



Panaga Outpost Pages
Seria, Brunei Darussalam

October

Highlights:

- › Mental Health Awareness
- › Snakes in Panaga
- › Dragon Fruit Smoothie!

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-n-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 language classes
- › ... and many more!

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

Contact us

Telephone: +673 337 4927

Email: outpostbrunei@shell.com

Website: seria.globaloutpostservices.com

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.

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Welcome to Outpost

Focal Point Note

Welcome to the October issue of Outpost Brunei's POP newsletter! In this month's edition we highlight some of our recent events, such as our Newcomers' Networking Event at 49, our Ceramic Painting Workshop and a sold-out Makeup Tutorial. We also give you some important insight into local wildlife (snakes! – a repeat of an article last shared in the May issue of 2018) and foods (dragon fruit!). Also, check out our feature on all the Kuala Belait Boat Club (KBBC) has to offer, and read about free golf workshops on offer at the Panaga Club.

We encourage all our POP readers to let us know what you would like to see and share in these pages. Let us know if your organisation wants to attract new members or spread the word about an event, if you have visited someplace interesting, if you have a question about living in Brunei, if you know good restaurants or shops around town, new (or old) places for kids entertainment, or any other suggestions for relevant content.

Our new POP writers Petra and Nova are full of great ideas for upcoming issues and have already made themselves indispensable to the POP process. I'd also like to give a special shout out to Annika, Outpost Brunei's former POP Editor, for her contribution to the current issue. It was great to have you back for a little while! Lastly, I wish to thank Pratibha for her hard work in organising so many popular events with just a few more week before her new baby arrives. Time for her to put her feet up and enjoy her well-deserved maternity leave!

Stay connected with Outpost on our website (seria.globaloutpostservices.com) and our Facebook page ("Outpost Seria, Brunei") for the latest updates, or you are most welcome to visit the Outpost office at Lapanpuluh Apartments, apartment A1.

Marleen Spaans

Focal Point



Share with the community through Outpost!

Volunteering



We would love to hear about your volunteering experiences in Brunei and 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!

Travel Stories

For many of us, living in Brunei is an opportunity to explore the region, so we're always eager to hear 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.



Kuala Belait Boat Club (KBBC)

KBBC Commodore Sybrand Looks to the Future

By Petra Moelker-Pronk

Did you know that Panaga Club membership includes membership to the Kuala Belait Boat Club (KBBC)? That means endless possibilities for sailing, stand-up paddling (also known as SUPing), diving, fishing, surfing and other water-related activities. Dangerous? Not according to Sybrand Ijkema, KBBC's Commodore.

"We take safety very seriously," Sybrand says.

Commodore Sybrand Ijkema

Water has always played a major role in Sybrand Ijkema's life. His parents were avid sailors. Sybrand and his sister were "planned" for the winter so they would be old enough to board a boat the following summer – and they did. At barely 6 months old Sybrand was already in a little chair on the deck of his parents' sailboat. In the first 10 years of Sybrand's life he traversed the Netherlands on the sailboat, and as a teenager he windsurfed a lot.

Later, he picked up catamaran sailing with his wife Susanne, and he obtained his international flotilla skipper license in Brunei. When he and Susanne are on holiday with their children Simon (7) and Valerie (5), there's always water involved. No wonder that this water sports fanatic was recruited by KBBC even before he came to Brunei.

KBBC: Then and Now

In the 80s and 90s, KBBC was a thriving club. The beautiful clubhouse along the Belait River was the base for countless rowing boats, optimists and a yacht, and you could have an excellent dinner or party with a view of the river. Today, we see a different image with a condensed offering of activities and fewer members interested in water sports.



(above) Sybrand Ijkema, KBBC Commodore, welcomes members to the yearly KBBC Family Fun Day in April 2018.

(below) Bryon and Michiel with a Hobie catamaran at Panaga Beach.



Kuala Belait Boat Club (KBBC)

"The causes are diverse," says Sybrand. "Increased marine traffic, a growing number of crocodiles in the river, a shrinking number of expats, less subsidy and more competition from other activities. But there is still a solid core of water sports enthusiasts in the area, so it's definitely worth looking for new potential for the club."

Activities

KBBC has a wide variety of activities on offer. The Belait River is great for motorised water sports. The KBBC powerboats bring people to sea for diving and fishing. You can also take a river cruise, which can include a visit to Kuala Belait's water village or a sundowner at the river mouth. You can even put together your own program with the boatmen.

The second hotspot is Panaga Club.

KBBC Contacts

General inquiries

Commodore.kbbc@panagaclub.com
+673 711 6058 (Sybrand)

River cruises, fishing trips, wakeboarding, birthday parties

boatmen@panagaclub.com
+673 886 4434 (Zelani)
+673 812 8545 (Zailan)

Diving trips

panagasubaquaclub@gmail.com

SUP and surf

+673 825 2510 (Alessandro)

Dinghy sailing

+673 722 3730 (Naomi)

"We have an active dinghy section, sailing with hobie catamarans, topaz and lasers," Sybrand says. "Apart from that you can go SUPing, kayaking, body boarding, kite surfing, windsurfing and wake boarding. A lot of people enjoy it, as we can see at the annual KBBC Family Fun day in April. On that day the entire fleet goes outside for everyone to enjoy, and there is a banana boat for the children. Awesome! Unfortunately, the enthusiasm ebbs away after that."

Wildlife

Fear of marine life like jellyfish, crocodiles and water snakes keeps people away from the water. Is that fear justified? Not according to Sybrand. As long as there are no jellyfish on the beach, it's safe to swim. Crocodiles and sea snakes are rarely sighted. As long as you remain cautious, there is no reason that wildlife should be an obstacle to enjoying the water and the beach.

Safety

KBBC takes safety very seriously.

"Before members are going to engage in any type of water sports activity," Sybrand says, "our boatmen and section volunteers provide thorough safety instructions. What protective gear should one wear? How do you launch a boat? How do you get safely through the waves and back? How to handle equipment? It's important to know all that. Safety comes first, for people and equipment!"

Volunteers are a crucial part of this. Because there is a constant rotation of volunteers in and out of Brunei, the club is always looking for new enthusiastic people to keep the water sports afloat.

KBBC's Future

Sybrand has faith in the future for the boat club, which will require creative solutions like new business models.

Kuala Belait Boat Club (KBBC)



(above) Kayaks and Topaz dinghies at Panaga Beach.

(right) Padma, Bas and Ellis with a Topaz dinghy at Panaga Beach.

(below) Guests enjoy a banana boat ride at a birthday party at Panaga Beach in June 2019.



"KBBC has been around since the 1950s," Sybrand says. "It has historical value for the community. We have a splendid location at Belait River, which is really unique and worth preserving. To ensure this we're working in close cooperation with Club Management, IFM and BSP. There are plans to open up KBBC restaurant to the public and attract a new caterer.

"We are also looking into partnerships with local water sports providers to ensure continuation and affordability of activities," Sybrand continues. "At Panaga Club there are plans for an improved connection between the Panaga Clubhouse and the boat sheds for easier access to equipment.

"KBBC has two unique locations and a generous offering for a great time on the water," Sybrand says. "Let's get together and make use of it!"



Golf Workshops

Coming Soon: FREE Golf Workshops

By Paul Bryant



Soon at the Panaga Club, I will be holding FREE golf workshops to new golfers wanting to learn this great game. The golf workshops aren't just a great introduction to golf; they are also a great way to meet people and make new friends in the community.

Please let me take this opportunity to introduce myself as the appointed Teaching Golf Professional at Panaga Club. My name is Paul Bryant. I have been coaching at Panaga Club since 2013, and I have lived and worked in the region since 2002. I graduated the Australian PGA Academy in 1991 and have worked in various roles in the golf industry over the years. During this time, I have learnt that people play golf for many reasons, and my coaching style reflects this. I believe in teaching the individual and getting to understand their natural movements before providing suggestions on how improvement can be achieved to reach their goals.

The upcoming beginner workshops will cover all the fundamentals whilst having a social and relaxed atmosphere. This group experience will take the pressure off learning golf, as you are not alone but surrounded by other like-minded individuals. The coaching workshop is to educate and give participants a little taste of what golf is all about so they can try and have a go. It might not be for you, but you won't regret giving it a try.

No definite dates have been set yet due to recent poor air quality, but keep your eyes open for further information on both Panaga Club and Outpost social media platforms.

For all enquiries, contact me by phone (+673 720 9108) or email (paulbryantgolf@gmail.com).

Golf Workshop Details

- › Venue: Panaga Golf Club
- › Registration: Contact Paul directly
- › Cost: Free to all Panaga Club members
- › Equipment: All equipment provided except golf balls (25 for \$2.50)
- › Dress regulations apply: No exercise attire or tight-fitting clothes. Sports shoes required



For the latest information about golf workshops, follow the Panaga Club!

Facebook: @officialpanagaclub
Instagram: @officialpanagaclub

Newcomers' Networking Event

Outpost Newcomers' Networking Event

By Nova Dudley-Gough

The Outpost Brunei networking coffee morning was held at House 49 on the morning of Wednesday, 18 September. This event was a chance for new arrivals to meet with members of the Outpost team and other newcomers and to get answers and advice about settling into life in Panaga. It was also an opportunity to finally get inside one of the fanciest houses on camp, instead of just driving past!

A beautiful day showed the house off wonderfully, with light and airy rooms and a view to the tempting pool outside. Guests gathered on-time and enjoyed a selection of light snacks, good coffee and a variety of teas. Both employees and non-working partners were able to attend, which showed enthusiasm for the support Outpost can offer above and beyond providing basic information.

The strength of Outpost lies in its ability to connect people, not only with needed information, gathered over years of operating here, but with each other, the people who form this community. Meetings such as this networking morning may start with a basic discussion about where on camp you live, which leads to an introduction between new neighbours. These neighbours may discover that one neighbour's friend made years ago in Miri became friends with their new neighbour's

old friend in Gabon, and now you both know each other in Brunei. Outpost closes the circle, and networking events such as these increase connections and form a safety net of friendships and acquaintances for future moves and postings.

With conversations occurring between long-term residents and those of us who have only been here for a few weeks, the atmosphere was fun, informative and enjoyable. A great way to spend a Wednesday morning!



Mental Health Day

World Mental Health Day – October 10th

By Todd McPherson, MA

In 1992 the World Federation for Mental Health established October 10 as World Mental Health Day and, each year since, has brought different topics to the public's attention to increase awareness and understanding and to begin conversations about mental health. This year's theme is suicide prevention, a topic that many people fear discussing but needs to be part of conversations with our children, friends and colleagues in order to reduce the stigma around an important area of mental health.

So October 10 is World Mental Health Day, but what is mental health?

A common misconception about mental health is that people in poor mental health have psychological disorders. In fact, mental health is like physical health where there is a spectrum upon which we all fall, with some people in great health at one end and others in poor health at the other end.

Not everybody who is struggling with poor mental health has a diagnosable mental disorder. Somebody dealing with divorce, job loss, injury or illness, the death of a child, or the discovery that their partner has had an affair will likely be in poor mental health. Anybody who has been abused, been in an accident or witnessed traumatic events might be in poor mental health. Even people who appear to be strong and functioning well can be struggling with mental health issues.

Mental health problems are not a sign of weakness. They can strike the strongest people and can be made worse by trying to remain strong without seeking help or support. Mental health issues affect everyone, just like physical health issues. That's why it's important to take care of our mental health in the same way that we care for our physical health.

Taking care of our mental health overlaps with physical health in many ways. Proper sleep, diet, exercise and a balanced lifestyle are all necessary components of both

Great health



Poor health

Physical Health

Flu

Food poisoning

Chronic migraines

Broken leg

Heart disease

Diabetes

Chronic pain

Stroke

Cancer

Mental Health

Work-related stress

Phobias

Low self-esteem

Grief

Social anxiety

Depression

Addiction

Trauma or PTSD

Schizophrenia

Mental Health Day

physical and mental health. In addition, it's important to pay attention to your mood, behaviour and mental state and to make adjustments when things are not going well, rather than ignoring issues. Like physical health issues, seek help when things are not right. If your knee was sore and making it hard to walk, you would eventually seek help. If you're distracted and unable to focus because your mind is too full of worries, then seek help to improve that.

Perhaps people don't seek help because it's more difficult to identify mental health issues. You know when your knee is sore and you know that it's not normal or healthy. However, you might not be aware that you're being angry, impatient and aggressive with your family. You might believe you're just reacting to the problems around you. For this reason it's important to let people know when you observe changes in their mood or behaviour, so they can have greater self-awareness and identify when things are not right.

What should you look for in yourself or others to indicate poor mental health? Here are a few common indicators:

- Frequent crying
- Distraction, lack of focus, excessive forgetfulness
- Anger and angry outbursts that are out of proportion to the situation
- Constant worry, overthinking, reviewing what you said and did and worrying about it
- Fear of doing things, seeing people and attending events
- Drinking too much, eating too much, sleeping too much or insomnia
- Lethargy, lacking motivation to do anything
- Feeling hopeless, helpless or worthless
- Self-harm, suicidal thoughts or thinking it

would be easier not to be alive

- Perfectionism, constantly cleaning, checking and double-checking things
- School avoidance or frequent sick days

This list is not exhaustive, but it identifies some of the most common symptoms of poor mental health that people might not recognise. With help, these symptoms and their underlying issues can be improved or resolved.



Even in the expat community, which is made up of capable, well-educated, resourceful people with lives that are better than the majority of people's, mental health issues are a part of life. Work-related stress, depression and anxiety are commonplace among expats. Marital problems and parenting issues affect almost everybody. Many expats leave behind their careers, aging parents, families and support systems. These factors have an impact on mental health. It is critical that people be aware when their own mental health is poor and take measures to improve the situation. It's also important to be aware of others and check in with them, provide them with honest feedback, and help them to seek help when required.

Mental Health Day

When someone struggles with poor mental health, there are sources of support. First, speaking with friends and family and opening up can be helpful at times. Unfortunately, most people are not adequately equipped with the skills to support others. In these cases, speaking with a professional is helpful. Counsellors and psychologists are available in Brunei. The Panaga Health Centre employs an expat Counselling Psychologist for this purpose. Appointments can be made at the Panaga Health Centre or in Bandar through Clarity Sdn Bhd. The people who see the Counselling Psychologist are not crazy or mentally ill. They are typical members of the community who acknowledge that their mental health is not optimal and are seeking to improve it with effective strategies.

Hopefully the awareness of mental health issues will increase so that people are more aware of their own state of health, able to check with others, and more willing to engage in honest conversations about mental health without fear or embarrassment. Be a supporter of better mental health and do your part to engage in conversations, speak to other people when you are aware of an issue, and be willing to seek help when you believe your mental health could improve.

Contact information

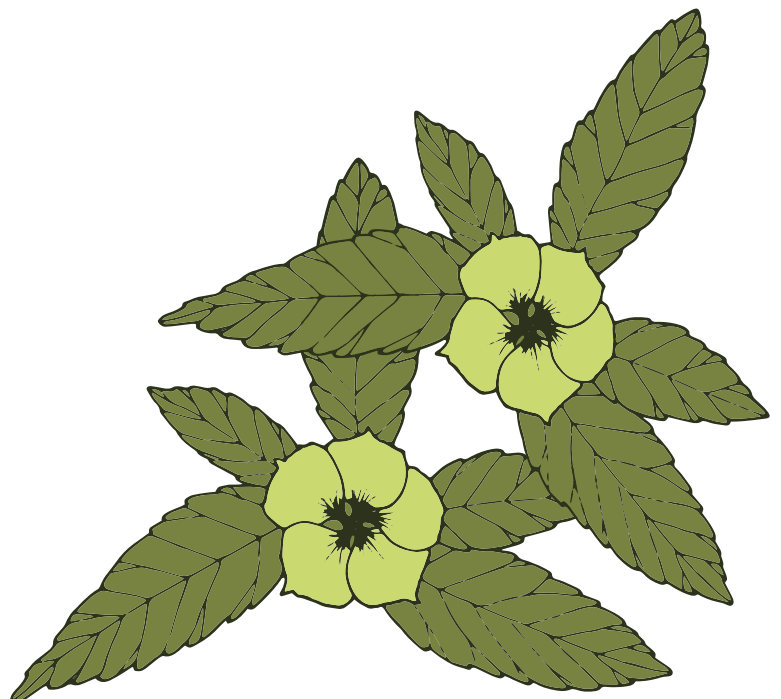
Todd McPherson, MA

Counselling Psychologist

Director, Clarity Sdn Bhd.

(673) 863-7750

Email: counsellingbrunei@hotmail.com



Snake Safety

Snakes in Panaga

From BSP Panaga Health Clinic (HML)

Snakes are an important part of regional biodiversity in Southeast Asia that are perceived as either useful (as control agents for rodents and crop pests) or harmful (for the lethal bite of a small fraction of extant species). For the latter reason, large numbers are killed, removing a vital element from local ecosystems.

A total of 19 different snake species have been recorded in Brunei. Most species of snakes in the Panaga camp are neither aggressive nor harmful. By keeping a safe distance and having a "live and let live" attitude, we can help keep the camp's ecosystem in balance.

It is never advisable to touch or handle any kind of wildlife. If you encounter a snake in your garden, watch

or photograph from a safe distance and then let it carry on. If you find one in your house and, understandably, find it too close for comfort, call the Environmental Public Health Officer's (HML/42) standby number **8723006 (24 hrs/day)**. They will send their trained pest control staff with the proper equipment to safely catch and relocate the snake.

Prevent snake intrusions

- › Trim grass well and prune dense foliage and undergrowth regularly.
- › Remove unwanted timber and pots, as these are favourite hiding places.
- › Keep branches and creepers clear of windows. Snakes may use them to get into the house.

Common Snakes in Panaga



Bronzeback (nonvenomous)



Python (nonvenomous)



Cobra (venomous)



Viper (venomous)

Snake Safety

- › Fill all burrows, holes and crevices in the walls and the ground. They provide excellent hiding place for snakes.
- › Screen all ventilation openings and sewage outlets with weather-resistant mesh or gratings (grills).
- › Properly dispose of uneaten food, which may attract rats that in turn invite their predators, snakes.
- › If an area is infested with rats, get a pest controller to exterminate them.
- › Insects, amphibians and lizards may attract their predators, tree snakes. It is advisable to fumigate your premises periodically if you are living near the jungle side.
- › Rearing of chickens, pigeons and other small animals may attract snakes.
- › Drain ponds regularly and keep them clean. Reticulated pythons are fond of water. Improperly kept ponds tend to harbour frogs and toads, which are preyed upon by many species of snakes.
- › Don't stick your hand or foot into any holes in rocks, tress or the ground – there may be snakes in them.
- › On encountering a snake, DON'T RUN. It is safer to keep perfectly still or back away slowly. The snake just needs room to move off and will do so in most circumstances.
- › Do not attack any snake. Provocation may lead to a snake biting.
- › Do not tease others with what appears to be a dead snake. It might not be dead!
- › Freshly killed snakes collected for identification purposes must be carefully handled using a stick or gloves.

What to do if you encounter a snake in BSP Camp

- › Contact the Environmental Public Health Officer's (HML/42) standby number 8723006.
- › Carefully monitor the snake to see its direction of movement until someone arrives to dispose of or kill the snake.
- › Do not pester the snake as the snake will flee instead of being caught.
- › Be patient until someone arrives.

Use caution in grassy areas

- › Keep your eyes open in known snake-infested areas, and look where you are stepping or sitting.
- › Wear protective leather or rubber boots or shoes.
- › Wear baggy trousers of reasonably thick material.
- › Avoid tall grass, thick bushes and rocky places overgrown with weeds.
- › Avoid walking in the dark in grassy areas because many snakes are active at night. Use a torch if you have to do so.
- › Be careful when you sleep on the ground. Your body warmth may attract a pit viper or coral snake
- › Never step out at night barefooted or without a torch.

What should I do if a snake bites me?

Very few people die from a venomous snakebite. Knowing what to do and giving proper first aid is essential to keeping those numbers down.

Two out of three victims are injected with very little venom (venomous bite) or no venom at all (dry bite). There's no way to know whether a snakebite is dry or venomous, so to be safe, always treat any bite as a venomous bite.

Snake Info

If you are the victim and alone, stay calm and walk slowly. Don't run for help.

Apply first aid immediately (see inset) and seek treatment from the hospital. Do not wait for development of symptoms before seeking treatment.

Hospital Treatment

Antivenin is used to neutralise the venom from the bites of specific species of snakes.

Not all snakebites require antivenin. The doctors will only recommend antivenin if a patient with a proven or

suspected snakebite develops signs of being envenomed, such as paralysis, bleeding, unconsciousness or cardiac arrest.

Antivenin must be administered by a doctor within a hospital setting due to the risk of severe, sometimes life-threatening, allergic reactions.

Suri Seri Begawan Hospital at Kuala Belait keeps stocks of the antivenin. The doctors are capable of treating snakebites and able to manage cases of adverse reactions and shock due to antivenin.

Snakebite First Aid

The main aim of snakebite first aid is to reduce the systemic absorption of venom by applying continuous firm pressure over the affected limb. This, and prompt transport to a medical facility, will help prevent life-threatening complications.

1. Lay the victim down and provide reassurance. Do not move the victims unless further danger is present.
2. Call the BSP emergency number 3372999 or get to the nearest medical facility as soon as possible.

Apply an elastic (pressure immobilisation) bandage to slow the spread of the venom through the lymphatic system as follows:

3. Before applying an elastic bandage, note the feeling, warmth and colour of the limb and note changes in skin colour and temperature.
4. Place the end of the bandage against the skin and use overlapping turns. The wrap should cover a long body section, such as an arm or a calf, beginning at the point farthest from the heart. For a joint, such as the knee or ankle, use figure-eight turns to support the joint.

5. After you apply the bandage, check above and below the injury for feeling, warmth and colour, especially fingers and toes. By checking before and after bandaging, you may be able to tell if tingling or numbness is from the bandage. Check the snugness of the bandaging – a finger should easily, but not loosely, pass under the bandage.
6. Keep the injured area still and lower than the heart. The patient should walk only if absolutely necessary.

If you saw the snake, try to remember what it looks like. This may help the doctor decide the what type of antivenin to give to the patient.

DO NOT:

- › cut the bitten area.
- › suck the venom from the bite site.
- › apply ice.
- › apply an arterial tourniquet.
- › approach, catch or kill the snake.

Snake Info

Venomous Snakes Found in Brunei



Banded krait



Red-headed krait



King cobra



Equatorial spitting cobra



Blue coral snake



Striped coral snake

Tamu Time

Tamu Time: Dragon Fruit

By Petra Moelker-Pronk

The coolest-looking fruit of the tropics? No doubt about it: That's dragon fruit! It has a very exotic shape with scales like a dragon's, which is where the name comes from. Although it looks intimidating with its sharp spines and leathery skin, dragon fruit actually is quite tame and sweet. This odd-looking fruit is the perfect ingredient for smoothies.

This colourful, stunning fruit originally comes from Central America but is now found all over the world, especially in Asia. Dragon fruit (also called pitaya or strawberry pear) belongs to the cactus family and has bright red skin. It grows on a tropical cactus known as "the Honolulu Queen", whose flowers open at night. The fruit hangs at the end of the long, green-ribbed branches of this cactus, like huge colourful creatures from a faraway world. The most common varieties have either pink or white flesh with black speckles. Apart from the fruit, this cactus is also a beauty in the garden because of its big, astonishing flowers.

Health benefits

Not only does it look great, it is also high in fiber, magnesium, iron, vitamins and antioxidants and is—despite its sweet taste—low in calories. So no guilty pleasure here! Some studies of dragon fruit have shown that it can boost your immune system, improve pre-diabetic symptoms, regulate blood sugar and support cardiovascular health by lowering bad cholesterol, and it may even be beneficial for cancer prevention.



The beautiful dragon fruit: whole (above left) and cut into quarters (below left).

Tamu Time

How to eat it

In spite of its exotic look, the taste of dragon fruit is very similar to other fruits like kiwi, banana or pear. Want to give it a try? You know a dragon fruit is ripe if the skin is bright red, evenly coloured, and gives slightly when squeezed. If the skin looks blotchy, it's over ripe, so pass it by.

Despite its complicated appearance, dragon fruit is quite easy to prepare. Use a sharp knife to cut straight through it, slicing it in half or quarters. Because the flesh is soft, you can easily eat the fruit out of the skin or peel the skin off from top to bottom. You can eat it as it is, but it is also great in a salad or as a dessert with Greek yoghurt and nuts on top. Or try it in a smoothie!



Dragon Fruit Smoothie

From "Sofia's Passion for Cooking" on YouTube.com

- 1 dragon fruit
- 1 banana
- 3 tablespoons blueberries
- 2 cups organic milk
- 3 tablespoons yoghurt
- 2 tablespoons chia seed
- Cardamom to taste
- Ice cubes

1. Cut the dragon fruit into four pieces and peel off the skin.
2. Cut it further into small pieces and put them into the blender.
3. Add milk, yoghurt, chia seeds and ice cubes.
4. Put the blender on high speed until all ingredients are well incorporated.
5. Pour the smoothie into glasses and put some cardamom on top.



Snapshots

Ceramic Painting Workshop

On September 19, Outpost hosted a ceramic painting workshop at Emilia's in KB. Participants learned some techniques and decorated their own mugs and plates.



Snapshots

Makeup Tutorial



On September 26, Outpost hosted a makeup tutorial at the Outpost office. Ankhi shared with participants tips and tricks for applying makeup.



Snapshots

International Coastal Cleanup Day



On September 21, The Last Straw and the Panaga Natural History Society (PNHS) braved the lingering haze to participate in a global beach cleanup effort. Afterwards, the PNHS did a “Learn Your Beach” session to help residents identify the shells, seeds and rocks common on Panaga’s beaches.



Notice Board



Paul Bryant GOLF

JUNIOR COACHING TERM 4

Fun Safe Environment

Make New Friends

6 WEEK TERM STARTING 2ND NOVEMBER

For Juniors of all Skill Levels

Golf Clubs Supplied

King Fisher 5-8 Years Saturday 10am-11am	The Crocs 8-12 Years Saturday 11am-12pm	Hornbills 12-16 Years Sunday 10am-11am	King Cobra All Ages Sunday 11am to 12pm
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REGISTRATION ESSENTIAL
 For Further information contact
 Paul Bryant
 Phone: 72091080 / email: paulbryantgolf@gmail.com

Golf Fore Kids

PGA THE EXPERTS IN THE GAME

Panaga Club Monthly Fee

As of September, the Panaga Club is changing its monthly membership fee to \$110 to include free unlimited access to the gym, library, badminton/table tennis, tennis courts, yoga and tri-fit classes and organised cricket on top of existing access to our pools, restaurants and children's play facilities. For more information please visit <https://www.panagaclub.com/pages/club-membership-rates>, contact admin@panagaclub.com, or pop in to the Club Finance Department.

Notice Board

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.

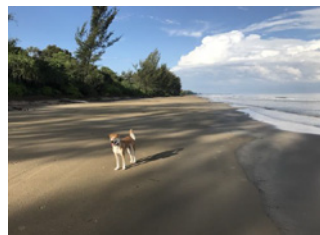
The "real" Panaga Sell and Wanted

Looking for something? Check out the
Facebook group 'The "Real" Panaga Sell
and Wanted' for household items large
and small.

Want to hire an amah?

At the Outpost office we keep amahs'
CVs on file for your perusal. Stop by
during office hours or contact us
(outpostbrunei@shell.com) to make an
appointment.

LUCKY NEEDS A NEW HOME



Lucky is a fantastic Security Dog who currently lives in Panaga but needs a new family. She is a beautiful healthy local crossbreed shorthaired female dog. She has been spayed and is fully up to date with her vaccinations. She is a large friendly dog, about 2 years old and full of life. Best suited as a single pet dog and to a family with older children.

**If interested please contact;
Fraser +673 710 9342**

Notice Board




Settling in Sessions

When: Every Wednesday morning from 9 - 11 a.m.

Where: Outpost office (Lapanpuluh A1)

What: Outpost volunteers are available to answer newcomers' questions about relocating to Brunei and settling into the community.



**MAKERS
GONNA
MAKE**

**Have you got a
skill to share??**

WE ARE LOOKING FOR PEOPLE
INTERESTED IN SHARING THEIR
SKILLS WITH THE ART AND
CRAFT SECTION. PLEASE GET IN
TOUCH IF YOU OR SOMEONE YOU
KNOW IS A MAKER!

artsandcraftspanaga@gmail.com



AZUL BEACH CLUB
Welcomes
BSJV EMPLOYEES

If you are a BSP employee or an employee of any Shell
subcontractor company, you may enjoy the beautiful scenery
at Azul Beach Club located at Panaga Club in Seria.

AZUL
Beach Club

DELIVERY
AND TAKEAWAY AVAILABLE EXT.5976

Language Classes

Language Classes at Outpost

Malay - Beginner

Tuesdays with Adriana
9:30 - 10:30 a.m.

Malay - Intermediate

Tuesdays with Adriana
8:30 - 9:30 a.m.

Spanish - Intermediate

Mondays with Inma
9:00 - 10:00 a.m.



All language classes are held at the Outpost office (Lapanpuluh A1).

To register, send an email to outpostbrunei@shell.com.

Don't miss it!

Our new Spanish classes with teacher Inma will begin on Monday November 4th.

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 English class for amahs. Get in touch if you're interested!

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 Events

Friday, 4 Oct.

Sunday, 17 Nov.

Networking Morning

Newcomer's Sunset Boat Trip

Community Events

Saturday, 5 Oct.

Thursday, 31 Oct.

Jungle Tots Welcome Back Party

Halloween Movie Night, Azul Beach Club

Miri Events

Tuesday, 8 Oct.

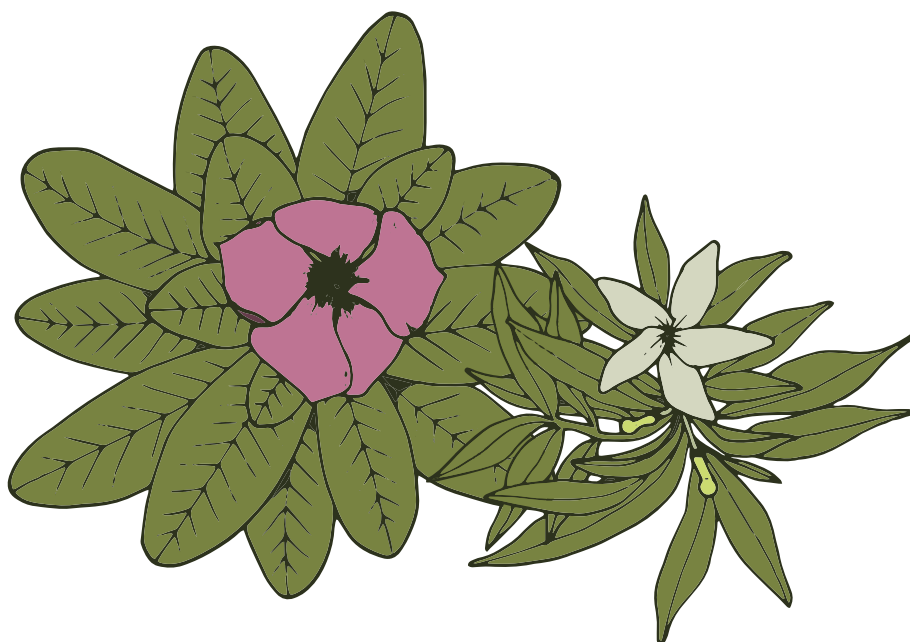
Saturday, 19 Oct.

Friday, 1 Nov.

Outpost Miri Coffee Morning

Beach Fun Day, Pisau Boat Club

Halloween Kids Party at Piasau Boat Club



Event Information

Networking Morning

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

RSVP is appreciated but not required. Send an email to outpostbrunei@shell.com.



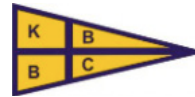
Date: Friday, October 4
Time: 9 - 11 a.m.
Venue: Serikandi (Panaga Club)

Hope to see you there!



Event Information

Newcomers' Sunset Boat Trip



Date: Sunday, November 17th 2019

Time: 3:30 – 5:30pm, followed by indoor dinner

Location: KBBC – Kuala Belait Boat Club



Join us for a sunset boat cruise with other newcomers.

Trip highlight include the water village, skull house, explanation of animals and vegetation alongside the Belait river, and watching the sunset at the river mouth.

The boats can hold 24p max so first come first served! Not a newcomer but want to join? If you've been in Brunei for over a year, you will be placed on a waiting list.

This event is free of charge. Life vests are available for children of all ages.

Event Information



A colorful poster for a 'Jungle Tots Welcome Back Party'. At the top, there are several vertical bars with different colored polka dots. The title 'Jungle Tots Welcome Back Party' is in a playful font, with a small illustration of a green snake with a red tongue. To the left, a circular badge says 'RSVP by October 3rd with names & ages of kids'. The date and time are 'Saturday, October 5, 2019 3:00 – 5:00pm' at the 'Jungle House'. A note says 'All ages welcome up to 5 years'. In the center, a cartoon boy in orange shorts and a green life preserver stands next to a large beach ball. To the left of the boy is a small inflatable pool with a sailboat and rings. A list of activities is on the right: 'Splash & Play (bring your swimmers!)', 'Jungle Tumble', 'Bubbles', and 'Ice cream truck'. The email 'jungletotspanaga@gmail.com' is at the bottom.

RSVP by
October 3rd
with names
& ages
of kids

**Jungle Tots
Welcome Back Party**

Saturday, October 5, 2019
3:00 – 5:00pm
Jungle House

All ages welcome up to 5 years

- Splash & Play
(bring your swimmers!)
- Jungle Tumble
- Bubbles
- Ice cream truck

jungletotspanaga@gmail.com



A Halloween-themed poster for 'AZUL Beach Club'. The background is dark blue with orange jack-o'-lanterns, yellow ghosts, and witch hats. The text 'We're having' is in a small font above the main title 'Halloween Movie Night' in large, yellow, stylized letters. Below the title is the date and time 'Oct. 31, 2019, 7:00 PM'. Surrounding the central text are four phrases in a curved, yellow font: 'Tricky Treats', 'Swamp juice', 'Candy Bar', and 'Costume Contest'. The AZUL Beach Club logo is at the top center.

AZUL
Beach Club

We're having

**Halloween
Movie Night**

Oct. 31, 2019, 7:00 PM

Tricky Treats

Swamp juice

Candy Bar

Costume Contest

Event Information

Miri Events



Outpost Miri Coffee Morning

Tuesday, October 8

10am @ House no. 3

Outpost Miri has invited Josephine Tan to explain how to use essential oils in everyday life, from cleaning the home to health and happiness. You will make two essential oil blends, Immune booster and Owie Blend, and for a small fee of RM15 you can take them home.

Contact outpostmiri@shell.com for details.

HALLOWEEN

SAVE THE DATE!!
NOVEMBER 1, HALLOWEEN KIDS PARTY AT PIASAU BOAT CLUB
WE ARE LOOKING FOR VOLUNTEERS TO HELP!!
PLEASE CONTACT ROB DE BREE (0194991603)

A poster for a Halloween kids party. It has an orange background. At the top, the word "HALLOWEEN" is written in a stylized, dripping orange font. Below it are three cartoon ghosts and a jack-o'-lantern. The text "SAVE THE DATE!!" is in bold black, followed by "NOVEMBER 1, HALLOWEEN KIDS PARTY AT PIASAU BOAT CLUB" in bold black. At the bottom, it says "WE ARE LOOKING FOR VOLUNTEERS TO HELP!!" and "PLEASE CONTACT ROB DE BREE (0194991603)".

BEACH FUN DAY
SATURDAY 19 OCTOBER
10 AM - 8 PM

LIVE MUSIC!! 5 - 8 PM

BANANABOAT RIDES 10 RM

SUP & KAYAK FREE AVAILABLE **BOUNCY CASTLE BBQ STATION** **SWIMMING POOL BEER PROMOTION**

COME AND ENJOY OUR BEACH FUN DAY

OPEN TO THE PUBLIC
FREE ENTRANCE

A poster for a beach fun day. It has a blue background. At the top, it says "BEACH FUN DAY" in bold black, followed by "SATURDAY 19 OCTOBER" and "10 AM - 8 PM" in bold black. Below this are three red boxes with white text: "LIVE MUSIC!! 5 - 8 PM", "BANANABOAT RIDES 10 RM", and "SUP & KAYAK FREE AVAILABLE", "BOUNCY CASTLE BBQ STATION", "SWIMMING POOL BEER PROMOTION". Below these boxes are images of people on a banana boat, a bouncy castle, and a swimming pool. At the bottom, it says "COME AND ENJOY OUR BEACH FUN DAY" in bold black. Below that is a photo of a beach with people and a building. At the bottom left is a logo with an anchor and the letters "P B C". At the bottom right, it says "OPEN TO THE PUBLIC" and "FREE ENTRANCE" in bold black.

Local Etiquette

Behaviours to be mindful of when in Brunei

September 2019

Dear New Arrivals and visitors to Brunei,

Welcome to Brunei. Bruneians and the Bruneian culture is warm, hospitable and welcoming. Bruneians value family, community, respect, honour and care. In the context of these values and their strong Islamic beliefs there are several behaviors that are deemed not acceptable which we urge everyone entering Brunei to be aware of.

While residing in Brunei or visiting Brunei, be mindful of the following behaviours that are not culturally accepted and can be misunderstood. It is important not to underestimate the potential legal consequences resulting from these behaviours. Anyone who gets into legal difficulties in these areas should report them to Legal Team in BSP. Please take some time to review the list and keep in mind that anyone detained or questioned by officials should remain calm, polite and cooperative.

As Islam is the official state religion of Brunei Darussalam, with its political system governed by the constitution and national tradition of the Malay Islamic Monarchy ('Melayu Islam Beraja' or MIB), there are strict rules and behaviors that everyone is expected to adhere to. The role of face, shame and honor is crucial to Bruneians, emphasizing the importance of respect and manners. Homosexuality is not condoned.

Please refrain from:

- ✓ Making disparaging comments about (i) His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam; (ii) The Government of His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam; and (iii) the Royal family of Brunei Darussalam
- ✓ Making public anti-Islamic/blasphemous statements
- ✓ Gifting religiously inappropriate presents to Muslims (e.g. toy dogs, anything made of pigskin and non 'halal' foods)
- ✓ Failing to cooperate with the police or armed forces
- ✓ Swearing or using obscene language and gestures in public
- ✓ Pointing with the index finger is considered extremely rude in Bruneian culture
- ✓ Public displays of affection (kissing, hugging etc.)
- ✓ When meeting locals of the opposite sex, it is inappropriate to have any physical contact and it is not customary to shake hands (you can nod your head in greeting and wait for them to extend their hand).
- ✓ Non-Muslims in the company of a Muslim of the opposite sex in a secluded place is considered inappropriate.
- ✓ Wearing clothes that are revealing or not conservative in the office, public and government offices (bare shoulders, low cut blouses, shorts or skirts above the knee etc.) are not acceptable
- ✓ When entering a Bruneian person's home, it is recommended to take off your shoes
- ✓ If you own a dog, please keep it out of the way if you expect Muslim visitors to your home
- ✓ Entering someone's private property without formal permission
- ✓ Possession and/or use of illegal drugs
- ✓ Possession of fire-arms
- ✓ Being intoxicated in public, drinking alcohol in a public place and offering alcohol to a Muslim
- ✓ Don't eat and drink in the presence of Muslims during the month of Ramadan
- ✓ Disseminating false information on social media
- ✓ Proselytizing (i.e. trying to convert Muslims)
- ✓ Failing to inform the Police if a person you sponsor, such as a maid, goes missing

If you have any questions or require further information, please contact any of:

outpostbrunei@shell.com: Outpost Focal Point; Kannan.Govindasamy@shell.com: Head of Ethics & Compliance, BSP; Beverley.Ogbaide@shell.com: Lead Policy & ER/IR, BSP HR; Ivo.I.Verstralen@shell.com: Shell Shareholder Representative, Upstream

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.

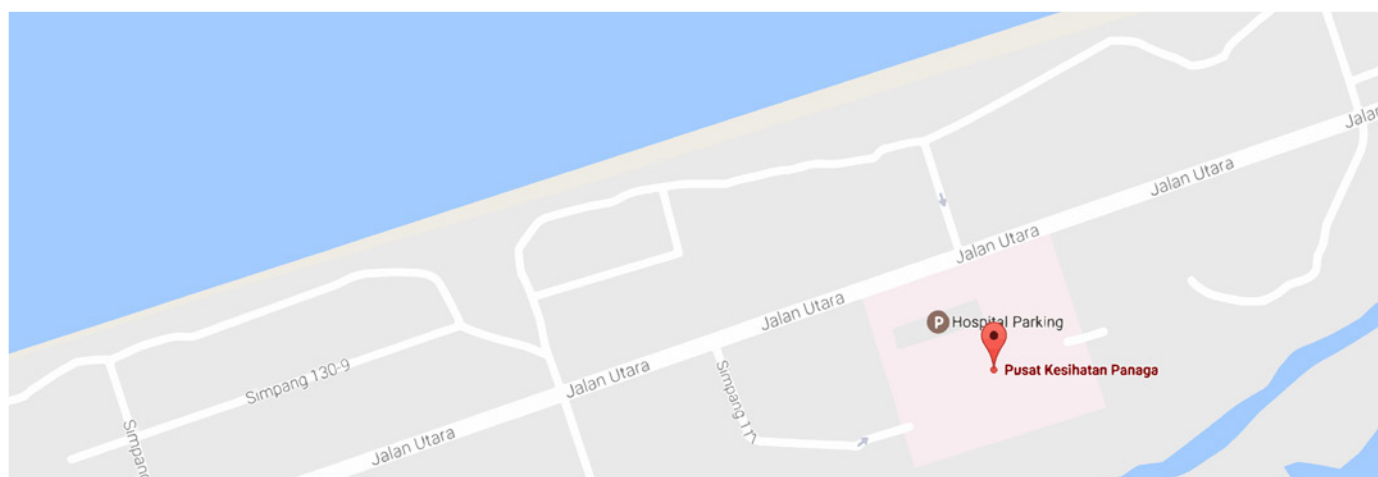
Friday 7:00 - 11:30 a.m.
2:00 - 3:30 p.m.

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, public holidays 9:00 - 10:00 a.m.
Location 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