

Panaga Outpost Pages Seria, Brunei Darussalam

July/August

Highlights:

- > Highland Games
- Jungle Tots: Summer Survival
- > Nigerian Cuisine

in the July/August 2019 issue:

Welcome to Outpost	2	Notice Board	1 <i>7</i> -19
Highland Games	3-7	Brunei Public Calendar	20
Nigerian Cuisine	8-11	Community Calendar	21
Jungle Tots: Summer Survival	12-13	Emergency Numbers	22
Sail Malaysia Yacht Rally	14	Panaga Health Centre	23
Snapshots	15-16	Outpost Brunei Team 2019	24

OUTP

Contact us at <u>outpostbrunei@shell.com</u>.



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.

Focal Point Note

Welcome to the July/August issue of Outpost Brunei's POP newsletter. This issue features a full report on one of the highlights of Panaga's social calendar: the Highland Games!



I would like to extend a special wel-

come to our new readers at the BSP office. From now on, our POP Newsletter will be sent to all working expats as well as our mailing list of spouses. We are very happy that they too can now stay updated on all that Outpost Brunei has to offer. In our aim to strengthen the ties between Outpost and working expats, we invite all BSP employees who would like to share their talents, hobbies, passions, travel stories – anything really! – with the wider Panaga audience to email us or drop in for a chat.

You may have heard that we are expecting quite a number of new arrivals over the summer. If you are planning to stay in Panaga during all or part of the holidays and you would like to help Outpost to welcome newcomers, please let us know. Or if you see any new faces around the camp, why not stop to say hello?

Lastly, please note that as most of the Outpost Brunei team will be traveling in the coming weeks, the Outpost office at Lapanpuluh will open only on Wednesday mornings starting Friday, July 12, until Monday, September 2.

Our POP Editor will be taking a well-deserved break in August and will be back with a new issue in September. In the meantime, check out our website for updated info and events. Wishing you all a very safe and happy summer!

Marleen Focal Point Outpost Brunei





Highland Games

Highland Games 2019

Panaga Celebrates a Beloved Scottish Tradition

By Rachel Laramee

On June 14 and 15, the Panaga community came out in force for the much-anticipated Highland Games, organized by the Kuala Belait Scottish Community (KBSC). There were more teams this year than last year and nearly 200 athletes participated, according to Lesley Mennie, Chieftain of the Highland Games.

As in years past, athletes and supporters gathered for a sunset 5K race on the beach Friday evening. "It's a nice kick-off to the event," Lesley said.

The activities on Saturday included caber and welly toss, track events and children's races, as well as demonstrations by the Ghurka regiment and performances by Casual Ceilidh and the Royal Brunei Land Force Pipe Band. But perhaps the most exciting event was the tugof-war tournament, for which teams had been preparing for many weeks. After all the teams had faced off, the men's tug-of-war champions were the Bruneian team Chainblock A and the women's tug-of-war champions were the Garrison Ladies.

The overall Highland Games men's champions were the Pan Bright Travelers, and the overall women's champions were the Scottish Chieftains. The combined champions (including men's and women's scores) were the Pan Bright Travelers.

Lesley emphasized the importance of the 40 marshals who volunteered their time to ensure the safety of participants and to referee the competitions. "The day wouldn't happen without them," she said. In addition to

(continued)

(top right) The finish line for the Highland Games 5K, near the Beach

(bottom right) Rick Inman, member of the Brunei Brits team, does a medal-winning welly throw.







Highland Games



(above) Chainblock A and Chainblock B, Bruneian tug of war teams. (below) Panaga School students perform a Scottish dance.



keeping the track clear of spectators during the races and making sure athletes followed the rules, the marshals assisted with logistics.

"My husband was the overall caber referee," Lesley explained, "but he then had three other guys alongside him to basically help move the cabers around safely, because once someone's tossed the caber you have to get it back to the next person, so that's a lot of heavy lifting for these guys over the course of the afternoon."

The Games also featured children performing Scottish dances, which Lesley and a few other committee members had practiced with them over the last few months at the Panaga School. The Garrison's contributions were also a big hit. At the Garrison tent, visitors could learn about jungle survival skills and see some of the Ghurkas' weapons including the kukri, a type of curved knife.

"They did a tae kwon do display as well, so that's the flying kick on tiles and then a watermelon that just disintegrated. We didn't actually know what the tae kwon do display was going to look like... We had to move

(continued)













A Ghurka demolishes a watermelon with a flying kick during a tae kwon do demonstration.





Highland Games



people back a bit when we realized," Lesley said with a chuckle.

Another treat for spectators was the Royal Brunei Land Force pipe band. This was particularly special for Lesley, who said some of her fondest childhood memories of the Highland Games were of the bagpipes.

"Some of the bigger Games," she remembered, "there'll be a number of pipe bands performing and then they'll always do what they call the mass pipe band, so they all join together and there's just so many, they all have pipers and then the snare drummers, then the bass drummers, and just hearing that moving past you..."

Lesley shared some details about what the Highland Games are like in Scotland: "There'd be the Highland Games the length and breadth of Scotland over the summer months. Pretty much every weekend there'll be Highland Games going on somewhere, possibly more than one. Some of them will have a number of different events that add up and usually they'll finish at the Braemar Games – the one that the Royal Family usually came to. And it's usually the last one of the season." The Queen herself has attended the Braemar Games every year since she was coronated in 1953.

Not all of the Highland Games in Scotland are so big, however.

(continued)



(above left) The Nigerian tug-of-war team in action. (above right) The Ghurka regiment demonstrates with the kukri. (below) Stuart McGregor, KBSC committee member, plays the pipes.





Highland Games



The Chieftains ladies' tug-of-war team in action.



The Royal Brunei Land Force Pipe Band performs.





Highland Games



"I remember going to one in my childhood," Lesley said, "that was in this tiny little village in the Highlands of Scotland and it was way smaller than what we have here in Panaga, maybe just two or three hundred people altogether and it was just in this little field by the side of the river... So there's a whole range..."

This was the fourth time Lesley's helped organize the Highland Games, and it will probably her last here in Brunei as she's leaving next month. The KBSC is looking for new members who can help out next year. It's a lot of work but it's a "well-oiled machine," Lesley assured. "We have a huge spreadsheet planner with all the different areas divided up with jobs to do," she said.

If you want to help organize the Games, there's sure to be something you can contribute, whatever your skill set and however much time you have to spare. Check out the KBSC page on the Panaga Club website (https://www.panagaclub.com/pages/scottish-community) or email https://www.panagaclub.com for more details about how to join.

Lesley had one suggestion for next year's Games: "Someone could do haggis snacks. My amah makes haggis spring rolls... They're really good!"

(above) The Brunei Brits at the Highland Games. (below) Lesley and her husband, Nick, enjoy the Brunei Land Force Pipe Band performance.







Cooking Class

Nigerian Cuisine

Outpost Hosts a Special Cooking Class Featuring Efo and Moi Moi

By Olayinka Idowu

Nigeria is a country in equatorial West Africa. It is Africa's most populous nation with about 200 million people. Nigeria is bordered by the Gulf of Guinea to the south, the Republic of Benin to the west, Cameroon to the southeast, Chad to the northeast, and the Niger Republic to the north. Over 520 languages are spoken in Nigeria with Igbo, Urhobo, Hausa, Yoruba, Ibibio, Fulfulde, Edo, Pidgin English, Ijaw, Kanuri and Tiv being the most used.

Nigeria boasts of myriad traditional dishes from its various regions. Some examples are afang soup, okra soup, owo soup and starch in the Niger Delta, plantain (fried, boiled, roasted), pepper soup, amala, eba, efo riro, pounded yam ("iyan" in Yoruba, pronounced "ee-yon"), akara, jollof rice, ground nut soup, ogbono soup, marugbo soup, isi ewu (goat's head soup), egusi soup, suya (meat on a kebab rolled in spices and cooked over a fire grill), moi moi, ewedu, gbegiri soup

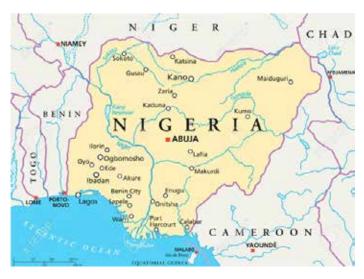
(bean soup), edikangikong, ground-rice, puff-puff (fried doughnut), chin chin, ikokore, owerri soup (ofe owerri). All the foods above vary greatly in their taste, spice and flavour.

For this cooking class, we made moi moi and efo. Participants also sampled plantain puffs (masa), rice porridge, and marinated chicken ribs, along with rooibos-mint tea and hibiscus-pineapple juice.



Yinka presents the ingredients she'll use in the recipes.









Cooking Class

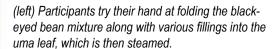








(above) Yinka demonstrates a method for quickly removing the skins from black-eyed beans, which are processed with onion, garlic and ginger for the moi moi mixture.



(below) Plantain puffs, also known as masa, keep the participants energy up for all the cooking.















Cooking Class













(above) Outpost Events Coordinator Pratibha thanks Yinka for all her hard work.

(left) Yinka demonstrates the process for preparing efo; this version was sweet potato greens and prawns flavored with delicious seasonings like African locust bean.

(bottom left) Participants pose with the ingredients before the demonstrations begin.

(bottom right) Pro tip: Boiling lemongrass and star anise makes the house fragrant!







Cooking Class

INGREDIENTS PEPPER MIXTURE FOR STEW

4 red bell peppers (tatashe) 2 scotch Bonnet pepper (ata rodo)

> 6 large tomatoes 1 medium size onion

(optional addition)

3 cloves garlic 3/4 tsp ground black pepper 2 tsp grated ginger

* Remove the seeds from the peppers if you prefer to*







Mai Mai

- 3 cups Brown/ Black eyed Beans
 2 Red bell pepper

- · 4 cloves garlic
- 4 tsps ground ginger
 2 medium sized Red Onion, Whole
 1/2 Cup Vegetable oil
- 1 Seasoning cubes (Optional)
 Salt to taste

"Fillings: Any Of these could be used; Shredded fish(Smoked or Boiled), Corned beef, Boiled eggs.

Instruction

- 2. Blend all ingredients together to a smooth paste (except - oil, salt and filling).
- 3. Transfer to a bowl,
- 4. Add oil, salt, seasoning and hot water to desired consistency. More water = softer moi moi. It's safe to be somewhere in the middle.
- 5. Wrap in the leaf adding filling as you go,
- 6. Steam for about 40-50 minutes
- * Please note that the above are bullet points of the preparation of Moi moi, you are advised to take down some notes during the cooking class for a clearer picture.

Thank you and Enjoy!



Elo with or without ail.

- Ingredients
 1/4 cun poim oil (optio
 - medium onion (chopped) thisp LOCUST BEAN alsa IRU

- 3 thin LOCUST BEAN alsa IRU
 4 rind bell pepper
 1 large red ontoin
 2 search bounes
 2 search bounes
 2 clotes of garlie
 3 thin powdered drived shirmin
 1 pound of cooked meat of choice
 1/2 pound of small fresh water statin
 4 pounds of spirach/Kale chopped

Instructions

- To purp, blend one red onion with the tomatoes, bell papper, gathe, and hot pepper. Chop the other red
- onion. In a deep sauce pan or stock pot, heat the oil and sault the onions and Locus hearts over midium hear until onion is golden brown.

 Add the blended tomato mix, and allow to cook over

- Add the blended romano mix, and allow to cook over modium heat for about 30 minutes. Sit occasionally to avoid the mix from burning.

 After 30 minutes, the sauce should be signaficantly ted acod, at this point season it with powdered day attempt and alto tratts.

 It tooking with cooked red mean or chicken, add them to the sauce at this point. If wing dried mathrosoms, we begin at a timp point. If wing dried mathrosoms, we begin at the strength of the sauce, then add the springly and them at this point as well.

 Add the firsts shrings to the sauce, then add the springle, that the stage, the springle may look too much, but allow to sit in the post for about 1 minute.

 Gently stir the stew and the springle until the springle is wished till about half of me original volume.

 Adjust the seasoning with salt to taste if necessary.

 This stew is best served warms and freshly cooked.

YID'S SIGNATURE GRILLED CHICKEN BONUST

Ingredients

- · 1kg Chicken wing
- · 1/2 cup milk
- · 1tsp Mustard
- · dry chilli pepper to taste
- · 2 tbsp tomato ketchup
- · 2 cloves garlic
- · 2 tsp grated ginger
- · Crushed black pepper.

Simply mix all ingredients together. Leave to marinate for 10 minutes or longer if you please.

* Grill in the oven, air-fryer, open





Jungle Tots

Jungle Tots: Summer Survival

By Stacy Nammari

The summer holidays are fast approaching, and Jungle Tots is once again planning the Summer Survival program! The program is open only to Jungle Tots members, but you can sign up for membership for just July and August if you want to participate.

Summer Survival is a schedule of activities throughout the holiday period ranging from beach games to



Nest building

feeding fish to decorating cookies. These activities are organized by Jungle Tots parents to provide continuity for the children and make the summer holidays a little bit more exciting! Summer Survival replaces the normal Jungle Tots activity schedule, which is cancelled from July 10 through August 27 to give our session leaders a well-deserved break.

Program details are as follows:

- > Children aged 6 and under are welcome.
- > To be part of Summer Survival you kindly need to be a Jungle Tots member and host at least one activity.
- Activities must be run by a parent. (Amahs can attend under normal Panaga Club rules, but they cannot run the session.)

In order to make Summer Survival a success we need volunteers to host activities! Feel free to be as adventurous as you like. If you feel you could host an activity or have questions or suggestions, email Jungle Tots (jungletotspanaga@gmail.com). We are relying on Jungle Tots members to make Summer Survival happen!

Summer Survival Activity Ideas

Here are some suggestions based on previous Summer Survival sessions.

- > Teddy bear picnic
- > Treasure hunt
- > Storytelling and music
- Bubbles (with wands and string)
- > Scavenger hunt
- » Beach play date / treasure hunt / sandcastle building
- Water balloon throwing and silly string
- > Cookie decorating
- Messy play
- > Duplo / Lego challenge
- > Fire station visit
- Pizza making at Fratini's or Chef Mauri
- > Play date at swimming pool
- > Cloud 19 soft play
- Obstacle course
- > Splash pools and water play
- > Arts and crafts
- > Kids yoga
- > Rocket building





Jungle Tots



(above) Teddy bear tea party
(top right) Bubbles
(bottom right) Visit to bomba station
(below) Rocket launching

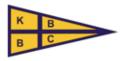








Yacht Rally



Sail Malaysia Yacht Rally At KBBC

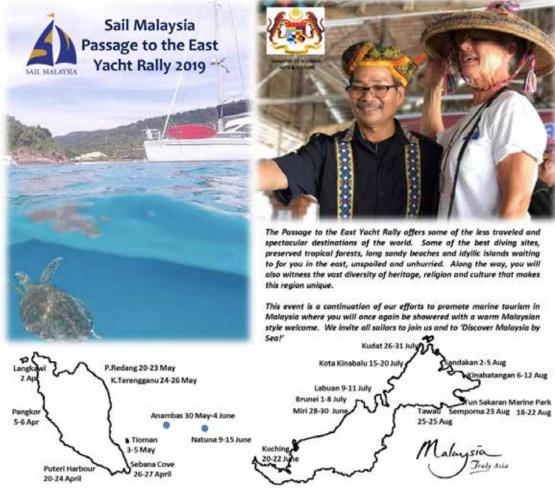
The Sail Malaysia "Passage to the East" Yacht Rally will arrive at Kuala Belait Boat Club (KBBC) on Saturday, July 6, and will leave for Jerudong on Monday, July 8. The yachts will be anchored in Belait River, and you are very welcome to come and see them.

Also, KBBC will host a dinner for the sailing participants on Saturday, July 6, at 7:00 p.m. If you are interested in meeting the international captains and crews, KBBC is happy to invite you. Please contact the KBBC Commodore Sybrand IJkema at 711 6058 to RSVP.

A total of 30 crewmembers are expected in Brunei. Most of the yachts have husband and wife crews, the majority of whom are retired couples taking their big adventure to sail around the world. Their yacht is their home. They are from Australia, New Zealand, Canada, USA, UK and Europe.

The rally took off from Langkawi (Malaysia) at the end of March and will finish in Tawau (Malaysia) in late August. When in Brunei the event will be called Sail Brunei. Other destinations in Brunei are the Royal Brunei Yacht Club in Muara and Bandar. It's the fifth time Sail Malaysia is welcomed in Brunei. Previous events were held in 2009, 2015, 2016 and 2018.

See the Sail Malaysia website for more information: http://sailmalaysia.net/rally/passage-to-the-east/rally-info/





Suapshots

North American Group Chili Cook-Off

On Saturday, June 22, the North American Group hosted the 5th Annual Chili Cook-Off. Eleven contestants brought their version of the classic dish to the competition, and about 120 guests were on hand to sample the contenders. The winners were Shuangwei Liu for Most Original, Jennifer McNulty for Spiciest and for Fan Favorite, and Chris and Beverly Hood for Most Traditional.













Suapshots

North American Group Chili Cook-Off





Panas Quarter- and Half-Marathon

On Sunday, June 30, Panas hosted their annual quarter- and half-marathon event! There were 85 runners and an early start at 6:30 a.m. The volunteers at the water stations offered lots of fun distractions along the way. The soft sand on the beach and the heat made for a tough run this year, but all runners can be very proud of their achievements!







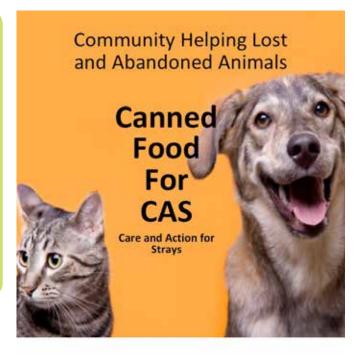
Notice Board

Events Coordinator Needed!

Outpost is looking for a volunteer Events Coordinator to fill in for Pratibha during her maternity leave from September/October through January. Responsibilities include organizing mostly small events like coffee mornings, workshops and cooking classes, but there is some flexibility for other types of events if you have ideas! Please get in touch if you're interested in helping out.

Volunteers Needed!

If you're looking for a way to get involved in the community,the Panaga Club is always looking for volunteers. Check out their website to see what positions are open: https://www.panagaclub.com/blogs/volunteers



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



Dora

Available for foster or adoption

Dora is a beautiful, sweet, and playful puppy that is good with children. She is looking for a good, caring family.

Please contact +673 863 8837 if you're interested.

Language Classes

Malay and Spanish Classes!

Outpost offers beginner and intermediate Malay and Spanish classes at the Outpost office at Lapanpuluh Apartments. The classes are on hiatus during the summer holidays, but please get in touch if you would like to join in September.



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!





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

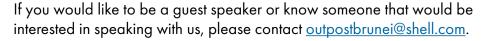
Dear POP readers,

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 <u>outpostbrunei@shell.com</u>.

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"!







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.





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 31 st	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

Mon., July 8

Coffee Morning

Community Calendar

Fri., July 5

Sat., July 6 - Mon., July 8

Panas Time Trial*

Sail Brunei Yacht Rally (KBBC) **

- * See the Panas page (https://www.panagaclub.com/pages/athletics-panas) or email panas.panaga@gmail.com for details.
- ** See page 14 of this issue for details.

Outpost Coffee Morning



Whether you've been here for three days or three years, please join us for a cup of coffee and informal chat! If you're new here, we'd love to introduce ourselves and answer any questions. If you've been in Brunei a while, we'd love to hear how things are going for you.

Date: Monday, July 8

Time: 9 - 11 a.m.
Venue: Outpost Office

(Lapanpuluh A1)

RSVP appreciated but not required. Email us at outpostbrunei@shell.com.



Emergency Numbers

	Government Hotlines (24Hrs) Ambulance Police Fire & Rescue Search & Rescue	993 995
	BSP Emergency Contact Numbers BSP Emergency BSP HQ Security (24 hours)	337 4292 / 337 4296
	Medical & Health Services Ambulance (24 hours)	337 2306 / 337 3033 377 2540
	Integrated Facilities Management Housing Gen. Civil & Electrical Maint. (24 hours) Camp Services	
 	Others Panaga School Hotline (office hours) Panaga School Hotline (after working hours) BSRC Hotline (office hours) BSRC Hotline (after working hours)	877 7028 337 3503
	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.

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

Issue 6: July/August 2019



Outpost Brunei Team 2019



Marleen Spaans
Focal Point



Wijnand Hoitinga Secretary



Olayinka Idowu Treasurer



Aanchal Bhushan Relocation Advisor



Robbert-Jan Pierik
Public Relations



Pratibha PrasadEvent Coordinator



Alvin Machia
Webmaster



Rachel Laramee
POP Editor