



OUTPOST KUWAIT NEWSLETTER MAY 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,

Summer, so far, has been exceptional. For most of May, the evenings were enjoyable outdoors, however, temperatures are now soaring. Summer holidays are approaching and most families are looking forward to their vacation. The Outpost newsletter will also take a break and resume with the next edition in September.

Outpost organized two outdoor events, "Visit to Bait Al Arab" in April and "Taste of Ramadan" in May. Both events were well attended and thoroughly enjoyed by everyone. We received a lot of compliments for the Bait Al Arab event. Thanks to Pamela Ballabh for meticulously planning these events for the community. More details on these in the later section.

Starting with this edition, we have now included a separate section devoted to cultural diversity. We will take up different aspects of culture and request community members to contribute. In this issue, we have some authentic recipes from different cultures. We hope you find this new addition to the newsletter interesting. We look forward to your contribution, as well as feedback.

Kelly Dueck, who has greeted many of you as the Outpost Meet & Greet Coordinator, will be leaving Kuwait shortly. I would like to thank Kelly for all her help with Outpost. We are all going to miss her. We wish her all the best in the future.

We also wish you all a very happy Eid Al Fitr and happy summer holidays too!

Sunita Wali
Focal Point



Mark your calendar

June/July/August

TBD Spouses Morning Gathering

TBD Visit to Arab Fund Foundation



September/October/November

Sep 11 Welcome Morning Gathering

Sep 21 Visit to House of Ottoman Museum

Oct 1 Visit to carpet maker at Iranian market

Nov 16 Visit to Kuwait Zoo

Sept 30 Next Outpost Newsletter

Note: dates and venues are subject to change.

Welcome to Kuwait the following Employees and their families

Arrival in April /May 19

Ahlan Wa Sahlan

- **Tom Faulkner**
- **Jon Gillman**
- **Ali Al Gheithy**
- **Alberto Munoz Rojas**
- **Richard de Rues**
- **Oleg Plokhonichenko**



Meet the Outpost Kuwait Team

Focal Point	Sunita Wali
Events Coordinator	Olga Shamanovska & Pamela Ballabh
Meet & Greet Coordinator	Kelly Dueck/Lynne Moini
Website and Newsletter Coordinator	Gaby Landino
Backup & Support	Lynne Moini
Career & Development coordinator	Yvette Warrlich
Volunteer (Newsletter Reviews)	Lindsay Mowad





Cultural Diversity: “Food”

Cultural Diversity

We as a community are very fortunate to have people from very diverse cultures. There is so much to learn from each other. To facilitate this learning, we would like to dedicate this section of our newsletter to share different aspects of our cultures, including stories and traditions.

In this edition, we will start with food, a very essential part of our culture.

Enjoy!!

Salsa

By Lindsay Mowad

It is impossible to visit Texas, USA without enjoying some delicious local Tex-Mex. This recipe is easy to make and you can enjoy on more than just a tortilla chip. Add salsa on top of baked chicken, in a sandwich, or even on your morning eggs. There are countless ways to enjoy this dish!

You will need:

- 1 Tbsp garlic salt
- 1 Tbsp dried cilantro
- 2 28 ounce cans whole tomatoes drained
- 3-4 whole jalapenos (remove the seeds if you prefer more of a mild heat)



Pulse blend all of the ingredients above until desired texture

Chill 2 hours and enjoy!

Cultural Diversity: "Food"

Pancakes with Canadian Maple Syrup

By Kelly Dueck



Maple syrup is a Canadian treat derived from the trees throughout Canada. It has many health benefits and is of course great on pancakes! I always make homemade pancakes and am always on the hunt for a "healthy version" of a recipe that my children will eat. This is my current favorite! Don't forget the Canadian maple syrup!

- o 1 c + 2 tbsp (135g) all-purpose flour (I used whole wheat flour)
- o 1 tsp (3g) baking soda
- o ½ tsp (2g) baking powder
- o ¼ tsp (2g) salt
- o ½ tbsp (7g) unsalted butter, melted
- o 1 large egg
- o 1 ½ tsp (8mL) vanilla extract
- o ½ c (120mL) low-fat buttermilk, room temperature (or regular milk +1 tablespoon vinegar)
- o 1 tsp (5mL) pure Canadian maple syrup
- o ¼ c (60g) plain nonfat Greek yogurt

I often also throw in blueberries, bananas, and some ground flax and/or chia seeds.

1. Whisk together the flour, baking soda, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the butter, egg, and vanilla. Whisk in the buttermilk and maple syrup. Stir in the yogurt until no large lumps remain. Add in the flour mixture, and stir until just incorporated.
2. Lightly coat a large pan or griddle with nonstick cooking spray, and preheat over low heat.
3. Using 2 tablespoons of batter for each pancake, dollop onto the hot pan, and spread into a circular shape if desired. Let the pancakes cook for 2-3 minutes, or until a slight skin starts to form around the edges and the bottom is light golden brown. Slide a spatula underneath, and flip. Continue to cook for another 1-2 minutes or until light golden brown on both sides. Serve hot with Canadian maple syrup of course! MMMM!

Borscht (red-beet soup)

By Farida Salakhmetdinova



Prepare the stock:

- 500g meat
- 3-4 L of water
- Bay leaf, salt and pepper to taste

Rinse meat in cold water then put in saucepan. Cover with cold water and bring to a boil. Reduce heat and simmer until done.

Remove scum and grease. After 30-60 min. from start of cooking, add salt. Then, 5-10 minutes before the end of the cooking, add pepper and bay leaf. Strain the finished stock and cut meat into portion bits.

- 2-3 beets
- 300g cabbage
- 1 potato
- 1 carrot
- 1-2 onions
- 2 tbsp. tomato paste
- 4 tsp. oil
- 1-2 tablespoons vinegar
- 1-2 tsp sugar
- Sour cream, salt, spices, herbs to taste

Cut beets into matchstick size. Once cut, add the beets to a thick-walled pot, add oil, tomato paste, vinegar, sugar, and small amount of stock. Stew around 15 minutes.

In a separate pan, fry the onion and carrots.

Once broth comes to a boil, add diced potatoes and cabbage.

Then add beets, onion, and carrots, and cook until done.

Before the end of cooking, add spices and mashed garlic.

Let it stand for 15-20 minutes before serving.

To serve, add pieces of meat, sour cream, and parsley to the soup.



Previous Events Report

Visit To Bait Al Arab: “A Saturday with Stallions”

By Daniela Gonzalez

Hello! I am writing about the Outpost trip to Bait Al-Arab, a center for rearing Arabian horses here in Kuwait. On April 6th, a large group of Shell employees and their families took part in this exciting day trip. First off, I would like to mention the two amazing tour guides, Jonas Salzmann and Khalid Al-Hammad, as this tour would not be possible without them.

We started the day by viewing many exhibits, the first of which included photographs and books that walked us through the history of Arabian horses in Kuwait. One of the books on display was written by a man who was nicknamed “The White Bedouin.”

The next room we visited was the Bait Al-Arab library. The books inside the library are split into three categories: books about Arabian horses, books about Arabian history and politics, and books about horses in general. There are also many awards on display that these amazing horses have won both locally and internationally, some from as far as the Houston Rodeo. After that, we went outdoors to watch these horses gallop around. We even got to feed them carrots in their stables. It was an amazing trip!

The history of Bait Al-Arab started in 1980 when Sheikh Jaber Al-Ahmad Al-Jaber Al-Sabah and present ruler Sheikh Sabah Al-Ahmed Al-Jaber Al-Sabah established the center. During the 80’s, there were about 30 to 40 horses at Bait Al-Arab, but unfortunately, in 1990, as many people know, the Iraqis invaded Kuwait. After the invasion, there were only three horses left at Bait Al-Arab, all of them stallions. As a result, the center brought in some mares to continue the breeding program that had barely begun.

Nowadays, stallions are trained for horse competitions, as mares are usually pregnant or have foals by their side.





Previous Events Report Cont.





Previous Events Report



Air Quality Talk

By Gaby Landino

On Monday, April 8th, Outpost Kuwait offered a session about air quality presented by Thomas Pols, Health Manager Middle East. It was an interesting session where people had the opportunity to ask questions and learn important facts about air quality in Kuwait. During the presentation, Mr. Pols explained the different characteristics we find in Kuwait's environment, specifically in the air, and its impact on public health. He also shared good advice about air purifiers and explained how different devices can be used at home to determine air quality.

At the end of this session, Mr. Pols took the time to answer many different questions about not only air quality in Kuwait, but also about health and health insurance related concerns.

Stay alert and be on the lookout of other interesting sessions organized by Outpost Kuwait.



Previous Events Report

Shell Kuwait Air Quality and Health Assessment By HSSE

Following concerns regarding air quality from staff and their families, Shell assessed air quality in Kuwait to provide clarity whether air quality poses a risk to health. The objective of this assessment was to establish the indoor air quality profile and put in place a sustainable strategy to mitigate health risks in the offices. The assessment was performed by Kennedy Osakwe (Shell Lead Industrial Hygienist) and Thomas Pols (Shell Health Manager Middle East). The main conclusion is that, overall the air quality does not pose a major health risk to our staff and their families. As a result, there is no specific action that needs to be taken to protect yourself and your family against the air quality risk at this time, unless you or your family suffer from medical conditions like asthma and COPD.

The full report is available on the following link:

<https://kuwaitcity.globaloutpostservices.com/news/air-quality-and-...ent-shell-kuwait/>

You can access the above report on new Global Outpost Website
www.globaloutpostservices.com ...Please register

Brunch at Rimal Café, Movenpick Al Bida'a

By Pamela Ballabh

A brunch was organized by Outpost Kuwait at Rimal Cafe, Movenpick Al Bida'a. The café is at a fantastic location by the beach with numerous choices of food including fresh omelettes, egg benedict, tea, coffee, cappuccino, fresh juices, etc. The event was the last Outpost event before commencement of Ramadan. It was a nice opportunity to catch up and chat before the holidays.





Previous Events Report

Indian Cooking Demo

By Sunita Wali

On 14th of April, Outpost organized a cooking demo of Indian dishes. We made it a combination of some North Indian and South Indian dishes.

I demonstrated cooking North Indian dishes - Dal Fry (yellow lentil curry), bottle gourd dish, sprouted moong (mung bean) salad and Peas Pulav (Rice dish).

Sindhu George explained about some Kerala dishes (South Indian) like Mutton Stew and appam (type of pancake made out of rice and coconut milk).

At the end of the session, the group had a nice lunch consisting of North and South Indian dishes. 😊



Indian Spice Box



Various Lentils (Dals)

Previous Events Report

Recipe of one of dishes cooked during Indian Cooking Demo

Sprouted Mung Bean (Moong) Salad

By Sunita Wali

Ingredients

Sprouted Mung Bean – 1 cup

Vegetables/Fruits

Grated Carrot – ½ cup

Spring Onion (chopped) – ½ cup

Tomato (chopped) – ½ cup

Pomegranate – ¼ cup

Raw Mango (chopped) – ¼ Cup

Green Chilly (chopped) – 1 or 2

Or Black Pepper

Juice of 1 Lemon

Herbs

Mint Leaves (chopped)– 3 Table spoon

Coriander Leaves (chopped)– 3 Table spoon

Spices

Chaat Masala – 1 tsp

Black Salt – 1 tsp

Salt to taste

Preparation:

You can buy the sprouted Moong directly from market or sprout at home.

Steam the Sprouted Mung bean and let it cool.

Transfer the sprouted mung bean into a bowl and add all the vegetables and herbs and mix all together.

Add the lime/lemon juice, Chaat Masala and Black salt and mix well.

Taste it before you add the normal salt. Add salt and your salad is ready.

It is best eaten fresh as a healthy snack.

Indian Spices

Chaat Masala – It is a mixture of spices used for salads, available in Lulu or any Indian store in the spices section.

Black Salt – It is a type of rock salt with pungent Sulphur like smell. It is considered good for digestion. It is also available in the spices section in Lulu or any other Indian store.





Previous Events Report

Taste of Ramadan at Aware Center

We had a very nice evening at Aware Center on 23rd of May. The Taste of Ramadan event started with a presentation by Dr. Teresa Leshner, the Director of Ties Center. She started with the question What is Ramadan?. "It is 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 and desserts. The last part of the evening was a lot of fun. All the families could dress up in traditional Kuwaiti outfits. Pictures of families were taken and everyone had a good time.





Buy and Sell



Items for Sale

All household items marked half-price, all items between 1-3 years old and in excellent condition.

- Wansa Freezer approx. KWD25
- Phillips Air Purifier (less than 1 year old) KWD 30
- Tefal Actifry (hardly used and with extra accessories) KWD 25
- Kenwood Hand Blender (with accessories) KWD 7
- 2015 Pajero 3-Door 12,000Km, fully serviced every 5,000km, accident free – KWD 3,800 or nearest offer

Please contact Steve Burnett Mobile 94964712 if you are interested or need any further information.





Recommendations from Outpost WhatsApp Group!

- **Restaurants' recommendation**

Haiso – Japanese/Thai.
Da Wang Salmiya- Chinese/Korean Restaurant
Pasha Steakhouse- 89 Mall

- **Woodwork**

Mishref Co-op
Pratheesh- Phone: 66776097
Yousef AlBanai Phone: 99484242

- **Doctors**

- **Pediatrician**

Dr. Yasser Elkhaaf- Al Seef Hospital

- **Optician**

International Optique Company in Plaza Mall
Khaifan Optics - By Hamad AL Qenaei

- **Yellow Fever Vaccination**

Health Bureau Ports & Borders (<https://goo.gl/maps/HoSRzcXTRiq>)
Jamal Abdul Nasser St, Kuwait Free Trade Zone (Ph +965-24841279)

- **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/

- **Swimming Teachers**

Isaac from Jumeirah
Mohammed Mosalam from The Palms Club

- **Cake Makers**

Mr. Baker
Wow Caterers
Sugar Revolution
Panda Cakes
Js Bakery

- **Computer Repair**

Hawally Computer Shop
Marina Mall – Digits
Kuwait PC Repair - +91-8129201666 (Name – Shihab, can do a home visit)

Previous recommendations can be found in our Outpost Kuwait Web page under the Living in Section.

Please register, if you haven't done so already

www.globaloutpostservices.com



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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