



OUTPOST KUWAIT NEWSLETTER FEBRUARY 2017



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Request for contributions

This newsletter will only be a success if all of us send our contributions, ideas, tips, favourite recipes/restaurants, get-away ideas, thoughts, etc to opkuwaitnewsletter@gmail.com so we can share them and make this newsletter a true source of info.

We hope to receive tons of information from you all so that the next newsletter will be bursting with info.

Thanks in advance,
the Outpost Kuwait Team

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Welcome to everyone

Welcome back to those who were already in Kuwait last year and welcome to those who just arrived this year.

Before you is the first Outpost Kuwait Newsletter. Our Outpost community in Kuwait has grown considerably recently and this newsletter is just one way to keep you up to date with communications, any other topics and will be delivered to you regularly. To make this newsletter interesting for everyone we would appreciate your feedback, comments, input and contributions. You can send these to opkuwaitnewsletter@gmail.com.

This year we already have had a few events: the Introduction at TIES centre, the Outpost Coffee Morning at The One, the visit to the Souq Mubarakia and the outing to the Yasmin Farms. We hope you have enjoyed these events and that you will attend more of them in the future. If you have any suggestions for events, places to visit, things to see, please let us know.

On the following pages you will find the upcoming events, reports and pictures of previous outings, interesting groups you can join, websites to check out and more.

In a later issue we would like to introduce the Market Place, a page in the Newsletter where you can advertise things to sell and things you are looking for. Please send your requests to opkuwaitnewsletter@gmail.com to be posted in the upcoming issue.

Enjoy and hope to see you at one of our Outpost events!

Els Leegte, Outpost Newsletter Coordinator



Mark your calendar

February

20 Coffee Morning – speaker Susan Day (Amricani Cultural Centre)

March

11 Visit Dickson House with tour guide Claudia

14 Visit Souq Sharq + lunch at Baker & Spice

26 Coffee Morning and Pasta Making Demo

April

11 Coffee Morning with speaker

15 Visit to Al Othman Heritage Center

27 International Pot Luck Lunch

May

11 Visit to Friday Market

22 Coffee Morning

June

14 Coffee Morning

Note: dates and venue can be subject to change.

Previous Event Report by Karen Beare

Tour of Souk Mubarakiya 24th January 2017

Eighteen ladies enjoyed a detailed tour of Souk Mubarakiya ably directed by Claudia Farkas Al Rashoud. Claudia is a photojournalist who has lived and worked in Kuwait for over 30 years.

We were lucky enough to learn about the souk's history as well as find hidden treasures such as the basket seller and the spice merchant, who appeared to be able to cure a whole range of illnesses with his wares!

Mubarakiya is the soul of Kuwait and embodies the country's best attributes: friendly people, traditional Arabic hospitality and a personal way of doing business. We learned about life before oil, when the market served as the crossroads for two distinct cultures: the nomadic Bedouins and the settled townspeople.

It was drawn to a close with a delicious Arabic brunch, which included: Arabic bread, fatayer (a Middle Eastern meat pie which can alternatively be stuffed with spinach or cheese) eggs, fowl (Arabic beans) and delicious tea.

All proceeds collected were donated to PAWS, a charity that Claudia helps to run, which gives shelter and medical attention to abandoned and injured animals. We had a thoroughly enjoyable day and look forward to the next tour with Claudia which will be to Dickson House on 11th March.

Pictures outing to Souq Mubarakkiya





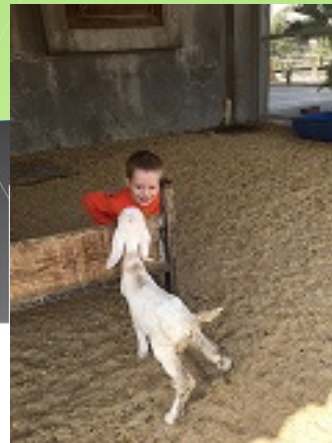
Previous Event Report by Helga Quint

Visit to Yasmin Farms 10th February 2017

On this beautiful day 34 of us got a tour at the farm where we could see the cows and the goats used for milking.

Our tour guide Sarah, one of the farm managers relocated to Kuwait 5 months ago. She gave us an insight of this working farm. The farm has been established in 2005 by the owner of Sultan Center with the sole purpose to find out where our vegetables and milk are coming from. The farm has expanded ever since. We were surprised to hear that cows are drinking 200 liters of water to produce 70 liters of milk a day. The children loved interacting with baby goats and rabbits at the petting zoo area. Some even had a ride on a donkey. At the greenhouses vegetables like eggplants and tomatoes are grown as well as strawberries. We also saw some fields with beans and potatoes. After the tour we enjoyed the farm fresh vegetable soup and sandwiches at the cafe. All of the food including the ice cream and sweets are produced at the farm. Most of the people concluded the visit with going to the shop to buy some farm fresh products, while the kids ran off to the play ground. All Alban dairy products are produced at the farm and are organic. You can find these products as well at Lulu and Sultan Center. It was a great day out of Kuwait city.

If you want to visit the farm yourself, please have a look at www.kuwaitagro.com or look up Yasmin Farms on Facebook. The farm is open every day from 10am till sunset and it's about an hour and 10 minutes drive from Kuwait City.





My story...

My name is Emma. My family, husband Darren, two children 12 & 13, and I have been in Kuwait for 18 months now after a four year posting in Norway and a three year posting before that in The Netherlands.

The Netherlands was our first experience of living away from our home town in Greater Manchester. I learned to speak Dutch and really got into running and entered a few races to keep fit. I loved The Netherlands for the bikes as the way of transport, windmills and beaches in the summer!

In Norway, I worked for Team Relocations as a Front Office consultant welcoming and helping new comers to Norway. I also enjoyed lots of hiking, running and cycling there, Norway is beautiful!

That brings me to the desert. I feel very settled now in Kuwait. I'm driving (which I personally feel is an achievement here in itself!) and if I am not at home you will find me at The Corniche Club enjoying the range of group classes they have to offer each day, or enjoying a nice walk or cycle along the Corniche and of course I am enjoying volunteering as Meet and Greet with Outpost.

Kuwait Outpost gave me a nice warm welcome when I first arrived here which was very helpful indeed!

I hope to see you soon,
Emma, Meet and Greet!



Check this out!

- **Parents & Tots Group**
The group is planning to meet every two weeks from 10am to 12:30pm at varying locations.
If you are interested in joining please contact Olga Shamanovska on opkuwaitmumandtots@gmail.com
- **BLS (British Ladies Society) Walk the Talk**
There is a weekly Thursday walk from Starbucks at the Marina Crescent starting at 08:30am.
- **Arabic courses:**
www.aware.com.kw
- **Interesting websites:**
<http://248am.com/>
<http://www.theblskuwait.com/>
<http://new.kuwaittimes.net/website/>
<https://www.e.gov.kw/sites/kg0English/Pages/Homepage.aspx>
<https://www.lonelyplanet.com/kuwait>
<http://gulfnews.com/news/gulf/kuwait>
- **Charity Event:**



Outpost Kuwait Info

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