



Panaga Outpost Pages  
Seria, Brunei Darussalam

*July-August*



- › Running in Panaga
- › What we did during COVID-19
- › Low Carbon Hero Bingo!

Contact us at [outpostbrunei@shell.com](mailto: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

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Website: [seria.globaloutpostservices.com](http://seria.globaloutpostservices.com)

Facebook: Outpost Seria, Brunei

### Or come visit our office!

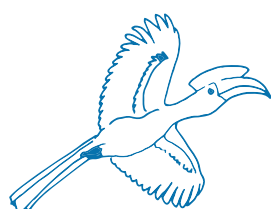
Outpost Brunei, Seria  
Panaga Club, 1st Floor  
(opposite gym entrance)  
Jalan Utara, KB 3534

### Opening Hours

Monday - Friday: 9 - 11 a.m.

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**Outpost office will be open every Monday morning from 9 - 11 a.m. For any enquiries, please contact us on [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) or visit our Facebook page.**

## Editor's Note

Welcome to the July-August issue of Panaga Outpost Pages (POP). As we enter Q3 of 2020, the Panaga community is slowly opening up to manage (safe) social activities. With the clubs, schools, offices, restaurants and markets re-opening slowly we look forward to the possibility of more events in the coming weeks.

Following our biking article in the last issue (May-June), this issue brings you a special article from Panas, the Panaga runners group. It gives you an insight on running activities around Panaga and how you can enjoy safe social running during these times. As some sports groups like biking and running do online challenges that let you practice social distancing, keep an eye on those Facebook groups.

Apart from sport activities, we also bring you a collection of new hobbies picked up by some of the residents of Panaga, ranging from quilting to starting a YouTube channel to exploring hiking treks and eco-villages in Brunei. We also continue to study new plants in our Green Panaga subsection, "Nature Walk in Panaga".

We are excited to re-open our Outpost office. For now, it's open every Monday, and we kindly request that our visitors abide by the health regulations for entering the Panaga Club. If you have any questions please don't hesitate to get in touch with us via email, Facebook page or simply stop by our office. We would love to hear your stories about living in this wonderful community of Panaga.

Also, if you have any ideas to serve this community better, please don't hesitate to share with us.

Happy Reading!

Tripti Sharma

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.



## Feature

## Running in Panaga

By Michiel Bosch

### What is Panas?

Panas basically means “hot” in Malay. If you haven’t run in Brunei, believe me, you will be hot. I think the heat in Brunei is the biggest challenge.

But Panas actually stands for PANaga Athletics Section. We are a very simple section of the Panaga Club, just a few running enthusiasts who try to bring other runners together, so you do not have to run alone.



### What do we do?

There are a couple of things we organize. Firstly, we have our weekly runs from the beach shelter on Monday and Friday starting at 5:45 p.m. This is when the sun starts to set and the temperature becomes bearable. We run through camp and along the beach in the sunset and finish where we started back at the beach shelter. The distance is 7.4 km on Monday and 6.4 km on Friday. There is no registration required, so anyone can just show up at the beach shelter before 5:45 and join. We do keep an eye to see who is joining and especially if you are new, someone will always run with you so you will not get lost. You do not have to be able to run a certain pace or even the whole distance. It is a very social, fit-for-all-levels environment where we see many families and young kids participate. For the very beginners, we are happy to offer guidance and support to get you into running.

Every once in a while, we will do a Plogging Run instead of the Friday run. A Plogging Run is running and picking up litter. This is how we try to keep Panaga clean, and it’s a great workout.

On a monthly basis we organize Time Trials, or TTs as we call them. This is a race where you compete against

each other or against yourself on a unique 5 km or 10 km route through the Panaga camp. Someone generous enough will offer to host the event from his or her house, set the route and measure your time. Usually afterwards we hang around a while for some social chit chat over some snacks and isotonic drinks (e.g., 100+). We record the results in a very complex, over-engineered spreadsheet where we determine winners for the Panas Cup. There is a rotating cup in several categories awarded twice a year, but it is more about participating.

During the recent COVID-19 restrictions we have stuck to our TT tradition, but now the route we set out has to be run solo and the results are shared by email.

We also aim to organize larger running events quarterly. Our last event, on a Sunday morning in February, was very successful. This was a relay race from the beach shelter. We set out a lap of 5 km, and each member of teams of three had to run one lap. There was a great turnout of supporters at the beach shelter cheering, but mostly there were tired runners who had finished and very anxious runners waiting for their teammate to arrive. We hope we can organize our 5 mile (≈8 km) and 10 mile (≈16 km) event as soon as the COVID-19 restrictions have been lifted. Please keep an eye out for this event. This is a great event to push yourself further than you have before. Usually we will do our quarter- and half-marathon three months later, so this will be a great way to prepare for that event, too.

When you sign up for one of our events you will get a beautiful Panas t-shirt and a medal if you finish. You might see some people running through camp wearing their Panas shirts proudly.

Pretty much from the very first day I arrived in Brunei I have been running with this group, and I think I know all of the regular crowd and some I call my friends.



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As a group we regularly get together for a run or a hike on the weekend and sometimes join other events together such as the TMBT in Kota Kinabalu or the Miri Marathon, but there are plenty of running events here in Brunei of all shapes and sizes.

Join us...

If you are interested in running with us, just come to the beach shelter on Monday or Friday at 5:45 p.m. I can also add you to our mailing list; please send an email to [Panas.Panaga@gmail.com](mailto:Panas.Panaga@gmail.com). We will then inform you of TT events and any other activities we organize. Looking forward to seeing you.



*Socially distant May TT from the Billionth Barrel Monument and around OGDC. (Photo credit: PANAS)*



*The start of a TT at Marco Bonato's house, before the COVID-19 restrictions. (Photo credit: PANAS)*



*Monday Run starting on the beach. (Photo credit: PANAS)*



*Relay race in February this year. (Photo credit: PANAS)*



*Relaxing after the Jalan Utara Marathon at 11pm in front of the E1 security. (Photo credit: PANAS)*

## Feature

## What We Did During COVID-19

By **Petra Moelker-Pronk**

In recent months we have been forced to spend a lot of time in and around the house. Because of one virus our world shrunk to a few square kilometres and we had to travel in our minds. It's interesting to see what happens when your normal routine no longer exists and you have to find new ways to fill your day.

For some of us it took some major adjustment to deal with all this free time and lack of activity. For others it was a blessing in disguise. It turned out the lockdown also had some advantages. We finally had time for things we never got around to. COVID-19 has clearly addressed the potential of our community. Some people decided it was the perfect time to realize their dreams and start a new hobby or learn new skills to build up their career. Others took up an old hobby. It turned out Panaga is hosting a lot of creative and artistic talent. Some focused on colourful interior designing or playful gardening. A lot of people tried to create a healthier lifestyle by starting a diet or increasing their occasional walk to an impressive 20 km daily. Here I present a small selection of the many initiatives during the lockdown.

### **Mirian Quezada: Jigsaw puzzles**

I know that in times of the COVID-pandemic a lot of people are trying new hobbies. I just went back to my old hobby of doing puzzles. I've been so lucky that some of my friends in Panaga have lent me some puzzles to do.

The one in the picture (see page 8) is The Global puzzle guide. It was 600 pieces and it was challenging because of the shape of the pieces.

I love doing puzzles. It really is a great escape from reality and it makes my brain work, and it was my Mom's (RIP) favourite hobby.

Besides doing puzzles I'm enjoying walking with my friends and family (keeping social distance of course), learning new recipes and playing golf, one of my favourite sports I learned while living in Brunei.

### **Sheridan Kempton: Quilting**

I have been experimenting with quilting for over 12 months - basically, since I've been in Brunei. My mum was always either knitting or quilting, but I was never interested. I remember the frustration on her face when she would try to explain either one to me, but I always had other things to do (sorry Mum).

So, if I'd just listened when I was younger I would have known. So hello Google! There are plenty of tutorials on quilting. I also joined some online quilting groups who are always happy to give advice when needed. The hardest part is colour combinations. Choosing a colour scheme that works and prevents over-the-top colours clashing or boring results from your hours of work. You just need the right amount of "pop".

My quilting is all done on the sewing machine. I'm way too impatient for hand sewing.

I mainly make lap and single quilts. Not sure I have the patience for queen or king size quilts. I might try one at some stage.

A lot of my inspiration comes from Pinterest. There are so many talented people out there. My very first quilt I gave to my great niece, I was so proud of it! I love making quilts for children. I made a Thomas the Tank Engine quilt for a friend's grandson, and the big smile on his face was worth all the sewing.

### **Nova Dudley-Gough: Rainbow bookcase**

I first saw bookcases organised by colour somewhere on the internet; I thought it was totally stupid and completely superficial and wholeheartedly mocked it. My

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books were organised alphabetically and then chronologically by publication date, and it would obviously always be done that way, despite multiple moves and relocations.

Then we moved to a very shiny, white, open-plan apartment in 2012. My books all of a sudden looked scruffy and messy and I really did not like that. The colour organisation idea popped back in my head and I thought that I would give it a try. And I loved it! I left the colour organisation as one of my last unpacking tasks to do once we were settled in Brunei, and it was a great mini-project to do during lockdown.

It takes me about 3-4 hours total. I organise the books by colour as I pull them off the shelves, and separate out hardback and oversize books, which I also organise by colour. Putting them back on the shelves is the tough part - I like to make sure that the colours work well together as a whole look, and I do end up moving whole sections around or merging colours together.

It's very much "my thing" rather than a family endeavour as I do find it fun to do (don't judge me, lockdown boredom can hit hard!) and they humour me in this! I always get compliments on it by visitors, and I still really like how it looks. We have quite a messy house with a lot of stuff in it, so to see the books obviously organised balances this out.

Everyone always asks how I find books when they're organised in this way, and honestly, it's not a problem at all. I have quite a visual memory for books and obviously after shelving the books I've spent several hours staring at the spines, so I generally can find the books very quickly. My husband just asks me if he can't find something he's looking for, but the majority of the books on these shelves are mine. Simon has his travel and science books kept separately, which is fine as the colours on those are generally quite dull (sorry Simon haha).

I can't imagine having my books organised traditionally anymore, and in fact I've just organised our CDs (yes,

we still have CDs) by colour, too. It is much harder to find CDs though, so thank goodness for Spotify!

### **Oorna Bandyopadhyay: Gardening**

Having spent our last decade in deserts, having lilies growing in our garden has been a harboured fantasy for long. The lockdown phase allowed that extra time to do that again.

We've now got a few flower patches around our house.

Not only are these blooms making us happy but served as an invite for the monkeys who have had immense pleasure in enjoying it their way and making havoc when they spot something colourful amidst all that green.

I'm now working on my herbs and hoping this won't be as inviting to those brats.

### **Naincy Verma: Taste of life vlog**

Starting my own food channel was my long-cherished dream. I always wanted to share my passion for baking and cooking with others. But the responsibilities of a job and caring for my newborn daughter kept me busy in the last few years. During that time, I would experiment new cooking and baking recipes, mostly by myself and occasionally with close friends and family. The lockdown during COVID-19 provided the extra impetus to put some extra effort to finally start my YouTube channel, which I can use as a platform to reach out to all food lovers.

Lockdown was not easy, and you could have easily gotten bored with the same food. Also, all the restaurants were closed and even dining out for the cuisine of your choice was not possible. Therefore I thought, "why not bring the restaurant home?". With the help of this channel you can cook all the yummy recipes that are normally not a part of our daily meals. You can either make yummy snacks in the evening or an exotic Indian curry for dinner with the help of this channel.



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I love bringing a smile to people's face and what better way than making delicious food to make someone happy. I also enjoy the challenge of making new recipes that I have not seen or tasted before.

I used to follow so many great chefs for recipes and would also experiment with many new recipes by myself. But I must say that I got the real inspiration of cooking from my Mom. My mom is a great chef and everybody in our family circle loves her food. She used

to create her recipes by herself, and I learned most of my Indian cuisines from her.

My signature dish would be Shahi paneer Masala. It's an Indian vegetarian dish and a very famous delicacy in the northern part of India.

Subscribe to my YouTube channel [@Taste of life vlog!](#) Login to the YouTube channel with your Gmail user-name and click on the Subscribe button on the right hand side. Enjoy the yummy food videos...



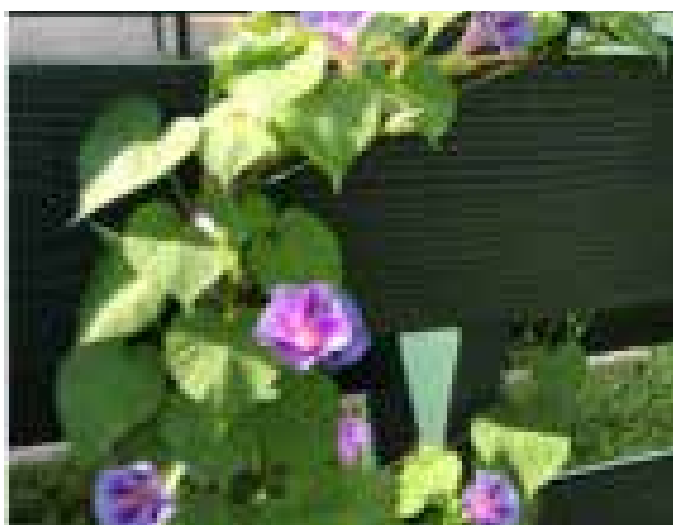
*Mirian Quezada's Jigsaw puzzles.*



*Mirian Quezada's Jigsaw puzzles.*



*Sheridan Kempton's quilting in progress.*



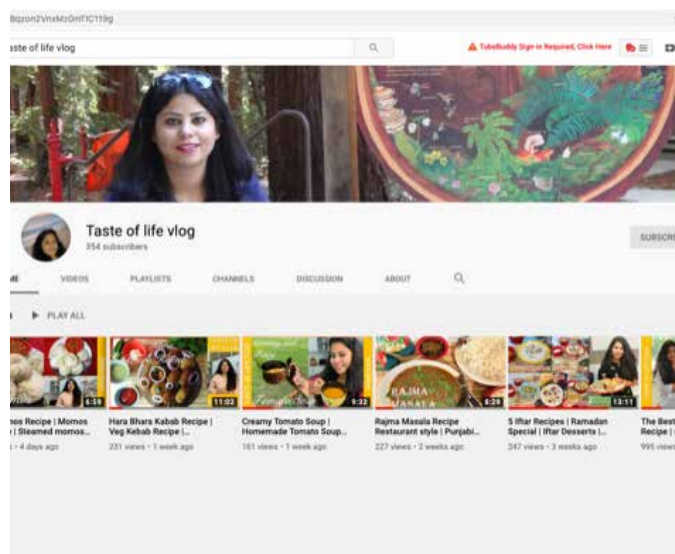
*Oorna Bandyopadhyay's plant from her garden.*



## Feature



Nova Dudley-Gough's rainbow bookcase.  
(Photo credit: Nova Dudley-Gough)



Naincy Verma's Taste of Life Vlog on YouTube.

## Feature

## Maintaining Health and Sanity During COVID-19

By Savanah Jung

During these unprecedented times, people have been looking to build new routines that can improve their overall health. Even with businesses slowly beginning to open, so much is still unknown and out of our control. Consequently, it makes sense that many of us are searching for ways to have productive routines while we adapt to this new way of operating in our day to day lives. While it is common to focus mainly on our physical health, there is so much more to consider regarding your mental health as well. To simplify, let's focus on just three categories of health that we can all work on improving: eating habits, activity levels and mental awareness.

### Eating habits

There is a dizzying amount of diet styles and fads that can be effective or harmful depending on your body type and metabolic rate. Instead of focusing on "eat only this" and "eat none of that", take simple steps to improve your eating habits.

- › A specified schedule can be beneficial for curbing snacking and giving structure to your day. One Australian food blogger, [Leah Itzines](#), follows a regimen of three meals and two snacks, but depending on your hunger levels and when you wake up and go to bed, this can be adjusted.
- › Meal prep has certainly become a fad, but outside all of the hype, it's an effective way to keep you from searching through the fridge and pantry for your next snack. Predetermined snacks and meals take the stress out of planning and help you control what you put into the meal instead of eating mindlessly or overloading your plate.
- › Focus on balanced meals that include lean proteins, whole grains and vegetables. This may sound like the foundation for boring meals, but there are many different ways to make each meal an adventure. Switching up the types of food you consume can make healthy eating fun instead

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of boring. Try to keep your plate as colourful as possible. [Leah Itsines](#) has a variety of recipes to help you feel like a master in the kitchen.

For more information about healthy eating habits and nutrition, check out the CDC's recommendations [here](#).

### Activity levels

- › You don't have to lift weights every day or train for a marathon to be considered "active". Instead of thinking in extremes, focus on the small day to day activities that you can incorporate easily.
- › Take a walk with your family through your neighborhood or on the beach.
- › Go for a bike ride with your family. There are plenty of great bike trails all around and through Panaga. [All Trails](#) is a website that reviews and lists multiple trails that are suitable for hiking, bike riding and other activities.
- › Play a game with your children outside. A quick game of badminton, tag or duck-duck-goose can get the blood pumping while putting a smile on your face.
- › Do an online fitness class or a HIIT workout from Pinterest with a friend. Plenty of fitness instructors, such as Kayla Itsines, Chontel Duncan or Kelsey Wells, are doing online classes that you can follow through Instagram Live videos. [Here is their website](#) if you want to join the community through membership, or you can follow them on [Instagram](#). [Pinterest](#) also has lists of quick 30-45 minute workouts that you can modify to suit you.

Whatever you choose to do, do it with someone else. Having someone with you makes the activity fun instead of it feeling like a chore, plus you can hold each other accountable. The CDC also has recommendations on how to be [physically active while social distancing](#).

### Mental health

While things are slowly returning to normal, there is still a lot of change and uncertainty that comes with living in a post-coronavirus world. It is important to take time to focus on the one aspect of health that you can't see when you look in a mirror: your mental health. It is normal to feel anxious, overwhelmed, stressed and even lost. Here are some tools that you can use to help ease your mental burden.

- › Journal: Writing down your thoughts onto paper is a great way to dive deeper into what you may be anxious about while also getting things off your chest. It can be used to document your day, be a way to focus on what you are happy about or a place to simply vent. Whatever you choose, it can be therapeutic and help you organize your thoughts and feelings.
- › Meditate: Meditation doesn't always mean sitting cross-legged repeating "OHM" over and over. It can mean sitting peacefully in silence for a few minutes on your porch or alone in your room. Or it could be just thinking about what you are grateful for or what makes you happy. Doing this daily either as a way to start or close out your day can help you feel centered even amidst the chaos.
- › Talk with loved ones: This is an exercise that works as a two-way street. Check in with your friends, family members and loved ones to see how they are holding up during these unprecedented times. In turn, this opens a pathway of communication for you to also get things off your chest or get a different perspective on some challenges you are facing.

The CDC has many resources that discuss mental health issues and how to recognize and treat them, as well as a page with resources for addressing mental health during COVID-19. If you are interested in learning more about how to prioritize your mental health during this pandemic, check out their page and further

## Welcome to Outpost

information [here](#).

The main thing to keep in mind is to check in with yourself. Whether it is daily, weekly or even monthly, take a minute to see how you are feeling and make a plan of action to continue your progress and make further improvements. Take things at your own pace and never force things that you don't feel are working for you. We will get through these times together and come out the other side stronger than ever before.



Photo credit: Photo taken from © DietZone (A unit of KetoMart).



A morning yoga session peering into the jungle in Ubud, Bali.  
(Photo credit: Jared Rice taken from Unsplash website.)



The 14 Hills trail. (Photo credit: Joanna Fung)

## Observations from a Hermit's Shell

### Interior Travelling

By Petra Moelker-Pronk

Like most expats, I came here for new experiences and, most of all, a lot of travelling. Therefore, frustration was high when life was put on hold in recent months. Suddenly, we no longer had the world as our playground. I felt kind of trapped and just wanted one thing: to get back to normal as soon as possible.

But as time passed, something started to slide. For the first time in my life, I didn't have an overflowing to-do list to finish, and it actually felt very relaxed. That realization opened the door to a different reality. Instead of the planned trip to Bali, I did some interior travelling.

Looking for the source of that strange peace.

Viewing your own life with the eyes of a stranger, like an unknown landscape, can yield some surprising insights. Especially if you use a travel guide with some Big Questions, such as, What do I actually want? What is really important? Do I see that reflected in the way I organize my life?

What I saw when I looked back was a boring, straight highway. Most of my life had been about meeting deadlines, which meant constantly juggling time. Social contact, relaxation or my own projects - the interesting, winding side paths - were always incidental. Some-



## Observations from a Hermit's Shell

thing I never got around to, because there was always something more urgent. However, urgent is not the same as important.

In that respect, COVID-19 was a wakeup call. For the first time, "work" had a healthy place in my life: amidst other things that are also important and deserve to be taken seriously. Like time for myself, for reflection, my own book... And also, time for family, friends and connection. Because during the long weeks at home I realized to my surprise that that was the only thing I really missed: social contact. Travelling is a luxury. If you have to, you can perfectly do without. But the ordinary things I had always taken for granted – the joy of dinner with friends, sharing your highs and lows, laughing uncontrollably over crazy stories - proved to be the things that really matter.

Ordinary life is now resuming. Carefully, I start to dream again. Of travelling to Holland, seeing our children and all those beautiful countries that we would still like to visit. But I am kind of reluctant leaving my wonderfully quiet cocoon, entering the outside world. Truth is, I don't want to go back to normal anymore. What I do want is to create a new normal: life carefully balanced around the things that are dear to me.

I also realize that's not going to happen all by itself. I will have to actively steer my way towards a new routine, redefining myself in the process. Life is progress, learning, growing and adapting to that growth. As Michelle Obama said in the documentary "Becoming" when someone asked her how she felt about getting back on track after 8 years in the White House, "It's not getting back on track, but it's creating my next track."

## 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.*

## Low Carbon Hero Bingo!

by Rachel Laramée

On 24 June, the winners of the Low Carbon Hero Bingo challenge, organized by Future Energy Lions (FEL) Brunei, planted their commemorative trees beside the bike path near the bike shelter at BSP headquarters. Members of FEL were in attendance, along with their sponsor, BSP Commercial Director Farida Talib. Norismah Ismail, the highest scoring individual participant, planted a tamarind tree, and Winnie Khoo and Vanessa Khoo, the pair of sisters who won the team challenge, planted a rain tree.

FEL is a volunteer network that promotes sustainability and alternative energy solutions within the BSJV community. This is the second year they presented the

Low Carbon Hero challenge, which aims to broaden awareness of the many things we as individuals can do to reduce our impact on the environment. There were changes this year to increase participation and make the initiative more fun. Most notably, the initiative took the form of a bingo challenge that encouraged participants to try new ways of reducing their carbon footprint and to share ideas for eco-friendly habits on social media.

A total of 17 teams and 27 individuals, mostly BSJV staff but also some family members and members of the public, joined this year. Participants earned points for making choices like refusing plastic bags while shopping and for cultivating habits like turning up

## Green Panaga

their air conditioning temperature to reduce electricity use. They also scored points for recruiting new participants and for posting about their efforts on Instagram and Facebook to help spread awareness. The winners received prizes like recycling vouchers and sustainability kits, woven baskets filled with local products (coconut bowl, rice, tea, soaps), which FEL hopes to promote so people can reduce their carbon footprint while supporting local enterprises. Anyone who submitted their bingo cards received a mini succulent.

Each bingo card focused on a theme. The first theme was "Choices", the second was "Habits" and the third was "Resources". Norismah said the first two themes were fairly easy to complete, as they were things she was already doing or that required only small adjustments to her routine. However, the third theme, resources, was more difficult. She said that reducing her meat and energy consumption was a real challenge, as she loves to eat chicken and take hot showers.

### Low Carbon Hero Bingo 2020

#### Individual Winners

- › 1st place: Norismah Ismail
- › 2nd place: Khairunnisa Muhammad Bazlee
- › 3rd place: Clarence Er

#### Team Winners

- › 1st place: VW KHOO (Winnie Khoo and Vanessa Khoo)
- › 2nd place: EGLO Green Team (Jenna Anand, Mafe Oluwaseun, Nazri Ramli)
- › 3rd place: Totoro (Kim Fah and family)

To hear about upcoming FEL initiatives and events, follow FEL Brunei on Instagram (@fel\_bn) and on Facebook (@Future Energy Lions Brunei).

Low Carbon Hero Bingo has been such a success that other Shell locations, like Nigeria, the U.S., India and the Netherlands, have undertaken similar initiatives. For next year, FEL Brunei aspires to introduce an app that will track performance, provide supporting information for tasks, and sync with social media. This should make participation even simpler and more fun.

Big thanks to Ramon van Dijk for spearheading the design of the bingo challenge, to David Liew Teck Voon for his marketing support, and to Salwa Khair Md Tarif and Chern-Ming Lim for running the event.

Follow @fel.bn on Instagram for upcoming events, including Plastic Free July.



Low Carbon Hero Bingo winners and FEL members pose with the winners' commemorative plaque. (Photo Credit: Rachel Laramee)



Winnie Khoo and Vanessa Khoo plant their rain tree. (Photo Credit: Rachel Laramee)



## Green Panaga



Norismah Ismail plants her tamarind tree.  
(Photo Credit: Rachel Laramée)



Clarence Er posts on social media about one of his eco-friendly choices. (Photo credit: Clarence Er)



Periodically defrosting your freezer increases its energy efficiency.  
(Photo Credit: Salwa Khair Md Tariff)

**Low Carbon Hero BINGO! – Theme 2**

Check off any box that you complete. Pts: for each action, full row/column = 50% bonus.  
20 bonus pts: for completing every action of the Theme.

HABITS					Max 24 (diag) Your Score
1 Pts: turn EXHAUST FANS off after every use (don't let them run continuously)	1 Pts: When given a straw, return it and say "thx thanks" (giving feedback is important)	3 Pts: don't IDLE YOUR ENGINE stop for more than 10 seconds – turn off engine & open window	3 Pts: AIR DRY laundered CLOTHES every time for at least 2 weeks	3 Pts: Read a book or play a board game instead of watching TV	Max 27 Your Score
3 Pts: remove cold food from fridge 60-90 minutes before cooking	2 Pts: Apply FUEL EFFICIENT DRIVING techniques (see Resource: Binge matrix)	2 Pts: USE A SUNSHADE for your windscreen when parking	2 Pts: post photo on Instagram of action taken to reduce CO2 footprint. Tag FEL.bn	3 Pts: Put computer in sleep mode when away for > 15 minutes for 5 days	Max 18 Your Score
3 Pts: USE LIDS when heating food or liquids (e.g. boiling water)	3 Pts: don't exceed THE SPEED LIMIT every day for a week	6 Pts: use TIMERS to schedule A/C or Heating (on/off) (not using the remote for your unit)	3 Pts: turn TV OFF WHEN NOT WATCHING for a week	1 Pts: TURN OFF YOUR LAPTOP/WIFI when using cable connection	Max 24 Your Score
2 Pts: BOIL ONLY as much water as YOU NEED (e.g. for tea/coffee/pasta)	2 Pts: in car, display instantaneous or avg fuel consumption	5 Pts: FAMILY TEST: ask them about this target & say what you're doing	2 Pts: Print everything double sided for a week. Mark done if you didn't print!	3 Pts: post on SoMedia using tag #LOH photo of something you've done to reduce your CO2 footprint	Max 23.5 Your Score
3 Pts: tell the restaurant that you DON'T WANT A STRAW every time for a week	3 Pts: Check car & bike tyre pressure and inflate to the correct amount	4 Pts: When washing dishes by hand, use a pail instead of running water	3 Pts: Talk to a friend about your carbon reduction efforts	3 Pts: use a lower (cooler) temperature on your laundry or dishwashing machine	Max 24 Your Score
Max 30 Your Score	Max 19.5 Your Score	Max 30 Your Score	Max 19.5 Your Score	Max 19.5 Your Score	Max 31.5 (diag) Your Score

Low Carbon Hero BINGO! (Taken from Instagram @fel.bn)

Follow @panaga\_environment on Instagram for more information on these and other environmental activities in Panaga!



NEW

## Nature Walk in Panaga!

*Environmental enthusiasts are joining forces to create a detailed listing of common plants found in Panaga. Starting from Panaga Club, 'Nature Walk' sign boards are placed on a 3 km loop along the bike path. In this new section of POP we will explore many different aspects of the wonderful biodiversity in Panaga Camp. Keep an eye on our Facebook page, "Outpost Seria, Brunei", for more updates.*

### Fiddlehead fern

by Ratna Arif-Powell

#### Common name:

Fiddlehead fern

**Local name:** Midin,  
Lemiding and Lambiding

#### Scientific name:

*Stenochlaena palustris*



Photo credit: Ratna Arif-Powell

- › A ground fern with creeping or climbing (up to 10 m long) green rhizomes that can attach themselves to tree trunks by way of "adhesive" roots.
- › There are 50 species of ferns that are used for food and medicine in Borneo. Only 5 species are commonly consumed, *S. palustris* is one of them and its popularity is second only to *Diplazium esculentum* (paku pakis).
- › *S. palustris* is known as midin in Sarawak, lembiding in Brunei and lambiding in Sabah.

#### Plant parts and uses:

##### Young shoots

- › Only the shoots and young reddish leaves are used as vegetables. They are typically stir-fried with shrimp paste or cooked in santan (coconut milk) with sambal. Rich in fibre and antioxidants.
- › In the Penan community ferns are considered an

important food for postpartum recovery. Midin is one of the favourites as it is hardy and grow abundantly where the forest has been disturbed.

#### Leaves

- › In India and Malaysia, used as traditional remedies for fever, skin diseases, ulcers and stomach ache.
- › Studies have suggested that the edible young leaves of *S. palustris* have the potential as a functional food to prevent cognitive decline and the mature leaves as a therapeutic for Alzheimer Disease.

#### Stems (Rhizomes)

- › Mature stems are used for tying.
- › Noted for their durability in salt water, hence commonly used for tying bamboo frames for making fish traps.
- › Stem fibres are used for making ropes, belts and occasionally baskets.



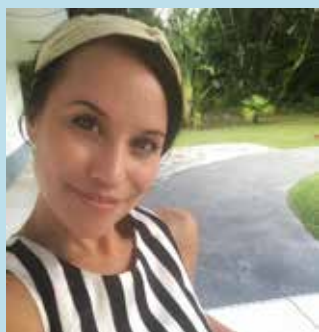
Photo credit: Ratna Arif-Powell



Photo credit: Ratna Arif-Powell

*Career and Development***Planning in the time of COVID-19**

Sarah is a freelance content, brand and communications consultant, originally from Australia, with a passion for living authentically, consciously and in alignment with her best self. She arrived in Brunei at the start of 2019 from London



and also shares her time with Melbourne for business (and shopping). Sarah lives in Panaga with her husband, David Dundas, and their little foster fluff ball, Cologne. Her favourite elements of Brunei include the beach walks, sunsets, soaring Brahminy Kites and the lovely silver leaf monkeys.

**By Sarah Harrison**

A shared frustration around camp right now seems to be the overwhelming sense of uncertainty and lack of ability to plan ahead (holiday, anyone?). In our tiny convenient launchpad to APAC, there's very little light at the end of the tunnel for when borders will reopen, when families can be reunited, and when one can simply get off the island for a cocktail made by someone you don't know.

For me, as the coronavirus made its presence known in Australia, my freelance work was understandably put on hold by sensible clients also unsure of the future. While I was expecting this to happen, I hadn't really thought about what I'd do when it did. At the strike of COVID all bets were off and I was suddenly staring at a blank canvas that I wasn't entirely sure what to do with.

So, I decided to look at it as an opportunity and grant myself the permission I apparently needed to completely step back from my business and focus on some

long-term planning. Instead of my usual 12-month goal setting, I thought I'd consider how I'd like life to look in the next 12, 18 and 24 months ahead, and what I needed to do now in order to get me there.

As I started to brainstorm, research my options and then plan backwards, the end of 2020 all of a sudden seemed dangerously close with a great deal left to do. My plan started to take shape: study for the remainder of this year and partially into next; some strategic industry networking in Melbourne, Brunei, Singapore and London; a few personal goals; and continuing what I did pre-COVID but at a more advanced level after upskilling.

This new sense of urgency and purpose was a welcome feeling in the great unknown of the coronavirus. The process of planning may look different for everyone, but this is how I broke it all down without becoming overwhelmed.

**Brainstorm and visualise**

Why not live in the possibility of your future what if's, right now in the present? Dream big and think bold about how you want your life to look in the coming years. And I mean *your* life. This is about you. Are you consulting around the best places to travel and explore as an expat family? Are you running a successful, monetised blog? Are you a wellness coach helping others find their healthy-happy? Are you simply the best version of yourself that you could have hoped for? Fantastic! Dream it, plan it, do it. My current BHAG (Big Hairy Audacious Goal) is to profit from helping people create beautiful, functional spaces as part of the customer journey, extending my former online work in this area. I'm basically doing the opposite of "going digital" and putting myself into the physical realm to influence great experiences based on our surroundings. A big tip is to keep it real by being SMART with your goals:

## 17



## Travel

speaker and one local from the Iban tribe. Most guides have over a decade of experience hiking the forest and living in the Eco Village. Throughout the hike, we were shown a variety of trees, flowers, fungi, birds, insects and other wildlife indigenous to the rainforest. At the end, we spent a few minutes cooling off in the crisp water of a stream nearby. Back at the camp, we enjoyed a home-cooked lunch to refuel after our long hike. Afterwards, we cooled down in the Temburong river, tubing and swimming downstream and skipping rocks from the river bed. For dinner, we had a spread of barbecue chicken, chicken hot dogs, grilled pineapple, fresh cut cucumbers, mashed potatoes, rice, and sauteed Pakis (also known as fiddle fern). That evening, we learned how, back in the day, hunters used blow darts to hunt wild boar, deer and other animals. This practice has since been discontinued and now most hunters rely on trapping and fishing instead. We used the blow darts for a more recreational purpose: a competitive game of darts!

The next morning, we woke up early for a scenic walk where we stopped to watch the sunrise over the rainforest by the river. After the short hike back, we had a breakfast of scrambled eggs, toast and egg fried rice. We then learned how to prepare the traditional bamboo chicken that we would be enjoying for lunch after our hike. With the help of Fikri, one of the guides, we stuffed chicken, lemongrass, ginger and other seasoning into bamboo stalks that had been cut from our forest hike the day before. This was then placed on a fire where it would cook for 45 minutes. We then set out for a hike through Ulu Ulu to the top of the canopy. Fikri and another guide took us upriver in the iconic longboat to the Ulu Ulu Resort where we would begin our journey of nearly 1,000 steps up a wood staircase built into the floor of the rainforest. At the top of the staircase we then climbed up scaffolding where at the top you could look out of the canopy of the rainforest and enjoy the breathtaking views. We made our way back down the steps to our longboat and went about halfway



*A meal preparation at Sumbiling Eco Village.*

*(Photo credit: Dalton Worms)*

down stream before jumping off to float the Temburong River the rest of the way to camp. We enjoyed our bamboo chicken along with Pakis, rice, and sweet and sour fried fish with sauteed caspicum, tomatoes and potatoes.

Sumbiling has been operating since 2007 under the direction and ownership of Mr. Leslie Chiang and his wife. Together, along with their staff, they cook traditional meals, lead activities such as hikes and cooking demonstrations, maintain the cabins and facility, and create a warm, friendly environment for those who visit. Nearly 2,000 visitors annually are drawn to the Eco Village for tubing or kayaking the Temburong River, the delicious locally sourced meals, the breathtaking views while hiking and their beautiful cabin accommodations.

“Our goal is to be a showcase for community-based tourism to the rest of the world,” explains Mr. Chiang.

They work in conjunction with the native Iban tribe to show visitors all the wonders that the rainforest has to offer. Through education plus engaging and fun activities they hope to show people why the rainforest needs to be preserved and protected. To help their mission, they encourage people to be their guests, leave positive reviews about them through travel sites like [www.tripadvisor.com/](http://www.tripadvisor.com/) and share their social media posts. To learn more information about them and book your upcoming stay, visit their website [www.sumbiling.com](http://www.sumbiling.com).

## Hiking Trails and Safety Measures

**By Naincy Verma**

On the island of Borneo, Brunei is home to some of the most diverse flora and fauna in the world. For nature lovers, Brunei has a lot of trails where one can hike, bike, run and do other outdoor activities. Below I am sharing some of the most popular trails that are must-do if you are living in this tropical paradise.

### Sungai Liang

This is a very popular trail amongst beginners and people who are looking for a relatively easy to moderate hike. The hike is inside the Sungai Liang Forest Recreational Park. The trail is primarily used for hiking, walking and running.

**Total distance:** Total walking distance is 2.9 km.

**Elevation gain:** 108 m

**How to get there:** The map on page 21 shows the trail itself and the nearby roads. To go to the park, take a right turn on the Seria bypass towards Jalan Labi.

**Refreshments:** No vendors there but there are shops nearby in the area.

### Bukit Shahbandar, 9 hills trek

This is a popular trail for those people who are looking for a moderate hike. The trail is located near Bandar Seri Begawan and Muara. The trail has a lot of elevation change and rocky paths. The trail is primarily used for hiking, walking and nature trips.

**Total distance:** Total walking distance is 3.5 km.

**Elevation gain:** 134 m

**How to get there:** The map on page 21 shows the trail itself and the nearby roads. The entrance to the park is located on the Muara-Tutong Highway, just north of Jerudong.

**Refreshments:** Coconut water vendors and snacks at the bottom.

**Recreational activities:** Near the start of the trek there is small park for kids. It has small play area, some slides, swings and a nice sitting area as well.

### Tasek Lama Recreational Park

This trail has the beautiful Tasek Waterfall near the entrance. The trail starts off on a flat road but quickly moves uphill. There are lots of rooted climbs, but they are nicely shaded to avoid overheating.

The trail is located near Bandar Seri Begawan. It is primarily used for hiking, tracking, forest, nature trips and views of the lake.

**Trek Route:** This trek route has several reaching points like Tasek Lama, Bukit Sarang Helang, Bukit Laur, Marakuching and Sarubing. One can stop at any point and return.

**Total distance:** Total walking distance is 4.7 km.

**Elevation gain:** 186 m

**How to get there:** The map on page 21 shows the trail itself and the nearby roads.

**Refreshments:** Small shops sell coconut water and local snacks at the beginning of the trail.

**Recreational activities:** Near the start of the trek there is a park for kids. It has a play area that includes slides, swings and a nice sitting area. There is also a big wooden platform that morning walkers use for exercise, yoga and stretching. There is also an open exercise area.

**Toilet facilities:** Available near the entrance of the park.

### Some Hiking Safety Measures

**Checklist:** Always keep a checklist of things that are

## Travel

essential during a hike. The common must-have items in a trekking list should include water, sunscreen, extra water, phone with internet connection and offline map, and snacks to eat.

**Bring a map:** Having a map is very important, especially if you are going for a trek in a new location. In Brunei, one can't always rely on GPS. Therefore, always carry a map, or familiarize yourself with the trek beforehand.

**Hike during the day:** Whenever possible, plan to hike during the day. Early morning is the best time and late afternoon is pleasant as well, but daylight is the best time to go trekking. It's very convenient as we all know the forest is full of wild animals that come out at night.

**Familiarity with the area:** Exploring new hiking trails is always exciting. Unfortunately, it also means you're unfamiliar with the territory. Before heading out, research the following:

- › Local wild animals and what to do if you come across one
- › Local poisonous plants—think poison ivy, sumac, oak

- › Local hunting areas/seasons

**Check the forecast:** Always check the forecast up until the moment before you leave. This helps you to determine what gear to bring, like a rain jacket, extra water or warmer clothing. If the forecast does predict rain, be sure the trail you're taking is still walkable in wet conditions.

**Know your limits:** Don't risk injury when hiking with more advanced trekkers. You should be honest about your fitness level and stamina, especially if you are new trekker.

**Inform someone before you go:** It is advisable to inform someone who is not hiking with you about your location and route you will be taking. If you have phone or watch trackers it is advisable to turn them on before leaving your house.

**Stick together:** Last but not least, stick together. When hiking with a group, it always happens naturally that people form groups of faster and slower hikers, so you need to be sure that someone always stays with you during trekking time.



*Vegetation along the Sungai Liang trek. (Photo credit: Naincy Verma)*



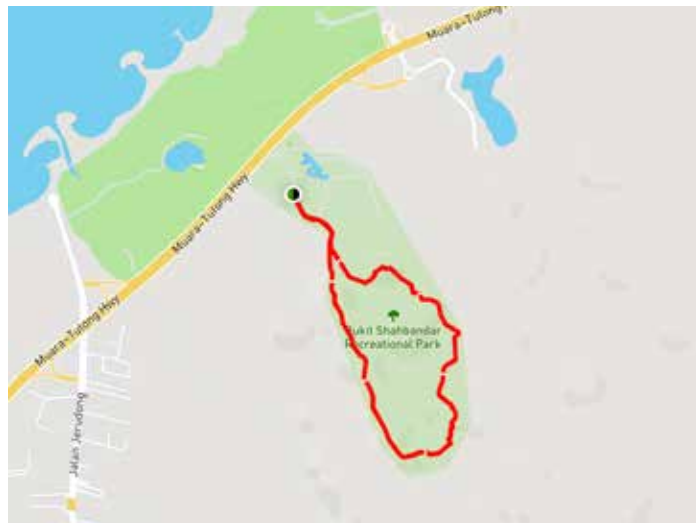
*Trek of Bukit Shahbandar, 9 hills trek. (Photo credit: Naincy Verma)*



## Travel



Trek of Bukit Shahbandar, 9 hills trek. (Photo credit: Ankush Ghosh)



Bukit Shahbandar, 9 hills trek map. (Photo credit: Naincy Verma)



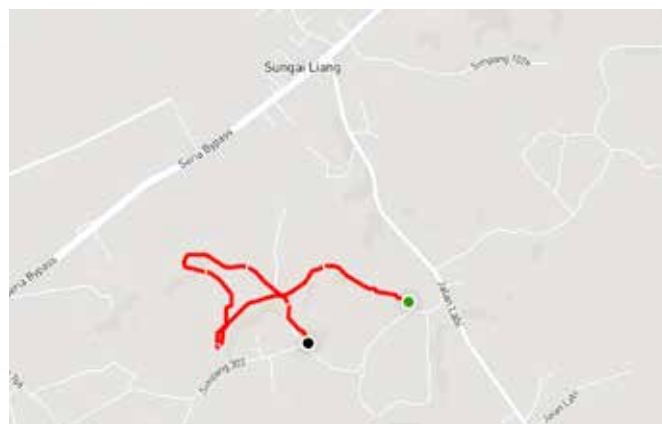
Naincy Verma and Divya Reddy on Tasek Lama trek. (Photo credit: Bhaskar Trivedi)



Tasek Lama Recreational Park map. (Photo credit: Naincy Verma)



Sungai Liang trek. (Photo credit: Naincy Verma)



Sungai Liang trek map. (Photo credit: Naincy Verma)

## Tamu Time - Bitter Melon



(Photo credit: Rachel Laramée)

## Tamu Time: Bitter gourd/melon

**By Naincy Verma**

Among all the colourful vegetables at the tamu (the open-air market in Seria and KB), this one stands out for its unusual shape.

### Benefits

Bitter gourd herb or karela is a seasonal vegetable generally grown in summer as well as in rainy season. It has a very bitter taste and is a rich source of phosphorous, which purifies blood, boosts spleen and liver function and is highly beneficial for treatment of diabetes. Karela is an extremely rich source of vitamin C, which helps boost immunity. It also has powerful

antiviral properties, which stimulates the immune system and also aids in digestion.

### Edible parts

The skin is edible and the melon is not typically peeled. The seeds are also edible, unless very hard, and are included in some recipes. Bitter melon is commonly stuffed, curried or pickled. It can also be used in stir-fry and soup and may be steamed.

### Storage

Wash the bitter melon under cool water when you bring it home. Let drip dry until there is no more water on the skin. Place the bitter melons in a zip-type storage bag and place in the crisper of your refrigerator as soon as they are dry.



Bitter Melon. (Photo credit: Pooja Regmi Bhatia)



Bitter Melon Stir Fry. (Photo credit: Naincy Verma)



## Tamu Time - Bitter Melon

### Bitter Melon Stir Fry

#### Ingredients

2 cups sliced onions  
2 cups thinly sliced and deseeded bitter melon  
Salt to taste  
2 teaspoon oil  
½ teaspoon turmeric powder  
2 teaspoon chilli powder  
1 tablespoon sugar  
1 tablespoon dried mango powder  
1 tablespoon roasted sesame seeds

#### Method

1. Combine the bitter melon and a little salt in a deep bowl and mix very well. Keep aside for 20 minutes.
2. Squeeze all the water from the bitter melon and place them on a kitchen towel to dry completely.
3. Heat the oil in a deep non-stick kadhai, add the onions and sauté on a medium flame for 1 to 2 minutes.
4. Add the bitter melon. Mix well and cover and cook on a slow flame for 15 minutes, stirring occasionally.
5. Add the turmeric powder, chilli powder, sugar, dried mango powder, sesame seeds, salt and 1 tablespoon of water. Mix well and cook on a medium flame for 2 minutes, stirring occasionally.
6. Serve hot.

## Announcement

### Alice in Wonderland — postponed

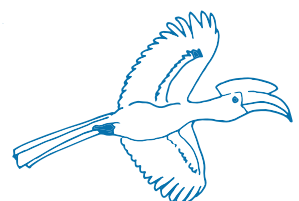
Cancelled plans have become the norm over the last few months, and TADS' production of Alice in Wonderland is, unfortunately, no exception. Despite stellar work by the cast, chorus and the behind-the-scenes crew, the show cannot go on with the planned June performances.

The ongoing physical distancing and other restrictions that are in place stopped all rehearsals some weeks ago. Even though the cast have been rehearsing at home, it is now too late for a show of the usual excellent TADS calibre to be performed. Combined with other factors - some cast stuck out of country, the restrictions on audience numbers and so on - and it is impossible for Alice In Wonderland to go ahead. For now...

Hopefully, if things continue to be managed well with COVID-19 in Brunei and Panaga, there is a chance for

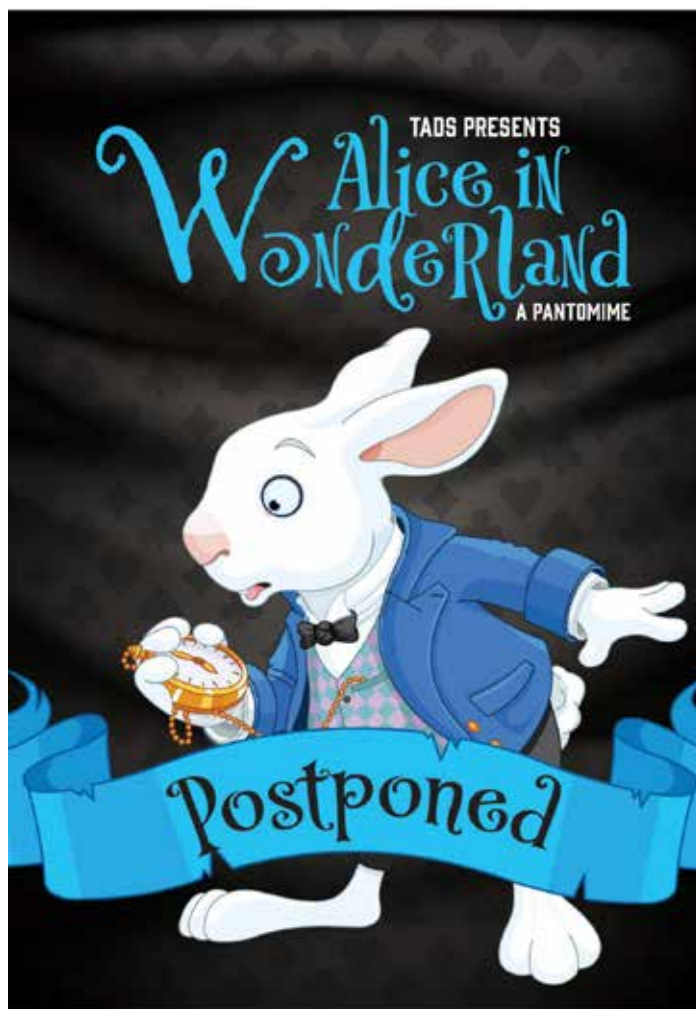
the pantomime to be put on later in the year, perhaps even with a more festive schedule in mind. In the meantime, the cast have been asked to return their scripts to the Panaga Club reception and should get the chance to have a small get-together before the summer (restrictions permitting) to celebrate the efforts that were made thus far.

Thanks to all those in TADS for their ongoing efforts to keep this important aspect of Panaga life going. If you like a little drama in your life, please do consider getting involved. You can email [tadsproduction@gmail.com](mailto:tadsproduction@gmail.com) for more information or to find out more about how you can contribute to future performances and other TADS activities.





Notice Board



Starting from the club, 'Panaga Nature Walk' sign boards are placed on a 3 km loop along the bike path and beach.  
(Photo credit: Tripti Sharma)



Jungle Tots is open now with sessions planned for Tuesday - Saturday from 10-11 a.m. We can only accept limited numbers of children and they must be signed up on the Panaga Club website in advance. <https://www.panagaclub.com/collections/venue/products/jungle-tots>

If you are not yet registered to book online please send an email with your name, club number and email to [razali@panagaclub.com](mailto:razali@panagaclub.com) and ask to be set up.

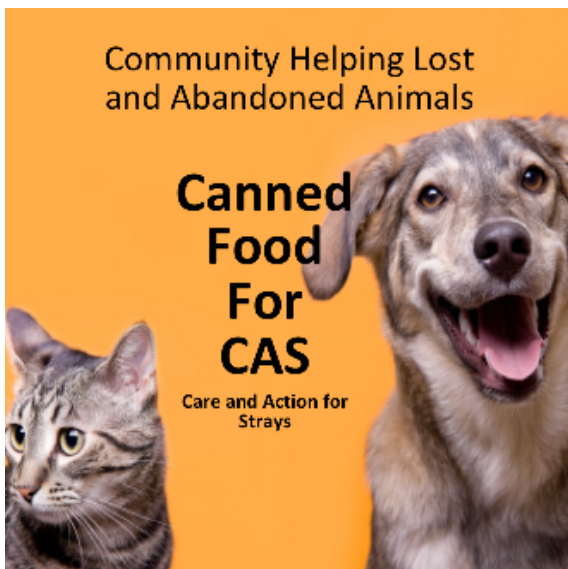
## Notice Board

### 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



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.

### 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 ☺



We are looking for volunteers for animal rescue and care. Please contact Outpost if you want to volunteer for animal care in Panaga.



## *Language Classes*

# Language Classes at Outpost

Amid the ongoing situation with COVID-19, all events and classes are cancelled until further notice. Keep an eye on the Outpost Facebook page for updates.

## Malay - Beginner

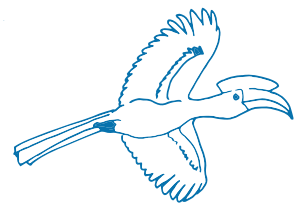
(Starting September 2020)  
Tuesdays with Adriana  
9:30 - 10:30 a.m.

## Malay - Intermediate

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

## Mandarin - Beginner

Wednesdays with Nancy (and others)  
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](mailto:outpostbrunei@shell.com).





*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 Events

### Panaga Events



THE LAST STRAW'S  
**Big Pedal**  
**100 km**  
VIRTUAL CYCLE CHALLENGE

\*NO PRE-REGISTRATION REQUIRED

- \*COMPLETE 100 KM OF CYCLING DURING THE MONTH OF JULY
- \*SEND US A SCREENSHOT OF COMPLETED DISTANCE BEFORE AUGUST 7TH  
THE LAST STRAW PANGA PANGA@GMAIL.COM \*\* THELASTSTRAWPANGA@GMAIL.COM
- \*ALL ENTRIES WILL RECEIVE AN E-PARTICIPATION AWARD
- \*WINNERS CHOSEN AT RANDOM FROM AGE GROUPS BELOW:  
UNDER 7'S, 8-12'S, 13+, ADULTS

POSSIBLE TRACKING APPS

FITBIT STRAVA RUNKEEPER

powered by  
**PIKTOCHART**



THE LAST STRAW'S  
**Big Pedal**  
**100 km**  
VIRTUAL CYCLE CHALLENGE

\*No pre-registration required

- \*PLEASE AVOID CYCLING IN CROWDED AREAS
- \*MAINTAIN AT LEAST 1-METER DISTANCE BETWEEN OTHERS.
- \*PLEASE DO NOT LOITER AROUND AFTER YOUR CYCLE AND AVOID MASS GATHERINGS.
- \*BE AWARE OF YOUR SURROUNDINGS WHEN CYCLING.
- \*MAKE SURE YOU WARM-UP AND STRETCH THOROUGHLY BEFORE YOU BEGIN AND COOL YOUR BODY DOWN WITH LIGHT STRETCHES WHEN YOU RETURN.
- \*DRINK PLENTY OF WATER WHILE YOU CYCLE.



Want to see your Panaga photo on the next cover of POP?

Email us at [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) by 15 August, 2020.



## Local Etiquette

### Behaviours to be mindful of when in Brunei

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
Travel Application Hotline.....	223 5962 / 223 5963
BSP Immigration Hotline.....	729 7788
PHC COVID-19 Hotline.....	337 3902



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.

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

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





*Outpost Brunei Team 2020*



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Focal Point



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Secretary



**Olayinka Idowu**  
Treasurer



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