



OUTPOST KUWAIT NEWSLETTER NOVEMBER 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 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,

I hope that you are all enjoying the cool weather!

We have been pretty busy for the last two months. We always want to make the most of the pleasant weather. We organised two family events, a trip to the Aquarium in October and the Old Kuwait City tour very recently. Both events were very well attended. You will see more about these and other events in the later sections.

The weather lately has been somewhat unusual for Kuwait. It is important for all of us to be safe in these and all situations. There is a piece included which details the Shell Warden System. Some of the spouses may not be aware of the Shell Warden System which allows fast communication should an emergency arise.

I am pleased to inform you that the Outpost team has been further strengthened by the addition of Lynne Moini and Gaby Landino who both joined us recently.

In this issue, we bring you an article about a weekend escape to Oman. We would love it if you would also share your travel stories with our community.

Wishing you all a very enjoyable festive season!

Sunita Wali
Focal Point



Mark your calendar

December 2018

- 3 Christmas International Brunch
- 8 Shell 70 Years in Kuwait Celebration



January 2019

- 22 Welcome Coffee Morning
- TBD Malaysian Cooking Demo

February 2019

- 4 Spouses' Morning Gathering
- 9 Family Event - Picnic

Note: dates and venues are subject to change.

Welcome to Kuwait the following Employees and their families
Arrival in Oct to Nov 18
Ahlan Wa Sahlan

Alexander Gorlov

Olaf Maree

Amr Chams

Khatan Ansari

Tamer Saada

Abhijit Mookerjee

Minquan Jin

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



WARDEN SYSTEM IN KUWAIT – you should know your Warden!!

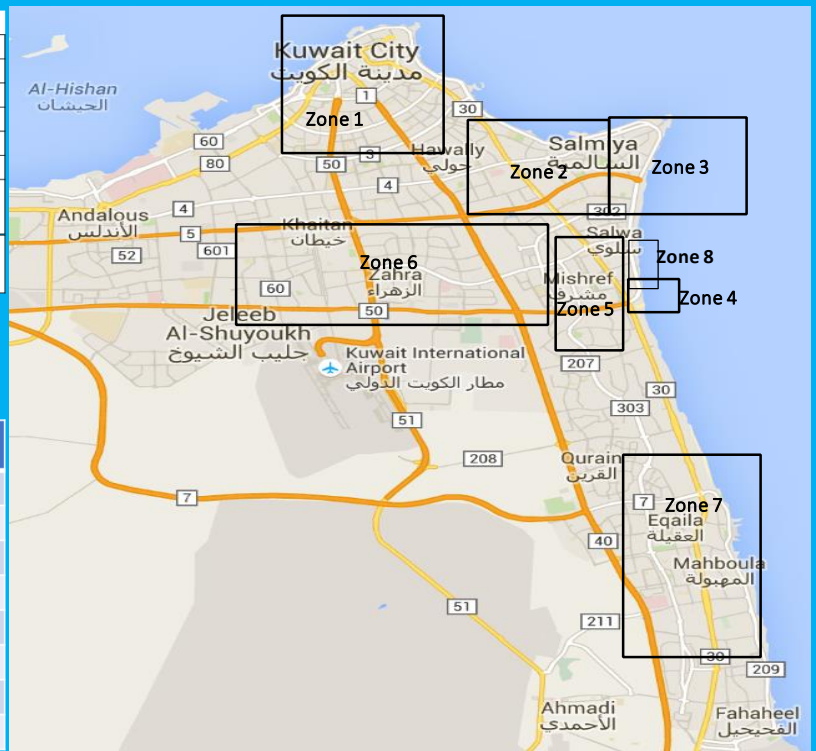
- A well organized and efficient warden system is essential for Shell to carry out its primary function of **assisting Shell staff in times of crisis**.
- The objective of the warden system is to provide a **reliable way to reach Shell staff** in the event of an emergency, disaster, or threat, and to distribute other information of interest to Shell staff
- The Warden system includes the **Chief Warden who is responsible for management of the warden system**, for each zone there are a Primary Warden and Secondary Warden

Make sure to know your zone Warden!

Zones	
Zone 1	Kuwait City, Hotel JW Marriott
Zone 2	West Salmiya area
Zone 3	East Salmiya area
Zone 4	Hotel Jumeirah
Zone 5	Rumaithiya, Salwa, Mishref, Hotel Movenpick Al-Bidaa
Zone 6	West Mishref
Zone 7	South (Messila, Fintas, Oqaila, Mahboula, Manqaf) + Hotel Hilton
Zone 8	Movenpick Hotel

Chief Warden : John Rice

	Primary Warden	Secondary Warden
1	Coen Rodenboog	Michael Ruf
2	David Beare	Frank Hessels
3	Steve Miller	Ahmed Soliman
4	Gerbert de Bruijn	Steve Burnett
5	Jules Borm	Karim Shaikh
6	Ramzi Abdulkadir	Darren Lowe
7	Lucy Jean	Gert-Jan Reijnders
8	Malcolm Dransfield	Cor Kuijvenhoven





And the winners are

We had two winners for the raffle draw of all the respondents of the **Outpost Survey**. The lucky winners were Gabriela Landino and Steve Burnett. The winners received an AL Shaya gift card of 10 KD each.



Long Weekend in Oman

By: Kelly Dueck

Our family recently spent a long weekend in Oman. Now I know many of you who have been on this expat circuit for some time have lived there... you can skip this article.. this is not for you, you know all that I am about to share.. or you can read it and reminisce about the good times you had there – there must have been many!

Oman is a beautiful country. Upon driving from the airport to the Shangri-La hotel, our first stop, we immediately noticed two things – it is VERY clean and well kept and people are very friendly. I think our taxi driver was sad that I was too tired to engage in much discussion. But he offered to make stops for us and pulled over and let us admire the view as we drove along the high cliffs that overlooked the sea.

With two children the Shangri-La was an excellent place to stay (albeit expensive)! There are so many activities to keep everyone in the family happy. Pools, a lazy river, a beach (that is clean and in November the water a perfect temperature), there are kayaks to use for free and many other water activities you could do for a fee as well as a tennis court. There is also a kids club for 7 – 12 + that is basically a huge indoor climbing frame with slides etc.. and your typical kids club for the wee ones. There is a spa on site! We were all very relaxed here!

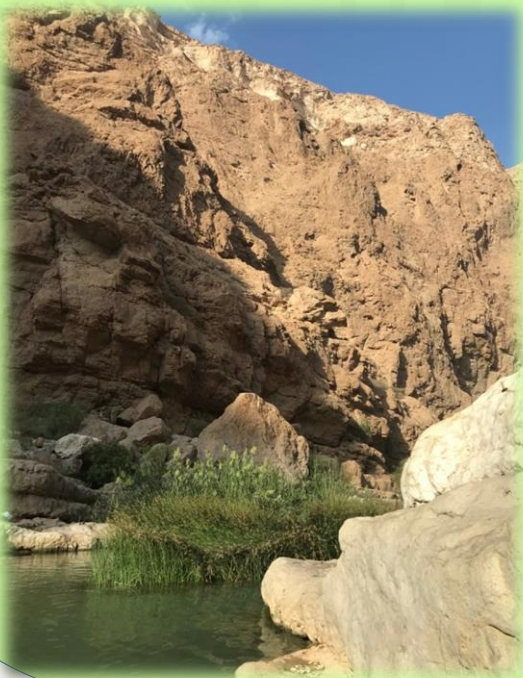
During our stay we went out on a boat with a local guide to fish and snorkel. We brought back two tuna that we enjoyed for dinner that night!

After this we ventured out to the desert for a night in a “desert camp”. The drive out was about 3 hours – and very easy – the highways are very new, very clean and with little traffic (and the drivers that are on the road were very safe). Only for the last bit did we have to drive off-road through the sand. However, you can hire a driver for this if you prefer. There are many desert camps to choose from that all offer the typical desert activities – sand bashing, sand boarding, camel riding etc.. We arrived just in time to watch the sunset from atop a huge sand dune!

On our way back to Muscat we stopped and hiked Wadi Shab. Hiking the wadis (dry riverbeds) seems to be a past time in Oman. We were rewarded at the end with a natural pool to swim in, cliffs to jump off and even, after swimming through a small crevice, a waterfall!

We only spent one day in the city of Muscat during which we visited the Souk , which has much more traditional goods and souvenirs than the souk here in Kuwait. We also visited one museum, there are many others, we will have to do those on our next trip! We also must return for the (mountain) hiking and biking, scuba diving and many other activities we could not fit into one weekend!

All in all Oman was an excellent long weekend away – a short and direct flight from Kuwait with so many options of things to do. It is a bit on the expensive side but that seems to be common for Middle East destinations. We recommend it for sure!



Butter Prawns

By Zida Zainal



Food Canon

Ingredients;

600g large fresh prawns (de-veined but tail on)
1 egg
2-3tbs butter
2 red chillies, sliced
10-15 curry leaves
3 cloves garlic, minced
170g evaporated milk
1 cup grated coconut, dry-fried until golden brown
1tbs sugar
oil to fry the prawns
salt to taste

Method;

1. Fry the prawns in hot oil until golden brown, about 3 min. Remove from the oil and set aside to drain.
2. Melt the butter in the pan and sauté the chillies, curry leaves and minced garlic for about 2 min.
3. Add evaporated milk. After 2 min, add the egg and make sure to stir so the eggs wont curdle too much.
4. Add the prawns, grated coconut and sugar and stir-fry briskly over high heat for 1-2 min. Season taste. Serve immediately.



Previous Events Report

Clay Art Demo by Sangita Desai – Report by Emma Lowe

Sangita Desai is an artist from India who has lived in Kuwait for 28 years. She creates clay name plates, decorations and paintings in a wide range of designs on wood, glass or mirror from art on small tiles to very large wall pieces.

Sunita welcomed Sangita to her home along with some of the Outpost ladies so she could demonstrate how she creates her beautiful designs, and so she did very confidently make a demonstration piece for us on wood using paint and moulding clay. She made it look very easy and it I would take me much longer to make I think!





Visit to Aquarium - Report by Olga Shamanovska

The Scientific Center of Kuwait, located in Salmiya, serves as a center for environmental education of the Arabian Gulf. It spans over 80,000 square meters and also houses the largest aquarium in the Middle East after Dubai, holding over 100 different species of animals. This aquarium was the destination for our Outpost event on October 12 and everyone thoroughly enjoyed seeing the many different kinds of fish and sharks. Additionally, there were visual representations of the nature of the Kuwaiti desert, sea and coastline with it's wildlife and marine life. It was truly a great family outing that is worth repeating.



Morning Gathering at Anette's on 15 October

Thanks to Anette, our wonderful host, for opening her lovely house to all of us and also displaying her beautiful quilts. This gathering was special as everyone could say goodbye to Helga.



Brunch at Lunch Room on 24 Oct – Report by Saman Aamer

The Lunch Room is a very nice venue for brunch that is situated in Sharq. They serve a fusion of many different types of food and they particularly specialise in egg based breakfast dishes that are served all day.

On a beautiful sunny morning in October a group of nine ladies got together there and enjoyed a delicious brunch. We tried different dishes such as Bombay toast, bresaola avocado, dosa, chicken tikka and of course scrambled eggs.

The staff were friendly and helpful and the food presentation was great. We all took pictures of our fancy looking food and enjoyed a lovely morning filled with laughter, chatter and delicious food.





Visit to Tareq Rajab Museum – Report by Pamela Ballabh

A group of thirteen Shell Outpost ladies went on guided tour of the Tareq Rajab Museum on 8th Nov.

The museum was founded by Tareq Sayed Rajab and his wife Jehan Wellborne in 1980. The tour guides explained about the fascinating collection of over thirty thousand items collected over the last fifty years. It is divided into 2 parts. Area A has exhibits like calligraphy, manuscripts, miniatures, ceramics, carvings, etc. Area B contains objects produced in the Islamic world during the last 250 years (costumes, jewelry, textiles and musical instruments). It gave us a lot of insight about Islamic tradition and culture.





Morning Walk in Shaheed Park - Report by Olga Shamanovska

Al Shaheed park, located on the periphery of Kuwait City, narrates the story of a land, its history and culture. The park consists of 200,000 m² of greenery, two museums - Thekra & the Habitat, a visitor center, a lake, walkways and jogging tracks, making it the largest urban park in Kuwait.

Heleen Baars kindly volunteered to be the guide for a Shell Outpost organized walk in phase 2 of Al Shaheed park. Phase 2 has many interesting features such as maps of old and modern Kuwait, the fog and star fountain, the plaza tunnel (that leads to the fountain wall), the amphitheater and the palm tree forest. The weather was perfect making it a great moment to explore one of Kuwait's nicest parks. The ladies had a wonderful time during the tour and afterwards when they enjoyed coffee and breakfast in the authentic 'Ayame' restaurant.





Guided tour to Old Kuwait City on 24th November

After days of rain and uncertain weather, we were apprehensive as to whether we would be able to go ahead with this tour, as it is primarily an outdoors event. However, we were lucky, since it turned out to be a fine day. The tour included three historical sites: Khalifa Mosque, the oldest mosque in Kuwait, The Old Gate of Kuwait and Naif Palace. Dr Ibrahim Adsani, from Aware Center, was our guide. He was very knowledgeable and softly spoken and he explained everything very well and answered all our questions.

Our third and final stop was Naif Palace. We were pleasantly surprised with the kind of welcome we received there. The staff took us around the palace and explained all the details. With so many staff members and camera men/women around, we really felt special. At the end of the tour of Naif Palace the staff offered us “refreshments”, which it turned out was an elaborate spread of snacks and desserts.





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
- **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/](https://www.facebook.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**
Bilbayt app can be used to get party booths at your house
- **Sports Massage Therapist**
Fawzia Sultan Rehabilitation (+965-25720338/25722034)
- **Museum Recommendation**
Tarek Rajab
Abdullah Al Salem Cultural Center
- **Notary Service**
Khadamat Express (+965-22252225)
- **Carpenter**
Kazim (+965 66274386/55032779)
- **Good Vegetarian Restaurant**
Greenland Vegetarian Restaurant at Souk Mubarakia



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 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
- **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 Oreedoo
- **Places to Visit**
Gas & Oil Company in Ahmadi (open 8AM-7PM on weekdays and Saturday). It is interactive; kids will enjoy
- **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
Americani 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 Salmiya (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	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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