

OUTPOST KUWAIT NEWSLETTER MARCH 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 Everyone,

Hope that you are enjoying the awesome weather!!

During the last couple of months there have been many outdoor activities. The Sadeer Farm trip was very well attended with more than 50 people, the majority being children. It was nice to see children enjoying being at the farm. We also had bowling organized by the Staff Welfare Committee and a Shell Away Day. It is nice to have so many opportunities to get together with the community. More details of these events will follow in a later section.

In this edition, we have two wonderful vacation stories from our community members. One of them is the Azarjaban trip, shared by Frank and Natascha. The other is a trip to Georgia by Antonella Spring. Wonderful places to be considered in our future travel plans. We are looking forward to receiving more such experiences in future.

Karen Beare, who has been a part of the Outpost team since its inception, is leaving soon. Earlier, Karen organized events and since last year she has been doing a wonderful job of reviewing the newsletter. I would like to thank Karen for all her help. We are going to miss her. We wish her all the best for the future.

As Karen leaves, we are on the look out for a volunteer to review the newsletter content. If you enjoy reading and can see yourself proof reading/editing our newsletter, please do get in touch. We would love to hear from you!

Lastly, I am very pleased to share that Outpost has a new website now ready for everyone to access. My sincere thanks and big applause go to Gaby Landino and Yvette Warrlich. They have been working with much enthusiasm and dedication for the last four months to make sure that the website has all the right content. I encourage you all to start using the website.

Happy Reading and hope to hear from you soon!

Sunita Wali
Focal Point



Mark your calendar

April

- 1 Career & Development Workshop
- 6 Visit to Bait Al Arab (Family Event)
- 8 Talk on Air Quality
- 14 Indian Cooking Demonstration
- 18 Dinner Reception (By Staff Welfare Committee)
- 30 Morning Gathering for Partners (at Tavola)



May

- 19 Morning Gathering for Partners
- 23 Taste of Ramadhan (Family Event)

Note: dates and venues are subject to change.

New Outpost Website

The Outpost website is now officially live!

The website is the primary communication tool between you and your chosen Outpost. On the website you can find descriptions of the events we organise, news items from our locations, and read the experiences of other assignees.

Membership

The site is only available to members, to become a member you will need to have a valid Shell email address or be the partner of an employee with a valid Shell email account.

Register here <https://www.globaloutpostservices.com/>

Once registered you will be asked for an assignment location, this location will be your home page when visiting the website.

On your profile page we invite you to;

Sign up to receive notifications of news and events from your local Outpost and share your social media contact details with other members.

If you have questions, please contact directly at
Central-HR-Globaloutpostservices@shell.com

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





Azərbaycan, Land of Fire

By Frank and Natascha

During the Eid in August we had a two-hour, direct flight to Baku (with Al Jazeera), the capital of Azerbaijan. We chose this destination because of the temperature (25-30 degrees C) and because there are a lot of different things to discover. We travelled around for one week. In case you only travel for a few days you can discover Baku and make a worthwhile trip to Gobustan.

Baku has a lot to offer: A medieval area, very modern futuristic buildings, The Corniche, a shopping area, many restaurants and terraces where you experience the influences of different cultures. In Gobustan we saw rock paintings in the National Reserve and we drove by Lada to the mud volcanoes. On our program was the fire temple of Suraxani and Yanner Dag, the burning mountain. We climbed to the tomb of Samaxi and stayed over in a Karavanseraï. By ski lift we went up in the Caucasus. The Khan palace was interesting and via Sheki we drove to Lahic in the mountains.

Azerbaijan has a lot of contradictions and contrasts. Neither Europe nor Asia, it's a nexus of ancient historical empires, but also a new nation rapidly transforming itself with a super-charged gust of petro-spending. And of course, the climate in August is a very pleasant reason to make the trip.

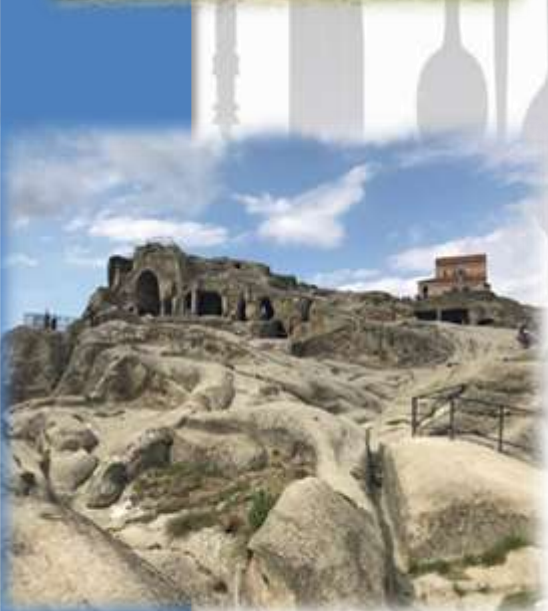


Explore Azerbaijan with us
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YOUR TRAVEL PARTNER IN AZERBAIJAN



Holiday in Georgia

By : Antonella Spring

Last August we decided to take a week to fly to Georgia, as the country isn't far, and offers a lot of options : a bustling capital, ancient monuments, the Caucasus mountains, and even the seaside. Moreover, it's a very easy flight from Kuwait : only 2 and a half hours for direct flights, with Jazeera (3 flights per week). The average price for a return trip is around \$ 350 to 400, but that also depends on the time of the year. We booked the flights online, and got ideas online too for the most interesting places we wanted to visit.

We enjoyed Tbilisi a lot, especially walking around. In the evening, the city is very lively, and there are a lot of nice restaurants for local food, cafés, and parks. The National museum has stunning collections, and a new modern art museum was due to open soon. The view from the hills above the town is great too. You can take the funicular up, and a walk downhill, ending in the old public baths area, is very pleasant. We couldn't book a room for a bath, as they were fully booked, but it's also something we recommend doing.

To visit Georgia outside Tbilisi, we rented a car with driver to take us to spectacular places in the mountains, ancient monasteries and churches, or natural beauties. The roads are sometimes unpaved, which means you need to allow time to get there, but it's always worth the visit ! These are some of our favourite spots : Jvari, Ananuri, Kazbegi, David Gareja Monastery, Gergeti Trinity church, Gelati, Mtskheta, Kutaisi, but there are many places worth the visit we didn't have time to go to. A couple of days in the wine-producing areas could also be interesting.

There are many local operators who offer day tours, in Tbilisi and even two or three day trips to places of interest. Sometimes, the level of English of the drivers is not so good, but they can mostly manage.

In short, go to Georgia, you will have a great time !



Previous Events Report

Visit To Sadeer Farm

By Sneha Ballabh

Outpost Kuwait organized a visit to Sadeer farm on 15th February for Shell families. It started with a guided walking tour and the guide explained what we would be seeing during the day.

We first went on a trail to the greenhouses. The first greenhouse had herbs like zaatar, stevia. Stevia is a sugar substitute, and has 0 calories! In the second greenhouse, we saw many plants like fig, lemon and orange. Outside the greenhouse, there were eucalyptus plants, used for medicinal purposes.

In the fields, we saw Swiss chard, broccoli, sunflowers, cabbage, different colors of carrot, radish and pyramid shaped, green Romanesco cauliflower.

We went to two more greenhouses that had loofah, blue potatoes, cherry and grape tomatoes, as well as herbs like basil, mint and bulb fennel. They also had fans and evaporative cooling systems.

We then headed to the end of the trail to see the camels, sheep and goats. We also saw beehives. It was entertaining for the kids, and the adults enjoyed it as well.

After finishing the walking tour we went to our tent to have snacks and tea.

Lastly, some headed for harvesting activity, bouncy castle, feeding farm animals while others headed for lunch options like pizza and fresh kebab stalls. We headed home in the evening after a day full of exploration and excitement at the farm



Sadeer Farm Cont.





Previous Events Report

Bowling Family Night on 13 March





Previous Events Report



Coffee Morning at PQ Marina Crescent

Report by Gaby Landino

On February 4th, we spent a lovely morning chatting, catching up, and making new friends at PQ Marina Crescent.

We enjoyed delicious breakfast dishes including omelets, scrambled and poached eggs, as well as croissants which are the restaurant's specialty.

Along with the breakfast, we enjoyed tasty cappuccinos, American coffee, and juices. A wonderful morning well spent with a lovely group of ladies.

Arabic Islamic Science Museum

Report by Olga Shamanovska

On March 5th Outpost had a cultural gathering at the Arabic Islamic science museum, one of the 6 museums of the new Sheikh Abdullah Al Salem Culture Centre. It was a great opportunity to learn about the Golden Age of Arabic Science and Culture.

The museum is also interesting for young visitors. There is a craft station where children can make their own print of different old coins. They can also explore the interactive panels that explain the art and craftwork of the Golden Age.

After the visit to the museum the ladies enjoyed a chat over coffee in the cafe next to the museum. It is always nice to explore new places in Kuwait.





Calicut Live

By Sunita Wali

A couple of months back, we had dinner at our Indian friend's place. Our friend comes from Kerala, the southern most part of India. The food served was delicious and tasty and very different from typical Indian restaurants. I found it was from a restaurant called Calicut Live. I made up my mind to visit the restaurant soon.

On March 19th, the Outpost team decided to have lunch at Calicut Live. This was a special get together as we were bidding farewell to Karen Beare, one of the stalwarts of Outpost Kuwait. The restaurant is in Salmiya, located on the fifth floor of the Ansal Complex, opposite to Max Showroom. You can easily find the location using Google. It is better to enter from the back near the parking lot, as the lift is closer. The ambience of the restaurant is average. We found the service extremely good, in fact, we received a lot of attention as we were the first ones to arrive. Evenings could be different as it may be more crowded. On arrival, we were offered a complimentary welcome drink made from pineapple juice and basil seeds, it was very refreshing. They offer a variety of mocktails, which some of us enjoyed.

We ordered many starters including grilled prawns, fish and mushrooms. Every dish was so tasty. For the main course, we ordered Kadai mutton, chicken, and fish. The mutton was spicy but in spite of that Gaby, who doesn't eat spicy food generally, couldn't resist it. For bread we had whole-wheat Kerala paratha and Iddiyappam. Iddiyappam is like noodles made from rice and you can have it with curries. One of my favourite Kerala breads is Appam (made from fermented rice flour and coconut milk) but unfortunately it is only available in the evenings. I strongly recommend trying out Appam with mutton/chicken stew.

After our main course we were all so full and had no space for dessert, however they offered us small portions of hot Pyasam (rice pudding made with Jaggery/raw sugarcane) with ice cream on top. It was a hot & cold combination. Everyone enjoyed this last bit of indulgence as well.

I have to mention that I was pleasantly surprised to see the bill. For all the food we had eaten, it was very reasonable. So not only were our tummies happy but also our pockets!

The whole Outpost team promised to bring their families back to the restaurant very soon!



Change in Residency Stickers

By Hamad Al Qenaei

As you may have heard in the news

<https://news.kuwaittimes.net/website/civil-id-to-be-proof-of-residency-after-igama-sticker-scrapped/>

the Kuwaiti government will begin a phased approach to stop using residency stickers and instead use the civil ID as proof of residency in Kuwait.

On Sunday 10th March the government began to use this new process for maids (article 20) and we can confirm now that the new process has begun for article 18 which means the new smart civil ID will replace residency stickers for First time residencies and renewals.

Those of you with residency stickers in your passport will not be affected. This will only affect new staff coming in and those of you with renewals due. The news is positive and should reduce turnaround time for renewals and first-time residencies.

Once the new procedures are applicable to you, we will notify you promptly. The new change will also bring a new smart civil ID that will be upgraded with additional fields to replace the residency sticker.

If you have any further questions, please feel free to contact me.

Recipes

Ingredients:

- 4 Eggs
- 1 can of condensed milk
- Vanilla 2 spoons
- Honey

Venezuelan Flan “Quesillo”

By Gaby Landino



Preparation:

Preheat the oven at 250 °C and place inside a glass container with water. Separately, in a bowl, mix the eggs, the condensed milk, and the vanilla until you get an uniform mixture. Then, in an aluminum container add the honey and spread it all inside the container. Add the mixture in the aluminum container and put the lid on.

Place the aluminum container in the oven (inside the glass container with water) and bake it for 55 minutes. Turn off the oven and let it cool. Place the flan in your favorite plate to serve and enjoy.

Recommendations from Outpost Whatsapp Group!

- **Doctors**

ENT - Dr. Abdulla & Dr. Susan (<https://maps.app.goo.gl/rkdjx>)

Medical Center: +965-25644660/51719813 – By Hamad AL Qenaei

Dr. Lamah (International Clinic) - By Delyth

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

Ophthalmologist - Dr. Ghassan in Beverly Hills Clinic - By Evgenia Pochueva

Physiotherapy /Chiropractor

Dr Peter : Fawzia Rehab center on Baghdad St Salmiya - By Leanne

Dr. Thomas P Chickonoski (ATP medical)- By Pamela H

- **Optician**

International Optique Company in Plaza Mall -By Soha Fadel

Khaifan Optics - By Hamad AL Qenaei

- **Birthday Cakes**

Mr. Baker, WOW Catering, Sugar Revolution Q8, J's Bakery, Valumi

Amila (+965-69918832), Bread Talk, Panda Cakes, Littletreatsq8

- **Restaurants**

Thai - Haiso – Recommended by Rina

Chinese/Korean Restaurant - Da Wang (Salmiya) - Recommended By Rina

White Robata (Opera House)

Lunchroom (Sharq) – Whole day Brunch place

Vegetarian Restaurant - Greenland Vegetarian Restaurant at Souk Mubarakiya

- **Party Booths / Online Catering**

Bilbayt app can be used to get party booths at your house. <https://bilbayt.com/kw/en>

- **Yellow Fever Vaccination**

Health Bureau Ports & Borders (<https://goo.gl/maps/HoSRzcXTRiq>)

Jamal Abdul Nasser St, Kuwait Free Trade Zone (Ph +965-24841279)

- **Car Towing Service**

Ph (+965-50630630)

Ph (1807080)

Al Mulla Auto Assistance – Ph: +965-24815077 Ext 657



Recommendations from Outpost Whatsapp Group!

- **Buy and Sell**

www.indiansinkuwait.com
<https://www.expatriates.com/classifieds/kwt/forsale/>
<https://olx.com.kw/en>
<https://classifieds.justlanded.com/en/Kuwait/Buy-Sell>
<https://kw.fridaymarket.com>
<https://www.expatriate.com/en/classifieds/middle-east/kuwait/other-buy-and-sell.html>

- **Facepaints shop**

Masquerade Store, Boulevard
Partyland, Symphony
Sultan Center Salmiya

- **Woodwork Shop**

Mishref Co-op

- **Carpenter**

Kazim (+965 66274386/55032779)

- **Curtains and Sofamaker**

Al-Burhani Golden Star Factory - Najmuddin (+965 97314031/50671741), Mustafa (+965 96683969)

- **Only Curtains**

Danny (+96594972170/+96522456810) recommended by Lidya

Jamal (+96550712417) recommended by Pamela H, Delyth & Lidya

- **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)

- **Sports Massage Therapist**

Fawzia Sultan Rehabilitation (+965-25720338/25722034)

- **Notary Service**

Khadamat Express (+965-22252225)



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
- **Pets**
 - Pet Shelter**
KARE & Save a Soul Kuwait
PAWS Kuwait
 - 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
 - Pet Hospital** - Al Dohama
- **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 Museum
Abdullah Al Salem Cultural Center
- **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.

This newsletter may contain information based upon the collective personal experiences of expatriate families. Therefore Outpost cannot accept any liability for damages directly or indirectly resulting from the services rendered or information given. Information provided is solely for the use of Shell employees and their families, if you have received this communication by error, please notify us by email and erase the message from your system. Please note that in order to properly deal with your information requests you may be asked to provide personal data. Private data voluntarily provided is handled in accordance with data privacy regulations and may be recorded. Please contact us if you would like your data to be corrected or deleted from our database or if you do not wish to be contacted anymore. All information will be treated in the strictest confidence. © 2015, Outpost The Hague, Shell Nederland B.V.