</sup> Panaga Highland Games**  
**Sat. 15<sup>th</sup> Jun. 2019**  
9am-5pm @Panaga Padang (field)  
**FREE ENTRY ALL WELCOME**  
Kids Games and Activities from 9am  
See traditional Scottish field events like  
Caber Toss, Welly Throw, Shot Put, Tug o' War  
Food Vendors, Market Stalls and Entertainment  
**FUN FOR ALL THE FAMILY!**  
email: panagahighlandgames@gmail.com

The poster features a blue and white saltire background. On the left is the logo of the Kemeraian Brunei Scottish Community (KBSC), which includes a thistle and the text 'Kemeraian Brunei Scottish Community'. On the right is a small image of a stag. At the bottom, there are three photographs: a Highland cow, a field with a tent, and a group of people participating in a game.



**5th Annual North American Group**  
**Chili**  
**COOK-OFF**  
**Cook, Compete, or Eat**  
**SATURDAY, JUNE 22ND, 4-9PM**  
**Tickets** \$30 ADULT  
\$5 CHILD  
RSVP VIA EMAIL TO NAGPANAGA@GMAIL.COM  
WITH NUMBER OF GUESTS & SERVICE NUMBER  
\*PRIVATE, NON-HALAL & BYOB EVENT\*  
INTERESTED IN MAKING CHILI? LET US KNOW - SPOTS FILL UP FAST!!

The poster has a light beige background. At the top, it says '5th Annual North American Group'. Below that is a large red chili pepper with the word 'Chili' in green script and 'COOK-OFF' in yellow block letters. The event details are in brown and red text. At the bottom, there is a dark brown banner with 'Tickets' in white script, followed by the prices. The rest of the text is in a small, sans-serif font.



## Upcoming Events

### Community Events



**THE ART OF LIVING**  
MAKING LIFE A CELEBRATION  
BRUNEI

**5<sup>th</sup> International Day of Yoga**  
**23<sup>rd</sup> June 2019 Sunday 8:00-10:00 AM**  
**@MPH, Panaga Club**

*(Hosted by The Art of Living Panaga Section, Breakfast provided after session, Kindly register by Scanning the QR Code or Google Link)*

**Special Guest HE Ajaneesh Kumar Ji**  
High Commissioner of India for Brunei Darussalam

**#YogaDayEveryDay**  
(Theme for 2019)

**Note: We Start sharp @ 8:00 AM, to make the session run smoothly kindly be on your mats by 7:50 AM**



**Salam Aidilfitri**  
**GOLF TOURNAMENT**  
**SUNDAY, 23 JUNE 2019**

**WHERE**  
PANAGA GOLF CLUB

**PRIZE - PGC MEMBERS**  
GROSS WINNER  
GROSS RUNNER-UP  
NETT WINNER  
NETT RUNNER-UP  
NETT 1ST RUNNER-UP

**PRIZE - NON - PGC MEMBERS**  
GROSS WINNER  
GROSS RUNNER-UP  
NETT WINNER  
NETT RUNNER-UP  
NETT 1ST RUNNER-UP

**LADIES**  
WINNER

**ENTRY FEE**  
B\$25 - PGC MEMBERS  
B\$35 - NON-PGC MEMBERS

**NOVELTIES**  
NEAREST TO THE PIN  
ALL PAR 3

**PRIZE PRESENTATION**  
WILL BE HELD AT  
KENYALANG CAFE  
@5.30PM

**FORMAT of PLAY : STROKEPLAY (PGC MEMBERS)**  
SYSTEM 36 (NON-PGC MEMBERS)

**DEADLINE for REGISTRATION : SATURDAY, 22 JUNE 2019**  
TO REGISTER - SIGN UP AT PGC NOTICE BOARD or CALL PGC  
ADMIN - 337-3142 or SEND EMAIL TO [golf@panagacub.com](mailto:golf@panagacub.com)





## Upcoming Events

### Community Events

# PANAS QUARTER & HALF MARATHON

Registration at: <https://forms.gle/6TLHNTwbHJpukVGJA>



Date: 30 June 2019 | Registration 5:30am |  
Flag-off: 6:30am | Location: Panaga Beach  
Shelter | Cost: B\$ 30 | QR code to register



### Miri Events



**PIASAU BOAT CLUB**

**Beach Fun Day**

Open 4 Public!

JUNE 15 2019 | SAT | 11 AM TILL 5PM

**ACTIVITIES**

- Banana Boat
- Bouncy Castle
- Sailing
- Beach Volleyball
- Beach Soccer

**Traditional Music | Dance | Games**



**PIASAU BOAT CLUB**

# COMEDY NIGHT

28TH JUNE 2019, 8PM

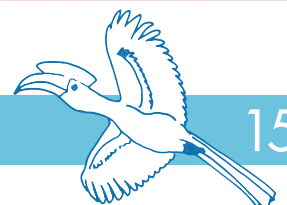
3 live comics on the night!

RM 40 Pre-event Price

RM 50 Walk-in Price

Aaron Barber | Prakesh Daniel | Zainal Bostaman

For booking call us at 085-640063



## 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 Brunei Team 2019*



**Marleen Spaans**  
Focal Point



**Wijnand Hoitinga**  
Secretary



**Olayinka Idowu**  
Treasurer



**Aanchal Bhushan**  
Relocation Advisor



**Robbert-Jan Pierik**  
Public Relations



**Pratibha Prasad**  
Event Coordinator



**Alvin Machia**  
Webmaster



**Rachel Laramée**  
POP Editor

