

OUTPOST KUWAIT NEWSLETTER September 2019

Index:

- .Welcome
- .Mark your calendar
- .New Arrivals
- .Meet the Outpost Kuwait Team
- .Cultural Diversity "Outfit"
 - .Kerala (India)
 - .Scotland
 - .Venezuela
 - .Oman
- .Welfare Committee
- .Desert Cycling Club
- .Previous events reports
- .Shell Health Message
- .Recipe
- .Recommendations

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,

We had a fantastic start of the season with a lunch (by Staff Welfare Committee) at the Kuwait Towers. It was heart-warming to see a large part of the community there, including many who arrived recently. We held a Welcome Morning gathering for partners in Jumeirah, that was also very well attended. The visit to House of Othman Museum, organised over the weekend for families, was quite interesting and enjoyable. More on these later in the issue.

In this edition, you will find a nice little article on Desert Cycling. We will try to share more about other sports activities in the future. If you have your sports story in Kuwait, please do share it with us.

In our Cultural Diversity section, you will find some amazing pictures of dresses from different places.

Thanks for your contribution. We will continue to delve into different aspects of culture to learn from the diversity of our community.

Happy Reading!

Sunita Wali
Focal Point





Mark your calendar

October

- Oct 1** Visit to carpet maker
Oct 10 Music event (Staff Welfare committee)
Oct 23 Bowling Event (Staff Welfare committee)



November

- Nov 6** Morning Gathering
Nov 16 Visit to Kuwait Zoo

December

- TBD** Shell Christmas Party

Note: dates and venues are subject to change.

Welcome to Kuwait the following Employees and their families Arrival in June-September 2019

- | | |
|-----------------------|----------------------|
| • Lotfi Kasila | • Matthias Thum |
| • Rajesh Mishra | • Manish Kumar Jha |
| • Kolbjorn Schjolberg | • Ibrahim Hillal |
| • Arne Try Borsheim | • Amulya Kumar Sahoo |
| • Bill Portas | • Taco Bieseman |
| • Khaled El-Khawas | • Helle Bach |
| • Erika Hernandez | • Nagarjuna Arige |
| • Jorge Lombardi | • Karthik Moro |



Meet the Outpost Kuwait Team



Sunita Wali

Focal Point



Olga Shamanovska

Events Coordinator



Pamela Ballabh

Events Coordinator



Gaby Landino

Website and Newsletter
Coordinator



Lynne Moini

Backup & Support
Meet & Greet Coordinator



Yvette Warrlich

Career & Development
Coordinator

Lindsay Mowad

Volunteer (Newsletter
Reviews)

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 talk about traditional outfits, a beautiful part of our culture.

Enjoy!!



Kerala Traditional Outfit

By Aniya Sindhu

I am from Kerala and it is one of the states of India. All states have different cultures and it is visible in their dress, language, food and festivals.

This September, we had our big festival called Onam. This is celebrated all over Kerala, irrespective of religion. This festival is celebrated in Kuwait as well! The main attractions are the food, which is served on a banana leaf with around fifteen vegetable dishes and sweets. Also, flower decorations are set in front of the house for about ten days.

There are a lot of cultural programs with dances, songs, etc. We wear our traditional dress on that day, as well as enjoy plenty of family time.



>>>> Cultural Diversity: “Traditional Outfits”

Kilts

By Lynne Moini

Name five iconic things about Scotland, and chances are one of them will be a tartan or a kilt! Scots are well known for men in kilts, but it's so much more than just something to wear - it's a historic piece of clothing which has stood the test of time. These days you can find tartan in even designer collections, high street stores or homewares. But it all started here in Scotland, hundreds of years ago.

- It's a fabric made up of horizontal and vertical stripes in different colours, on a coloured background.
- The interwoven stripes are known as a sett.
- It originated in the Highlands.
- The first mention of tartan in Scotland was in 1538.
- Originally, clans-people used local plants, mosses and berries to dye the wool.

TODAY KILTS ARE OFTEN WORN:

- At weddings, by the wedding party and guests.
- At Highland games, by athletes and spectators.
- At ceilidhs, by dancers and the band.



El Traje Llanero

By Gaby Perdomo

In Venezuela you can find different traditional dresses depending on the region. The national dress however, is the one used for the national folkloric dance known as “Joropo”. The “Joropo” is a traditional dance that stems from the southwest flat lands of the country or “Llanos Venezolanos”. The outfit included for the ladies is a wide, colorful, long skirt, perfect to move around to the rhythm of the music. For men, a “Liqui Liqui” is worn which is a one-color plain and elegant bottom down suit, normally white in color.

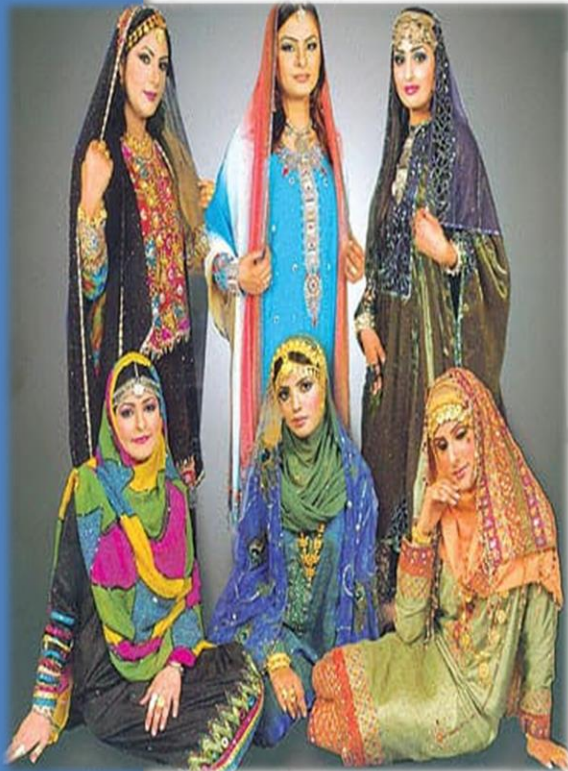


>>>> Cultural Diversity: “Traditional Outfits”

The Sultanate of Oman

By Maryam

The Sultanate of Oman is characterized by the diversity of traditional costumes and the beauty of its colors and shapes. It represents the heritage and authenticity of the Omani society. The different regions of Oman each have their own unique style of clothing for both men and women. Woman's clothing consists of dresses full of different patterns and colours. The dresses are complimented by gold or silver jewellery.





Shell Welfare Committee

By Robert Clinton

The welfare committee was created with support of Walid Al Nader in February 2019, with a new budget to help improve the sense of a Shell community in Kuwait, by promoting and supporting a range of social activities for Staff and their families.

Since February the committee have been working in close collaboration with the Outpost team, for which they would like to specifically thank Sunita Wali and also Gregorio Gonzalez who have helped arrange the locations and handle the responses for all the events to date. So far, there has been a huge amount of enthusiasm for these events with the team receiving a significant amount of appreciation both at the events and afterwards by email. We have also recently received many new suggestions and offers of help to arrange future activities.

The most successful event in terms of numbers attending, was the recent Kuwait Towers visit, where we had 185 staff, family, and visitors attend. With most people taking the opportunity to have a great lunch and visit the revolving viewing deck of the iconic location. The Kuwait Towers event marked the last of the summer Brunch campaign and was specifically designed to celebrate the return of staff and their families, after their well-deserved summer vacations.

As an enthusiastic bowler himself, Gregorio Gonzalez organized 2 bowling events, the first at the 360 mall and the second at the new International Bowling Centre, which with 80 lanes, claims to be the largest dedicated bowling building in the world. These bowling events attracted an average of 80 enthusiastic players, with awards given out to the best teams and individuals. As requested by many individuals, we will start to hold more regular bowling events going into 2020. Please Keep the 23rd of October free for our next bowling event at the 360 mall. With the invitation sent out this week, we will have our next social event on the 10th of October, as an Evening of Music at the Crowne Plaza pool side. We look forward to welcoming many of you to enjoy the location, food, and sound of a unique Jazz band.

We would like to encourage staff to provide the committee with any new suggestion or provide feedback on what has gone well, or indeed what we could do differently to improve in the future. With events big or small we would like to attract any number of the diverse group of staff and families, that we are lucky to have here in Kuwait.

A big thanks to all those that have helped in any way at these events, and we look forward to the continued support of staff and families at future welfare events, where we currently in line to have attracted approximately 1000 attendances at various events by the end of 2019.

Shell Kuwait welfare team:

- Robert Clinton – Chair
- Gregorio Gonzalez – Bowling focal point
- Sunita Wali – Outpost lead
- Pamela and Saptarshi Ballabh
- Darren Lowe – Quiz event
- Luc Van son – Q8DDC
- Mehran Moini
- Karim Shaikh – Football focal point
- Pieter Melching – Budget focal point
- Alastair Stewart – Road Cycling
- Philip Benham – Rock, history and Archeological field visit



Staff Welfare Committee Events – Some Moments



🛢️ Kuwait Towers 2019



🛢️ Kuwait Towers 2019



🛢️ Kuwait Towers 2019





Cycling Club – Q8DDC



Desert Cycling in Kuwait

By Luc Van Son and Danny Ten Haaf

Would you believe that there are beautiful landscapes in Kuwait and that you can cycle safely? I hadn't expected it when I came to Kuwait, but luckily, I soon found out that there are and that you can. Add to that the fun of sharing this with like minded people and the result is that every week I can't wait for Friday morning to come.

The Kuwait Desert Cycling Club, in short Q8DCC, is an informal group of people who like to drink coffee on Friday morning after a bit of exercise of some 30 to 50 km off-road cycling. The formula is simple: on a voluntary basis a group member will post on WhatsApp a route and a meeting point and will take the lead for the ride on Friday morning. All that is required for the others is to turn up with a mountain bike, helmet and water. Average age is above 40 and both men and women take part, so usually the pace is not too taxing.



Up on Mutlaa ridge, easily the most beautiful area



As the map shows, the routes vary and I have been as far South as Khiran, as far North as the Iraqi border and as far East as Failaka island. Of course, in Summer the desert gets too hot and the sand too powdery, but surprisingly there are many quiet neighborhoods and parks to still get the feeling of being off-road while enjoying pleasant sceneries. Besides, in the urban areas there is always a coffee shop nearby to cool down.

What else can I say? A picture says more than a thousand words, so below are some pictures to do the talking.

If you're interested to experience this yourself, feel free to contact Luc van Son or Danny ten Haaf.





Previous Events Report

Welcome Morning gathering for partners at Jumeirah
held on the 11th of September





Previous Events Report

Visit to Bait Al Othman Museum

By David Hasler (Shell Child)

We visited the Bait Al-Othman (House of Al-Othman) Museum in Hawalli on Saturday the 21st of September. In a nutshell, the place was an “interesting mess”. Bait Al-Othman consists of many different mini-museums; all of which tell us something about Kuwait throughout time. When entering the Museum, you arrive in a huge hall, called Kuwait’s Life Journey Museum. This hall contains many fascinating objects, which I assume all have a connection with Kuwait, even though it was not always clear to me. For example, there was a very nice-looking car with a red M for a logo, but no explanation as to how it relates to Kuwait or what brand it was. A clear connection to Kuwait could be found in the display of outfits of the Kuwait Airways air staff through the decades, right next to a plane cabin – a favorite stop for many visitors.

We then visited the “Drama Museum” which included works by and costumes worn by famous Kuwaiti artists. This section featured a small room called the Bader Al Khaled Al Bade AlQenai Collectables. This room was full of memorabilia which belonged to a Kuwaiti air pilot. There were objects from all around the world, ranging from hotel match boxes to transportation tickets – and, being Swiss, I was very pleased (actually amazed) to see that Mr. Al-Khaled owned a rail pass from our *Chemins de fer fédéraux*!

Next up was the Kuwaiti House Museum depicting the home of a Kuwaiti family in the early 20th century. It showed: the well that had to be constructed before the house itself, different rooms, from the kitchen to the bride’s room, with furniture, house-tools and machines, and the diwaniyah or sitting room. The following area was the Sayed Ismail Behbehani Museum. I did not get much information about this section, but the Museum brochure explains that Mr. Behbehani was one of the largest dealers in Iranian carpets and pearls in the 20th century. The exhibition of his items was a bit “random” but there were many interesting things. Following the red arrows on the guide we were led to a room called the Al-Othman Hostel, with twelve different rooms all filled with traditional furniture and decorations.

After this we made our way to the Kuwaiti Wildlife Museum, passing through the Sports Museum where I was surprised to discover that the Kuwaiti football team qualified first among the Asian/Oceania countries at the World Cup in Spain in 1982. There were many images and objects celebrating this achievement. The Wildlife Museum, then was quite intriguing. It is a large (long) room filled with live and stuffed animals. It was a bit strange seeing live animals (birds) run around stuffed creatures. Having experienced all this and much more in about two hours, everyone was exhausted by the end of the tour. I found this visit memorable and was curious about many things in the Bait Al-Othman Museum. I must say, I would have liked to see more written explanations in English around the objects, as there were only a few signs, and very often only in Arabic, and our guides did not explain a lot, or did not have time to answer all questions. All in all, it was a pretty special place, full of surprises, which could easily be made even more special with a few improvements.



SHELL KUWAIT Employee Assistance Program



Dear Shell Kuwait Community,

If you feel low, overwhelmed or stressed, you are not alone. Like physical health, mental health is common. In fact, 1 in 3 of us will suffer from mental illness in our lifetimes. When we have tooth ache we go to the dentist. Why don't we take care of mental health like we would do with our physical health?

We have the benefit of the confidential **Employee Assistance Program (EAP)** that is available 24/7 for employees & dependents. You can call & get connected to a Psychologist within 2 minutes.

Internationally: +442037270693

Also, you can visit their website for useful health and wellbeing resources: www.icaslifestyle.com

Username: shell

Password: online

Shell Health

IT'S **OK TO NOT BE OKAY**

- ❑ Talk about your feelings
- ❑ Do something you enjoy
- ❑ Eat and sleep well
- ❑ Put yourself first
- ❑ Journal and write down your thoughts
- ❑ Play with a pet
- ❑ Take a break
- ❑ Cry
- ❑ Ask for help
- ❑ Say no
- ❑ Speak to a friend
- ❑ Speak to a therapist

If you need legal advice, you speak to a lawyer.

If your tooth hurts, you go to a dentist.

If your car breaks down, you take it to a garage.

So what do you do when you're not feeling ok?



You have access to free and confidential service with professional psychologists that can support you?

Need Support? Call Us!
(or Email us at gouricasmena@icasworld.com to request a call back)

Bahrain: 800 810 48 KSA: 800 844 7840 Qatar: 00 800 100 250
Egypt: 0800 000 0652 Oman: 800 77 179 UAE: 800 044 0626
Jordan: 0800 22193 Pakistan: 0800090044081 Other: +44 203 727 0693 *

*Not a toll-free number.
Call-back can be requested.

It's OK to not be OK

Sometimes we all feel like we have to put up a mask to face the world.

Did you know that there is a free and confidential service with professional psychologists that can support you?



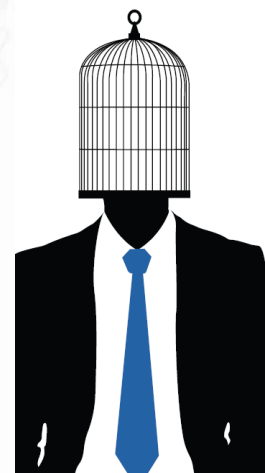
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Call-back can be requested.

It's OK to not be OK

Sometimes you may feel like you're trapped in your own mind.



Did you know that there is a free and confidential service with professional psychologists that can support you?



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Egypt: 0800 000 0652 Oman: 800 77 179 UAE: 800 044 0626
Jordan: 0800 22193 Pakistan: 0800090044081 Other: +44 203 727 0693 *

*Not a toll-free number.
Call-back can be requested.

It's OK to not be OK

You Matter. Your Feelings Matter.

Did you know that there is a free and confidential service with professional psychologists that can support you?



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Egypt: 0800 000 0652 Oman: 800 77 179 UAE: 800 044 0626
Jordan: 0800 22193 Pakistan: 0800090044081 Other: +44 203 727 0693 *

*Not a toll-free number.
Call-back can be requested.

Ingredients

- Tuvar (Split Pigeon Pea) or Masoor dal (Red Lentil) – 1 cup
- Water – 3 to 4 cups
- Coriander Powder - ½ Teaspoon

For Tadka (tempering)

- Onion (finely chopped) – 2 medium
- Tomato (finely chopped) – 2 medium
- Red Chili (optional) – 1
- Green Chili– 2-3 (finely chopped)
- Curry Leaves – 5-6
- Coriander leaves (finely chopped) – hand full
- Ginger – small piece (finely chopped)
- Garlic – 4-5 (finely chopped)
- Instead of above two, ginger garlic paste can be used
- Mustard Seed – ½ Teaspoon
- Cumin Seed - ½ Teaspoon
- Oil or Ghee – 3 Tablespoon
- Garam Masala - ½ Teaspoon
- Dry Fenugreek (optional)
- Asafotida (pinch) (optional)
- Salt to taste

Yellow Dal (Tadka)

By Sunita Wali

**Preparation:**

Wash the dal and soak for half an hour (Recommended)

Add water, coriander powder, and salt and cook in a saucepan, pressure cooker or instant cooker till the dal is soft (in Pressure cooker it will take 10 to 15 minutes to cook).

To make the tadka (tempering)

Heat oil or Ghee in a pan.

Add cumin seeds and mustard seeds. Once the mustard seeds start to splutter, add curry leaves, ginger, garlic, green chilly/ red chili, asafotida and sauté for a minute. Add onions and fry till they turn golden brown. Then, add the tomatoes and fry for 3 to 4 minutes. Now add ½ cup water and let the mix boil for a couple of minutes. Garnish with coriander leaves.

Mix the cooked dal and the tadka together. Add the Garam Masala and boil for couple of minutes. When the Dal is ready, you could mix some dry fenugreek for a nice flavor.

All the Indian Spices mentioned are available in the spices section in Lulu or any other Indian store.



Recommendations from Outpost WhatsApp Group!



- **Restaurants' recommendation**

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

- **Tailor**

Osama Center Al Anaka Tailor +965 66084929

- **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

- **Taxi**

Samy +965 50800449
All Ashour +965 51088544

- **Maid Agencies**

Al Habib Recruitment Agency +965 22654743
Behbehany Office Housemaids +965 22626299
Meelad Khadam +965 22634018

Previous recommendations can be found in our Outpost Kuwait Web page under 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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