



## OUTPOST KUWAIT NEWSLETTER MAY 2018

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### Request for contributions

This newsletter will only be a success if we all send our contributions, ideas, tips, favourite recipes/restaurants, get-away ideas, thoughts, etc. to

[opkuwaitnewsletter@gmail.com](mailto:opkuwaitnewsletter@gmail.com) so

we can share them and make this newsletter a true source of info.

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

Thanks in advance,  
The Outpost Kuwait Team

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Hello Everyone,

With the summer set in and school holidays around the corner, most families are looking forward to their summer holidays. The Outpost Newsletter will also take a break and resume with the next edition in September. I would like to thank everyone who has contributed to this and previous issues of the Newsletter. We do intend to have a few morning gatherings for spouses during the summer for the few of us who are still around.

Since the last edition, we did a number of events including a family event “Taste of Ramadan”. We also did our first Career and Development workshop for the spouses, which was well received. You will find more details and some interesting pictures in the events report section.

The Outpost team is always looking for the community to share their new ideas/experiences/stories. You can also share your recommendations of any restaurant/clinic/event with us. These small bits of information are very helpful to the community.

Outpost works with the help of community volunteers, we look forward to more volunteers joining the team. Please get in touch with me if you are interested!

Happy Reading and hope to hear from you soon!

Sunita Wali

Focal Point



## Mark your calendar

### June 2018

4 Shell Ramadan Iftaar

### Sept 2018

19 Welcome Coffee Morning



**Note: dates and venues are subject to change.  
The Coffee Morning on June 4 has been cancelled.**

**Welcome to Kuwait the following Employees and their families**  
**Arrival in April /May 18**  
**Ahlan Wa Sahlan**

Mehran Moini  
Alastair John Stuart  
Ivo de Rijk  
Maria Dimos

## Meet the Outpost Kuwait Team

Focal Point	Sunita Wali
Events Coordinators	Helga Quint & Olga Shamanovska
Meet & Greet	Kelly Dueck
Website & Social Media	Pamela Ballabh
Parents Group	Olga Shamanovska
Newsletter	??? Vacant
Career & Development	??? Vacant
Volunteer (Newsletter Reviews)	Karen Beare



# RAMADAN

By TIES Center

**RAMADAN** is the ninth month of the lunar calendar, and the month during which the Prophet Muhammad received the first revelation of what comprises the Holy Quran. The Quran says, Muslims view Ramadan as a month of joy, goodwill and community spirit, rather than a month of hardship. There are many benefits from fasting: personal and communal, physical and spiritual.

## **GOD-CONSCIOUSNESS**

The fasting Muslim is aware that God knows and sees all things, and is conscious of His presence throughout the day.

## **WILL POWER**

After fasting an entire month, one develops confidence in oneself to meet any challenge with resolve, patience and faith in God.

## **COMPASSION**

Muslims are encouraged to be more charitable during Ramadan and to help anyone in need. Not only are sharing food and giving charity encouraged, but everything from a kind word to a smile is considered a charitable act.

## **WORSHIP**

It is a month for fortifying the soul through worship and God-consciousness.

## **HEALTH BENEFITS**

There are many health benefits to fasting, However, the Muslim's fast is an act of worship, a celebration of the Quran and an act of gratitude.

## Expat's Q&A about Ramadan

### **Q1: How should I greet Muslims on the occasion of Ramadan? How should I reply if they greet me?**

You can greet Muslims with "Ramadan Kareem" or "Ramadan Mubarak." If greeted first, it is sufficient (and easiest) to simply reply in the same words.

### **Q2: Should my public behavior change in Ramadan?**

Out of respect for those who are fasting, you should not eat, drink or smoke in public. As far as dressing is concerned, consider the Muslim's focus on physical abstinence, purity and God-consciousness, and adopt more modest clothing if necessary. Conversation is another consideration; some Muslims believe that expressing anger or engaging in gossip will break their fast or render it useless.

### **Q3: When and where can I eat during daylight hours?**

You can eat at home, in your private office, and in staff rooms designated for that purpose. If you must eat in public, be discreet. Remember, it is illegal in Kuwait to eat, drink or smoke in public during Ramadan.

### **Q4: What about restaurants?**

Restaurants will be open about 20-30 minutes before sunset, although you should wait for the call to prayer before you begin eating. Restaurants will stay open all night and until just before dawn. You can also call home delivery up to one hour before sunset and until dawn.

### **Q5: How should I handle food gifts from neighbors or colleagues?**

Never return the food, even if you don't like it. Return the dish with some home-cooked food if possible, or at least some fruits or ready sweets. If you receive food in disposable dishes, it is not necessary to reciprocate, but recommended. Children or maids can return or deliver dishes – the best time is just before sunset.



## Expat's Q&A about Ramadan

### **Q6: What should I expect if I accept an invitation to break fast?**

If you wish to take a friend or roommate with you, mentioned it to your host. However, you should not ask to take a girlfriend or boyfriend, as this may make your host very uncomfortable. Sweets or a gift for the home are customary but not necessary; don't be disappointed if your gift is not opened, served or mentioned at all. Upon arrival, if you notice shoes by the front door, follow suit. During dinner, you may compliment the food, the hosts' generosity, the home or family in general, but not a specific item in the home or a particular person. The family may pray together or the men may go to the mosque – just relax for a few minutes until they return. You should check the timing of the evening prayer (usually about 80 minutes after sunset) and leave just before that time. If your host burns incense after dinner, it may also signify that it is time to depart.

### **Q7: Can I invite Muslims to break fast in my house?**

This would be welcomed. If you have pets, it's best to keep them in a closed room. Your guests will want a place to pray in your home, or they may decide to pray first and then come – it is best to ask which they prefer. Offer dates to break the fast and plenty of drinks. For dinner, offer a variety of foods to satisfy everyone's preferences. Your guest may be shy so urge him to eat and serve him if he doesn't help himself. Finally, remember that there is never too much food!

### **Q8: What will happen on the roads?**

Especially in the first few days of Ramadan, fasting drivers are adjusting to reduced caffeine and broken sleep, so be careful! Accidents are common, adding to school-time rush hours. Be extremely cautious in pre-sunset driving as people are rushing to meet dinner appointments. There will be a 2-hour lull after sunset, but then traffic will pick up again and last through the night, especially in the days before Eid.

### **Q9: When is the best time to shop?**

Shops and malls are usually closed around 4-8 pm but may stay open past midnight. Supermarkets are most crowded Thursday through Saturday; the best time to shop is after sunset or early morning. Shops in the last week of Ramadan are extremely busy.

### **Q10: As a teacher, should I have special considerations for students?**

Although some students will use fasting as an excuse for lapses in performance, it is not. Nevertheless, students will have less time for homework due to religious and social activities. They may be less attentive in class due to broken sleep and dehydration. PE teachers should avoid dehydrating students who will be less inclined to physical activity anyway.

### **Q11: Will my paperwork get done?**

Work in government offices is notoriously slow in Ramadan. Many employees and officials take leave during Ramadan, and those who show up are much less productive. Avoid starting paperwork in Ramadan if you can.

### **Q12: How should I look at non-productivity? excessiveness?**

Islam encourages productivity, cheerfulness and moderation whether it is Ramadan or not. But no one is perfect. Remember that Ramadan is a "training period" to develop one's self-discipline, compassion and God-consciousness. Certainly everyone is trying his best, but no one benefits from Ramadan as much as he can.

### **Q13: How should I greet Muslims in Eid?**

"Eid Mubarak!" Calls, phone messages and greeting cards are welcome, in that order of preference, for the three days of Eid or just prior to it.

### **Q14: Should I fast?**

Fasting at least for a few days is an interesting and meaningful experience that you might like to try, but not without careful preparations: reduce caffeine in the days before the fast, have a light but nutritious pre-dawn meal with plenty of liquids, avoid strenuous activity early in the day, and avoid fatty foods at night.

## Recipe - Chicken Satay

*By Zida Zainal*



### Ingredients;

½tsp chilli powder  
2tbls sugar  
½tsp salt  
1tsp tumeric powder  
2 chicken breasts, cut into 2cm cubes  
1 stalk lemon grass, thick end slightly bruised for brushing during grilling  
onion, sliced to serve  
cucumber, sliced to serve  
oil for brushing  
skewers soaked in water for at least 1 hour

### Spice Paste

1tbls coriander seeds  
3 stalks lemon grass, out layer removed, inner part sliced  
2 cloves garlic, peeled  
5 shallots/1 large onion, peeled  
2tbls oil

### Method;

1. For the spice paste, grind everything together in chopper/food processor. You can use either water or cooking oil to get the blade moving. Mix the paste with the chilli powder, sugar, salt and turmeric powder, and marinate the chicken cubes for at least 12 hours.
2. Thread 3-4 pieces of the marinated chicken onto each skewer until all chicken pieces are used up.
3. Grill the skewers on the BBQ, constantly brushing with lemon grass dipped in the oil. Turn the skewers frequently to prevent the meat from burning. The chicken should be slightly charred on the outside and just cooked on the inside.
4. Serve with a bowl of Satay Sauce and sliced cucumber, onion and compressed rice to the side.

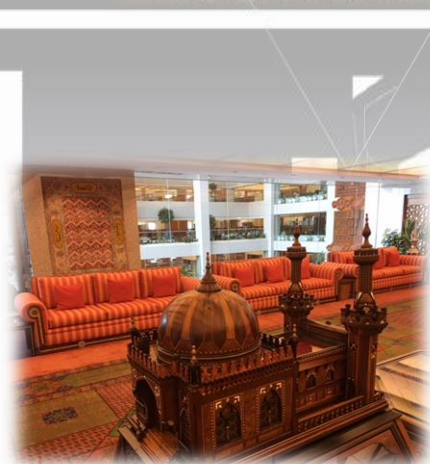
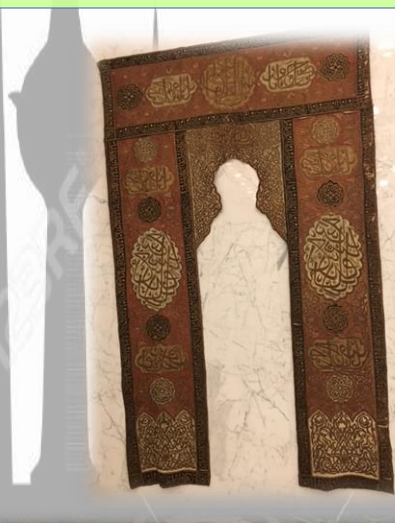




## Previous Events Report

### Visit to Arab Foundation

We had an amazing visit to the Arab Fund for economic and social development on 9<sup>th</sup> April 2018. This building houses 4 different organisations, and is located in Shuwaikh. It is a gem of modern and traditional architecture. Mr Ziyad was our guide and he told us a lot about the building. It took 43 months to build and the walnut front door weighs a mere 1250 kg. We saw many conference rooms where cables are neatly hidden and with tables of American cherry wood. The reception rooms were beautiful as well; one was decorated with 125 year old Syrian benches. Throughout the building we admired the antiques from Syria and Egypt, mosaic from Morocco, the more than 2400 plants and the marble from India and Italy, not to forget the beautiful chandeliers. On the first floor we had a nice coffee/tea break during which we could socialize with each other. We finished the tour at one of the meeting rooms that was decorated with modern paintings. For more information, please see [www.arabfund.org](http://www.arabfund.org)







#### **Morning Gathering with Expat Archive center chat on 26<sup>th</sup> May**

At the end of April I hosted a gathering for Outpost at my apartment in Bneid Al-Gar. There were more than ten ladies and we had coffee, tea and homemade cake. I took the opportunity to explain something about the Expat Archive Centre in the Hague, a place I had visited several times for my studies. This year, the Centre is 10 years old and recently there has been a travelling art exhibition in the Hague to commemorate this event. The Centre presents itself as an independant home for expat life stories and they allowed me to use their presentation.

The EAC mission is to collect and preserve the life stories of expatriates worldwide for future research into global migration history. This history recollects the expatriate experience of Judy Moody-Stuart, who already suggested in 1991, that there should be some recognition of the role of the Shell employee partners and their families. Two books were published by Outpost: 'Life on the move' and 'Life now'. The collection of stories also became valuable for academics. From 2003 the Outpost Family Archive was created as an offshoot of Outpost and in 2008 the Stichting Expatriate Archive Centre became officially independant, being able to collect materials from expats all over the world, regardless of nationality or company.

Since then, 30 metres of shelves with materials have been gathered, from 120 different collections, in 20 different languages and covering over 80 countries. Some examples: A Neptune diploma of 1947, a tradition that continues to this day, in that new sailors in the Navy are given an initiation ceremony the first time they cross the Equator; a price list of exotic potions from 'The Head of Snake Chairman', when visiting a 1970s Shell camp in Warri, Nigeria; photos of a Sinterklaas and Zwarte Piet visit in 1966 to Port Harcourt, Nigeria.

As one researcher mentioned: 'My visit to the EAC gave me more insight into my own process and myself and the dilemmas I am facing as an expat. The existence of EAC reflects our society; nowadays there is more interest in the so called 'social history', the lived experience of ordinary people in primary sources, as distinguished from the sweeping events of political history in secondary evidence.

More information on EAC can be found on their website: [www.xpatarchive.com](http://www.xpatarchive.com).

Thank you to Outpost for organising this event,

**Heleen Baars**





## Women4Women; Personal & Career Development Workshop

By Mia Van der Heijden

Many of us have ideas of what we want to do personally as well as professionally, but many times these ideas do not get translated into actions. This workshop helped in taking the first steps in this area. The success team is a great support for people to keep moving forward and developing.

The objective of the workshop was to:

- Acquire tools to deal with personal, career and cultural challenges.
- Define a personal/career goal and break it down into doable steps.
- Put together a success team to create a support network for continuous learning.

The workshop also delved into the challenges of cultural differences which is very relevant for the whole expat community.

The workshop was held on the 1st of May in Shell Kuwait office.

Mia is a Certified Coach & Corporate Trainer with a Coaching degree by Coaching Development, London England.

### Breakfast in Kuwait Tower on 9<sup>th</sup> May

Many of the ladies came to enjoy breakfast at the Horizon restaurant in one of the Kuwait Towers, despite the sandy weather.

The breakfast had lots of tasty dishes of international cuisine, as well as a delicious dessert. Since the restaurant is located 83 meters above sea level, we could even get a beautiful view of Kuwait City by the end of breakfast.

After we had enjoyed the food, we all went up to the viewing deck to try to get some more views and experience the rotation of the sphere.

Kuwaiti Towers is a place definitely worth visiting again!





### A coffee gathering at Anina von Winterfeld's house with Art Display on 21<sup>st</sup> May

Our last morning gathering before the summer break was held at Anina's house. Anina is an accomplished and passionate artist. She gave us a presentation about her art and inspirations and then we had the opportunity to see her art collection around the house, which was an exceptional experience for all of us. Anina specializes in collage, mixed media techniques using natural materials such as sand, marble powder, lime putty, color pigments, bone glue and waxes.

The artwork in her home gallery was truly impressive! Thank you Anina for hosting the gathering, it was a wonderful morning!







### Ramadan evening at Ties Center

We had a very nice evening at Ties Center in a beautifully decorated room on 24th May 2018. The Ramadan event started with a presentation by Teresa Leshar, the director of Ties Center. As a few people were at Ties Center for the first time she gave a short introduction to the organisation. Then she started with the question 'What is Ramadhan'. A lot of people think that it's a month of fasting but actually it's the month in which the Quran was first revealed. Believers in the Quran fast during Ramadan. They refrain from eating food, drinking, marital intimacy and smoking in daylight hours. She talked about subjects such as the main benefits of fasting, the health benefits of fasting and the five acts of Worship in Islam.

After the presentation, when the Sun had gone down, it was time to break the fast with various fruit juices and dates. Everyone seemed to enjoy the Iftar buffet afterwards with Ramadan dishes like harees and jareesh (stewing dishes with wheat and meat) and familiar Kuwaiti food like mutabil, fatoush, chicken machboos and um ali (a dessert). Coffee and tea were served after dinner.

The children had already been looking at the bowl with sweets and the presents on the stage. At last they were handed out to them on the occasion of Girgean. Girgean takes place on the 13th, 14th and 15th day of Ramadan, full moon days, during which children wear traditional, festive clothes and when they sing blessings in front of their neighbours' homes. The more they sing the more nuts and sweets they receive. A few kids of our group were nicely dressed in traditional Kuwaiti clothes as well.

The last part of the evening was a lot of fun. All the women could dress up in a traditional Kuwaiti thobe and the men in a bisht. Pictures of couples were taken and everyone had a good laugh.

For more information on the activities and courses at Ties Center, please have a look at their website [www.tiescenter.net](http://www.tiescenter.net). Last but not least you can participate in the Ramadan fasting challenge on 2nd June 2018 in cooperation with Ties Center to get an idea of how it is to fast.





## Recommendations from Outpost Whatsapp Group!

- **Curtains and Sofamaker**  
Al-Burhani Golden Star Factory  
Najmuddin (+965 97314031/50671741), Mustafa (+965 96683969)
- **Carpenter**  
Kazim (+965 66274386/55032779)
- **Beauty Treatment**  
Zhenya (+965 65517261)  
She offers facial treatment, waxing, sugaring services, eyelash extensions, eyebrows modelling and painting
- **Computer/cell phone Repair**  
Numerous shops on Bin Khaldoun street, Hawally
- **GA Photography**  
Karen Mcconnachie (+965 60396556)  
Kids parties, informal children shots, print photo/photobooks/wall art/desk art
- **Artwork**  
Anina von Winterfeld (+965 50209702)  
Anina specializes in collage, mixed media techniques using natural materials such as sand, marble powder, lime putty, color pigments, bone glue and waxes
- **Car License Renewal**  
For inspection, the car owner must be present  
You have to organize 3<sup>rd</sup> party insurance
- **Good Vegetarian Restaurant**  
Greenland Vegetarian Restaurant at Souk Mubarakia
- **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 wreckage 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](http://www.pettravelq8.com)





## Recommendations from Outpost Whatsapp Group!

- **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
- **Places to Visit**  
Gas & Oil Company in Ahmadi (open 8AM-7PM on weekdays and Saturday). It is interactive; kids will enjoy
- **Curtain and Sofa Maker**  
Al-Burhani Golden Star Factory (Nazmuddin +965-97314031/50671741, Mustafa +965- 96683969)
- **National Library of Kuwait**  
Al Ma'arri Street, Kuwait City (in front of Sadu House)
- **Dentist**  
I Smile Dental Center (Dr. Kinda S. El-Mustafa)  
German Smile Center (Dr. Raed Z. Shahin)
- **Dental/Orthodontal**  
Orthodontist (Adnan Tower, Al Salmiya, [+9651896666](tel:+9651896666)) **recommended by Maria F**  
Dr. Nael (MaxioFacial Clinic), for implants, bone grafting **recommended by Yvette**  
Orthodontist Dr Reddy-Early age ortho (3 in 1) **recommended by Yvette**
- **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**
- **Place to get curtains made**  
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)
- **Used Book Store**  
Yarmouk Culture Center  
Better Books



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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