



OUTPOST KUWAIT NEWSLETTER SEPTEMBER 2018

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(Includes Dentist list by Geurt Deinum)

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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Welcome Back Everyone,

We had a wonderful start to the season with a Welcome Morning gathering in Jumeirah that was very well attended. More on this later in the issue.

Thank you very much to all those who responded to our survey. We received 66 responses. We are looking at your suggestions seriously and will hopefully incorporate them into our activities.

There are a few changes to the Outpost Team. Helga Quint, a stalwart of our Outpost Kuwait team, will be leaving soon. I would like to thank Helga for her passion for finding new things and organizing events so immaculately. Saman Aamer, who recently arrived in Kuwait from Canada, has joined our team. I wish both Helga and Saman the best of luck in their respective journeys.

In this issue, we bring you a travelogue on Kenya and Tanzania by Pamela Ballabh. We would love it if you would also share your travel stories with our community.

Happy Reading and hope to hear from you soon!

Sunita Wali
Focal Point



Mark your calendar

October 2018

7	Clay Art Demo
12	Visit to Oil & Gas Museum
15	Coffee Morning
30	Brunch



November 2018

8	Visit to Tarek Rajab Museum
18	Morning Walk
24	Kuwait City Tour
TBD	Shell Family Day - BBQ

December 2018

3	International Christmas Brunch
TBD	Shell Christmas Party

Note: dates and venues are subject to change.

Welcome to Kuwait the following Employees and their families
Arrival in June to Sept 18
Ahlan Wa Sahlan

Robert Clinton	Issa Abu Sheikh
Kathleen Heller	Aamer Ahmed
Harm Drenth	Benjamin Mowad
Willem Geldof	Dan Bosilca
Najat Al Ajeel	Sayed Zaigham Rizvi
Farah Mohammadi	Nashaat Farah
Ralph Schulz	Lala Aghazada

Meet the Outpost Kuwait Team

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





Hello
Kuwait

From Recent Arrivals

Hello, we are family De Rijk, nice to meet you all! We moved to Kuwait in May, after living in Qatar for the past 4 years.

Ivo works with a small group of Shell colleagues on a project within KNPC, Mischa has a regional job for Philips, our daughter Fien just turned 4 years old and is going to TES and our son Mees who is 2.5 years old will join her soon.

We spend most of our free time at the pool or beach with the kids. In Qatar we loved to go to the desert or spend time with friends and neighbours at the compound.

We are looking forward to get to know you all!

My name is Saman Aamer. My husband and I moved to Kuwait from Calgary, Canada. It's like moving from one extreme weather to the other. However, I prefer the heat over the freezing cold. Weather wise Kuwait reminds me of our time in Houston, USA and in Abu Dhabi, U.A.E.

With each move leaving behind friends and my job is the hardest thing. I am an ESL (English as a second language) Instructor and was teaching English to adults (new immigrants /refugees) in Canada at a non-profit organization. Teaching is my passion and I already miss not working. Not sure what are my options in Kuwait.

Anyway, these days enjoying the hotel life and looking forward to our new home in Kuwait.

Hi my name is Iffat Rizvi, we came from Edmonton Canada. I am a homemaker and I have a boy 10 and a girl 8.

End of July we moved to Kuwait. Next month we will be moving to our house and hoping to have our sea shipment by the end of October. Lots of work to be done in regards to settling in Kuwait. So far I am enjoying the big change even though the weather is too hot and lifestyle is different than Canada.

Hopefully, I will gather lots of good memories with me on the way back to Canada.

My name is Angelika Wulff, my husband and I moved to Kuwait in August. We came directly from Oman where we had been living for 7 years. Before that we were in Brunei, Australia, The Netherlands, Norway and Japan. We are both Germans from Berlin.

I love traveling, water sports (swimming, snorkeling, diving, kayaking), hiking, and I am practicing Yoga regularly. In Oman I joined the PDO club's pottery group and would like to continue with it.

My husband and I enjoyed very much going to the Opera in Oman and look forward to attending some performances here.

I also hope to be able to work here in Kuwait as Reservoir Geophysicist.

My name is Mays Hraibat, and I transferred to Kuwait with my husband, three daughters and baby son. They are 12, 10, 7 and 8 months old. We are a Palestinian-Dutch family who enjoy traveling, nature, culture and trying new things. We transferred here from Abu Dhabi but we lived before that in Oman, Holland, and Brunei. We are excited to settle in Kuwait as our new home.

I have many hobbies but I find myself doing most, is cooking and playing tennis. I enjoy cooking as it reflects country spirits and taste and I do play tennis as a world-wide sport.

I would love to learn the Kuwaiti tradition, culture, history, cuisine, and modern and old lifestyle with my family and hope to enjoy Kuwait as much as I loved Abu Dhabi.

African Safari in Kenya & Tanzania

By: Pamela Roy Ballabh

During the Eid holidays, my family (Saptarshi, our daughter Sneha and myself) took off on an **African Safari to Kenya and Tanzania**. It was our first trip to Africa and we were very excited. We had booked through an agency based in Tanzania, who took care of the entire trip. We had around 11 days to see Kenya's Masai Mara National Reserve, followed by Serengeti National Reserve, Ngorongoro National Park and Lake Manyara in Tanzania. We wanted to catch a glimpse of the Big 5 on our African Safari. The Big 5 consists of the male lion, buffalo, leopard, elephant and rhinoceros.

Kenya, Nairobi-We arrived a day before, and next morning, we set off on our journey to Masai Mara with our guide, in a white Toyota Land cruiser. We made a quick stop to see the Rift Valley on our way.

Masai Mara National Reserve-It was our first day of the safari. Our guide opened the roof of the vehicle so that we could stand and view the wild animals. Masai Mara has long, yellow grasslands called Savannas. We saw plenty of zebras, giraffes, buffaloes, impalas and wildebeest. After finishing our game drive by 6pm, we visited a Masai village and my husband danced with the tribe and was crowned a warrior. We saw a beautiful sunset and went to our camp. It was a long day; however, the camp's BBQ, bonfire and musician cheered us. After dinner, we were escorted by a Masai with a rifle and torch to our tent. He said it wasn't safe to go in the dark as there were wild animals around.

Next day, we passed by impalas, zebras (two kinds), Thomson's gazelles, and different birds like ostrich, eagles and vultures. In the afternoon we saw some lionesses, trying to hunt a Thompson gazelle and they walked right by our vehicle. Scary! We saw cheetahs, herds of elephants and happily took pictures of them. We were very lucky to see migration of wildebeests and zebras across the Mara river. All the tourist vans raced towards the river to get the best viewing spot. As of this point, we had seen two (buffalo and elephant) of the Big 5.

Tanzania through Masai Mara-Early next morning, we drove through the Mara Triangle, which is highly protected because animals reproduce there. It was a long drive towards the Tanzania border, it was okay as we saw lot of animals up close. We went through border control to switch guides and vehicle at the border.

Serengeti-We drove off to Bush camp at Serengeti National Park. Even before entering the park we saw animals like zebras, wildebeest and giraffes on the side of the road. Our guide said that our camp was inside the park, and it didn't have any fences around it. We flooded him with questions... was it safe? Can they come inside the tent at night? Would we be gobbled up by animals? We reached the camp and the Masai people escorted us to our tent. We could see hyenas and warthogs in the tall, yellow grass at a distance. Hot shower, fresh buffet dinner and off to sleep.



African Safari in Kenya & Tanzania

North Serengeti-After an early breakfast and carrying picnic lunch boxes, we headed out to see migration. We saw crocodiles, lot of hippos, colorful birds and Agama lizards. We depended on our guide to take us to the right spot to see migration, which can be anywhere near the Mara river, particularly because Serengeti is ten times bigger than Masai Mara. We were so lucky to see thousands of zebras and wildebeests crossing the river. It was spectacular and took about 45 minutes. We were so happy as they crossed safely without being eaten by crocodiles. It was a day to remember. Absolutely amazing!

We drove to **Central Serengeti** from there and camped in the wild. On that night, from our tent, we could hear lions, hyenas and buffaloes. There was too much noise and upon opening the canvas window zipper, I could only see glowing eyes. We weren't allowed to go outside the tent at night. The lionesses were hunting a buffalo and the hyenas joined in. In the morning, we saw a lion next to our camp, eating leftovers of the buffalo. We had a game drive here and saw lions, elephants, hippos, waterbucks, giraffes, jackals, foxes, Guinea fowl, secretary birds and kingfishers. Around noon, our guide pointed out a leopard on a tree, completely camouflaged.

From Serengeti National Park, we drove off to the **Ngorongoro crater**, which is home for the black two horned rhinos and lots of other animals.

At the crater, we saw a pride of lionesses and lions walking by our van. It was a great start. After some wait we saw them hunt down a wildebeest. We saw lots of animals we didn't know about, like hartebeest, dik-dik, eland. There were lot of yellow billed storks and pink flamingos at Lake Magadi. Our guide explained to us about their habits, lifespan and gestation period. After spotting the rhino, we rejoiced at having completed our spotting of the BIG 5! The crater is very picturesque and there was a ring of cloud surrounding it. Totally breathtaking, natural beauty. We stayed at the Sopa Lodge, and our room had a stunning view of the crater. Around midday, we left the crater and headed to Lake Manyara National Park. We bought some souvenirs from the craft factory on our way.

Lake Manyara is a tropical rainforest, with swamps and tree climbing lions. We spent the day spotting animals and birds and saw a very different landscape from the one we had experienced over the past few days. We spent the night in a resort with a lake view and our room was designed like a Masai hut. Next day was the day to say goodbye and we headed off to Kilimanjaro Airport. We saw the snowcapped Kilimanjaro on our way to the airport. After thanking and tipping the guide generously we took our flight back to Kuwait. We came back to Kuwait with wonderful memories of our first safari which we will cherish for years to come.



Nyonya Sayur Lemak (Veggie Stew)

By Zida Zainal



Ingredients;

- 1 carrot
- 1 spender Asian eggplant
- 1 small bangkuang (jicama), can be substituted with turnip
- 3 long beans or 12 green beans
- ¼ small cabbage
- 1 cake firm tofu (250g), drained
- 375ml/1 can coconut milk
- 375ml water
- oil to shallow-fry the tofu
- salt to taste

Spice Paste

- 1tsp dried prawns, soaked for 5min in warm water and drained
- 2 red chillies, sliced
- 5 shallots/1 large onion
- ½tsp tumeric powder

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. Set aside.
2. Quarter the carrot and eggplant lengthwise and cut into 4cm-long length. Sliced the jicama/turnip and beans into same length. Then sliced the cabbage into bite-sized chunks.
3. Pan-fry the tofu in a large wok over medium heat until golden brown, about 3 min on each side. Remove from oil and set aside to drain on paper towels. Let it cool, then cut into 8 pieces.
4. In the same wok, stir-fry the spice paste over medium heat for 7min until fragrant. Add the water and coconut milk and slowly bring to a boil. Add the prepared vegetables and season with salt. Stir gently and bring to a boil. Reduce the heat, add the tofu and simmer, for 5min until vegetables are just cooked. Serve hot.



Previous Events Report

Morning Gatherings during Summer

During summer months of June/July and August, there were only a few of us around. We got together on the July 1st at Sunita's, on 30th July at Paul's in Marina Mall and 3rd Sept at Antonella's. At Antonella's we had a decent turnout as many people had already returned to Kuwait. We enjoyed the great conversations around how people had spent their summer holidays.





Welcome Morning Gathering in Jumeirah

On September 19, 2018 we had a great turn out of about thirty ladies for the 'Welcome Coffee Morning' at Jumeirah Hotel. Ladies got a chance to meet some newcomers and have a chit chat whilst enjoying some delicious snacks.

Outpost had organized a short presentation by Antonella Spring, on "Construction Workers in Bangalore". Antonella has written two children's books on this topic. She spoke about migrant workers and their children, and the temporary slums they live in. Everyone took a keen interest in the topic. Many ladies bought her books in support of the charity that helps schooling of the workers' children.

It was a wonderful morning where everybody had a nice time while supporting a great cause.





Recommendations from Outpost Whatsapp Group!

- **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**
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)
- **Curtains and Sofamaker**
Al-Burhani Golden Star Factory
Najmuddin (+965 97314031/50671741), Mustafa (+965 96683969)
- **Carpenter**
Kazim (+965 66274386/55032779)
- **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 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



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 Oreedoo
- **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)
- **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



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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