

## OUTPOST KUWAIT NEWSLETTER

### April 2020

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Online Resources



Hello,

Hope you are all staying safe!

Current situation has had some positive side effects and helped us focus into some creative actions. We asked the community to share any interesting activities they engaged in during the locked down times. We received some interesting responses and decided to put it together in the form of a special Newsletter.

Thanks to all who contributed!

Sunita Wali  
Focal Point

#### 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

Outpost Kuwait  
P.O. Box 28487  
Safat 13145  
Kuwait

Tel. +965 98765985

FAX +965 22438660

Email [outpostkuwait@shell.com](mailto:outpostkuwait@shell.com)

URL <https://kuwait-city.globaloutpostservices.com/>



## Meet the Outpost Kuwait Team



Sunita Wali

Focal Point



Olga Shamanovska

Events Coordinator



Pamela Ballabh

Events Coordinator



Gaby Landino

Website and Newsletter  
Coordinator



Lamia Al Shinnawi

Backup & Support



Yvette Warrlich

Career & Development  
Coordinator

Lindsay Mowad  
Karen McConnachie

Volunteers (Newsletter  
Reviews)



## Previous Events Report

### Zumba with Zida

By Gregorio Gonzalez

Last **Tuesday, 21 April 2020**, Shell Kuwait's Welfare Committee coordinated an online **HIIT/Zumba** class with Zida Zainal as our instructor.

Zida has been a certified Zumba and Strong Nation (HIIT program) instructor for 8 years. Currently, she is doing her own daily FB Live session where she teaches Zumba, Toning & Strength and Stretching throughout the week for those interested to keep fit during this Stay-at-Home period.

There were two sessions with the participation of several Shell employees and family members, including 30 minutes HIIT, 5 minutes break and 30 minutes Zumba.

The sessions were live streamed with lots of planks, squats, burpees, jumping jacks, lunges, curtsies, kicks, and punches on the first half followed with the Zumba session with Salsa, Reggaeton, Cumbia, Indian and Arabic songs.

This is a first activity that enables us as a community to continue to do nice things together and 'forget' COVID-19 for a moment. There might be more to come and suggestions or own initiatives are very welcome.





## Previous Events Report

### Partners virtual meet with HR

Outpost arranged a Skype meeting of partners and HR on the 29<sup>th</sup> of April. This was arranged to provide partners an opportunity to directly interact with HR and share their concerns and experiences with one another in these challenging times. Hamad Al Qenaei was present and answered many questions on Visas, residency and other matters. There was also a nice exchange of stories and experiences on shopping.

If you would like Outpost to arrange more virtual events. Please do let us know.

### How to help kids & Teens cope with Coronavirus

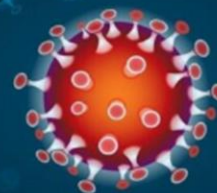
The online event was held by Outpost The Hague with Dr. Anisha Abraham (Pediatrician, Teen Health Expert and Consultant). Dr. Anisha Abraham talked about how to help kids and teens to cope with coronavirus.

We hope all the parents with young kids/teens find this useful. Click on the following link to access the presentation.

<https://kuwaitcity.globaloutpostservices.com/wp-content/uploads/sites/24/2020/04/Outpost-webinar-Dr-Anisha-Abraham-final.pdf>

#### Helping Our Global Kids Cope with Coronavirus

Dr Anisha Abraham, MD, MPH  
University of Amsterdam, Amsterdam, NL  
Georgetown University Hospital, Washington, DC  
teeny@dranishaabraham.com





## Activities During Lockdown

### Embroidering and Gardening

By Aniya and George Pallath

Shopping bags made from old bedsheet. Hand and machine embroidery.



Some embroidery (flowers) on my dress.



Embroidery on purses



Chilies by George. Hope it will start production by the time he goes back to the office.

Beans. Hope it will be ready before hot summer.





## Activities During Lockdown

### Imran's Kitchen

By Imran Iftikhar

Lockdowns are tough and specially if you are new in country, waiting for your Civil ID, and you are living in hotel.

The challenge is even more on personal front, where you need to keep yourself mentally fit inspite of all the depressing news of Covid-19 infections not only in Kuwait but in your home country (for me it is India) every day. Few interesting articles I read, one of it says how to keep yourself mentally fit during this home quarantine period, and the difficult part of that, is trying to do something different every day, do/learn something new every day etc.

Taking clue from the above guidance, I started cooking... and believe me the food tasted awesome.

I cooked the following items

Biryani, Mutton do pyaza (Mutton with onion), Aloo gobhi (Potato & Cauliflower), Aloo matar tamatar (Potato, Peas and Tomato) and above all chapati (Indian flat bread).. right from dough preparation...

I am fortunate enough to stay in Jumeirah where I can walk on the beach and click some awesome pictures of sunrise and sun set. Follow the link to see more beautiful pictures.

<https://kuwaitcity.globaloutpostservices.com/wp-content/uploads/sites/24/2020/04/Sunrise-Sunset-by-Imran.pdf>



Biryani



Biryani

Who says I cant make round Chapaties!!!



Bhindi Fry



## My first Yoga Video

By Sunita Wali



I have been practicing yoga for a very long time and I am a certified yoga teacher. I also taught yoga for a little while but making a video of my yoga practice never occurred to me. During these lock down days, I did an online yoga session with my niece in India and she motivated me to record a video. So, here is my first yoga video – it is a very light and gentle yoga consisting of breathing practice (Pranayama) and some stretching postures. If you are interested in yoga, give it a try and do let me know your feedback.

Here is the link to the YouTube video

<https://youtu.be/mCtO072SI7o>



## Activities During Lockdown

### Mount Everest

By Karen Mcconnachie

So, it's lockdown, the children are being (hopefully) successfully home-schooled but there are no playdates, relatively little outside activities and for those living in a place like mine, not much inside space for them to run around in. One way I found to help keep us all fit was to join in with the British Scouting Overseas (BSO) challenge to virtually climb Mount Everest. I am the Group Scout Leader (GSL) and Assistant Cub Leader with the 1st Salmiya Scout group. We had to climb stairs and record the number climbed each day. Each step was worth 15cm on our upwards journey to summit a range of mountains, culminating in Mount Everest. My family climbed the stairs within our apartment block and others within their own homes. Those that didn't have access to stairs used a step or block to step up and down from. 1st Salmiya Beavers, Cubs, Scouts, Explorer Scouts and Leaders have already completed one summit of Mount Everest and are going for another; who knows how many times we can climb Mount Everest!

Here is Alistair in action on our stairwell!





## Activities During Lockdown

### Gardening in Quarantine

**Safa Abubacker (Age 11 )**

Stuck in quarantine with non-stop online schooling from NES!!! Luckily my dad and I started our roof gardening just before winter started. It's been exciting to see progress over time. Mixing compost and sand, we buried our seeds in pots of soil. Tomato, eggplant, cherry tomato, and chilly. The flowers started growing in January, and soon, we had our first crop in early February.

There were a few problems though. Some tomatoes had some sort of virus (we don't think it's corona 😊) and were infested with white flies, which we were forced to spray with insecticide. Now that the heat outdoors is increasing, we have to water the plants twice a day, as well as adding fertiliser once every two weeks. One important thing is having to prune off rogue shoots regularly, to ensure the nutrients go only to the main stem, flowers and fruit. We also use bamboo sticks to stabilise each plant because of high winds on the roof. Another problem that we face is the sand and dust covering the leaves making it hard for the plants to breathe. In that case, we have to rinse off all the dust otherwise it can also cause fungus growth.

Over time, we got hundreds of chillies on each plant, which tasted amazing with salads and spicy dishes but our tomato quantity was much less than last year. Mum likes to eat chillies raw but too hot for me!! This year we also grew yellow cherry tomatoes and they taste interestingly tangy. Also, the egg plants are starting to fruit now with the increasing temperature.

It really gives us a nice feeling eating the fruit and veg, knowing that we harvested it ourselves. To be honest, it was a lot of work initially but once the plants are grown, not so much. It's a nice hobby to have especially when we literally get the fruits of our labour. We are limited to what we can do in quarantine, so it's nice to do some gardening outdoors instead of being stuck indoors all day!



## Banana Bread

By Farida salakhettidnova

### Ingredients

- ✓ ½ cup butter, melted.
- ✓ 1 cup white sugar
- ✓ 2 eggs
- ✓ 1 teaspoon vanilla extract
- ✓ 1 ½ cups all-purpose flour
- ✓ 1 teaspoon baking soda
- ✓ ½ teaspoon salt
- ✓ ½ cup sour cream
- ✓ ½ cup chopped walnuts
- ✓ 2 medium bananas, sliced



### Preparation

Preheat the oven to 350 F (175 C). Grease a 9x5 inch loaf pan. In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well. Combine the flour, baking soda and salt, stir into the butter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas. Spread evenly into the prepared pan.

Bake at 350 F for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for ten minutes before removing to a wire rack to cool completely.

All done, enjoy!!

## Banana Oat Cookies

By Alicia Avila

**Ingredients:**

2 bananas  
1 cup of oats  
Raisins

**Preparation:**

Mash the bananas, add the oats and mix well. Then add the raisins. Preheat oven 180 C (number 4 for gas). Use a spoon to put small amount of mix in a baking tray.

Bake for 15 mins.

This cookies are very nice and healthy with no added sugar or flour.

I hope you enjoy!





## Useful Information



### Stay at home Shopping & delivery options

Stay at home delivery options - This link will guide you to other available online platforms

<https://stayathomekuwait.com/categories?lang=en>

Kuwait Shopping Websites

<https://248am.com/mark/shopping/kuwait-online-shopping-websites-2020-list/>

### SHOPPING APPOINTMENT BOOKING

For urgent shopping during curfew hours, you can book an appointment in your local coop at

[www.moci.shop](http://www.moci.shop)

### Emergency Numbers in Kuwait



**Kuwait Police 112**  
Ambulance -  
Firefighter



**Kuwait  
Municipality 139**



**Ministry of  
Electricity and  
Water 152**



**Ministry of  
Health 151**



**Ministry of  
Public Works 150**

# >>>> Interesting Resources While Staying at Home

## ➤ Free Learning Websites:

### ➤ Elementary higher to Grade 12

- ✓ <https://www.bbc.co.uk/cbeebies/radio>
- ✓ <https://www.oxfordowl.co.uk/for-home/>
- ✓ <https://classroommagazines.scholastic.com/suport/learnathome.html>
- ✓ <https://allinonehomeschool.com/>
- ✓ <https://kids.nationalgeographic.com/>
- ✓ <http://www.mathgametime.com/>
- ✓ <https://www.uniteforliteracy.com/>
- ✓ <http://www.sciencekids.co.nz/>
- ✓ <https://www.e-learningforkids.org/>

### ➤ Elementary lower grades

- ✓ <https://www.starfall.com/h/>
- ✓ <https://www.coolmath4kids.com/>
- ✓ <https://www.abcya.com/>
- ✓ <https://www.funbrain.com/>
- ✓ <http://www.literactive.com/Home/index.asp>
- ✓ <https://www.splashlearn.com/>
- ✓ <https://www.storylineonline.net/>
- ✓ <https://pbskids.org/>
- ✓ <https://www.highlightskids.com/>
- ✓ <https://www.seussville.com/>
- ✓ <https://www.turtlediary.com/>
- ✓ <https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktmnpaxqZbkgu dD49l71ep8-sjXmrac>

## ➤ Other Online resources for younger kids:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

## ➤ YouTube Channels for all ages:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake

## >>>> Interesting Resources While Staying at Home

- Learn languages: Duolingo
  - ✓ <https://www.duolingo.com>
- Easy arts and crafts for little ones
  - ✓ <https://www.redtedart.com>
  - ✓ <https://www.kennedy-center.org/education/mo-willems/>
- Educational online games
  - ✓ <https://toytheater.com/>
  - ✓ <https://world-geography-games.com/world.html>
  - ✓ <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
  - ✓ <https://www.prodigygame.com>
  - ✓ <https://blockly.games>
  - ✓ <https://scratch.mit.edu/explore/projects/games/>
  - ✓ <https://www.switchzoo.com/>
- Virtual Tour of Museums.
  - ✓ <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Exercise videos
  - ✓ <https://youtu.be/QeSiT0HVEJo>
  - ✓ <https://www.youtube.com/watch?v=y9fNh7cYo64>
  - ✓ <https://www.youtube.com/watch?v=3XVGDUyPa4y4>
- Cooking videos
  - ✓ <https://www.youtube.com/watch?v=yc8nkYgA4AM>
  - ✓ <https://www.youtube.com/watch?v=K mzBwppxo ns>
- Baking videos
  - ✓ <https://www.youtube.com/watch?v=dT6C--QY8Qs>
  - ✓ [https://www.youtube.com/watch?v=03\\_EDK9Sn\\_E](https://www.youtube.com/watch?v=03_EDK9Sn_E)

## >>>> Interesting Resources While Staying at Home

### ➤ Entertainment

- ✓ Romeo & Juliet Shakespeare's Globe Theatre
  - ✓ [https://www.youtube.com/watch?v=eSAIPJ0FG\\_0](https://www.youtube.com/watch?v=eSAIPJ0FG_0)
- ✓ Cinderella (Ballet) Opera National de Paris
  - ✓ <https://www.operadeparis.fr/magazine/cendrillon-replay>
- ✓ Gloriana 7PM Royal Opera House Covent Garden
  - ✓ <https://youtu.be/FJKWyY6dLgc>
- ✓ Madam Butterfly (Anna Maria Martinez – 7 Dec 2018 performance)
  - ✓ <https://www.staatsoperlive.com/live>
- ✓ Cirque du Soleil SINGALONG
  - ✓ <https://www.youtube.com/watch?v=1RDoJp1Sea8>
- ✓ Love Never Dies (Sequel to Phantom of the Opera)
  - ✓ <https://www.youtube.com/watch?v=eXP7ynpk1>
- ✓ Streaming from the Metropolitan Opera venue in New York.
  - ✓ <https://www.metopera.org/>
- ✓ BBC Earth 50 Top Natural History Moments
  - ✓ <https://youtu.be/a6roH6RffnA>
- ✓ Russian Hamster Vs. Hamster wheel!
  - ✓ <https://youtu.be/kGOTIt2wJXs>

### ➤ Home Teaching & Helping Kids Thrive During COVID-19

- ✓ [https://www.drstevesilvestro.com/home-teaching-helping-kids-thrive-during-covid-19-with-dr-anisha-abraham?fbclid=IwAR00RtO1QZ7aY7H1KpxKDEf5p5jDb34b6j\\_OyOEDJcaH1sY9A2cjbhKqts](https://www.drstevesilvestro.com/home-teaching-helping-kids-thrive-during-covid-19-with-dr-anisha-abraham?fbclid=IwAR00RtO1QZ7aY7H1KpxKDEf5p5jDb34b6j_OyOEDJcaH1sY9A2cjbhKqts)

### ➤ Pediatrician's tips for helping kids grow and develop during social distancing & isolation, from home teaching to personal growth & more.

- ✓ [www.drstevesilvestro.com](http://www.drstevesilvestro.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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