



Panaga Outpost Pages
Seria, Brunei Darussalam

Jan-Feb

- › What is plogging?
- › Chinese New Year!
- › How to cook okra so it's not slimy

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 - Friday: 9 - 11 a.m.

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New office hours!!

Now open every weekday morning.

Editor's Note

Welcome back to POP! Whether you travelled or stayed in Panaga over the holidays, we hope you're refreshed and ready for the new year. If you're new to Panaga, we hope this newsletter gets you up to speed on some of the recent and ongoing happenings in our small but vibrant community.

In this issue, you'll find recaps of the Panaga Kids Carnival and of BSP's road safety initiatives, as well as some info about the Chinese New Year, which is fast approaching. Also, as we continue our efforts to be good stewards of Brunei's unique and precious ecosystem, we present articles about the Panas plogging initiative that began in December and about International Hornbill Day, which we will celebrate in February.

Here at Outpost, we're going through a round of hellos and goodbyes. Savannah will be taking over the Webmaster role, as we bid Alvin a sad farewell after his years of diligent, cheerful assistance. Naincy will be serving in a new Communications Coordinator role, so you'll be seeing a lot of her

on our Facebook page and other communication channels. Last but not least, Tripti will be taking over my role as POP Editor, starting with the next issue in March. I'm sure that her talents will help this little publication thrive and improve as I turn my attention to other Outpost projects.

Though our primary focus at Outpost is to support newcomers in their transition, we've found that the best way to do this is to establish and reinforce connections within the community as a whole. To that end, we're eager for your feedback and ideas about how we can serve this community better, so please don't hesitate to contact us if you have something to share.

Happy reading!

Rachel

POP Editor



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.



Kids Carnival

Panaga Kids Carnival

By Wijnand Hoitinga

On Saturday, 30 November 2019, the Indian Community presented the Kids Carnival at Panaga Club. The months of hard work and the dedication of many volunteers, led by Vikas Bhushan and committee members, paid off at the huge event for children of all ages. The event opened at 10 in the morning and was a full day packed with activities and workshops that focused on sports, education, creativity and fun!

The extensive list of activities included a feed-the-shark game for the youngest munchkins, who loved throwing a ball into a shark's mouth. If successful they earned a candy, and if not so successful... they earned a candy! For the slightly older kids there was mini-golf putting and dart-throwing (to pop balloons), to name a few. Aside from the numerous games there were classes and workshops that focused on topics such as yoga, Bollywood dancing, batik painting, kids quiz, story telling, natural history, and photography. The children even had the opportunity to get their very own henna tattoo!

For each activity the kids received a sticker in their carnival passport. Participation in activities, indicated by the number of stickers in the passport, was rewarded with a medal—an excellent memento of the awesome carnival.

Outpost and Panaga Club speak for the entire Panaga community when we thank Vikas; the Kids Carnival committee, including Outpost's very own Aanchal; the Indian community and all the volunteers. The contribution of their time and expertise resulted in such an excellent event. These types of events are so important for keeping the Panaga community active and connected.



Kids Carnival



Road Safety

BSP Road Safety Activities in 2019 and Beyond

(Adapted from a BSP Road Safety Steering Group memo to BSP Staff)

Did you know that the Shell Global Road Safety Team has categorised Brunei as a “High-Risk Country” due to the high frequency of road accidents and fatalities? Road safety is a crucial part of BSP’s overall safety, especially because more than 70% of the workforce commutes daily from Bandar Seri Begawan to Kuala Belait.

Over the past year, the BSP Road Safety Steering Group, chaired by Rodrigo Ribeiro (LSM), has delivered several road safety initiatives and infrastructure improvements.

Road Safety Infrastructure Improvements

To ensure the safety of pedestrians and drivers, various road safety improvements have been made in and

around the BSP Head Office, Panaga Camp and offsite locations. These include the installation of a countdown timer at the G4 crossing; the repainting of rumble strips and pedestrian crossings; and the installation of raised tables, speed humps and road signage. Further ongoing improvements include the installation of six solar speed-monitoring panels around the BSP Head Office, Panaga School and the housing areas.

Monthly Vehicle Safety Checks

Approximately 3,000 BSP and public vehicles have undergone safety checks as they enter various BSP and Business Partner locations, with support from the BSP Leadership Team. These checks aim to increase road safety awareness by engaging with drivers on the importance of seatbelt usage, tyre safety, compliance with speed limits and use of child seats.



Countdown timer and rumble strips at G4 crossing



Relocation of humps at BSP HQ



Raised tables at Panaga Camp



Road signages

Road Safety

“Tell Everyone” Outreach Road Safety Awareness Programmes

The Social Investment team in the Communications and External Affairs (CEA) department, with support from Health, Safety and Environment (HSE) and Supply, Transport and Logistics (STL), organised four “Tell Everyone” Outreach Road Safety Awareness Programmes to date at higher-education institutions like Politeknik Brunei, IBTE Jefri Bolkiah, Sekolah Menengah Sayyidina Ali and IBTE Sultan Bolkiah. The objective of the programme is to raise awareness amongst the most vulnerable road users, students in higher educational institutions, on various aspects of road safety. The next outreach programme will be held at Universiti Brunei Darussalam in early 2020.

Managing Driver Behaviours via IVMS and GARD

BSP has fully implemented an improved In-Vehicle Monitoring System (IVMS) and Geospatial Assessment of Roads and Drivers (GARD) road safety dashboard, which monitors driver behaviours and identifies hazard areas on the roads in Brunei. This has helped in providing more detailed and accurate data reporting to better support compliance with BSP road safety policy

and procedures for the benefit of both drivers and the passengers.

Fatigue Management Implementation For STL Drivers

STL has implemented a fatigue management programme for STL professional drivers, which focuses on the health and safety of drivers related to fatigue. A sleep calculator is used to measure the driver’s level of fatigue based on self-reported hours of sleep in the previous 24 to 48 hours. This has helped Journey Focal Points implement suitable fatigue controls for drivers.

In 2020, BSP will focus on reinforcing compliance and applying consequence management to address driver behaviours. The BSP Road Safety Steering Group will further collaborate with the Social Investment team and the Government to strengthen road safety behaviours, not just amongst BSP personnel and business partners but also the wider community.

We would like to take this opportunity to thank everyone for their contributions in 2019, and we look forward to doing more in 2020 to improve road safety. Let’s continue to look out for each other on the roads!



BSP Leaders conducting Road Safety checks and engagements

Chinese New Year

Chinese New Year

by Rachel Laramée

The Chinese community in Panaga and all over the world is gearing up for the Chinese New Year, also known as the Spring Festival, Lunar New Year, or chun jie, which begins on 25 January. This year is especially exciting for us here at Outpost because we'll be offering a new Mandarin class after the holiday!

I spoke with Nancy, who will teach the class with several other volunteers and who serves as Secretary for the Chinese Community section at the Panaga Club, as well as with Bella, who serves as Chair. They shared with me how the section plans to make the season festive for the kids of Panaga. At the Panaga School, they are organising a Yangko dance, which is from the Shaanxi province in the northwest of China. It's a colourful celebration with elaborate fans, umbrellas and costumes, as well as some traditional instruments like the suona, a high-pitched bugle often used in parades. There will also be a Chinese New Year story time at the Panaga Library and a special crafts session in the Arts & Crafts room. Keep an eye on the Panaga Club website for more details.

Though China is a huge country with cultural and linguistic differences between the different regions, some Lunar New Year traditions are very consistent. First and foremost, the night before the Lunar New Year begins is a time to gather with your immediate family and dig into a big, festive meal. Of course, the cuisine varies according to region. For example, in Bella's province, Jiangxi, people enjoy foods like rice, meat, duck and freshwater fish. It's very spicy and not commonly available outside of China. In Nancy's province, Hunan, the food is also very spicy but the flavor profile is different, and their specialty is smoked sausage and smoked fish or beef. My friend Qian is from Chongqing, where her family usually tucks into a meal of hotpot, or huo guo, for New Year's Eve. (She says Shabu Shabu in KB does

Chinese New Year 2020

新年好

24th, Jan
Mendaram
Panaga School
By Chinese Community



The story of 12 Zodiac



Chinese
Traditional Story
Reading in English

1st, Feb Saturday
10am, Panaga Club
library

by
Chinese Community

Chinese New Year

an acceptable rendition of hotpot, if you're interested in trying it locally.)

After the New Year's Eve meal, families sit down together to watch the CCTV "Spring Festival Gala" programme. It's a 4-hour-long celebration of Chinese culture that showcases traditional dances, crosstalk (xiangsheng), sketch comedy (xiaopin) and singing, as well as modern performances. For an expat like Qian, who has lived abroad since 2006, the viewing is very sentimental. "I watch almost every year," she says, "and it makes me cry. Because the music, the dance, I get a feeling with it."

In the days following New Year's Eve, some regional traditions vary as much as the cuisine. In Jiangxi, where Bella is from, people visit their relatives and go to the Festival Fair (miao hui). She has also lived in The Hague, and she shared that in The Hague's Chinatown "the streets are covered by lots of red lanterns, the sounds of the firecrackers and the pleasant Chinese New Year songs. You can enjoy them in Chinatown around the world." In Shaanxi province, there are the traditional parades like the one that will be shown at Panaga School this year. Nowadays more and more Chinese people travel to other countries during the Chinese New Year to enjoy the holiday with new experiences.

All over China, the days after the New Year bring families together with their extended relatives. Qian has fond memories of travelling to the countryside to her grandfather's brother's house. She says that to get there "you have to take the car, take a boat, then walk for like one hour. Maybe now you can get there by car, but when I was young, you have to take a boat to cross the river, climb the mountain. I used to walk with my cousins. It was so much fun to be in the countryside with the rice fields..."

For children, one of the most exciting Spring Festival traditions is hong bao, the red envelopes containing

money that parents, relatives and family friends give to children. It's also customary to give hong bao to the dancers at lion or dragon dances, so if you happen to go to a performance (there's one at the Chung Hua school in KB, for example) be sure to bring some hong bao along. For those occasions the gift can be very small—just \$1 or \$2.

If any of this has piqued your interest in travelling to China or learning more about Chinese culture, consider joining the Mandarin class at Outpost. Though each region, and even city, in China has its own dialect, Mandarin is the only official language of China, so it is useful no matter which part of China you want to explore. All the ladies I spoke with agreed that learning to speak Mandarin is very doable, but learning to read and write is a bit more challenging. The Outpost class will focus mostly on spoken Mandarin and will be organised around themes, but if students are interested in getting a taste of reading and writing Mandarin, Nancy plans to teach a few of the most common characters. Contact us at outpostbrunei@shell.com to register.

Xin nian kuai le!

Glossary

chun jie – new year

hong bao – a red envelope containing money, usually given to children

huo guo – hot pot

miao hui – festival fair

suona – a tradition trumpet-like instrument

xiangsheng – crosstalk, a traditional performing art in Chinese comedy

xiaopin – sketch comedy

xin nian kuai le – happy new year

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.

Plog With Us!

Panas and The Last Straw Join Forces To Help Clean Up Panaga

by Marten Adema

Panas is an informal and fun running club for all levels and experiences. Besides weekly runs, monthly Time Trials and bi-annual race events, the club has started monthly plogging runs in cooperation with and based on a great initiative of Panaga's The Last Straw.

Most of you are probably wondering: What is plogging?!

Plogging is the eco-friendly running trend fresh out of Scandinavia. It originated in Sweden around 2016 where environmentally conscious runners started collecting (plastic) litter during their runs and disposing of it in bins along the running route. It is aerobically taxing and environmentally friendly. The word "plogging" is a combination of

"jogging" and the Swedish word "plocka upp", which means to pick up.

Our plogging run is a litter-pick-up-and-jog event for families and friends to come together to return our Panaga back to its natural beauty. Many of us are aware that running is very healthy for the mind and body, and thanks to plogging it's proving to be good for our planet, too!

Panas and The Last Straw did a plogging trial at the end of 2019 at one of our weekly Friday 5:45 p.m. runs, and it was a great success! We placed a few bins along the route beforehand, but during the run we found out that word had spread and we spotted a few bins that had been put on the route especially for the Plogging run! By the end of the run, most of the bins were full and several kilograms of plastic had been collected.

We will inform you of details for the next plogging run as they are determined. If you live along the running route, you can help us by putting your trash bin out next to the street with the lid off so the



Green Panaga

runners can throw their collected rubbish into it as they pass. The more bins people place, the easier it is to dispose of rubbish and the more hands are free to pick up another piece. The route (see the map) runs from Azul through E6 and F6, then down to F1 and E1 and back along the beach.

If you plan to put your bin out, want to join the run, or both please send an email to Panas (panas.panaga@gmail.com) or visit our page on the Panaga Club website (<https://www.panagaclub.com/pages/athletics-panas>).

Thanks for the support, and let's clean up Panaga together!



Activities for Saturday, 8 February, include arts and crafts, Bird Race for the younger children, the Bubble Man, various presentation about wildlife, batik painting and many more activities about the wildlife of Borneo, in celebration of International Hornbill Day.



Follow @panaga_environment on Instagram for more information on these and other environmental activities in Panaga!

Tamu Time - Okra

Tamu Time: Lady's Fingers

By **Petra Moelker-Pronk**

Carefully piled up in their colourful beauty, the local products in the tamu—the open-air fruit and vegetable market in KB and Seria—are a spectacle. They are all very attractive, but when it comes to shapeliness, the champion is the lady's finger, by far the most elegant vegetable on the table.

The lady's finger, also known as okra, is a flowering plant in the mallow family that is cultivated in tropical and subtropical regions around the world. Young okra leaves are quite tasty in salads, and okra seeds can be roasted and ground for a caffeine-free substitute for coffee. However, the plant is most valued for its edible green seed pods with their characteristic curves and tapered ends.

There's only one problem: Despite their beauty, lady's fingers are slimy creatures. Once they are cut, a sticky

liquid comes out of this vegetable. This stickiness is due to its mucilage content, which increases when in contact with liquid or when heat is applied. The slimy texture scares a lot of people away, which is too bad because the stickiness can be reduced with proper treatment.

The number one rule: Minimise moisture!

There are several ways to do this. For starters, dry the lady's fingers very well after washing them. Make sure your hands are dry, and use a dry knife and a dry chopping board. Allow no contact with water whatsoever.

To further minimise moisture, do not cover the pan while stir-frying and add salt only at the end of the cooking process (because salt releases moisture). Adding a souring agent like lemon juice, vinegar or tamarind can help to cut the sliminess and keep the greens tender and crisp.



Bhindi Fry

(Adapted from <https://myfoodstory.com/how-to-cook-okra-bhindi-so-its-not-slimy/>)

Ingredients

½ tbsp oil
250 g sliced lady's fingers
1 tsp tamarind puree
1 tsp coriander powder
½ tsp red chilli powder
¼ tsp turmeric powder
salt to taste

Method

1. Heat the oil in a pan and add the lady's fingers.
2. Sauté on high heat for 3 minutes.
3. Add the tamarind, coriander, turmeric and red chilli.
4. Reduce the heat and stir for about 15 minutes till the vegetables are cooked but still crisp.
5. Add salt and switch off the flame.

Observations from a Hermit's Shell #3

By **Petra Moelker-Pronk**

When we moved to Brunei, the path was paved with uncertainty, but I had one sure thing. I knew how I was going to fill my days: sports. Big time. Walk for hours on the beach, work out at the gym and learn to play tennis and golf. The result: I would be in top physical condition and in my previous shape.

The reality was different. The enthusiasm with which I once devoted myself to all kinds of activities evaporated in this climate. The window was too short for doing all the outdoor sports I wanted to do; it gets too hot too early. I preferred to ignore the heat because I wanted to push past it, but after half an hour on the beach, the golf course or the tennis court, I spent the rest of the day exhausted on the couch. The gym was hardly an alternative because of all the broken aircons. Back home I was very active all day, but here I found myself struggling with the reality of this murderous heat and my lower energy levels. I felt like I was 80... This was not how I wanted to be!

My attitude, this resistance mode, was a recipe for frustration because I can't change the weather. However, I don't think the climate was my biggest enemy – I was. As long as I stuck to my original expectations, I

would be disappointed. And how healthy is "mind over matter", pushing through discomfort to train your body, if it results in a feeling of general malaise? Ignoring the signals from my body once caused me a burnout, so it was time to say goodbye to my picture of an ideal lifestyle and adapt to reality.

The calmer I am, the better I feel. That is my inconvenient truth because it requires adjusting my outdoor sports ambitions. Fortunately, I have discovered that I can work out with YouTube, under my own aircon and at my convenience. Instead of terrible sit-ups in the gym or running until I'm overheated on the tennis court, I do tai chi, chi gong and yoga. It's a much more relaxed and easy way to work on my strength and balance, and it's better for my energy levels, my mood and my relationship. Moreover, it takes up less of my day, and now I finally have time to read all those books that have been on my list for years.

After a lifetime of living in high gear, this is a major switch. The challenge is no longer to keep all the balls in the air, but to deal with quiet and time. It requires different skills, but it is an unprecedented luxury. Why not allow myself to enjoy it?

Snapshots

Satu Impian Eco Festival 2019

On 1 December 2019, the Future Energy Lions (FEL, @fel.bn) hosted an eco festival in collaboration with The Collective (@thecollectiveartevents) and Panaga School to encourage and celebrate sustainable products and practices. There was plenty of delicious food and excellent music as well as a tree planting, art installation and eco-cinema. (Photo credit: Future Energy Lions of Brunei)



Snapshots

Jungle Tots Christmas Party

On Saturday, 7 December 2019, Jungle Tots hosted a Christmas party for the youngest Panaga community members. The kids enjoyed holiday-themed crafts and games, as well as a special visit with Santa! Once again the hard work of the Jungle Tots committee, led by Stacy Nammari, paid off, and everyone enjoyed the festivities.



Notice Board

Title: Staying Safe with Stray Dogs

From: Chief Medical Officer
To: All BSJV staff

Dear all,

There have been increased sightings of stray dogs reported on our facilities, BSP housing areas including Panaga Camp and other outlying areas recently. Unfortunately, we've also had colleagues who have been attacked by stray dogs.

Stray dogs are generally shy and are quick to stay out of your way. However, there may be times when they may react negatively and tend to feel more confident and act out more when in packs.

I'd like to take this opportunity to remind everyone to take a few precautions in order to remain safe from stray dogs:

- Do not try to approach the stray dogs
- Stay calm. Do not run. Dogs may give chase if you run. Instead, fold your arms in front of you and walk slowly in another direction at a constant pace
- Look away. Do not stare at the dog as it may take it as a challenge and react aggressively
- Speak softly. Do not shout or make any sudden movements to chase it away
- Ensure that your children are supervised when playing outdoors
- Take measures to secure any items that may attract stray animals (such as securing your rubbish bins)
- For occupants who have pet dogs or cats, please ensure your pets have visible collars on them and are leashed when not within your compound
- Not to disturb or tamper with any traps you may find, instead please call the number as per labelled on the trap if animal is caught or trap closed
- If you have been bitten, please visit PHC or any other available health facility. Depending on the type and condition of the bite, you may need to be given rabies vaccination as precaution

PHC's Environmental and Public Health team are in discussions with the relevant government authorities on how to manage the stray dog issue.

Should you see any stray dogs or any potentially dangerous animals in your area, please report it by calling PHC's Environmental and Public Health team on 3373147 (office hours) or 8723006 (24 hours standby). You can also email the IFM Customer Centre at IFM-Customer-Care@shell.com.

Signee:

Dr Ahmad Fakhri Junaidi
Chief Medical Officer

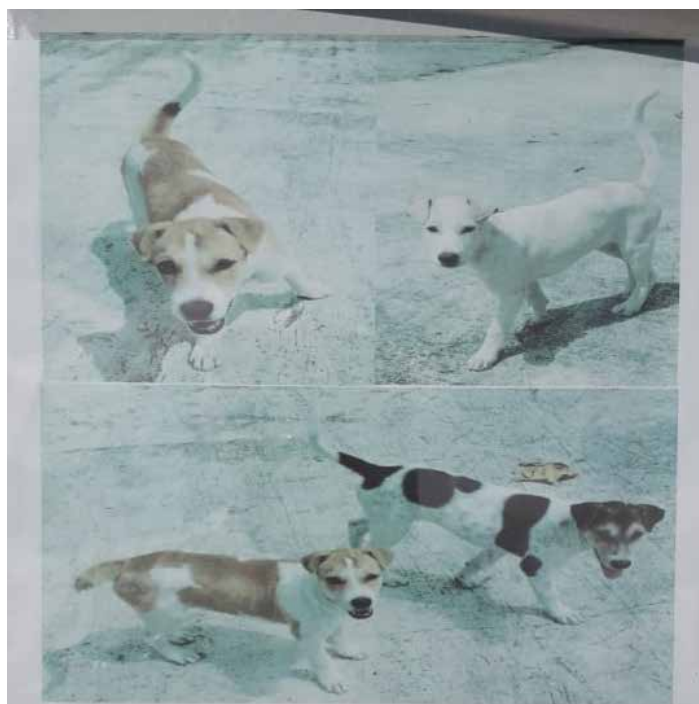
Notice Board

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.



4 little puppies (5 months old)
looking for loving home
Pls contact : 7299777

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)!

Notice Board

LUCKY NEEDS A NEW HOME



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

If interested please contact;
Fraser +673 710 9342

BOTCHOY

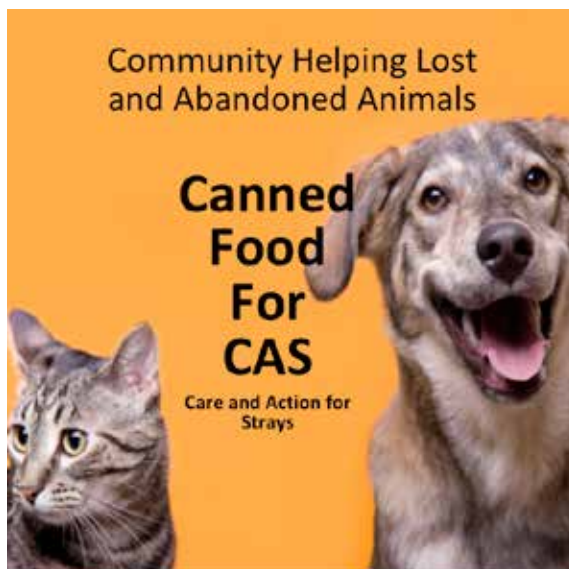


Please contact Mye at 673 889-4361

Botchoy was a camp stay puppy 3 years ago. He was rescued as a puppy and his family had to relocate when their contract ended. He has all vaccinations and has been neutered. Very energetic, healthy, and strong. He is a sweet and gentle boy with the expat family's children, aged 2 and 5 years old, and a good guard dog.

We are looking for a new loving home for him; ideally someone who loves running and long beach walks.

Thank you ☺



Please donate canned cat and dog food to:
E8/4, SPG 316.
WhatsApp: 673-896-4552

Your donations will go to Care and Action for Strays, foster homes, and local people known for distributing food to lost, abandoned, and stray domestic animals.



Notice Board



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!



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.



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.

Language Classes

Language Classes at Outpost

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.

Mandarin - Beginner

Wednesdays with Nancy (and others)
Time to be determined. Please email us for details.

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 2020

| Date | Weekday | Holiday Name | Holiday Type |
|--------------|-----------|-----------------------------------|---------------------------------------|
| 1 January | Wednesday | New Year's Day | |
| 25 January | Saturday | Chinese New Year | 1st day of lunar month |
| 27 January | Monday | Chinese New Year Holiday | |
| 23 February | Sunday | National Day | Independence from the UK in 1984 |
| 24 February | Monday | National Day Holiday | |
| 22 March * | Sunday | Israk and Mikraj | Prophet's Night Journey and Ascension |
| 23 March * | Monday | Israk and Mikraj Holiday | |
| 24 April * | Friday | Ramadan begins | |
| 10 May * | Sunday | Nuzul Al-Quraan | Revelation of the Quran |
| 11 May * | Monday | Nuzul Al-Quraan Holiday | |
| 24-27 May * | Sun - Wed | Hari Raya Aidil Fitri | End of Ramadan Festival |
| 31 May | Sunday | Royal Brunei Armed Forces Day | RBAF formed 1961 |
| 1 June | Monday | Royal Brunei Armed Forces Holiday | |
| 15 July | Wednesday | H.M. Sultan's Birthday Holiday | |
| 31 July * | Friday | Hari Raya Aidil Adha | Festival of the Sacrifice |
| 20 August * | Thursday | Al-Hijra | Islamic New Year 1441 |
| 29 October * | Thursday | Maulud | Prophet Muhammad SAW's Birthday |
| 25 December | Friday | Christmas Day | |

* Date may vary due to the lunar calendar.

Panaga School Calendar 2020

| PANAGA SCHOOL ACADEMIC YEAR 2019 – 2020 | | | | | |
|---|---------------------------------------|----|----|--------------------------------|-----|
| | PUPIL DAYS | | | CPD & TEACHER PREPARATION DAYS | |
| | PUBLIC HOLIDAY *Are subject to change | | | SCHOOL HOLIDAY | |
| JANUARY | 30 | 31 | 1 | 2 | 3 |
| | 6 | 7 | 8 | 9 | 10 |
| | 13 | 14 | 15 | 16 | 17 |
| | 20 | 21 | 22 | 23 | 24 |
| FEBRUARY | 27 | 28 | 29 | 30 | 31 |
| | 3 | 4 | 5 | 6 | 7 |
| | 10 | 11 | 12 | 13 | 14 |
| | 17 | 18 | 19 | 20 | 21 |
| MARCH | *24 | 25 | 26 | 27 | 28 |
| | 2 | 3 | 4 | 5 | 6 |
| | 9 | 10 | 11 | 12 | 13 |
| | 16 | 17 | 18 | 19 | 20 |
| | 23 | 24 | 25 | 26 | 27 |
| APRIL | 30 | 31 | 1 | 2 | 3 |
| | 6 | 7 | 8 | 9 | 10 |
| | 13 | 14 | 15 | 16 | 17 |
| | 20 | 21 | 22 | 23 | *24 |
| MAY | 27 | 28 | 29 | 30 | 1 |
| | 4 | 5 | 6 | 7 | 8 |
| | *11 | 12 | 13 | 14 | 15 |
| | 18 | 19 | 20 | 21 | 22 |
| | 25 | 26 | 27 | 28 | 29 |
| JUNE | 1 | 2 | 3 | 4 | 5 |
| | 8 | 9 | 10 | 11 | 12 |
| | 15 | 16 | 17 | 18 | 19 |
| | 22 | 23 | 24 | 25 | 26 |
| JULY | 29 | 30 | 1 | 2 | 3 |
| | 6 | 7 | 8 | 9 | 10 |
| | 13 | 14 | 15 | 16 | 17 |
| | 20 | 21 | 22 | 23 | 24 |
| | 27 | 28 | 29 | 30 | 31 |
| AUGUST | 3 | 4 | 5 | 6 | 7 |
| | 10 | 11 | 12 | 13 | 14 |
| | 17 | 18 | 19 | 20 | 21 |
| | 24 | 25 | 26 | 27 | 28 |
| | 31 | 1 | 2 | 3 | 4 |

Community Calendar

Community Events

| | |
|--|---|
| Sat., 18 January | Beach Clean-Up |
| Sat., 18 January | Yoga-Themed Storytime |
| Sun., 19 January | Music Student Recitals |
| Wed., 22 January | Outpost Newcomers Networking Event |
| Wed., 22 January | Auditions for "Alice in Wonderland" |
| Fri., 24 January | Panas Time Trial* |
| Fri., 31 January - Fri., 7 February | Panaga Adult Doubles Open Tournament |
| Sat., 1 February | Chinese New Year Storytime (see p. 8) |
| Sat., 1 February | Burns' Night Progressive Dinner |
| Sun., 2 February | Panas Eco Relay Race |
| Fri., 7 February - Sat. 8 February | Panaga Bird Race (see p. 11) |
| Wed., 26 February | Outpost Coffee Morning |
| Sat., 29 February | Bollywood Night |
| Sat., 14 March | International Day of Forests (see p. 11) |



Adopt-a-Beach Clean-Up

Saturday, 18 January

What better way to kick off the new year than by helping the environment?

The Last Straw will be cleaning the beach this Saturday, so please join us! Suggested time is 7.30 a.m., when it is still cool. There'll be a Beach Discovery session courtesy of the PNHS section at the E7-E8 beach around 8 a.m., so it'll be a great chance to learn a bit more about what lives on our beaches.

Please bring your own gloves and garbage sack, and empty your sacks into the municipal rubbish bins or the container at the Panaga Club. Remember: Only put very clean items into the recycling bins.

Email us at thelaststrawpanaga@gmail.com if you plan to join!

Event Information

Storytime at the Library



Join us for a special yoga
themed story time

Saturday, January 18 at 10:00am
In the Panaga Library

Danaga Music Society presents



Music Student Recitals in 2020

Come and listen to a varied programme
performed by Danaga Club Music Students

Location:
Panaga Club Main Hall

Dates:
Sunday January 19
Sunday June 7

Admission is free and all members are
welcome



Newcomers Networking Event

Are you new to Brunei? We understand that a lot of questions
and concerns can come up during an international move.
Also, it can be difficult to meet new people and connect to a
new community. Outpost is here to help!

Join us for a coffee and an informal chat at the MD's house.
Working and non-working spouses are both welcome. To
RSVP, email us at outpostbrunei@shell.com. Hope to see you
there!



Date: Wednesday, 22 January
Time: 9 - 11 a.m.
Venue: House 49, Jalan Utara

Event Information

TADS PRESENTS
W Alice in Wonderland
A PANTOMIME

AUDITIONS
January 22nd
PANAGA MAIN HALL

Kids (P5/Y4 or above)
5 to 6 pm

Adults
6:30 to 7:30 pm



FOR THE SECOND YEAR THE KBSC PRESENTS:

BURNS' NIGHT

Progressive dinner

Cellich, dinner and drinks. Main course hosts needed (\$ contribution per head provided!)

SATURDAY 1ST FEBRUARY 2020
FROM 6.45PM

TICKETS: WWW.PANAGAACLUB.COM

Panaga Adult Doubles Open Tournament


January 31-
February 7, 2020

Entry fee:
BND 10 (member)
BND 15 (non-member)

Entry dates:
until January 26

Register on:
www.tournamentsoftware.com

PANAGAS



ECO RELAY RACE (3x5km) | Date: 2nd Feb 2020
Flag-off: 6:30am | Location: Panaga Beach Shelter
Cost: B\$ 30 (individual runners) | B\$ 25 (per runner)

Registration: <https://forms.gle/ucws8pfGrgYSwx4C9>

Event Information



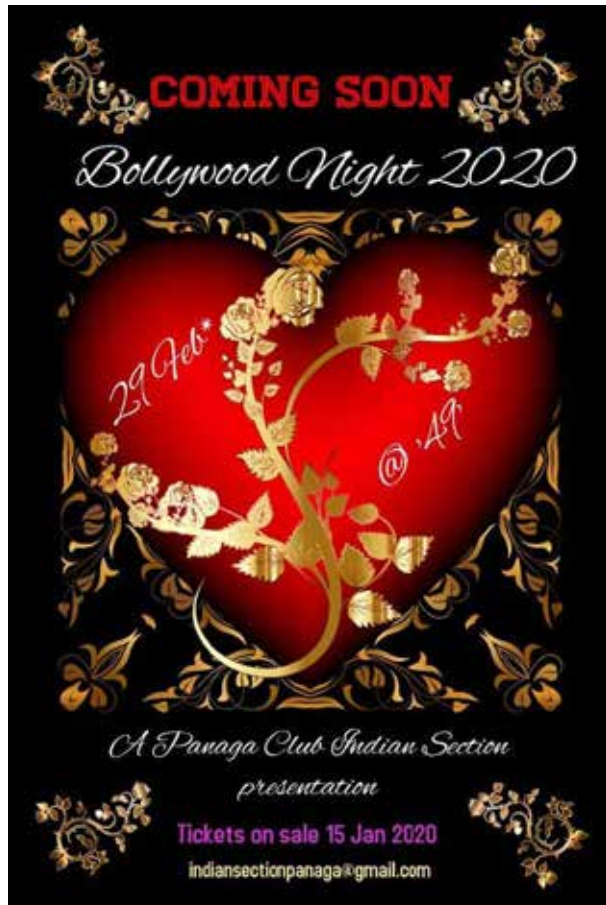
Coffee Morning

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

Working and non-working spouses are both welcome. RSVP is requested but not required. (Email outpostbrunei@shell.com.) Hope to see you there!



Date: Wednesday, 26 February
Time: 9 - 11 a.m.
Venue: Outpost Office
Panaga Club, 1st Floor



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 (24 hours)

| | |
|-----------------------|-----|
| 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

| | |
|---|--------------------------------|
| BLNG Security..... | 337 8247 / 337 8248 |
| BSM Security..... | 337 6820 / 277 3715 / 277 4277 |
| 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 2020



Marleen Spaans
Focal Point



Wijnand Hoitinga
Secretary



Olayinka Idowu
Treasurer



Aanchal Bhushan
Relocation Advisor



Robbert-Jan Pierik
Public Relations



Naincy Varma
Comms Coordinator



Inma Iglesias
Interim Event Coordinator



Alvin Machia
Webmaster



Rachel Laramée
POP Editor