



## OUTPOST KUWAIT NEWSLETTER

### November 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: [outpostkuwait@shell.com](mailto:outpostkuwait@shell.com) so that our next newsletter can be even better!

Thanks in advance,  
The Outpost Kuwait Team

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Hello Everyone,

I hope you are all enjoying the cool weather!

We always want to make the most of the pleasant weather. We, recently, organised a trip to the zoo for families and earlier in October, we had an amazing musical evening organized by Welfare Committee. Both events were very well attended. You will see more about these and other events in the later sections. We have planned a guided tour to Souk Mubarkiya for partners in early December.

I am pleased to share that from next year, we plan to add a “Pick of the fortnight” supplement to our bi-monthly newsletter. It will provide you with timely and regular information about classifieds, as well as a reminder of upcoming Shell Kuwait (Outpost/Welfare Committee) events for your diary. It will also have interesting events and activities taking place in Kuwait over the following few weeks.

As we approach the end of the year, I would like to take this opportunity to thank my wonderful team without whom we wouldn't have Outpost Kuwait, so I wholeheartedly say “Thank You”. Olga Shamanovska and Pamela Ballabh, for organising events immaculately. Lynne Moini, for making sure each new arrival is greeted and for maintaining our Client Database system. Gaby Landino, for being on top of things and making sure the website stays current and Newsletters are interesting. Yvette Warrlich, for her keenness to make a difference to Partners in their personal or career development. Lindsay Mowad for volunteering to review our newsletter.

I would also like to say thanks to Hamad Al Qenaei, Rose Ohannessian, Olaf Maree and Walid Al Nader for their continued support and encouragement.

I look forward to lots of new ideas, events and making Kuwait a happy posting for you all!

Happy Reading!

Sunita Wali  
Focal Point



## Mark your calendar



### December

- 2 Souk Mubarakia Tour
- 10 Shell Christmas Party

### January

- 21 Welcome Coffee Morning

**Note: dates and venues are subject to change.**

**Welcome to Kuwait the following Employees and their families  
Arrival in October-November 2019**

- ❖ Michael Poppelreiter
- ❖ Tom Sluijter
- ❖ Smiti Mehra
- ❖ Herman Wirtz
- ❖ Samir Mazumder



## 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)





## Welfare Committee Event

### Jazz at the Crowne Plaza

**By Robert Clinton**

The Shell Kuwait community had a rare chance on the 10<sup>th</sup> of October to sit outside and enjoy the recent drop in evening temperatures to watch a live Jazz band around the pool side of the Crowne Plaza. The 110 attendees had the opportunity to listen to 'On the Jazz' while enjoying a fantastic BBQ buffet and extensive food arrangement, alongside a Mocktail drinks station in a unique location in Kuwait.

The band 'On the Jazz' is a professional combo, who played easy listening/jazzy music, from jazz standards, ballads and poppy songs changed into their own unique style. Erwin Beijersbergen (guitarist) and Dan Simon (bass) are both talented musicians who can improvise on the spot together with their singer/bongo player Joke Hopman. For the those that were not aware, the talented Singer Joke Hopman is the wife of our own Peter Van Welsenens, who the Welfare committee would like to thank for making the event possible.







## Bowling at 360 Mall

By Gregorio Gonzalez

On 29 October 2019, Shell Kuwait's Welfare Team organized our 3rd Staff Bowling event for our colleagues and their families.

The event was attended by an energetic crowd of over 60 staff and family members for 2 hours, with 2 games played by most participants. Prizes were awarded to Adults and Kids for best teams, best & worst individuals and the first to score a Strike (unfortunately we didn't have a Turkey).

It was impressive to see so many professional bowlers in the Shell Community in Kuwait, so the Welfare Committee is discussing the idea to start a formal tournament next year. If you would like to participate, please send an email to Gregorio Gonzalez.







## Scuba Diving in the Gulf

By David Bach

Scuba – what on earth is it? Maybe you did it years ago on holiday and haven't picked up a cylinder (or tank if you like) since. Is it glamorous (sometimes), is it dangerous (not really), is it fun (definitely)?

Scuba, or Self Contained Underwater Breathing Apparatus, is becoming more and more popular with more divers being certified than ever before. The most popular training association for divers is PADI (Professional Association of Dive Instructors), but the others are also becoming increasingly popular such as NAUI (National Association of Underwater Instructors), BSAC (British Sub Aqua Club) and SSI. This popularity is being driven by the increasing availability of resort-based dive clubs and the ease of which certifications can be obtained on holiday or even at home. For the sake of this article we will concentrate of PADI's structure, it goes a little like this:

- **Discover Scuba Diver** – Want to have a go and see if you like it under the direct supervision of an instructor?
- **Open Water** – The initial certification that enables you to dive without an instructor (but always with a buddy) in order to gain knowledge and experience. This course starts in the pool and ends up in the open water, as the name suggests, and takes around 2-3 days
- **Advanced Open water** – You've been bitten by the bug and want to go a little deeper and see more of what the underwater world can offer. You try some specialties and even try a night dive! Again this takes 2-3 days.
- **Rescue Diver** – It's now getting serious. You've decided that you'd like to be a bit more of use on the dive boat and want to be able to rescue a fellow diver and perform dive related first aid in the unlikely event of any issues. Go you! Again, allow 2 days or so for this qualification.
- **Divemaster** – The first step on the ladder to be becoming a 'pro', you want to take the skills that you have learned and develop them into something really useful. As the name suggests, you can plan and lead dives and you can carry out some training under the supervision of an instructor. Also, it's time to buy a bigger watch and enter the stage where diving gets glamorous. The course is intensive and takes place over several weeks or even months and is hard work and challenging yet great fun.
- **Open Water Instructor** – The watch gets bigger and you're a pro! You can lead dives, supervise divemasters, teach all the above courses and certify divers. Again, you can push the boundaries and learn how to teach specialties such as 'deep', 'wreck', 'nitrox' and 'boat' diving to name but a few. You are cool and have the T-shirt to prove it.





## Scuba Diving in the Gulf

Now, let's assume you've taken the bait and decided to take the plunge (apologies for the puns) and to gain accreditation or have your skills refreshed for existing divers (did I mention Divemasters and Instructors can do this?) You have some of the most amazing dive sites in the world right here on your door step in the Gulf.

There are numerous good dive organizations here in Kuwait that either operate the PADI or BSAC systems. Which one is for me? The easiest way is that PADI is more commercial – think day out on a boat with staff, whilst BSAC is more 'club' based – you do more yourself and there is more of a social side to compliment the diving. If you'd like to know more about the '**Mantas' BSAC club here in Kuwait then please drop me a WhatsApp on +965 99501657**

Whilst diving here in Kuwait, though the visibility can be challenging at times, it is still great fun with the possibility of some good drift diving. However, the jewel in the crown regionally is the amazing diving opportunities that can be found in Oman.

Obviously Muscat is super easy to get to from Kuwait. Once there you can dive the UNESCO heritage site at Daminyat Islands, Wreck Dive the 84m long Al Munassir landing ship, dive Fahal (Shark) Island and maybe get a glimpse of the black tip reef sharks or even a whale shark if you're super lucky!

There are many good reputable dive companies in Oman but my recommendations would be:

**Eurodivers-Karin +968 9548 3813. Aura Divers-Dee +968 9789 4662**

Personally, my diving adventure began years ago in the Red Sea and then progressed to the Maldives where I passed my Advanced Open Water Qualification. Thanks to the Shell Spouses Career Development Budget and a fabulous local BSAC Dive club, I was able to take this love of diving all the way to becoming an Open Water Instructor with PADI. I fully intend to take this further during my time here in Kuwait and to buy an even bigger watch!!

I am in the process of developing a commercial relationship with a local PADI operator here in Kuwait, so if you'd like to learn how to dive, increase your existing qualifications, or even refresh your skills prior to going on holiday then please contact me:

David Bach

[Drwbaker2002@yahoo.co.uk](mailto:Drwbaker2002@yahoo.co.uk)

Tel: +965 99501657

### Next Partners' Event

Join us for a guided tour of Souk Mubarkiya on the  
**Monday, 2<sup>nd</sup> December.**

Our guide is an expert from Aware Center who knows both history and geography of the Souk.

For more details visit our website (To access the website you need to register if you haven't already done so.)

<https://kuwaitcity.globaloutpostservices.com/events/tour-of-mubarakiya-souk/>

If you would like to join the event, please respond to [outpostkuwait@shell.com](mailto:outpostkuwait@shell.com)





## Previous Events Report

### Bait Al Othman Museum

**By Sam George Pallan**

At the beginning of our expedition, the exotic museum greeted us with an enormous hall branching off to multiple parts of the museum. There were many varied attractions that each had their own stories to tell. One of them was the first sports car ever invented. The retro sports car was made by Ford and the original owners handed it down through generations until the new owners gave it to the museum. Next, we visited the pearl fishing room. It had a boat with realistic parts attached to it, but the focus was the pearls, coins and small intricate artefacts that were on the walls. There were many Arabic perfume bottles in different shapes, incense smoking pots of olden times, coffee pots (kava), etc.

There was a room which was used as the bride's room with all the necessary items. We also found some very old electronic and electrical items like a TV, radio, washing machine, etc. These seem to have been the first batch to reach Kuwait just after it was commercially available.

The museum also has some models of animals native to Kuwait, boats and many other items like mats, pots, different types of coffee, dress models, etc. There was an outdoor area which looks like a garden with real birds and a relaxing area with Arabic furniture.

Later on, in the expedition, we saw the biology exhibits. The room was filled with real organs and skeletons of animals ranging from frogs to elephants, even humans. The last thing I noticed was the bone skeletons that were placed all around the museum; they ranged from insects to rhinos! Overall, the trip to the museum was enjoyable and educational. I would recommend everyone to see it at least once!







## Previous Events Report

### Trip to Iranian Carpet Market

By Archana Singh

Kuwait Outpost team organised a visit to carpet market in Al-Rai on 1<sup>st</sup> Oct'19. The experience was wonderful with lot of insights gained on carpets and the art of making them.

Carpet shopping is traditionally a social experience and we learnt some hidden stories behind the weaving of carpets.

There were two kind of carpets. One made by hand and other made with machines. A hand-knotted carpet is also referred as an '**Oriental**' carpet, which is typically woven on a specialized loom (see *photo below*). Hand knotted carpets often last for hundreds of years compared to short life of machine-made carpets.

**Some interesting types of Persian carpets experienced/shown were:**

- **Tabriz carpet** - General category of Persian carpets from the city of Tabriz, capital of east Azerbaijan province in northwestern Iran.
- **Isfahan carpet** – It is one of the most famous Persian carpets. The design in silk and wool, is very balanced and symmetrical. Typically, it consists of a single indigo, rose, blue medallion surrounded by vines and woven on an ivory background.
- **Tribal carpets** – These gorgeous and skillfully hand knotted carpets are made by the nomadic tribes in different countries. Tribal carpets express symbolic meanings and often there are stories hidden in them. In a typical tribal carpet, one could easily see the playful details that a weaver improvised in a layout fashion and expressed their sense of individuality.







## Previous Events Report

### Partners' Morning Gathering with Safety Chat

By Sunita Wali

Outpost organized a get-together of partners and invited HSSE Managers Amr Shams and Noor to have a chat on today's HSE issues. We discussed some general issues related to Health and Safety and shared some personal experiences. We all watched a couple of very informative videos on Road Safety and Driving. Noor explained how to use a fire blanket properly.

Here are links to some useful safety videos:

- ❖ **Cars Safety Check:**  
<https://www.youtube.com/watch?v=5IWHQerN8SA>
- ❖ **Text and Drive:**  
<https://www.youtube.com/watch?v=rCIJW9gnchc>
- ❖ **Fire Blanket usage:**  
<https://www.youtube.com/watch?v=GLvnAe6-DLg>

Along with the learning, we had some delicious bites with coffee. Olga, our gracious host, had baked some fantastic cakes that none could resist. It was wonderful to see some of the newly arrived partners amongst us in this gathering.



### Shell Companies in Kuwait Emergency Card



In case of emergency, call:

Duty Manager 24/7 +965 6090 9968  
Shell Companies in Kuwait Office +965 2243 8663

If neither DM or backup number is accessible,  
contact your line manager or host

Ambulance / Police / Fire 112  
KOC Emergency 160

#### Private Hospitals with Emergency Facilities

Al-Seef Hospital +965 188 1122  
International Clinic +965 188 6677  
Al Salam Hospital +965 183 0003  
Cigna Helpline 24/7 +44 1475 4921 42  
SOS 24/7 +44(0) 208 762 8497

#### HSSE Support

Andy Boulton, MSC- Country Security Manager +966 5488 4660  
Amr Shams El Dine, Country HSSE  
& Logistics Manager +965 9413 9328  
Noor Al-Assar, Country HSSE Lead +965 9764 4656

#### Other Useful Numbers

Walid AL Nader, VP. Kuwait CC +965 9758 9181  
Ali Al Gheithy, GM  
North Kuwait Heavy Oil ETSA +965 9404 8628  
Luc Van Son, GM  
North Kuwait Jurassic Gas Oil ETSA +965 9407 2838  
Rubert Weber, GM  
North Kuwait Conventional Oil ETSA +965 9470 3310  
Jane Obras, Logistics Coordinator +965 9720 0992

Apr. 2019





## Visit to the Zoo

**By Daniela Gonzalez**

On Saturday, November 16<sup>th</sup>, we went to visit the Kuwait Zoo. At the entrance, we were welcome with a snack and smiling faces. We started the tour with a fun train ride, having the chance to see different animals and a lot of people enjoying the views and the awesome weather. After the ride, we had the chance to walk and have a closer look at the different species of parrots, monkeys, lions, tigers, crocodiles, deer, etc. The Kuwait Zoo is an awesome place to enjoy a beautiful day with family and friends, it has a beautiful picnic area where people can eat, play or just relax on the grass.





## Chicken Wings with Teriyaki Sauce

By Gabriel Gonzalez

### Ingredients (for the chicken):

- Chicken Wings
- Salt
- Pepper
- Olive oil

### Ingredients (for the sauce):

- Water
- Soy Sauce
- Sugar
- Toasted Sesame
- Minced Garlic
- Corn Starch



### Preparation:

#### For the chicken:

- Season the chicken wings with salt and pepper
- Add in olive oil to the seasoned chicken
- Arrange in a baking pan
- Bake for 45 min. (200°C)

#### For the sauce:

- Boil the water
- Add soy sauce, sugar, and minced garlic
- Dissolve corn starch in cold water
- Slowly add it to the boiling mixture
- Toss the baked chicken to the sauce and sprinkle with toasted sesame seeds.



# Recommendations from **OUTPOST**

EXPATRIATE SUPPORT NETWORK

## >>>> Outpost WhatsApp Group!

- **Restaurants' recommendation**

The Sultan Cheff- Turkish- Gulf Road  
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  
Dr. Rabee Harb

- **General Practitioner**

Dr. Rabi- Royal Hayat Hospital

- **Optician**

International Optique Company in Plaza Mall  
Kaifan 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)

- **Hair Salon for Kids**

Arnubah and Dabdoob-360 and Avenues Mall

- **Fabrics**

Barakat Showroom- Salmiya- +965 25746727  
Souk Safat

- **Laundry**

JustClean App

- **Taxi**

Samy +965 50800449  
All Ashour +965 51088544

- **Maid Agencies**

Al Habib Recruitment Agency +965 22654743  
Behbehany Office Housemaids+96522626299  
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](http://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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