



Panaga Outpost Pages
Seria, Brunei Darussalam

December

Highlights:

- › House 49
- › Rescuing Strays
- › New Outpost Office
- › Bitter Gourd

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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**Office closed 14 December 2019
through to 6 January 2020.**

Welcome to Outpost

Focal Point Note

Welcome to the December issue of Outpost Brunei's POP newsletter—the last edition of 2019! As the year draws to a close, it's always a nice opportunity to reflect on the past twelve months. What a year Outpost has had! We hosted several cooking classes, ceramic painting workshops, quarterly newcomers' networking mornings, a makeup tutorial, a very informative bus tour of the local sights and a boat trip on the Belait River. A few ladies were lucky enough to wish Her Majesty a happy birthday (see "Snapshots" in this issue). Last but not least, the Outpost office moved from Lapanpuluh to the Panaga Club, where we hosted a festive opening and delicious cake-cutting with BSP's Managing Director!



During the Panaga School holiday, the Outpost office will be closed so that Outpost and Meet & Greet team members can enjoy some much-needed R&R. Nevertheless, we have begun planning exciting things for 2020! Our focus will include more "country information" (such as updated maps of the KB/Seria area and an occasional event in the Tutong/Bandar area) and an increased emphasis on Career & Development for accompanying spouses. As always, we welcome YOUR input on what you would like to see and share in these pages or on our events calendar. Let us know!

Stay connected with Outpost by registering to our website (<https://seria.globaloutpostservices.com>) and joining our Facebook group ("Outpost Seria, Brunei") for the latest updates. Also, feel free to pop in to check out our new office at Panaga Club, 1st floor.

Wishing you safe and happy holidays and see you again in the new year!

Happy reading,

Marleen Spaans
Focal Point

49: The House

House 49: Behind the Walls

by Nova Dudley-Gough

My first glimpse of House 49 when I arrived in Brunei was a memorable experience. What looked like the remnant of a colonial past was still a living and breathing home, set back from the main road and elegantly lit at night. As I settled into Panaga, I noticed cars come and go, and people talked of parties and coffee mornings, but the interior of the house—and its current residents, BSP MD Ceri Powell and her husband, Ajay Shah—remained somewhat of a mystery. An invitation for drinks to talk about the intriguing history of the home was too good to resist.

Disclaimer: An Outpost networking event had already allowed me a peek inside, where delicious snacks and (actually quite good) coffee was served, but I felt there was more to learn about this place. It was obviously a home, with cosy furnishings and personal touches, rather than a formal event space for receiving visitors, yet it was obviously this, too. I had to learn more.

House 49, as it stands now, was built in 1957, with extensions added in the 1970s and the pool in the 1980s. Despite the apparent size of the house, there are only four bedrooms, with two in each wing, as well as a small gym and surau. There are, however, eight downstairs toilets in the property, so hopefully there are no queues when a social event does happen.

Ceri Powell has lived in the house for around two and half years now, and she acknowledges that while there are obligations that come with the property, she considers them an honor rather than an inconvenience. On average they host a social event at the house every three weeks, but as most of the large events are held outside, it doesn't feel too intrusive. They can maintain those personal touches of home, with their own



furniture gathered on postings around the world (and some reupholstered IFM furniture) and even a monkey-proofed vegetable garden outside.

Speaking of monkeys, Ceri particularly appreciates the wildlife at House 49. Preserving the special environment of Panaga is a passion of hers, and she is very fond of Harry the Hornbill, his missus and the chicks that appear every March. They are joined in the garden by silvered leaf langurs with their distinctive orange babies, kingfishers, giant monitor lizards and, of course, the resident long-tailed macaques. "To watch all of them from the veranda is really like living in an episode of Planet Earth every day!"

Anyone driving past the property can see it is a state-ment location. Until the event became too large, Bruneian BSP employees visited the house for BSP Family Day, and now new young local talent are invited to enjoy a visit there. It is even rumoured that His Royal Highness, the Crown Prince visited House 49 for tea in his youth. As the years have progressed, the tradition of hosting very formal, black-tie, silver service dinners at the house has changed; now Ceri's intention is to welcome people to her home for all manner of occasions, from Santa's Grotto to Dutch Community parties, from Outpost coffee mornings to wildlife talks for Hornbill Day. Even if she can't attend these events personally, she acknowledges and appreciates the importance of the house and what it represents to both expats and

49: The House

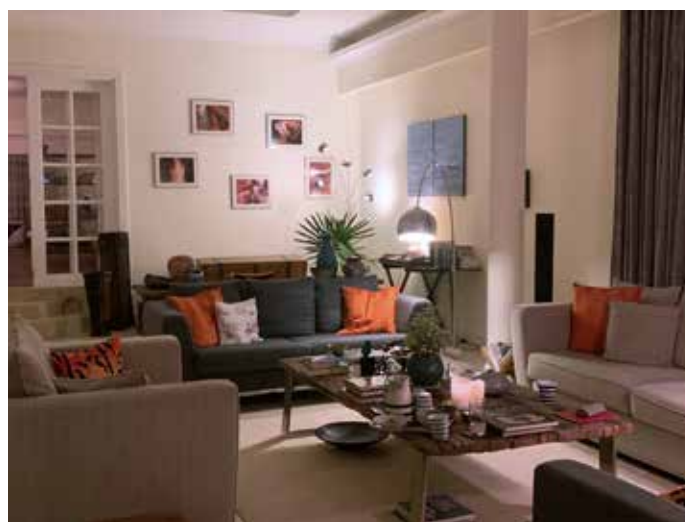
locals. In respect for local traditions most events are scheduled to start after evening prayers, and there is a dedicated surau in case visitors need to pray while they are at House 49.

The more traditional past of the house is still evident if you know where to look. The bells to summon the amahs to various parts of the house have only recently been removed, the leather visitors' book with the gold pen is no longer in the entrance hall, and there is enough Asprey silverware and English Wedgewood china to host a formal dinner for 52 people. (The weekly silver polishing is still quite a chore.) Formal dinners do still occur, but nothing on the scale of what previous MDs hosted. And if you're wondering why there is a security post outside, it's not to protect the cutlery; there was a security threat against the MD in 2004.

Of course, while Ceri shares all this, the real stories are those kept by the amahs. Lynn and Risa have been working at House 49 for a combined total of over 33 years and have seen many MDs and their families



Lynn and Risa shop for garden pots in Sungai Liang.



The original IFM furniture was dark brown, but it has been reupholstered in modern neutral shades.



(above) This painting of House 49 "1946-1957" by a Mr. A. Dent in 1952 hangs in the foyer.

(right) View of the pool from the veranda.



49: The House

come and go. Some neglected the house—there are tales of buckets collecting water from multiple leaks in the kitchen—whereas a certain MD had such a fondness for a very flattering “slimming” mirror in one of the bedrooms that even when a competition was held to redecorate the room, the MD wrote from afar to encourage that the mirror remain. (It really is very flattering, I have to concur.)

It was great fun and remarkably interesting to see a little more of House 49 and to learn more about our MD and her feelings about living there. While the house may have seemed a little intimidating on those first few drives, I now see it as a place that welcomes expats and locals. It’s a legacy of BSP that takes on the personality of its current resident, and it’s in good hands.



(above) A view from the lounge towards the entrance.



Seeing hornbills and silvered leaf langurs is one of the perks of living in House 49.

49: The MD

House 49: A Visit with Ceri Powell

by Petra Moelker-Pronk

Working for Shell has taken Ceri Powell all over the world, including the Netherlands. Perhaps it is due to her time spent there that she has a quality both associated with and celebrated by the Dutch: the ability to act naturally in all circumstances, a certain authenticity, that what you see is actually what you get. According to Fortune Magazine Ceri is one of the most powerful women in business, but a visit to the BSP Managing Director's house is just like having tea with your next-door neighbour, which she actually is to those of us who live in Panaga. Here are highlights from my interview with the resident of House 49.

Being true to herself has been a cornerstone of Ceri Powell's life and career, but a wrong turn at university was how she realised its importance. Wanting to be the first woman stockbroker in the United Kingdom, she chose to focus on Finance and Economics.

"Blind ambition," she laughs, thinking back on it. "I wanted to go where no one had gone before, but after some months it was clear to me that pursuing a financial career was a dreadful mistake. It just didn't feel right."

Instead of following the accountancy courses, she sneaked into geology classes, where she found her true passion. Having been raised in South West Wales with its incredible landscapes and beautifully layered coastal structures, Ceri appreciated structural geology from a very young age. It was only natural that she switched to geology, a choice she has never regretted.

Although she spends a lot of time in boardrooms, she is happiest when making site visits to the operations. "My real passion has always been going out there," she says, "and I think especially as an MD, it's important to keep doing that to ensure you make the right decisions."



Ceri talks geology at Merangkang Primary School as part of BSP's "90 Acts of Kindness" celebration.

So even now I often do what I like best: looking at technical data and engaging with the front-line staff. And the wonderful thing about BSP is that it's easy to organise. I can take the first chopper out, have a meeting on safety or a strategy presentation at one of the platforms, and be back at the office at 9 o'clock. Where in the world can you do that?"

Gender diversity

Ceri's dream "to go where no one has gone before" is still very much alive. She tries to use that ambition to accomplish things in areas she finds meaningful, like drawing more women to top leadership positions.

"It's a topic of global importance," she says. "If you are not developing female talent, you are not developing 50 percent of the population's potential. What I would

49: The MD

love to achieve is to see Bruneian talent growing into the most senior and impactful roles, and that includes women."

Being a woman at the top in a man's world is not always easy. "We've all been there," she remarks. "You say something in a meeting, and nobody listens to you. Ten minutes later a male says the same thing, and suddenly everyone is interested... To be honest, I've got less patient over the last 10 years with that kind of behaviour."

Because leadership is not only about professional knowledge but also about knowing the rules of the game, Ceri has learned to practice "politics" as well as patience. For instance, "In a meeting I like to sit opposite a lady, so we can have eye contact. If she says something and nobody listens, I make it a habit to repeat that statement, just louder, and give her credit, 'As Annabel just said...' The secret of power is partly in the numbers. With only one or two women in the room, it is tough to be heard. But three ladies on a team of ten is a magic ratio."

Women in BSP

Ceri is quite proud of BSP's current leadership ratio. "We have 50 percent male, 50 percent female," she

notes. "That's real diversity, and it works well—we have great dynamics. Overall, BSP has about a 50/50 male/female rate."

"Even offshore," she goes on, "in some places it is up to 20 percent female in the workforce. What really blows me away is the level of organisation to facilitate that. On platforms we have special 'mothers rooms' for young mothers who are breastfeeding and an extensive supply chain to get the milk ashore to their babies, and it can be completely run by women, up to the taxi driver that delivers it to their homes every day. That's really cool!" Measures like this enable the choice of breastfeeding women to do two-week rotations offshore, which they appreciate for the long stretches of quality time they can spend with their babies at home.

"I'm also very proud the first Bruneian Search & Rescue Commander is a woman," Ceri says. "It's a great privilege to be able to support these dedicated professionals in achieving their dreams ... and beyond. As you see that huge Red and White chopper flying overhead, it is likely piloted by Wana, a Bruneian lady. Brilliant!"

Ceri also supports BSP women by fully embracing her own femininity, which is the only way she knows how to be. "I never liked the macho approach of women turning into a completely different person the minute they



Ceri enjoys meeting colleagues during onshore and offshore HSE visits.

49: The MD

enter the office. It doesn't work, and it must be very stressful to pretend to be someone different. I deeply believe that you must have the courage to be who you really are. Being authentic is a great strength for everyone."

Unleashing talent

When it comes to the significance of her work, Ceri's focus has changed over time. "If you had asked me 10 years ago what my work was about," she reflects, "I would have said it was all about delivering business results. Now to me it's all about delivering future talent—ensuring that the talent we've got is unleashing its full potential. Over time the accent has shifted to mentoring and coaching. People are at the core of our business. If you have a great team around you in place, the business will be successful."

Being BSP's representative

Ceri is very fond of representing BSP at noteworthy events. "This is very much part of my role and it's really quite unique," she says enthusiastically. "Being invited to the opening of the Flower Show, attending Her Majesty's birthday celebrations or having a Royal audience in the Istana are experiences of a lifetime. The Istana Nurul Iman is the largest residence in the world. It's incredible to be part of an official ceremony and to sit in this huge dining room for a state banquet for thousands of people, all dressed in white. I consider it a great privilege to be part of these centuries-old traditions of Brunei."

"Some of the most special moments of our post-ing have been the invitations to Hari Raya open houses," she continues, "whether of the most senior Ministers of the land or BSP colleagues, for them to share their celebrations at this most special time of year with us is very humbling."



Ceri and her husband, Ajay, at a Hari Raya open house.



Ceri attends a state banquet at the Istana Nurul Iman, the residence of the Sultan of Brunei.

Work/life balance

Working all over the world has "made me resilient, open minded and also laid-back," Ceri says. "It's quite easy to be busy all day with so-called urgencies. But important and urgent are two completely different things."

She tries to focus on what's important, and that means time for herself: "In the whole equation of work, family and

49: The MD



(above) Harry the Hornbill, longtime resident of House 49's garden

(below) Ceri and Ajay enjoy the perks of living in Brunei, like jungle trekking.

(below right) Ceri Powell, Managing Director of BSP.

friends, me-time often gets left behind. But it's crucial to create a good work/life balance and actively safeguard it. To me that implies a quiet start of the day." She tends to be at the office at 6:45 a.m., but she schedules no meetings before 8 a.m. This gives her time to write three handwritten notes to people in BSP to thank them for their commitment. "It feels good to do that and start the day with positive thoughts," Ceri says.

Finishing work on time is also part of the deal, and to Ceri that means getting home before Harry the Hornbill. For 35 years a couple of hornbills have lived in the garden of House 49. Every day around dinner they fly in—a beautiful spectacle that makes Ceri's day.

"On my first day as MD," she recalls, "I promised myself that I would never miss that. It gives a certain structure. No matter how busy the day has been, I try to be here before they fly in. The moment I enter the driveway, I unwind. Watching the hornbills settle down in the back of the garden in their favorite tree really makes me feel like I'm at home."



Pet Advice

Saving Strays: Advice from Jeremy Ptak

by Savannah Jung

Many of us care for our furry family members as if they were our own children, but for so many animals in Brunei, having a forever home or even knowing where their next meal will come from is just a dream. Jeremy Ptak has made it his mission during his time in Brunei to extend a helping hand to animals in need. He also makes an effort to educate foster and adopting families about what their pets need to live a healthy, happy life. I myself have rescued animals in the past, including our dog Hera, but after rescuing a 2-month-old kitten named Athena here in Brunei I contacted Jeremy for further advice. The support of someone who has extensive knowledge about caring for animals and about the resources in Brunei goes a long way.

Jeremy's background has included animals since he was a child. From growing up with pets to working in animal control in Alaska, he has rescued animals from a variety of situations. While in Alaska he worked with others to make sure rescued animals were spayed/neutered, vaccinated and rehomed to good families. When he and his family arrived in Brunei, he saw a need for his experience like never before. He quickly became involved with Care and Action for Strays (CAS), raising donations and helping adopting families get set up for success. In the nearly four years he has been here, he has rescued 30 animals and counting, helping cats, dogs and even monkeys. He has personal experience with many of the issues that arise when rescuing a stray here in Brunei.

His family adopted their dog Milly after they found her roaming around Pandan Five. Soon after getting her home, Jeremy began to notice signs that Milly was ill. He took her to a nearby vet who diagnosed her with parvo, a virus that can spread between canines. In cases where the animal is young, malnourished or



Milly on her first day with Jeremy and his family (above) and today (below).



left untreated for a long period of time, parvo can be fatal. With care, proper nutrition and medicine from a certified veterinarian, Milly made a full recovery. This experience showed Jeremy how local strays are at risk of illness and death due to poor treatment or just lack of knowledge about the signs of sickness and about

Pet Advice

Signs of illness

If your pet has these symptoms, seek veterinary advice:

- › Excessive coughing or sneezing
- › Discharge from the eyes or nose
- › Lack of appetite
- › Lethargy
- › Limping or difficulty walking
- › Trouble breathing
- › Vomiting and diarrhoea
- › Excessive itching
- › Hair loss
- › Head/Ear shaking
- › Dirty/smelly ears

Monthly medicines

For fleas and ticks

- › Broadline for cats (includes heartworm and other intestinal worms)
- › K9 Advantix II for dogs
- › Frontline combo spot-on for dogs
- › Nexgard for dogs (chewable)

For heartworm

- › Heartgard for dogs or cats (chewable)

proper treatments. With so much information out there it can be overwhelming to figure out what is best. The first and most important part of rescuing or adopting is to make sure the animal is healthy and has no pre-existing illnesses. See the inset for signs of illness that require veterinary attention.

After rescuing an animal, take them to a vet you trust to be checked out and vaccinated. Prior to your vet visit, find out what vaccines and booster shots you should ask the vet for. Do thorough research before the vet appointment and/or ask Jeremy for advice on what to ask for. At the appointment you should ask the vet to make an appointment to spaying or neutering your pet. Keep a planner to write down the date for the next set of vaccinations or boosters shots so you can stay organised and avoid missing important vaccinations.

Every month, dogs and cats need flea/tick and heartworm treatment. There are different brands and types for both cats and dogs, so always buy according to your pet's size and age and take note of how they respond to the medicine. Always read the labels carefully and check expiration dates. When in doubt, consult a licensed veterinarian.

Because of the hot and humid climate in Brunei certain types of skin issues, fungus and ear mites are common. These can be treated with topical sprays, pills, ear drops and even shampoos. Before going forward with any type of treatment, contact a certified vet or reach out to Jeremy, who knows where to get the proper treatments.

Other key things to keep in mind when adopting a pet are grooming, collar tags and registration. Jeremy recommends the groomer "It's A Ruff Day" located in KB. Along with grooming, they work to find good homes for strays around Brunei. You can find them on Facebook and on Instagram (@itsaruffday). Collar tags are a good idea, as is microchipping your pet in case they run off or get lost. Be sure to include your contact information on the collar tag so whomever finds your pet can contact you. You must register your pet each year for a fee of \$8 or face a fine up to \$2,000. You can go to Jabatan Bandaran in KB to complete the form and pay the fee.

Many expats in Brunei foster or adopt a pet, but not all families are able to take their furry friends with them on their next assignment. It can be difficult to find available families to rehome your pet to when

Pet Advice

you leave. You want to be sure the family has the time, desire and means to properly care for the animal. Jeremy can assist with the rehoming process by helping you put together an advertisement showcasing your pet and getting them set up with their new family.

For us, rescuing a kitten has been both challenging and rewarding. With every rescue you have to work at their pace to get them accustomed to things they didn't have before, such as toys, a bed, food bowls and, in our case, a dog. Watching Athena become friends with our rescue dog Hera was a long but rewarding experience, and seeing Athena play with a toy for the first time was oddly simple but extremely exciting. When we first got Athena, she had feline chlamydial conjunctivitis. Although this sounds like a serious illness, it is essentially the cat equivalent of a cold, and with proper medicine she recovered quickly. When I rescued Hera, she came to me with parasites and kennel cough; I was distraught until she was given medication and, like Athena, made a full recovery. Something to keep in mind with rescues is that they likely will become sick due to their past poor circumstances. Try not to get discouraged because with proper medical treatment, they can make full recoveries. Athena is now healthy, happy and has finally warmed up to her new dog sister.

If you feel called to adopt or rescue, feel free to reach out to Jeremy at +673 896 4552. You can also reach out to CAS through their Facebook page (<https://www.facebook.com/careandactionsforstrays/>) if you want to rescue, volunteer or donate items. You can also reach out to The Love Paw Sanctuary at <https://www.facebook.com/lovepawsanctuary/> for volunteer and fostering opportunities.



The author's rescue dog, Hera and, recently rescued kitten, Athena, friends at last.

Recommended veterinarians

Dr. Hii (WhatsApp: +60 12 875 5833) is a reliable veterinarian with two practices, one in Bandar and one in Miri. He also makes house calls in the Panaga area on Wednesdays.

Dr. Reynand G. Sogelio (WhatsApp: +673 233 7128) works with Dr. Hii at Asyan Angel Animal Shop in Bandar.



Tree Planting

Tree Planting at Berakas Forest Reserve

by Marie McCready

It was great to attend this informative and fun event on Sunday, 24 November, up in Berakas, where 400 trees were planted to replace trees burned in forest fires.

The event was organised by a group of young Bruneians who were inspired by the K-pop singer Nam Joon (member of the boy band BTS) to do something positive for the environment and protect and restore our forests.

The Forestry Department together with Green Brunei supported the Brunei ARMY (BTS' official fan club) to facilitate the event and provide tree-planting demonstrations and guidance.

The volunteers were well rewarded with kimbap (Korean sushi rolls) afterwards.



Country Music

Miri Country Music Fest

by Nova Dudley-Gough

There's something exciting about getting to say "I'm with the band..." My husband plays in Panaga's own Casual Ceilidh Band, and when they were booked to play a gig across the border I took the opportunity to tag along. What could have been an ordinary week-end away in Miri turned into a music-filled, country and western, counterculture experience, complete with sunsets and Dolly Parton impersonators.

The Miri Country Music Festival is held annually at Coco Cabana over two nights. It's a professional affair with wristbands and sponsorships, international artists, a great MC and a fabulous light show. The event had supplemental line dance workshops to teach attendees some of the basics, but judging by the enthusiasm of the crowd lessons were barely needed. In fact, some visitors had travelled all the way from Australia and Singapore, were dressed for the occasion and definitely had the moves.

The Casual Ceilidh Band—a group of expats based in Panaga but hailing from all over the world—were scheduled to play on Friday evening after Frankie & His Music Machine (imagine a very enthusiastically dressed guitarist, playing karaoke with his MacBook) and really got the crowd going. They played music by the Dixie Chicks, Fleetwood Mac and The Pogues, but one of the highlights was definitely Ed playing the sapeh (a local Borneo stringed instrument) while Suzanne sang "The Yellow Rose of Texas", a great local twist on a classic country tune. The connection between Irish and Celtic folk music and U.S. country was really clear, and the set was a great way to show off our Panaga talent.

Other highlights were watching the Miri sunset to the tunes of the Midnight Busker band; the Australian singer-songwriter Fields, whose vocals were reminiscent of



The Cranberries; the great Lost Soulz, who played Saturday; and of course, the Johnny Cash Experience and Dolly Parton Tribute Act. Seeing people from European countries doing a great job of impersonating some American music icons in Borneo has to be one of the most surreal things I've experienced in a while, but it's a tribute to the power of this classic music. Now, where did I leave my Stetson...

Office Opening

Outpost Office-Warming Party!

by Wijnand Hoitinga

On Wednesday, 20 November Dr. Ceri Powell officially opened the new Outpost office at the Panaga Club. It was a festive celebration with drinks, food and a serious Outpost cake!

After seven years at Lapanpuluh, also known as Apartment 80, Outpost will now continue our work in the office space opposite the gym, upstairs on the 1st floor of Panaga Club. No more excuses for Outpost volunteers and visitors to be out of shape!

Although our Lapanpuluh office was an excellent location for new arrivals staying at Lapanpuluh, the number of new expats being housed at KB Sentral and Apartment 29 is substantial. To accommodate all new arrivals, the Club is a more central location. Also, everyone can combine an Outpost visit or language class with other leisure activities at the club.

The Outpost team extends a big thank you to all the people involved in the move. Due to the efforts of the Club staff to welcome us to our new home, it was a very pleasant, smooth transition. Terima kasih! Please have a look at our freshly painted, newly floored office. Everyone is welcome!



Rookies & Vets

Rookies & Veterans: Gianfranco and Naincy

By Petra Moelker-Pronk

The Panaga community consists of people in different stages of their Brunei career, so it makes perfect sense for newcomers to benefit from the experience of those who have been here for a while. Conversely, the more settled members of the community can benefit from the amazement of a fresh pair of eyes. In the second episode of Rookies & Veterans, let's meet Gianfranco Sapone and Naincy Verma.

Veteran: Gianfranco Sapone

What did you do before you came to Brunei?

After I finished my professional swimming carrier I began as a swimming coach in a swimming club in Milan, Italy, from 1995 until 2012.

Why did you decide to come and live here?

We came for my wife Sarah's job in Panaga School in 2012. We decided that it was time for a change and wanted a new adventure. After a year of being here the Swim Coach job appeared and I applied because coaching swimming is my passion. This is my first posting abroad and our first posting as a family.

What exactly does your work entail and which aspect do you like the most?

I coach swimming to children as young as 3 years up to adults. The aspect I like the most is not just teaching people how to swim but also giving people confidence in being comfortable in the water.

What did you hope to achieve in this posting?

I hoped to achieve some international experience and experience other cultures. It definitely met my expectations. I have learned a lot, and I think I have also given a lot to my students.



Gianfranco

- › Originally from: Italy
- › Partner: Sarah Hutson
- › Children: Eleonora and Elisa
- › Occupation: Head Swimming Coach at Panaga Club
- › In Brunei since: 2012

Rookies & Vets

What was it like when you first arrived here?

It was completely different to what I was used to in Italy: weather, culture, way of life... It was strange at first, but I quickly grew to like living here. I especially love the weather, because it is always hot. I love the fact that we are right next to the beach and I can see it from the pool every day. I love the fact that we are close to Thailand, Bali and other amazing destinations. I love being so close to the jungle and nature. I don't like the mosquitoes and the sand flies on the beach!

How long did it take you to find your way around and feel at home? What was the most helpful in this process?

It didn't take long to find our way around. Everyone on camp and the locals were very friendly and always try to help newcomers feel at home.

The most helpful thing was people who had been here for a few years already. They took us to sort out simple things like phones, location of supermarkets, finding a car and everything else that you immediately need when you first arrive.

The most difficult thing for me especially was the language, as English is my second language. But it didn't take too long to become more confident and now I don't even think about it.

What would you have done differently with the benefit of hindsight?

Nothing!

What is the most important thing for having a great time here?

Learning to go with the flow and enjoy the culture and surroundings.

Did working and living here change you?

Yes, it did change me. I learned to relax more and take time out as a family and appreciate family life.

What is the main lesson you learned here?

The main lesson I have learned is that anything is possible, and everything is achievable if you do things with passion.

What's your golden tip to newcomers?

My golden tip to newcomers is to come with an open mind and enjoy the beauty and simple essence of Brunei.

Rookie: Naincy Verma

What was your first impression of Brunei?

Brunei's first impression to me was that of a very small place with things very close by to each other. At the same time, mobility was a bit of a constraint due to the lack of public transport, which makes you dependent on driving everywhere.

Another thing that comes to mind is the lack of shopping options, especially nice clothing outlets. This was a big change coming especially from New Orleans, where there were so many shopping options.

What did you like immediately?

I like the gorgeous mosques and architecture. We also liked the greenery, no pollution and fewer number of people on the road. We also like the frequent rains we get here, even though I am not a big fan of the hot weather otherwise.

What did you find difficult?

Adjusting to the new culture was a bit of a challenge initially. But once you become familiar with the do's and don'ts and get used to it, life is a lot better. Also mobility is a bit of a constraint for accompanying spouses, unless you get a second car.

What was the best decision you made during your preparation?

The best decision we made was to do a lot of shopping before coming here, especially for baby stuff and furniture.

Rookies & Vets

What was the worst decision?

Maybe some of the electrical items we could have avoided carrying from New Orleans and purchased here, like TVs, which are surprisingly very reasonable across the border in Miri. Since most of the electronics from the U.S. work with different voltage, we had to carry heavy voltage transformers along with us.

What would you have packed that you did not, and really missed?

Some more shopping :) and Aveeno baby cosmetics.



Naincy

- › Originally from: India
- › Partner: Yogesh Rana
- › Child: Shenaya Rana (14 months old)
- › In Brunei since: May 2019

What are your hopes and dreams for the years to come?

I find several opportunities to work as a volunteer. Brunei is a great place to follow one's dreams and passions, because the one thing you have in abundance here is time. I would like to gain my fitness back after pregnancy and would like to start baking.

How about work?

Not having a job is something I definitively miss here. But I am hopeful that I would be able to find things to study to add to my skillset and keep me busy.

What did you learn already about living in Brunei?

Brunei is a great place to live, spend time with your family and raise young kids. Also there are so many recreational activities available that you really have to choose the ones you like the most.

One great thing we like about living in Brunei so far is the enthusiasm I have seen in our circle about fitness and sports-related activities. I am really enjoying my weekend trekking to Sungai Liang and other places.

What is your golden tip to other newcomers?

My golden tip to every newcomer is to embrace Brunei wholeheartedly. At first it may look like a small place with limited shopping and dining options, but there are so many other things that you would love here. Life is completely different once you move to your house from the temporary accommodation. The term "Live life king size" is literally true here with the big houses BSP provides you. And most important thing, make new friends and enjoy the makan. :)



Green Panaga

In our new regular feature "Green Panaga" we bring you interviews, in-depth articles and events in celebration of the beautiful and precious jungle environment we live in. This initiative is brought to you by several BSP departments and Panaga Club sections, including the Panaga Natural History Society (PNHS), Last Straw Initiative, Panaga School, and BSP's Environmental Affairs Department.



Silvered Leaf Langurs

Learn more about our wonderful,
peaceful neighbours

by Lisa Thieme

The silvered leaf langur lives in coastal mangrove and riverine forests in Peninsular Malaysia, Sumatra, and Borneo.... including Panaga Camp!

What do they eat?

Mainly leaves—more so than most monkeys! They also eat fruit, seeds and flowers, but that comprises only 9% of their overall diet. These salad-hungry monkeys eat tougher leaves than other monkey relatives. They have a three-chambered stomach to "ferment" and digest the leaves. This is why they are not interested in garbage like the macaques are.



What's their natural habitat?

They rarely leave the trees that protect them. Without the canopy coverage of trees, they are at risk. Each group occupies a home range of 20 to 43 hectares (smaller than the Central Panaga Camp), although it may overlap with that of neighbouring groups. During the day, individuals may travel up to 500 metres through the forest, some forming all-female subgroups that separate from the group containing the male. The entire group shelters together in a single tree at night.



What are their predators?

Leopards, civets, snakes, etc. are the usual predators, but in Panaga cars, macaques, dogs and loss of habitat reduce their numbers more than anything else.



What's their behaviour like?

The silvered leaf langurs travel in groups of 9 to 40 with one adult male and many females who raise their infants as a community.

What about their families and reproduction?

Baby silvered leaf langurs are born with orange fur and with white hairless skin on their face, hands, and feet. The skin rapidly changes to the dark adult colour, but the fur does not reach the adult pattern until three to five months after birth. Pregnancy lasts 6 to 7 months. In captivity, the monkeys live up to 31 years.



Green Panaga



How can you help?

There has been a significant loss of habitat in the last 10 years in Brunei, though it is much worse in the rest of Borneo. The Panaga and surrounding communities can help by growing trees for better canopy (especially across roads) and by growing plants that silvered leaf langurs feed on, such as the following:

- › Artocarpus anisophyllus [Moraceae]
- › Artocarpus odoratissimus [Moraceae]
- › Artocarpus integer [Moraceae]
- › Hevea brasiliensis [Euphorbiaceae]
- › Chilocarpus sp. [Apocynaceae]
- › Bauhinia [Fabaceae] (These are the trees along the beach with the pink flowers.)

These plants can be bought at nurseries and will be made available through the Panaga Natural History Society (PNHS). Please contact PNHS at pnhs.brunei@gmail.com for any inquiries.



Tamu Time



Tamu Time: Bitter Gourd

by Petra Moelker-Pronk

One of the most interesting vegetables in Asia is bitter gourd. Not everyone appreciates its spiky, bitter character, but if you are up for something different, this vegetable is definitely worth a try.

The first thing that stands out in the search for bitter gourd is that there is no such thing as standard bitter gourd; this vegetable has many different appearances. The shape varies from elongated to round, the size from that of a small pickle to that of a large zucchini, the color from green to white (and red when it is overripe) and the outer texture from smooth to warty.

Despite the enormous variations in appearance, the taste is exactly the same: bitter! The taste becomes



slightly softer if you allow the vegetables to soak for a while after chopping. From a health point of view this should be avoided, because the bitter substances actually make this vegetable extremely healthy. In addition, the bitter gourd is a rich source of antioxidants, vitamins and trace elements.

To clean

The edible parts of the bitter gourd are the skin (including the warts!) and the flesh. Wash the bitter gourd well and cut off the ends. Then cut the gourd in half and repeat. As a result, the seeds in the middle are clearly visible and you can easily remove them. You can then chop the vegetables into pieces.

Curries

The vegetable can be prepared in various ways. Boiling is possible but not recommended, because the vegetable will soon become mushy. If you are in a hurry, you can also opt for stir-frying: a few minutes in the wok and the slices are done. Deglaze them with some white wine vinegar and some ginger water. But if you really want to see the bitter gourd showing its best side, you should go for a stew. This veggie excels in absorbing flavors; that's why it's a popular ingredient in Indian curries.



Tamu Time

Bitter Gourd Curry (Karela Sabzi)

(Adapted from <https://www.indianhealthyrecipes.com/bitter-gourd-curry-recipe-karela-sabzi/>)

Ingredients

200 g bitter gourd
1 tbsp oil
½ tsp mustard seeds
½ tsp chana dal or yellow split peas
1 - 2 tsp urad dal or black lentils
½ tsp cumin seed
¼ tsp fenugreek
¼ tsp turmeric powder
2 tsp chili powder
2 tsp coriander powder
2 tsp jaggery powder or dark brown sugar
1 cup tamarind puree
3 long red chillies, cut in small pieces
2 long green chilies, whole
2 fresh tomatoes, chopped
1 green onion, chopped
2 cloves of garlic, chopped
curry leaves
salt to taste
water



Method

1. Wash and cut the bitter gourd as described above.
2. To cut some of the bitterness, cover the cut vegetable with 1 tsp salt. Toast it gently in a pan. Put a little bit of water in and stir. Let sit for 15 minutes.
3. Heat the oil. Add the mustard seeds, chana dal, urad dal, cumin seed, fenugreek seeds, red chili, green chili, onion, garlic, and stir.
4. Add the chopped tomatoes and stir.
5. Add the salt, turmeric powder, chili powder, coriander powder and mix.
6. Rinse the bitter gourd pieces and add to the mixture. Cover the pan and let it simmer for 10 minutes.
7. Add the tamarind puree and 1 cup of water. Simmer for about 10 minutes and add jaggery powder and curry leaves. Serve with cooked rice.

On a personal note...

Observations from a Hermit's Shell #2

by **Petra Moelker-Pronk**

Living abroad means new experiences, and an added facet is that you share those experiences not with your long-time friends but with people who are also new. These new people are from different cultures, with different backgrounds and different visions, offering a unique opportunity to let go of rusted patterns.

One such pattern is my tendency to worry, a quality that I have elevated to an art form over the years. I'm a master at coming up with the most unlikely disaster scenarios, and life in Brunei offers every opportunity to further perfect my craft. Many of my concerns relate to the thriving animal life here.

What if the geckos on the ceiling think it's a good idea to drop themselves onto my bed when I'm asleep? What if a snake creeps into my air conditioner? What if the golf course crocodile suddenly decides to take the next turn onto my street in E1?

After all, it is possible, which to me is synonymous with "it will definitely happen..." This is why I am overjoyed to live in a stilted house on an open, cultivated plot where you can see any animal coming from miles (or at least yards) away.

So it was kind of a shock to attend a housewarming party in the G area after a few heavy showers. Beautiful as G may be during the day, in the evening it's terrifying. This is serious jungle. Mushy and muggy. A dark, mysterious wall of trees and scrubs that completely encloses you. The jungle is a living, breathing organism with countless eyes lurking and watching you—quite overwhelming. The house could not be reached without wet feet, and who knew what was waiting in the puddle in the dark?!

So I asked my friend, "How do you cope with living in the jungle?"

She cheerfully replied, "I just don't think about what's living there..."

I was flabbergasted. After all, pretending something doesn't exist doesn't mean it doesn't exist. During her move I had seen that giant monitor lizard just inches from her window. There was this picture of a cobra on the lawn. And hadn't a croc been caught here recently?

But the longer I thought about it, the more I got the feeling that it might be very good advice. Just don't think about it...

When you pay attention to something, it grows. I know that from my own experience.

But perhaps the opposite is also true: What you don't pay attention to becomes smaller. Of course, you know that the lizard is still happily crawling around there, and a snake may well be lying in that puddle, but you won't let it control your life. Because danger also has something to do with probability. Why do I believe beyond any doubt that the occasional croc in the sea will surely emerge in front of me, while someone else thinks, "The ocean is so big, it would be crazy if he just crossed my path." Same variable, different outlook.

Miraculously, I came through that housewarming party without being swallowed by the python or bitten by its venomous cousin. Now that I think about it, none of the disasters that I visualised, and that sometimes made me miss all kinds of fun things, came true.

So maybe it's time for a new mindset. I'm going to apply my friend's wisdom and "just don't think about it." From now on I will only focus on the one animal, the scaredy cat (or maybe it's a chicken) living inside me. And I'll starve it!



Snapshots

Her Majesty's Birthday



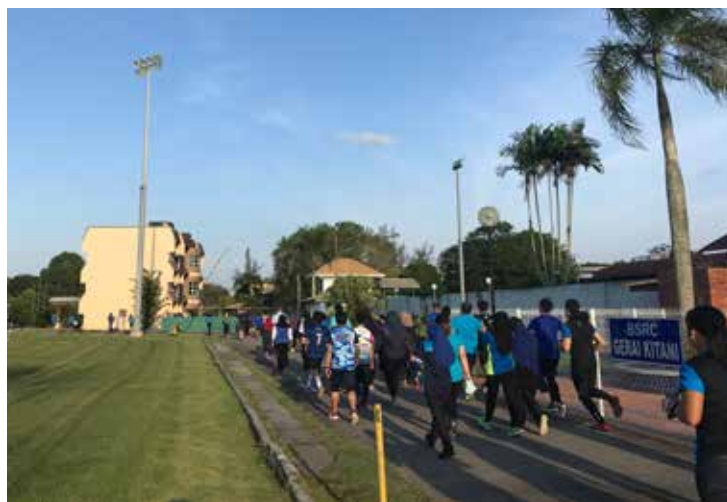
On 24 October some lucky Panaga ladies dressed in their finest "international" attire and boarded a bus to attend Her Majesty's birthday celebration in Bandar. What an honour!



Snapshots

Run with Us

On 13 November, BSP staff members along with family and friends came out in blue to jog in support of Movember, an initiative to increase awareness of men's health issues. After a group warm-up, participants chose to walk or run a distance of 1k, 3k or 5k. A healthy snack of bananas and coconut water was provided for finishers.



Snapshots

Sunset Boat Tour

Outpost invited new arrivals to a sunset river cruise on a beautiful Sunday afternoon. Split into two boats, they motored up the Belait River and enjoyed the sights of Brunei from a different mode of transport. The engine noise probably scared away a lot of the wildlife they were trying to spot, but they did manage to find and sample some palm fruit—a small jelly-like fruit within a large protective casing, easily opened by a handy machete! After the cruise newcomers enjoyed the sunset views from Kuala Belait Boat Club (KBBC) over dinner, provided by Seri-kandi. New friends were made, and a great afternoon was had by all.



Snapshots

Arepas Cooking Class

On 21 November, Outpost hosted another fun cooking class. This time Evelynng showed participants how to make arepas, the popular cornmeal cakes from Latin America. It was a great combination of learning, cooking, socialising and, of course, eating in a welcoming environment. Keep an eye out for a notice about our next class!

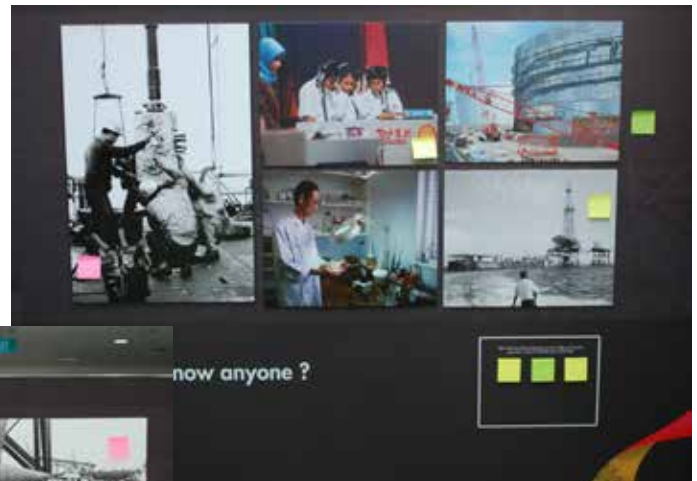


Snapshots

BSP Photo Exhibition

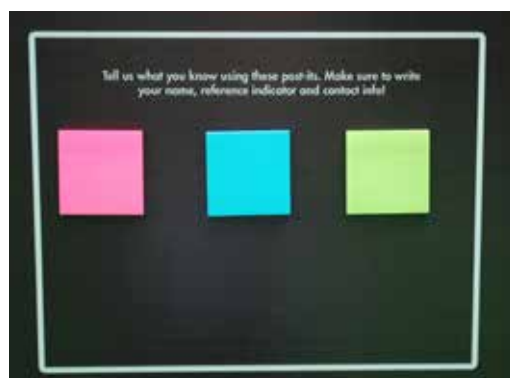


From the 4th through the 15th of November, photos curated by the the 90th Anniversary Digitisation Team were on display at the NDCO courtyard. These photos showcased some of the people, places, assets and processes that shaped BSP as we know it. Viewers were invited to help identify what's in the photographs using Post-it notes. The exhibit will soon be a permanent installation at the Belait Museum in KB.



Snapshots

BSP Photo Exhibition



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

Are your festive lights safe?

All lights purchased locally should be thoroughly checked before use, especially if they have not been used for a long time. Failure to do so can result in electric shock or fire. Here are some do's and don'ts around festive lights to help keep you and your loved ones safe!

Do

- › Read the instructions and check that the right rating of fuse is installed.
- › Choose energy saving LEDs, which emit less heat and cost less to use.
- › Replace failed bulbs straight away to avoid overheating, and use the same type and rating as the originals.
- › Switch lights off when you go out or go to bed.
- › Use a surge-proof plug adaptor.
- › For indoor areas without a nearby socket, consider using battery-operated lights rather than trailing wires across the room.
- › Touch the wires every so often to check for overheating.
- › Check for quality trademarks such as the Kitemark (UK) when buying lights.

Don't

- › Use lights that are damaged.
- › Replace bulbs when the lights are connected to the mains.
- › Plug adaptors into one another as you risk overloading the socket.
- › Use indoor lights outside.
- › Don't run cables across escape routes or thoroughfares.
- › Hang external lights in wet or windy weather.
- › Put lights on flammable decorations or materials.

Source: realhomes.com/advice/christmas-light-safety-dos-and-donts

Notice Board

Vacancies: Communications Coordinator and POP Editor

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.

Communications Coordinator responsibilities:

- Maintain the distribution list of email addresses of spouses of BSJV employees.
- Send out regular email updates via the distribution list to announce upcoming events.
- Maintain and update the "Outpost Seria, Brunei" Facebook page.
- Check for accuracy and consistency across communication channels (Facebook, website, POP newsletter, etc.).
- Create and distribute posters for Outpost events.
- Help generate useful content for the Facebook page, website, and newsletter. (For example, create videos/interviews for the website or commission articles for the newsletter.)
- Perform administrative duties during at least one office shift per week.
- Attend team meetings, held approximately once a month.
- Knowledge of Microsoft Office Suite and Facebook required.

Panaga Outpost Pages (POP) Editor responsibilities:

- Liaise with Communications Coordinator and Focal Point to determine relevant content for the monthly Outpost newsletter (POP).
- Keep list of possible features and determine timeliness.
- Delegate reporting tasks and enforce deadlines.
- Edit all content, revert to writers for review/feedback.
- Lay out POP newsletter each month. Arrange for proofreading and incorporate corrections.
- Liaise with Webmaster to reformat POP content for website, as necessary.
- Attend team meetings, held approximately once a month.
- Knowledge of Adobe InDesign and basic photo editing not required but a huge plus.

Requirements (for both roles):

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

Please note these positions are voluntary and will require two to five hours per week. If you are interested, please email outpostbrunei@shell.com by Friday, 13 December 2019.

Notice Board

Gus



Available for Foster or Adoption

Please contact: Jeremy, 896-4552

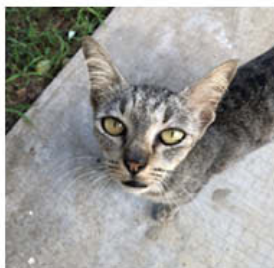
Found on camp as a likely abandoned dog once owned by a family, but now in need of a new family, pack leader, love, affection, companionship, and exercise. Trained to 'sit' for treats and before feeding, 'out' so as not to beg for food at the table, potty trained, Kind and Playful with all people of all ages, takes a leash and goes happily for walks 'anywhere', and easy to bath.

In training for 'wait' to respect doorways, gates, and street crossings (as not to pass or barge through), and to 'leave it'.

Estimated age, 10-12 months old. Full annual vaccinations (standard and rabies), neutered, given routine monthly heart and other worm prevention medication (HeartGuard Plus), and routine monthly flea/tick/mite prevention medication (FrontLine Combo Spot-On).

A Handsome Boy!

If you are looking for a four-legged family member (Fostering is an option),
Please contact: Jeremy at 896-4552.



Ally Cat

Please help Ally find her forever home. She is just the sweetest, most affectionate stray kitty. She is very smart and has learned her name. She loves to greet you at the end of the day and "talk" to you. She loves to eat, sleep, get scratches and pets. She is very clean and fastidious. She will be spayed and vaccinated. Her age is estimated around 1-2 years old. She is very loving, and would fit in any home with children or adults. She is cautious with dogs, but is very amenable to new situations. Your life will be fuller if you invite her in to stay.



**Please Contact Jeremy Ptak
at
The Love Paw Sanctuary
Whatsapp: +673-896-4552**

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.




MEET BUDDY!

Our sweet jungle dog is needing a new home by December. Our vet has not approved him to move with us so we are hoping to find a new loving household for him.

His Story:

Buddy was a stray for at least 2 years when we rescued him. Due to this he suffers from some anxiety but is very sweet and low maintenance and is an excellent guard dog. We think he is around 5 years old. His back legs are weak due to an accident when he was a stray so prefers short walks.

Fun Facts:

- He does not jump on any furniture or people
- He has never had an accident indoors
- Loves the outdoors and sunbathing!
- Loves stuffed animals and blankets for toys
- Plays tug-of-war
- Prefers a quiet environment and lounging around.

Please Whatsapp Meagan @ 867 2569 for inquiries or to plan a meet-and-greet

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.

Through
December!

AZUL
Beach Club
PRESENTS

HOLIDAY ROAST TURKEY PACKAGE

FREE!! APPLE SAGE STUFFINGS
PUMPKIN PIE
TURKEY GRAVY
SAUTEED POTATOES

PLACE AN ORDER NOW AT OUR
COUNTER OR WHATSAPP 895 4267 TO
PLACE YOUR ORDER

**BND180
ONLY!**

Notice Board



Did you know... M&S delivers to Brunei?

To find out what other online shopping options are available, join the "Online Delivery to Brunei" Facebook group!



Dear Focal Points,

Cessation of Party Loan Items by the IFM/33 as of 1 January 2020

Beginning of 2020, the IFM/33 will no longer be accommodating to requests for Party Loan Items. This is due to the condition and age of the utensils and furniture that are on offer, and that the IFM/33 has no intention to repair or replace what we currently have.

Moving forward, we urge interested parties to independently source needed items from other providers. We apologize for any inconvenience this may have caused and thank you so much for your kind understanding.

Any requests received, and to be executed before 31 December 2019, will not be affected by this cessation.

Sincerely,
IFM/33
Integrated Facilities Management Department

25 November 2019, IFM/33

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-travelled place we would love to hear from you.



Language Classes

Language Classes at Outpost

**Language classes are on hiatus from
11 December through 5 January.**

Malay - Beginner

(Starting September 2020)
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 (Panaga Club, 1st Floor).

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

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.

Event Information

Community Events

Tuesday, 3 Dec.	F.U.N. Year End Party
Wednesday, 4 Dec.	Run with Us
Saturday, 7 Dec.	Jungle Tots Christmas Party
Sunday, 8 Dec.	PDC presents "A Winter Wonderland"

Event Information



Invites you to a...

Year End Party

3rd December 2019 Tuesday

11:30am to 2:00pm

Panaga Club Teratai Room

Bnd 15/person

If you wish to join the Gift Exchange please bring a gift not more than \$10Bnd

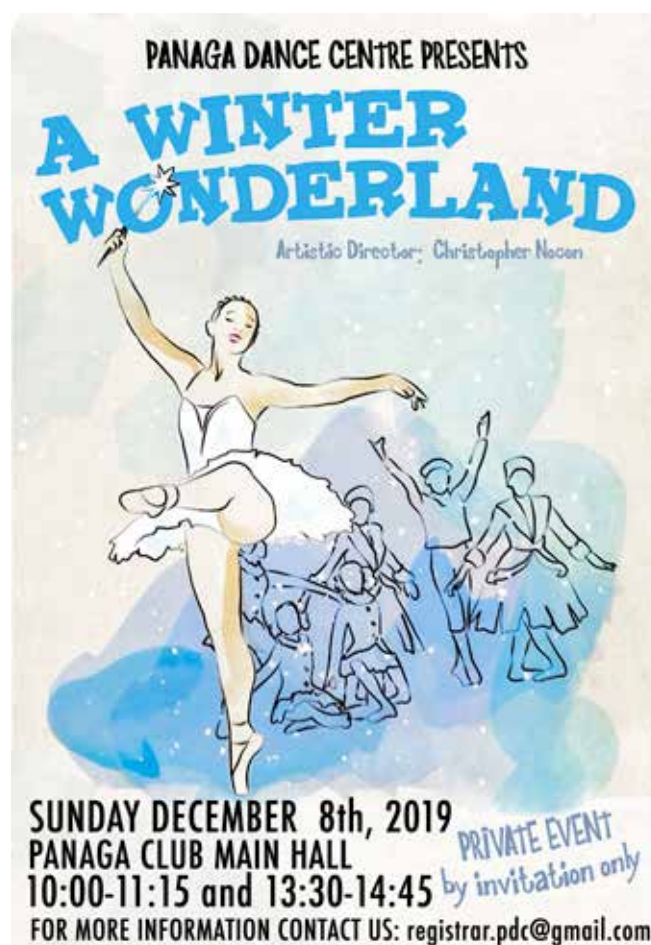
Lunch will be served

There will be Games, Prizes and more surprises awaits!!!

You may wear Red & Green

Like our Facebook page F.U.N Panaga for updates & queries

Event Information



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 Clinic

Service hours

Monday - 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 - 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

(Medical Emergency Response Unit)

Monday - Friday 7:30 - 8:30 p.m.

Sunday, Sunday 9:00 - 10:00 a.m.

Public holidays 9:00 - 10:00 a.m.



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