



OUTPOST KUWAIT NEWSLETTER JANUARY 2019



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Request for contributions

The success of this newsletter relies upon the contributions made by you – The Outpost Community. Your ideas, tips, favourite recipes/restaurants, get away suggestions etc, are all valuable sources of true info for our newsletter and we welcome them.

Please send your contributions to: opkuwaitnewsletter@gmail.com so that our next newsletter can be even better!

Thanks in advance,
The Outpost Kuwait Team

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Hello,

Wishing you all a very Happy New Year!

This is undoubtedly the best time of the year in Kuwait. To help you make the best of this time, in this issue we have published a set of activities and places to eat, put together by Hamad Al Qenaei. In addition, Yvette Warrlich shares her wonderful experience on a trip to Falaika Island.

Outpost will try to organise a few outdoor events in the next couple of months while the weather is pleasant. As always, we are hoping that many of you will participate with enthusiasm. We are looking forward to a fun filled time ahead.

In this issue, we also bring you some mouth-watering recipes. These dishes were a part of the Christmas Brunch many spouses enjoyed in December.

Hope you enjoy reading this edition!

Sunita Wali
Focal Point



Mark your calendar

February 2019

- 4 Coffee Morning at PQ
15 Visit to Sadeer Farm



March 2019

- 5 Visit to Arabic Islamic Science Museum (Sheikh
Abdullah Al Salem Cultural Center)
16 Visit to Bait Al Arab

Note: dates and venues are subject to change.

Welcome to Kuwait the following Employees and their families

Arrival in Dec 18 to Jan 19

Ahlan Wa Sahlan

Philip Benham

Rene Roeterink

Karthik Moro

LOOKING FOR VOLUNTEERS

Shell Kuwait's Welfare Committee is looking for volunteers to organize more social events and activities for our community. Please contact Robert Clinton Email:Robert-D.Clinton@shell.com with suggestions and nominations. More information to follow via Yammer, Shell emails and Newsletters.

Meet the Outpost Kuwait Team

Focal Point	Sunita Wali
Events Coordinator	Olga Shamanovska & Pamela Ballabh
Meet & Greet Coordinator	Kelly Dueck
Website Administrator	Gaby Landino
Backup & Support	Lynne Moini
Volunteer (Newsletter Reviews)	Karen Beare
Volunteer (Website)	Yvette Warrlich



Mawared House Services

Communicated to all Staff as email by Hamad Al Qenaai

As part of our country plan to provide more services for our employees we have managed to agree with Mawared House a list of services to further facilitate life for our staff in Kuwait.

Please be advised the below list of services are for private use and thus there is no need to copy local HR when requesting these services, please liaise directly with Mr. Mohamed Badawi badawi@mawaredhouse.com

1st Proposal: - Visa Assistance

Please see below the countries for which we provide the services of form filing and visa assistance in our premium lounges of Visa Centres:

- | | |
|------------------|--------------|
| • UK | • Hungary |
| • Australia | • Netherland |
| • Austria | • Ireland |
| • Greece | • Italy |
| • Canada | • Latvia |
| • Switzerland | • Ukraine |
| • Slovenia | • Germany |
| • Croatia | • Belgium |
| • Czech Republic | • Slovakia |

The cost for this service will be **KD45** and this excludes the visa fee (depending on the visa category) and other charges which might be applied by the embassy such as priority, super priority, etc

We are also now offering a form filling and visa assistance for China. The fee for this service is **KD 65** excluding the visa fee (depending on the visa category) and other charges which might be applied by the embassy such as priority, super priority, etc

2nd Proposal: - Local family visit visa

We are pleased to offer Shell assignees the opportunity to bring their immediate family to come visit them in Kuwait. The rates for this service:

- Family visa for anyone under the age of 60 years old is **KD40** (Parents, children)
- Family visa for anyone over the age of 60 years old is **KD70**
- Relatives' commercial visa is **KD100**. This would allow any Shell assignee to bring any relative to visit them in Kuwait. (This will be done under exceptional circumstances under Kuwaiti Laws)

3rd Proposal: - Mandoob Assistance

- First time or renewal of residency for house Maid/Driver/Nanny/Cook and Civil ID - **KD100**
- Ministry works – the rate will depend on the type of work required and assessed on a case by case basis.

4th Proposal: - Dubai Visit Visa

We are pleased to inform Shell assignees that we are able to obtain Dubai Tourist/Visit visa for Nationals that require a visa to enter Dubai. The rate for this service is **KD30**.

5th Proposal –Car Hire

Mawared House would like to offer assistance in the hiring of vehicles for Shell assignees for personal use during their time in Kuwait. The initial lease period starts from 3 months up to 4 years with competitive prices (these services include a replacement car during servicing and breakdown full comprehensive insurance).

Kuwait Winter Guide

By Hamad Al Qenaei

As winter is finally here and most of you are back from the Holidays I thought I'd help you guys out with a small winter guide. Kuwait can be very pleasant for eating out and a bunch of various outdoor activities. Here is my personal list of how to make the best of the time here.

Eating Out

Breakfast/brunch:

Madison & Haig (https://instagram.com/madisonandheig?utm_source=ig_profile_share&igshid=1xytn5165d6nb)
Cocoa Room (https://instagram.com/cocoaroom?utm_source=ig_profile_share&igshid=202onao6nye0)
Table Otto (https://instagram.com/table.otto?utm_source=ig_profile_share&igshid=8vanlixi1g4a)
Lunchroom (https://instagram.com/lunchroomkw?utm_source=ig_profile_share&igshid=9txkewtrumf2)
Coucou (for lunch dinner this transforms to tiger tiger
https://instagram.com/coucou.kw?utm_source=ig_profile_share&igshid=1innzwnj953om)
Dalaq Sehail (traditional Kuwaiti restaurant in the old souq)
St. Almakani (https://instagram.com/st_almakan?utm_source=ig_profile_share&igshid=1kxsi44tfd2da)
Gia (https://instagram.com/giakwt?utm_source=ig_profile_share&igshid=3wvk435gtng)
Magnet (https://instagram.com/magnet.kw?utm_source=ig_profile_share&igshid=ueteang1qeo)
Baker & Spice (https://instagram.com/bakerandspicekw?utm_source=ig_profile_share&igshid=1br47ve678f28)
Veranda at Harvey Nichols Avenues

Lunch/dinner:

White Robata (https://instagram.com/whiterobata?utm_source=ig_profile_share&igshid=a4zsvk6wfwvo)
Ora (https://instagram.com/ora.kw?utm_source=ig_profile_share&igshid=5jqbz3j9k7vb)
Solo Pizza (best pizza in Kuwait) https://instagram.com/solopn?utm_source=ig_profile_share&igshid=ar0nueabdrh5
Tatami (https://instagram.com/tatamirestaurant?utm_source=ig_profile_share&igshid=tgu1czpdadea)
Ubon (https://instagram.com/ubonkw?utm_source=ig_profile_share&igshid=1rcgrl8ex4lda)
Burger Boutique recommend the one in Murouj
(https://instagram.com/burgerboutique?utm_source=ig_profile_share&igshid=157linqr3q4iz)
Al Shimam in the old souq.
KCAL healthy food options(https://instagram.com/kcallifekw?utm_source=ig_profile_share&igshid=wobcieluyed9)
Ovo (https://instagram.com/ovokwt?utm_source=ig_profile_share&igshid=o0e3wkk5pg5h)

Outdoor Activities (adult & Kids)

Abdullah Al Salem Cultural Center, Salmiya, Kuwait, +965 2206 6444
<https://maps.app.goo.gl/w4BTw>
Sheikh Jaber Al-Ahmad Cultural Centre, Arabian Gulf St, Shuwaikh •Kuwait, +965 6669 7400
<https://maps.app.goo.gl/uRBkx>
Al Shaheed Park, Soor St, Al Kuwayt, Kuwait, +965 2246 1267
<https://maps.app.goo.gl/h68sP>
Kite Flying - Al Farsi Kite Team, every Friday you can enjoy a wonderful event for the kids full of huge kites. Strongly recommended.
(https://www.instagram.com/p/Br5WwOPA8do/?utm_source=ig_share_sheet&igshid=1lazp3nrxb16)

Contd.....

Kuwait Winter Guide

Farms to visit:

Blue lake farms (مزرعة البحيره الزرقاء, Abdulrahman Alfalah St, Abdali, Kuwait,
+965 550 58663

<https://maps.app.goo.gl/PTEcM>

Yasmin Farms, Al Wafrah, Kuwait

+965 2226 0040

<https://maps.app.goo.gl/EbX8W>

Sadeer farms, Abdali, Kuwait

+965 9444 4911

<https://maps.app.goo.gl/UxrZg>

Farm Bab Doukkala, Abdulrahman Alsafran St, Abdali, Kuwait

+965 6665 3910

<https://maps.app.goo.gl/5iZEe>

Camping:

Camping in Kuwait is truly a soothing and amazing experience. I always do it with family as it's nice to disconnect from the hustle and bustle of the city. Here are some companies that rent out camps though I have not tried them myself:

- <https://www.q84sale.com/index.php/public/kuwait/en/categories/listings/166/Camps-for-Rent>
- Aware centre (I'm sure most of you are familiar with them) have a yearly camp usually.

Hope you all enjoy Kuwait at it's best during winter, personally it's my favorite time.

P.S. Always stay safe and follow Safety Guidelines especially when going out into the desert.

Upcoming Events in Kuwait

Aware Center is organising

GUIDED TOUR to RED FORT- February 2

GUIDED TOUR to GRAND MOSQUE - February 9

DESERT CAMP - February 16

For more details visit : www.aware.com.kw

Arabian Horses Festival in Bait Al Arab from 31st January to 2 February

For more details visit : <https://www.baitalarab-kw.com/#page/0>

Note : Outpost is only providing the event information.

Please contact the above organisers directly for more details.



FALAIKA ISLAND

Family Day trip Written by Yvette Warrlich

7th December 2018

The weather was perfect at 22° Celsius (72°F) with the sun shining and the sea calm...

Having pre-booked and setting a date, we arrived 9:30am Friday morning at Marina Crescent & presented the pre-booked tickets with IKARUS. According to TripAdvisor IKARUS is the best Falaika Island experience offered in Kuwait.

We had packed water and snacks, and bought coffee before boarding IKARUS Water Taxi. It took approximately 30 minutes to reach the island. On arrival we were greeted by an IKARUS bus which took approximately 5 minutes to the reception desk (which was also a hotel). There, we were informed the timings of key events such as the tour, lunch, and departure timing by water taxi. We were given a map and vouchers also. Ikarus were well organised and communication between staff was good. The children enjoyed a 10 minute horse ride, and our family enjoyed the mini museum, paddle boats, an island tour, and the beach (which was clean and so was the water). They even had a miniature zoo – it was one large enclosure with deer, ducks, turkeys, chickens, goats & in a separate cage a red butted monkey which was sad to see because it was alone and seemingly crazed. For 1 KD the girls could ride a large camel with it's Kuwaiti camel seat which you see in the movies.

Typically you could choose between 2 tours; 1. Alexander the Great or, 2. Falaika's tour of the Iraqi Invasion. As we were interested in both, at no extra cost we were lucky as a special tour of both was arranged for us. A multi-national group of seven joined us for the tour and were knowledgeable of the ruin's history and translated the tour driver's Arabic. Alexander's temple, a Hellenistic temple that was built in honour of Ikarus, and you can find fragments of pottery there still. There were two archaeological sites.

Driving past the bullet-ridden homes from the Iraqi invasion (2 August, 1990) was frightfully awakening. To intensify the experience, we stopped at the military vessels compound. Here we saw eye-opening military weapons which would have been used by four men firing bullets at rates one can only imagine. There were tankers also. These were the remnants of weapons used during the Iraqi invasion. Iraq occupied Kuwait for seven months before the gulf war began.

A little ways inland on our return journey, we even stopped to see the camel farm and pet them.

DID YOU KNOW?

Alexander the Great's temple Icarus wing logo & the Doric column is found on the Kuwaiti 1 KD bill.

Did you know Alexander The Great Built the Hellenistic Temple and placed the Ikarus wing symbol to honour the famous craftsman who built the wings to escape the kings demand to create weapons. Both he and his son escaped using the wings but his son Ikarus perished in the process.

Recommended hours for day trip is from 9:30am-5:30pm or you can stay overnight at the hotel. Or you can ferry across with your car.

Key Highlights of Falaika:

- Alexander the Great tour
- Remnants of the Iraqi War tour
- Clean swim beach & Floating jetty
- Miniature zoo
- Horse riding
- Paddle boats
- Playground
- Camel ride

The buffet lunch although simple, was ample with varied cooked food (soup, rice, pasta, sauces, brown lentil, chickpea, chicken, fish, & a veg dish) and salad and even local dessert; Om Ali and Muhallabiya being our favourites. A refreshing cold Vimto and water was included as part of the day package.



On the beach, the jetty was most unusual and fun as we literally ran up and down it a number of times given it was a floating platform of square plastic blocks that moved with the waves – it was fun for the kids and a great way to exercise. As it was too cool to swim this time of year for us, we waded our feet in the cool water and walked along the clean beach which offered an array of outdoor water sports. The beach even had an outdoor exercise facility which we all enjoyed. From here we watched the sun setting.

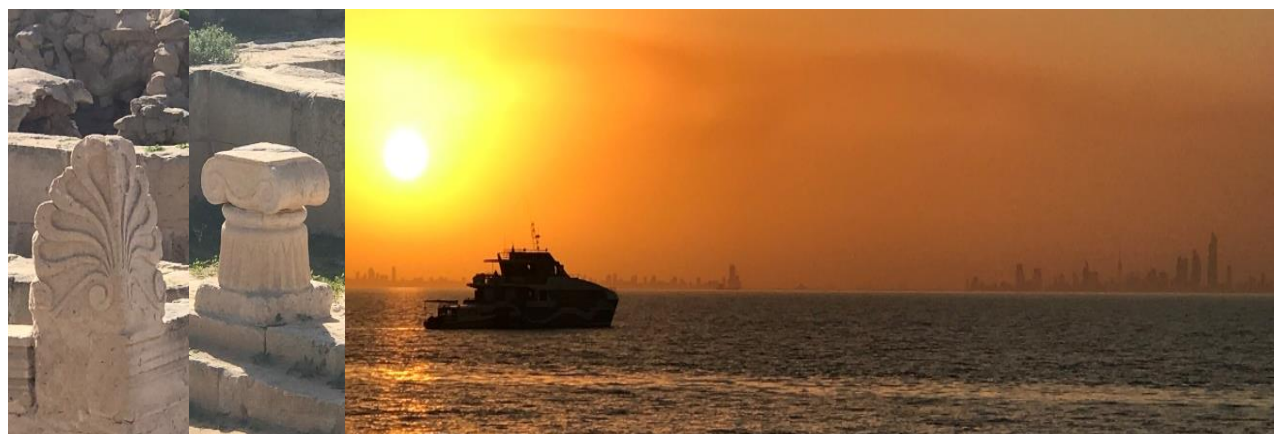
The water taxi ride back went quickly as we laughed and played a family card game and met a blog writer from Holland. During the journey dusk hit and the sky darkened. There were many night-light photo moments as you could see Kuwait's skyline lit up.

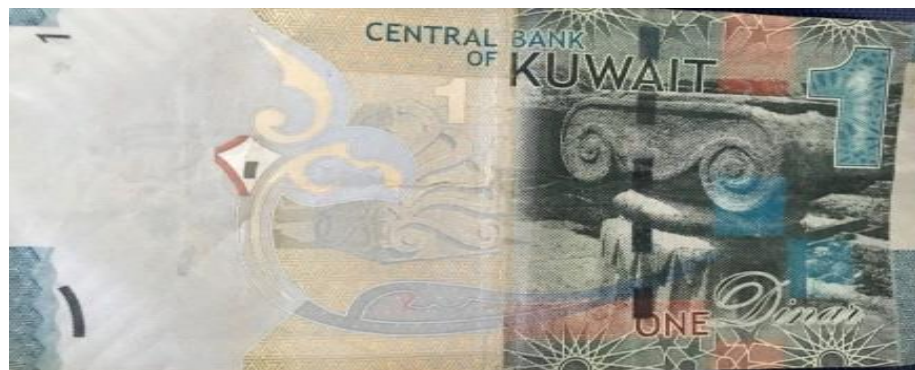
A trip well worth it for our family!

History

The word '**Falaika**' comes from the Greek language meaning 'Outpost' used by Alexander the Great.

IKARUS; in Greek mythology, Icarus is the son of the master craftsman Daedalus, the creator of the Labyrinth. Icarus and his father attempt to escape from Crete by means of wings that his father constructed from feathers and wax. Icarus' father warns him first of complacency and then of hubris, asking that he fly neither too low nor too high, so the sea's dampness would not clog his wings nor the sun's heat melt them. Icarus ignored his father's instructions not to fly too close to the sun; when the wax in his wings melted he tumbled out of the sky and fell into the sea where he drowned, sparking the idiom "don't fly too close to the sun".





Tuna Kababs

By Pamela Ballabh



Ingredients

Fresh or canned Tuna
500 g (boneless)
Potato 500 g.
You can make 1:1 or 2:1
ratio for fish and potato.
2 onions
Ginger paste 1tsp
Garlic paste 1tsp
Chopped coriander
Lemon juice few drops
Salt to taste
3 eggs

Spices(you can find in Lulu):

Turmeric 1tsp
Pepper powder 1tsp
Cumin powder 1tsp
Chilli powder optional.

Preparation:

Boil the potatoes. After peeling the skin mash them.
Drain all water from the fish.
Add the spices to the potato and mix well. Add the
chopped onion, ginger-garlic paste, chopped coriander,
fish and mix.
After tasting the mixture for salt make flat balls and keep
in fridge overnight to dry a bit more.
Next day take out from fridge and bring it to room
temperature.
Heat oil in pan, beat the eggs. Making sure the oil is hot,
dip the fish in oil and deep fry both sides.
Serve hot with chutney.
Alternatively you can also coat the fish with bread crumbs
after dipping in egg.

Chutney/Dip recipe:

Coriander leaves, mint leaves- 1 bunch each.
Wash well and blend in mixer with few drops of lemon
juice, 1 green chilli, salt, cumin powder 1tsp.

Mirza Ghasemi

By Lynne Moini



Ingredients

3 large aubergines
vegetable or olive oil, for
frying
1 bulb garlic, cloves
peeled and thinly sliced
½ tsp turmeric
3 large ripe tomatoes,
quartered
2 tbsp tomato purée
½ tsp caster sugar
1½ tsp crushed sea salt
2 large free-range eggs,
beaten
small handful of broken
walnut pieces,

Preparation:

To cook the aubergines blister them whole over an open flame (either on a barbecue or over a domestic gas hob) until blackened and the flesh has softened right through to the centre. Alternatively, to bake them, preheat the oven to 220C/425F/Gas 7. Place the aubergines in a roasting tin and roast them whole in the oven 40-45 minutes.

Meanwhile put a good drizzle of oil in a large frying pan over a medium heat and slowly cook the garlic slices, ensuring you cook them through rather than simply browning them. If they start to go brown too quickly, take the pan off the heat and allow the residual heat to cook them through, if necessary. Once the garlic begins to brown around the edges, stir in the turmeric. Add the tomatoes to the pan and cook for about 15-20 minutes, or until they break down and are cooked through, then turn off the heat and set the pan aside.

Once the aubergines are cooked, score the aubergine skin from stalk to base and scoop out the flesh using a large spoon. Stir this into the garlic and tomatoes. Place the pan over a medium-high heat and cook through for a few minutes, mashing a little as you go. Lastly, add the tomato purée, sugar and sea salt, stir well and cook for a further 6-8 minutes, stirring occasionally to prevent the mixture from browning.

Make lots of little holes in the aubergine mixture and pour the beaten eggs straight into the pan, but do not stir in the egg. You want to ensure the eggs are cooking and solidifying before you incorporate them, they take about 5-6 minutes to become opaque. Once cooked, give the mixture one final stir and remove the pan from the heat. It's best served warm with bread but you can have it cold as well



Previous Events Report

Christmas Brunch– Report by Pamela Ballabh

It's the time of the year to celebrate and raise a toast for the coming year!

We had the last Outpost event of 2018 at Kelly's house to reminisce over memories and embrace new ones. The theme was an international potluck brunch. We had around fourteen participants for this event. The table was full with dishes from different parts of the world. We talked about the different dishes, ingredients and why its popular. We had the opportunity to eat some delicious food and shared our holiday plans. It was a nice gathering to socialize and meet new arrivals before they left for the year end holidays.





Welcome Morning Gathering 22nd Jan, 2019 - Report by Emma Lowe

Outpost's first coffee morning of 2019 was a very busy one, held at Sunita's place. It was lovely to see a turn out of so many people there including Shell's HR manager Olaf Maree taking his time to chat to groups and individuals with any questions.

Everyone enjoyed the lovely Indian food Sunita provided.

It was lovely to chat and catch up with old and new community members.





Recommendations from Outpost Whatsapp Group!

- **Restaurants' recommendation**
White Robata (Opera House)
Lunchroom (Sharq)
- **Facepaints shop**
Masquerade Store, Boulevard
Partyland, Symphony
Sultan Center Salmiya
- **Woodwork Shop**
Mishref Co-op
- **Doctors**
ENT - Salmiya (+965-25644660) – By Hamad AL Qenaei
Dermatologist- Dr. Ghada, Al Safat American Hospital (+965-97160322) – By Ayesha Abu Backer
Gynaecologist – Dr. Alia Hadi Al Ajmi (+965 60020894) Al Seef Hospital – By Rachel Clark
- **After School Activities**
www.kuwaitmomsguide.com/afterschool-activities.html
Sailing at Movenpick Al Bida – please check savannah.sailingshack.39 on facebook WhatsApp +965-99600066
Football – The Kuwait Harps Gaelic Football Team 248am.com/mark/sports/the-kuwait-harps-gaelic-football-team/2018-2019-season/
- **Currency Exchange**
Muzaini Exchange
Many exchanges in Old Souq near Saud Bin Abdul Aziz St, Al Kuwait (goo.gl/maps/A76SFPg5hGU2)
- **Party Booths / Online Catering**
Bilbayt app can be used to get party booths at your house. <https://bilbayt.com/kw/en>
- **Sports Massage Therapist**
Fawzia Sultan Rehabilitation (+965-25720338/25722034)
- **Notary Service**
Khadamat Express (+965-22252225)
- **Carpenter**
Kazim (+965 66274386/55032779)
- **Good Vegetarian Restaurant**
Greenland Vegetarian Restaurant at Souk Mubarakiya



Recommendations from Outpost Whatsapp Group!

- **Failakah Islands**
You can buy tickets at Ikarus, Marina Crescent (15 KD/person, includes boat round trip, buffet lunch, bus tour to the Greek ruins and also the wreck left by the war)
Ruins closed on Sunday
- **Boarding for Pets**
International Veterinary Hospital (IVH) – Ph: +965-90950202
Petland Kuwait
- **Travelling with Pets**
Cyrus Pet Travel (GM Ayda Sheller, Ph - +965 51198788); www.pettravelq8.com
- **Printing Pictures**
Co-operative Society
- **Computer Repair**
Marina Mall – Digits
Kuwait PC Repair - +91-8129201666 (Name – Shihab, can do a home visit)
- **High Speed Internet**
Fibre Optic Cable connection is a good starting point
5G wireless router from Zain or Ooredoo
- **Museums/ Places to Visit Recommendation**
Gas & Oil Company in Ahmadi (open 8AM-7PM on weekdays)
Tarek Rajab
Abdullah Al Salem Cultural Center
- **Physiotherapy /Chiropractor recommendation**
Dr Peter : Fawzia Rehab center on Baghdad St Salmiya **recommended by Leanne**
Dr. Thomas P Chickonoski (ATP medical) **recommended by Pamela H**
- **Curtains and Sofamaker**
Al-Burhani Golden Star Factory - Najmuddin (+965 97314031/50671741), Mustafa (+965 96683969)
 - **Only Curtains**

Danny ([+96594972170](tel:+96594972170)/[+96522456810](tel:+96522456810)) **recommended by Lidy**
Jamal ([+96550712417](tel:+96550712417)) **recommended by Pamela H, Delyth & Lidy**
- **Library**
British Ladies Society
Amricani Cultural Centre (small children library)
National Library of Kuwait - Al Ma'arri Street, Kuwait City (in front of Sadu House)
- **Used Book Store**
Yarmouk Culture Center
Better Books



Recommendations for Dentists

(Collated by Geurt Deinum)

Recommended By	Dentist	Comment
Luis Tovar	Asnan Tower in Salmiya	I went for a filling repair, and they wanted to charge 150 KD. I said I will come back later
Luis Tovar	Dr. Teeth Dental Care Center	Hi tech clinic, good service/attention, and the best of all .. great prices, I ended paying 40% of the price compared to the other place (Asnan Tower)
Claus von Winterfeld	Dr. Raed & Rania Shahin	I went to this place based on a recommendation from other people with direct "hands-on" experience and found that the dentist is very good, but expensive. I had the regular checkups incl. cleaning and some minor hole filling done.
Paula Caillaux	Asnan Tower in Salmya (www.asnan.com)	My dental experience in Kuwait is limited to orthodontics treatment for my kids and crown replacement. In comparison with other places I have been I find the clinic is very modern and the dentist very knowledgeable. The only disadvantage in comparison with other places is that it is very expensive.
Fenna Snater	German Smile Clinic	Visited twice following the recommendation of a colleague who visited the clinic with his family multiple times. The clinic is nice and pleasant. The dentist friendly. I had a tooth pulled and a general check up done as one tooth was (and is) hurting. Quality of the check up I will let you know once I have my teeth checked in Germany. Pulling of the tooth went fine. Fees are steep (90KD for pulling a tooth) but that may be no different from other locations ...
Yvette Warrlich	Dr. Nael (MaxioFacial Clinic), bone grafting	for implants; (Recommended via Outpost)
Yvette Warrlich	Orthodontist Dr Reddy-Early age ortho (3 in 1)	(Recommended via Outpost)
Maria Fuenmayor	orthodontist (Adnan Tower, Al Salmiya, +9651896666)	(Recommended via Outpost)



Dear Readers,

Would you like to recommend

A restaurant?

A Shop?

A Website?

Anything else that the community will benefit from?

Please let us know and we will share it in this space.

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