



Panaga Outpost Pages
Seria, Brunei Darussalam

November

Highlights:

- › New Jungle Tots Sessions!
- › Where to See Wildlife
- › How to Open a Coconut
- › Living with Monkeys

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
Panaga Club, 1st Floor
(opposite gym entrance)
Jalan Utara, KB 3534

Opening Hours

Monday: 9 - 11 a.m.

Tuesday: Open only for courses

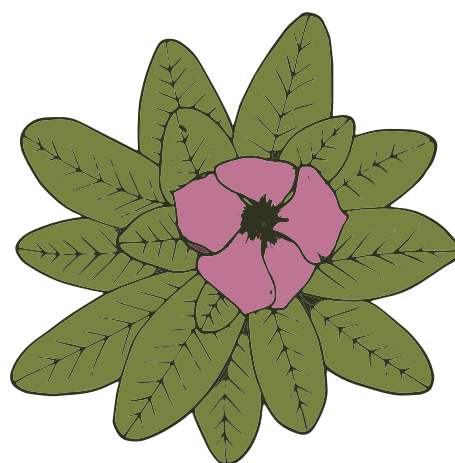
Wednesday: 9 - 11 a.m.

Thursday: 9 - 11 a.m.

Friday: 9 - 11 a.m.

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Cover photo by Nova Dudley-Gough

Welcome to Outpost

Editor's Note

Welcome to the November issue of Panaga Outpost Pages (POP). In this newsletter you'll find recaps of recent community events and information about how to get involved with different sections and activities. Also included is some advice for coexisting with the monkeys on camp and a tutorial for opening a coconut.

The big news at Outpost these days is that we're moving our office to the Panaga Club! The entrance to our new digs will be opposite the gym entrance on the 1st Floor. We love visitors, so please drop in. Also big news is our Interim Event Coordinator, Inma. See her introduction below, and if you have ideas for events, drop us a line and she'll get right on it.

As always, if you want your section or event (recent or upcoming) included in POP, do get in touch. We're here to help you spread the word. Also, if you are a writer, illustrator, photographer or graphic designer and have a little time to spare, consider joining the POP team. There's always plenty to do!

On that note, I'd like to thank everyone who contributed to this issue. Your voices and perspectives are a valuable asset to the community, and I consider it a privilege to share them here.

- Rachel



Rachel Laramee
POP Editor



A quick hello from our Interim Event Coordinator, Inma!!

We're delighted to have Inma onboard as the Interim Event Coordinator during Pratibha's maternity leave.

"My name is Inma Iglesias. I'm from Spain, and we moved to Brunei in 2017. The start was challenging, as it is for most of us, but I'm very happy and grateful for enjoying the experience."

Keep an eye out for Inma's events in the upcoming months!

News: Jungle Tots

Jungle Tots “Welcome Back” Party and New Sessions!

by Stacy Nammari

On 5 October, Jungle Tots hosted a party to welcome back members after the summer holidays. The party was slightly delayed due to the haze, but it was worth the wait to have the children playing outside and enjoying the afternoon. The children were delighted to see the Bubble Man with his endless supply of bubbles, and they were fully engaged making, chasing and, obviously, popping their own bubbles! Everyone was delighted when the ice-cream van pulled up and provided countless ice creams for the children and adults to enjoy on the hot afternoon. Serikandi, as always, provided a wonderful party spread, and there were a number of activities inside and outside the Jungle House to showcase what the children do during the weekly sessions. These included the baby setup, Jungle Tumble equipment, the Let's Pretend room, sensory play and splash play.

The next party will be the Jungle Tots Christmas Party, with a visit from the man in red! Jungle Tots members: Please look out for a save-the-date notice in your email and on the Jungle Tots Facebook group.

For those of you who are newly arrived in Panaga, Jungle Tots is a volunteer-run playgroup for children aged 0 to 5. We are based in the Jungle House at the Panaga Club, and Club members are welcome to sign up for Jungle Tots as a family for only \$8 per month. We hold sessions every Monday to Saturday, each session run by a different volunteer or two. The emphasis of each session varies, usually focusing on a specific aspect of early childhood development, like gross motor skills or sensory play. We are also a valuable community for parents, from newcomers with small children to soon-to-be parents, as well as parents who



(above) Jungle Tots party decorations and bubble making.

(next page, left) Colourful sensory play setup and splash pool.

(next page, right) Arts & Crafts session, card making.

News: Jungle Tots

have been in Panaga for a while but are happy to meet other parents with children of the same age.

We are so lucky to have a wonderful committee and group of session leaders who plan, set up and oversee the sessions; organise parties; welcome new families; and all the other jobs that run behind the scenes to keep the section active and valuable to members.

Last month we were thrilled to add some new sessions to our weekly calendar, thanks to some new volunteers offering to host. We now have nine volunteer session leaders and a full committee of four. We are always so grateful for the time, ideas, help and support that member families give to the section, which enable us to offer the children a greater variety of sessions and activities. (See the inset on page 5 for our weekly schedule.)

In the last half term, we have also started a new collaboration between Jungle Tots and the Panaga Club Arts & Crafts section. Approximately every fortnight, an arts and craft session will be held at Jungle Tots, hosted

by both sections and suitable for children aged 5 and under. This drop-in session will be free to Jungle Tots members and, to cover the cost of supplies, will cost \$2 to non-member children. Children must be accompanied by an adult and be fully supervised as items such as scissors and glue will sometimes be used. These sessions have been extremely popular, and we look forward to offering more in the future. A big thanks to the members of the Arts & Crafts Section who have been instrumental in setting these sessions up!

If you would like more information about signing up for Jungle Tots, please send us an email at jungle-tots@panaga@gmail.com so we can answer any questions you may have. We also welcome new families at our weekly sessions, so you can try a session and have a chat with our friendly session leaders before you decide to sign up.

Lastly, if you are hosting your children's party at home, did you know you can hire the Jungle Tots small tables and chairs? These are available to all Panaga Club



News: Jungle Tots

members for a fee, and Jungle Tots members enjoy a slight discount. Please note that the equipment is in high demand and reserved on a first-come-first-served basis, so if you want to hire them please complete the form in the Club office and we will get back to you to confirm availability.

On behalf of the Jungle Tots Committee (Stacy, Leanne, Katharine and Rosie), we look forward to hearing from you in the near future and welcoming you to the section!



Jungle Tots Weekly Schedule

Monday

Bumps and Babies features our comfy sofas to relax in and chat about your pregnancy, as well as a safe baby setup so you can bring and socialise your littlest ones. (Host: UK Midwife and mum of 3, Nikki Jackson, who has been here for a number of years and has a wealth of knowledge to share about Panaga.)

Jungle Play features different setups using the wide variety of toys and equipment we have available. These include the Let's Pretend kitchen, tool sets, dress up, books, puzzles, Duplo, trains, cars, animals and much more! (Host: Leanne Whitechurch, Jungle Tots Secretary, who does an amazing job mixing it up each week.)

Tuesday

Jungle Sensory features dry and wet sensory trays, playdough, paints, water and the splash pools. It is best to wear old clothes and bring the children's swimmers as they love to cool off in the water! (Host: Stacy Nammari, Jungle Tots Chair)

Wednesday

Jungle Jingles is a popular session of singing, actions, instruments, bubbles, storytime and music. Children of all ages love this session. (Host: Katharine Dayem, Jungle Tots Committee Member)

Thursday

Jungle Tumble is the most active session of the week. We have a number of large soft play pieces that are set up for the children to climb, jump, roll, balance and tumble in a safe environment. We also have slides, trampoline, a bouncy castle, ball pool and lots of bikes, scooters, bouncers and more to get their gross motor skills developing. (Hosts: Rachel Laramie and Agi Toth)

Friday

Jungle Play is a new session that will vary week to week to ensure the children have access to the full range of equipment we are grateful to have. (Host: Richie Halliday)

Saturday

Jungle Play is another new session that will feature a variety of activities for the Jungle Tots children to enjoy. This is an afternoon session from 3-4 p.m. and is a lovely opportunity for school-aged children to join the younger children and also for working parents who do not have an opportunity to attend during the week. (Hosts: Miss Rosie, Jungle Tots Treasurer, and Miss Emma, who are teachers and have young children of their own.)

PNHS Hosts Fokert Hindriks, Wildlife Enthusiast

By Savannah Jung

For expats in Brunei, taking advantage of the surrounding abundance of nature is something to invest in. Fokert Hindriks was no exception and made the most of his time here by becoming heavily involved in bird watching, animal photography and exploring all the natural beauty that the island of Borneo has to offer. On 17 October, during a return visit to Brunei, he shared his knowledge, experience and expertise with the Panaga Natural History Society (PNHS) at a lecture in the Pelangi Room at the Panaga Club.

Hindriks worked as a geophysicist for BSP from 2009 to 2014, and during that time he became intrigued by wildlife. He began blogging (bruneiviews.blogspot.com) to capture and record all of his adventures while

in Brunei. Whether you are an avid explorer or just looking for a fun afternoon outing, these are a few things he recommends investing in to make the most of your explorations:

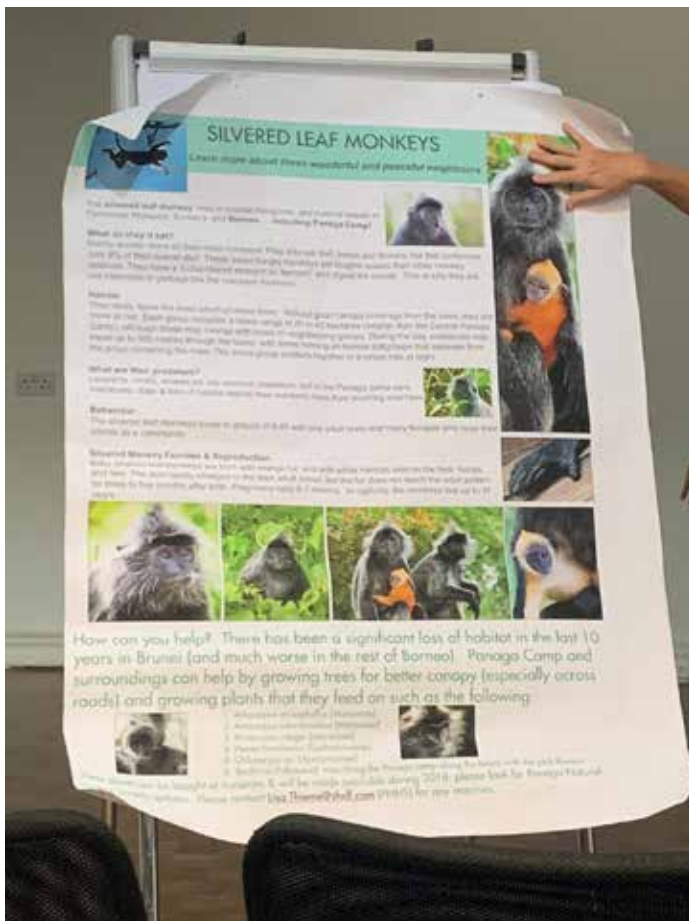
- › Proper visual equipment
- › Audio equipment
- › Dress/attire
- › An experienced field guide

Borneo has some of the oldest rainforests in the world, some reaching nearly 130 million years old. They are home to over 650 species of bird, nearly 100 native species of reptile, and about 63 native species of mammal. Various species are being rediscovered every day, such as the exploding ant and the spectacled flowerpecker. Hindriks noted that as you explore the island you are more likely to find rare species than common species. Brunei itself has an expansive amount of wildlife, including these and many more:

- | | |
|-----------------------|--------------------|
| › Monitor lizards | › Pythons |
| › Silver leaf monkeys | › Hornbills |
| › Bronzeback snakes | › Egrets |
| › Crocodiles | › Asian house rats |
| › Macaque monkeys | |

Some of these animals we assume are dangerous, but they are actually calm and usually more afraid of us than we are of them. This is true for monitor lizards, silver leaf monkeys and, strangely enough, cobras, who generally do not attack unless provoked or attacked themselves. Macaque monkey behavior is the opposite of the silver leaf monkey; macaques are more likely to engage aggressively than to run away.

There are many places to go and see wildlife in Brunei. If you are especially interested in viewing multiple species at once, the sea wall is a great option. Here



News: Mental Health Day

you can see sea life on one side of the wall and wet-land animals on the other. A trip down the Belait River is where you can see fish, crocodiles, and many of the five different species of egrets. Kuala Belait Road is actually known as the place where “the rare is common and the common is rare” according to Hindriks.

If you are interested in becoming more involved in hashing or exploring the wildlife and natural beauty of Brunei, PNHS has opportunities coming up. The next presentation will be in November and will cover Tawau, which will be serviced by direct flights from Brunei in the next few months. PNHS also has four upcoming walks: Anduki, Biodiversity, Giant Water Pitcher Plant, and Kuala Belait Road wildlife observation.

Email brent.spiers@gmail.com if you are interested in upcoming events or in joining PNHS.

Hindriks recommends...

If you are an avid bird watcher or just looking for a fun way to spend time outdoors:

- › Labi Road: Various forests to explore
- › Teraja: Fantastic for a hike to the waterfall
- › Wasan: Paddy fields; great for seeing winter migrant birds
- › Prawn farms: Another excellent place to see winter migrants
- › Brunei River: Great place for wintertime bird watching
- › Temburong: Look for Hose’s Langur, another monkey native to Brunei
- › Bukit Pagan: An underexplored area for those wanting to blaze a new trail

For explorations outside of Brunei:

- › Sabah: Kinabalu Park, Danum, Tabin, Kinabatangan, and Mantanani
- › Sarawak: Mulu (the Headhunters Trail), Borneo Highlands, Baku, and Kelabit Highlands

BSP Honours Mental Health Day

by Marleen Spaans

On Thursday, 24 October BSP honoured World Mental Health Day 2019—observed each year on 10 October across the globe—by hosting a number of esteemed guest speakers in the BSP Atrium. The event was aimed at increasing focus on the mental well-being of BSJV staff and business partners and to reduce the stigma surrounding this increasingly important theme in particular.

The event was opened with a moving speech by HR Director Hajah Zainab Omar, in which she stressed that it is okay not to be okay, even—or especially—in the workplace. An online Menti poll asked attendees what words they think of when they hear “mental health”. With some of the most common entries being words like “depression”, “suicide”, and “crazy”, it became clear that most attendees had quite negative associations with what is, objectively speaking, a neutral term. A



The event was aimed at destigmatizing mental health issues.

News: Mental Health Day



From top: Hajah Zainab Omar; Dr. Hilda Ho; Todd McPherson

very powerful video, originating in Singapore, highlighted the fact that mental illness does not discriminate and that sufferers of mental illness can still function successfully in today's society.

The two esteemed guest speakers were Dr. Hilda Ho, Head of Psychiatry Services at the Brunei Ministry of Health, and Todd McPherson, Counselling Psychologist at Panaga Health Centre as well as Managing Director of Clarity Sdn Bhd, Brunei's first private psychological service provider. They are both prominent figures in the world of mental health and have pioneered the psychiatric and psychological counselling landscape in Brunei for years. They shared their insights into mental health in Brunei, including the importance of seeking help and involving the family unit. They stressed that mental health issues can affect anyone at any age for whatever reason and that there are several resources available to anyone who thinks they might like to talk to someone. These resources include the National Mental Health Helpline, also known as the "Hope Line 145" or "Talian Harapan 145", which operates daily from 8 a.m. to 11 p.m.

After these speeches, the Atrium was open to BSJV employees and business partners, with interactive booths on related topics such as resilience and self-care, offering suggestions on what can be done to make BSP a safe space to say "I am NOT OK."

Also mentioned at the event was Clarity Sdn Bhd's employee assistance programme for BSP. If you're a BSJV employee struggling with your mental well-being, please read about the program (under Articles at www.claritybrunei.com) and check out the resources listed on their website.



News: Bus Tour

Outpost Hosts VIP Bus Tour

By Nova Dudley-Gough

Although many (all?) of us expats are here because of Brunei's oil and gas reserves, there is still a lot for some of us to learn about this aspect of our temporary home. Outpost hosted an informative bus tour, usually reserved for visiting VIPs, to show the sites and history of the petroleum industry in Seria.

About 20 of us joined the tour. On the drive we were treated to a brief history of the Panaga Club and the BSRC, as well as some facts about BSP and the connections between Shell and Brunei.

At the Billionth Barrel Monument, Lisa Thieme from BSP's Exploration Department gave a great talk on the geology of the area and how oil and gas is formed, found and drilled. She also explained the importance of the ongoing seismic survey of the offshore area.

After a drive-by of the SCOT terminal we headed back to Panaga. For those of us who live so close to the oil and gas industry without actually being employed in it, the tour was a great chance to see how busy and important Seria is to Brunei and to Shell.

Big thanks to Salwani and Aziiz from BSP's CEA Department for organising this trip and to all the attendees and speakers!



News: Bus Tour



BSP Quick Facts

- › Brunei has now produced around 7 billion barrels of oil.
- › BSP is responsible for over half of Brunei's GDP.
- › There are around 80 working nodding donkeys in the Seria area.
- › Around 350,000 barrels (or equivalent) of oil and gas are produced daily in Brunei.

Monkeys

Guide to Living with Monkeys

From BSP Panaga Health Clinic (HML)

Here are some rules for sharing space with monkeys:

No screaming.

Even though monkey gestures can look scary, screaming only escalates the situation. To monkeys we are like King Kong, and when King Kong starts screaming they get freaked out! Try humming when the monkeys make you nervous; if you get into this habit and are ever chased, your first instinct won't be to scream and make the situation worse.

Don't stare.

To monkeys, staring is aggressive. They stare directly at other monkeys or humans when they are leery of them. When you stare back, they don't like it. If you want to hang out and watch your neighborhood monkeys, it's a great idea to bring sunglasses so the monkeys can't tell you are watching them closely. It is okay to look at them, just don't hold direct eye contact, especially with the adults.

Smile with your lips, not with your teeth.

When a monkey "smiles" at you, it's afraid. When you show your teeth it means you are either angry or afraid, and both of those make monkeys uncomfortable and react.

No wild gestures, hand waving, stick shaking, etc.

Monkeys see rapid arm waving and stick flailing as aggressive. You will be much more effective at establishing boundaries with monkeys with simple, calm gestures like pointing a stick at them, keeping it low. If you start waving the stick, that's too aggressive.

Monkey touch, monkey own.

Although you might not be thrilled about it, the reality is that once a monkey has snatched something, in the



This macaque is raising its eyebrows, showing that it is not sure about you. Best if you move along, unobtrusively.



If a monkey shows you its teeth, it wants you to know it has them and will use them, if necessary. Stay away!

Monkeys



Some monkeys, especially females, have naturally furrowed brows that make them look cranky or mad when they're not. This monkey is not raising its eyebrows or showing teeth so it is, in fact, relaxed.



This monkey thinks you might give it some food. Don't feed it.

monkey's mind it is theirs. You can try pointing a stick at the monkey, and it may drop the item for you to recover. If there are many adult monkeys nearby—especially males—it's best to wait until the monkeys have turned their attention elsewhere before you grab it. Even if the monkey has set something down, they still consider it theirs, so it is best if they aren't looking when you go to retrieve any item.

Plastic bags are the devil.

Always, always, always carry reusable cloth shopping bags—they are cheap and environmentally friendly, and they don't rip like plastic does. Also, monkeys go bonkers for the crinkling of a plastic bag. When bringing takeaway or groceries home, it's best to have them in a reusable bag so monkeys never even hear the sound. The same goes for kids' snacks when they are playing in the park; the fewer plastic bags there are, the less likely they are to attract the monkeys' attention. It's never a good idea for kids to eat in front of monkeys, so if kids see monkeys nearby, they should move out of sight to have their snack.



This monkey might look relaxed but it's staring hard, which means it's uncomfortable. Give it plenty of room!

Monkeys

Don't tug-of-war with the monkeys.

Our natural reaction to having something snatched is to grab it right back. The problem with this is that monkeys live in large family groups. Although you might get your item back from the monkey who snatched it, their family will often see what happened and the big males will step in to help them (i.e., chase you). Even if the item is valuable, your safety matters more, period. Monkeys typically lose interest in an item in a matter of minutes, after which you can recover it. The best thing you can do is make sure valuable items are in a secure place, like a backpack or purse, when walking through a large group of monkeys.

Be cool.

If the monkeys aren't reacting to you, don't react to them. If the monkeys are feeding and grooming, just walk on through and they should keep doing their thing. Don't get between a mom and her baby or let the babies climb on you. Keep a wider berth for adult males. But remember that reacting to monkeys when they are not paying attention to you will alarm them.

Keep that trash well sequestered!

The number one attraction for monkeys is easy access to trash. Keep your trash secure.

Strategically place sticks around your garden.

Adults or older kids should be the ones who have access to sticks. If the monkeys are blocking your way home, grab a stick to indicate that they need to shift out of your way. You can point the stick (keep it low) in their direction to say "back off please". No waving it, though! There is a fine line when communicating with monkeys.

EEEE! The monkeys are in my house!

It's a good idea to have an umbrella or bamboo stick handy in a few spots in the house. Adults should be the ones to try moving the monkeys out of the house.

If monkeys come in the house and there are no adults nearby, kids should just put space between themselves and the monkey and either get out of the house to find a neighbour for assistance, or if the monkey is blocking the door, play in their room. For adults, feeding is not usually advisable, but if the stick method isn't working you catch more bees with honey. You can lure the monkeys out with a bag of chips or peanuts. You may not even have to give them anything; the crinkling of the bag alone might be enough.

Culling isn't the solution.

Culling can make the problem much worse. If your resident monkeys are removed, there are hundreds more in the surrounding area who will eventually move in, and those monkeys are not nearly as tolerant. Culling may cause a short-term reduction in conflict, but it will ultimately be worse than before. You are much better off living with monkeys who are habituated to living directly alongside humans; culling opens up territory for monkeys who are less friendly towards humans. Although monkeys may often look scary, it's just their way of communicating boundaries, and if you learn to recognise what those looks mean, most conflicts can be avoided before they escalate.



This monkey is relaxed.

Tamu Time

Tamu Time: Operation Coconut

by Petra Moelker-Pronk

Contrary to what its name suggests, the coconut is not a nut but a fruit: the stone fruit of the coconut tree. The brown, hairy coconut (the stone) grows in a large, inedible, green husk (the fruit); the stone in the middle contains the edible part.

Coconuts grow all around us, but few people buy them because they don't know how to crack the hard shell. That's too bad, because you don't have to be Bear Grylls to crack it. This tough, hairy guy has a sweet spot.

At the picturesque fruit and vegetable market (also known as the tamu) in front of the fish market in KB, a place of honour is reserved for the coconut man. Coconuts are split here at a rapid pace. He pops a straw in it, and you have a delicious cooling drink. This market vendor uses a cleaver as a chopping knife, but you can do it yourself in your own kitchen.



One of the coconut vendor's biggest fans, POP Editor Rachel's son Vikram.

How to drain the coconut water

For Operation Coconut, place the fruit in the freezer or a preheated oven (100° C) for 15 minutes. Cooling or heating the shell helps the flesh come off more easily. Place the coconut on a hard surface, such as a cutting board. Look for three soft black dots on the coconut's shell and pierce one with a sharp object such as a screwdriver, a nail or a small sharp knife. Make the hole as large as possible, and tilt the coconut to pour the coconut water into a glass. This is the first of the coconut's treasures.

How to open the coconut

The second treasure is the white coconut flesh within. When it comes to breaking open a coconut, you probably have visions of an axe, chopping knife or saw. The real adventurer can try this, but the simple kitchen prince or princess can do it with ordinary tools—either with a knife or with a hammer.



The hairy stone at the center of the coconut fruit.

Tamu Time

To open the coconut with a knife, hold the coconut tightly in your hand. Hit the handle (not the blade!) of a large kitchen knife right in the middle of the coconut. Turn the fruit a little bit and keep hitting along an imaginary centre line. As a result, the shell bursts in two.

If the knife option seems too scary, you can wrap the coconut in a towel and smash it with a hammer. Because this method requires more power, do it on the floor rather than on the kitchen counter.

The flesh is now easy to pop out with a spoon. The thin brown skin around the flesh is edible, but you can also cut it off. Put the pieces of coconut in the food processor, and you will get grated coconut.

Health benefits

Coconut contains many antioxidants and healthy fatty acids, as well as vitamins and minerals such as vitamin C, iron, magnesium and calcium. It works as an anti-inflammatory and is protective against cardiovascular diseases, metabolic and thyroid problems, cancer and colds. It is also used for skin problems and to keep the liver and kidneys healthy.



Coconuts being lowered from the tree with a rope

Fresh Coconut Milk

(from Annemiek Sherestha-van der Krogt's blog: <https://ikkiesnatuurlijk.nl/>)

Despite what people often think, the coconut does not contain coconut milk but coconut water. Coconut milk is easy to make yourself. It is a healthy and lactose-free alternative to cow's milk or soy milk.

Ingredients:

4 cups water
2 cups coconut, grated

Method:

1. Heat the water in a pan, but do not let it boil.
2. Put the grated coconut in the blender and add the water.
3. Mix the ingredients on high for a few minutes until the mixture becomes creamy.
4. Pour the mixture through a colander to filter out the grated coconut.
5. Place a tea towel over the bowl and pour the coconut milk through it. Squeeze well to remove all milk.

Coconut Flour (optional)

6. Spread the squeezed coconut mass onto a baking sheet and bake at 100°C until it is dry.
7. Put it in the food processor and grind it into coconut flour. Zero waste!

The coconut milk keeps well in the fridge for 3 to 4 days. If the milk is stored in the refrigerator, a cream layer forms on top after a while. Take the milk out of the fridge, let it come to room temperature and stir it a little; the cream layer will disappear.

On a personal note...

Observations from a Hermit's Shell

By Petra Moelker-Pronk

For me there are two types of people. First, there are those who enthusiastically shout, "Hello world, here I am!" To them the world is a big playground waiting to be discovered. My husband Wim is one of these—a born expat who really comes to life on remote postings where nobody wants to go. The more exotic, the better.

The second type is on the other end of the spectrum, my turf. These are the hermit crabs, carrying a little house on their backs. I like to look at the unknown world from a distance—from a safe, familiar environment of which I know every inch. Adventure is something preferably nipped in the bud, because it gnaws at the foundations of my very existence.

The only problem is that never leaving your house may be safe but it is certainly not heroic. And it's miles away from who I wanted to be as a child. Thank God for second chances! So when Adventure knocked on my door ("Wanna come to Brunei?"), I said "Yes." Time for Petra 2.0...

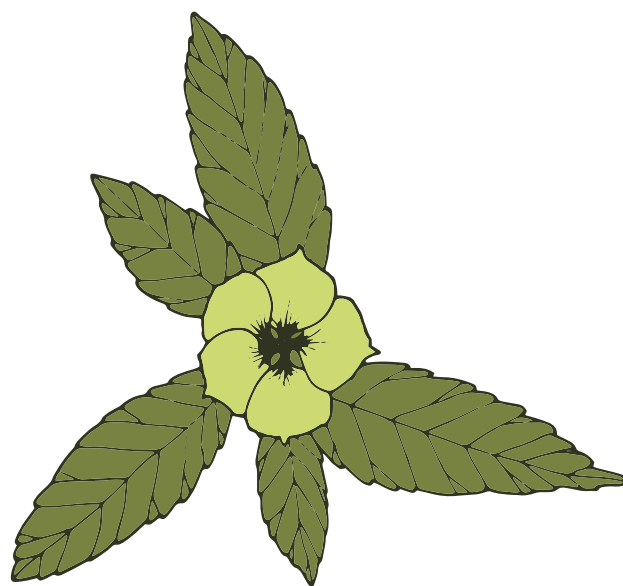
After frightening visions of a dark jungle house full of spiders and snakes, empty days by the swimming pool and heart-rending loneliness, reality was not that bad. Brunei soon felt like home, or rather, an ongoing vacation. I really enjoy the peace, the greenery, the sports facilities, the lovely people who cross my path and the pace at which I build friendships that in my home country would take years. So, why the bad days? Where does that nagging feeling come from? The lack of energy? Even the tears? It seems a bit ungrateful...

It's a good thing that Panaga is a community with a mix of expats. In addition to new expats like me, there are people who have been there and can offer a different perspective. People who are kind enough to remind you that moving is among the top three most stressful

life events and that an international relocation is a life-changing experience. Especially when you just got married, sold your house and left your children and your work behind. That's a lot to cope with all of a sudden. It is only natural that you feel a bit wobbly about it.

So, here is what I think now. Yes, I feel extremely privileged each morning when I open my curtains and see the palm trees in my backyard. This is what adventure looks like to me, and I am really grateful for this incredible gift of a new beginning. But the beautiful scenery does not make up for the loss of fast-moving Dutch cloudy skies or the spicy scent of an autumn forest on a crisp September morning. Similarly, dear new friends enrich life but don't compensate for the loss of that particular friend you left behind. Life is not a math equation in which pluses and minuses cancel each other out. Gain and loss exist side by side, forming a new layered reality which requires a lot of balancing skills.

Quite a different playing field than the neatly ordered hermit's existence... So to all the hermits: Cut yourself some slack!



Notice Board

Non-Islamic Cultural Celebrations

With the festive season upon us, Outpost has received a few enquiries about whether and how openly non-Islamic cultural and religious festivals, such as Diwali and Christmas, can be celebrated in Brunei.

It is absolutely fine to have celebrations within the privacy of your own home. However, please remember that anything that could be perceived as propagating or proselytizing (i.e., trying to convert someone to another religion) is illegal in Brunei.

Here is a guide as to what is okay and what you should avoid doing in Brunei:

It is okay to...	You should avoid...
...celebrate Christmas, Diwali or any other religious festivities in your own home or in other private places.	...publicly displaying religious symbols (including crucifixes and Santa hats).
...celebrate with friends of the same religion and their children within your own home or in private places. You may also invite your friends over for food (makan) but not to partake in activities involving religious aspects.	...encouraging others to celebrate any non-Islamic events unless they are (i) of the same religion or (ii) children under 18 and their parents are of the same religion.
...mention that you will celebrate Diwali or Christmas (Christmas Day is a public holiday for BSP after all).	...having discussions with anyone about any non-Islamic religion unless they are of the same religion.
...provide food (makan) for colleagues in the office, including cultural-based foods. Do consider those who have dietary restrictions and religious-based diets, e.g., halal or vegetarian.	...openly and publicly celebrating a religious event via the sharing of such food.

Overall, please enjoy your festivities and celebrations with your family and friends. Please remember to keep all celebrations of non-Islamic festivals subdued and respectful.

Notice Board

Vacancy: Webmaster

About Outpost

The Outpost Brunei Team is staffed by BSJV partners and offers BSJV expatriate employees and their families information and assistance on non-contractual aspects of international assignments, global relocation, professional development, and repatriation. Our services include welcoming and settling-in support, career and personal development sessions for partners, cultural awareness information, and social events.

Role

To develop and maintain Outpost Brunei's website, keeping content and layout up to date and within the guidelines set by Global Outpost Services.

Principal Accountabilities

- Improve, enhance and update the website as needed, with the latest information and events
- Check the website for bugs and making necessary adjustments or repairs
- Promote the website by sending out emails, newsletters, etc.
- Ensure site security by setting up secure pages and protecting the most confidential information
- Perform continual maintenance on all website functions
- Address user complaints
- Administrative work
- Attend regular Outpost team meetings
- Study training material by Global Outpost Services

Requirements

- Good knowledge of computers and software
- Ability to work independently
- Creative skills
- Good communications skills
- Flexibility, enthusiasm and commitment
- Member of the BSJV expatriate community

Please note this position is voluntary, for roughly two hours a week.

Please apply for this position by emailing outpostbrunei@shell.com by Friday, 22 November 2019.

Notice Board

Santa's Grotto

*Is looking for a few good
elves!*

We are looking for volunteers to help bring a little Holiday Cheer to the children of Panaga! Come kick off the holiday season in the Grotto with us! Email @ santasgrottopanaga@gmail.com if you can help us out.

When: Dec 1st: 2 sessions

- 10 am-12 or
 - 2-4 pm
- volunteer for either one or both!

Address
House 49



HELP KEEP YOUR BEACH CLEAN

Want to do an impromptu beach clean?

Gloves, bags and tongs are available in the security hut in Panaga club playground (inside the black bin)

Please return after use- thank you



Notice Board

Ruby and Henry need a new home!!

Ruby and Henry are good natured dogs currently living in Panaga but in need of a new home. Both are rescues, neutered and vaccinated.

Ruby is a long haired 11 year old female and Henry a short haired 2 year old male. Very safe with kids; at the same time great for security.

Can move together or separately.

WhatsApp Liz on 895 0481.



Notice Board

Need help with a pet or stray?



Jeremy can answer virtually any question you have about...

- ...rescuing dogs and cats.
- ...fostering or adopting dogs and cats.
- ...pet health or training issues.
- ...rehoming a pet when you leave.



He is also available to help with the logistics of catching, spaying/neutering, and vaccinating domestic animals. So if you need help with or advice about your pet or a stray, contact Jeremy (+673 896 4552)!

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.

Meet KitKat

- KitKat, an adorable 6 month old kitten, is looking for a good home
- He is very cute, great at cuddles and mild tempered
- He is in good health, has first round of standard vaccinations complete. No fleas/ worms.
- KitKat would love to join your family!
Whatsapp Jenna to meet KitKat at [839-3490](https://www.whatsapp.com/channel/0029va333333333333333333)



Notice Board

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 at outpostbrunei@shell.com to make an appointment.

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.



Settling in Sessions

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

Where: Outpost office (Panaga Club, 1st Floor)

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

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.



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.



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

All language classes are held at the Outpost office (Panaga Club, 1st Floor), but....

While we set up our new office (4-8 November), language classes will be held in the Teratai Room at the Panaga Club. Please confirm class location with your instructor and bear with us during this transition.

Thanks!

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

Monday, 4 Nov.	Office Moving Day
Sunday, 17 Nov.	Newcomer's Sunset Boat Trip
Wednesday, 20 Nov.	Office Opening Party
Thursday, 21 Nov.	Arepas Cooking Class

Community Events

Friday, 1 Nov.	Halloween Party
Saturday, 2 Nov.	Halloween Trick or Treat
Sunday, 3 Nov.	Golf Tournament
Thursday, 14 Nov.	F.U.N. Indian Cooking Class
Friday, 22 Nov.	Badminton Tournament
Saturday, 30 Nov.	Panaga Kids Carnival
Sunday, 1 Dec.	Santa's Grotto
Sunday, 8 Dec.	PDC Winter Wonderland Show

Miri Events

Friday, 1 Nov.	Halloween Kids Party at Piasau Boat Club
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Event Information

Outpost Events



We're moving!!

We are delighted to announce that the Outpost office is moving to the Panaga Club on 4 November! Our new location will be upstairs, opposite the gym entrance.

We are excited at this opportunity to work more closely with the Panaga Club and to be more centrally located for easy access by the community. Please pop by for a chat or just to check out our new space. (If you're not a Panaga Club member, you can sign in at the front desk as an Outpost guest.) Also, please bear with us while we get everything set up, especially regarding IT issues.

BSP Managing Director Ceri Powell will host the official office opening on 20 November at 9 a.m., so do feel free to join us then for coffee and light refreshments!

Move date: Monday, 4 November

Opening party: Wednesday, 20 November, 9 a.m.

New location: Panaga Club, 1st Floor

Event Information

Outpost Events



Arepas Cooking Class

Date: Thursday, 21 November
Time: 10:00 a.m.
Cost: \$5
Location: Evelyn's house
(Address will be provided to participants.)

Learn how to make arepas, the (always gluten-free!) cornmeal cakes from Latin America that can be stuffed with anything from cheese to chicken to eggs to vegetables.

Space is limited, so if you're interested in joining, contact us at outpostbrunei@shell.com to register.

Community Events



Event Information

Community Events



**F.U.N
SECTION**

**CHICKEN
TIKKA
MASALA +
GARLIC/
CHEESE
NAANS**

COOKING



CLASS

**NOV 14,
THURSDAY
10:00AM
F-21, PANAGA**

Event Information

Community Events

PANAGA GOLF CLUB

GOLF MEMBER SERVICES

ORGANISED GOLF TOURNAMENT *mixed*
SUNDAY, 3 NOVEMBER 2019

Entry Fee:
B\$20.00 (PGC MEMBERS)
B\$30.00 (NON-PGC MEMBERS)

Format of Play:
STROKEPLAY HANDICAP 36 & BELOW
(PGC MEMBERS)
STROKEPLAY SYSTEM 36
(NON-PGC MEMBERS)

Prizes

PGC MEMBERS	NON-PGC MEMBERS
Nett Category Winner	Nett Category Winner
Runner-Up	Runner-Up
1st Runner-Up	1st Runner-Up
Gross Category Winner	Gross Category Winner

LADIES CATEGORY
Nett Winner

Novelties
NEAREST TO THE PIN ALL PAR 3

LUCKY DRAWS & HOLE IN ONE #9

REGISTRATION DEADLINE ON SATURDAY, 2 NOVEMBER 2019

Event Information

Community Events



**MEN & LADIES' DOUBLES
BADMINTON
TOURNAMENT
2019**

FRIDAY, 22nd NOVEMBER
1600h - 2000h
PANAGA CLUB MPH

GET A FREE CLUB T-SHIRT

→ **FREE REGISTRATION & T-SHIRT FOR PANAGA MEMBERS ONLY**

FOR NON-MEMBERS:
ENTRY FEE: \$15bnd
T-SHIRT: \$20bnd

REGISTRATION UNTIL
1st November, 2019 (for t-shirt ordering)
DEADLINE: 15th November, 2019

Join our fb group @
PANAGA BADMINTON AND TABLE TENNIS CLUB



**SAVE
the
DATE**

and write it down in your agendas.
Panaga Dance Centre wants to share with you
the dates for our upcoming events

December 8th Winter Wonderland Show
(Rehearsal days saturday 16th-23rd-30th nov. and 7th dec. from 4:30-6:30)

June 14th Annual Show

Event Information

**Community
Events**



Miri Events



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 - 11:00 a.m.
1:00 - 3:00 p.m.

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



New timings to see the doctor! If this is on your fridge, don't forget to replace it.

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



Inma Iglesias
Interim Event Coordinator



Alvin Machia
Webmaster



Rachel Laramee
POP Editor