

OUTPOST KUWAIT NEWSLETTER

June 2020

Index:

- .Welcome
- .Meet Outpost Kuwait Team
- .Mark Your Calendar
- .How to get Updates from Outpost Website
- .Previous Events Reports
- .Shell Safety Day -Kids Project
- .Safety during Hot Weather

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 so that our next newsletter can be even better!

Thanks in advance,
The Outpost Kuwait Team

Hello Everyone,

In this newsletter, we present to you children's work for the Shell Safety Day in the backdrop of current COVID- 19 situation. Each of them have wonderfully expressed important messages in their own unique way. I am sure you will enjoy going through these creative pieces.

I request you to please share your comments (for a specific work or all). We will collate these comments and present as a Thank You note to the children. This will provide an encouragement to these budding stars.

If you have any fun ideas on any community based activities/ events that we can do in these times of social distancing, please do share.

Stay Safe!

Sunita Wali
Focal Point

Outpost Kuwait
P.O. Box 28487
Safat 13145
Kuwait

Tel. +965 98765985

FAX +965 22438660

Email 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)

Mark your calendar

July

- 3 Quiz Night
- 13 Spouses Virtual Connect
- 28 Cooking Demo



Note: dates are subject to change.

How to Receive Outpost Notifications

To receive communications about upcoming events or news from your Outpost location directly from Outpost Website, you will need to:

- ✓ Go to your Outpost website;
- ✓ Click on your profile (located in the top-right corner of the homepage);



- ✓ Once in your profile, scroll down to **'Email updates from your location'**;
- ✓ Select **'Yes, send me updates'** and then click **'Save'** to activate the push email notifications (sent every 2 weeks).

YOUR PROFILE

Your assignment location is: **KUWAIT CITY**

[Go to outpost homepage](#)

Change your ASSIGNMENT location

Your new assignment location

Outpost Kuwait City

[Change assignment location](#)

Are you an editor? Contact the site admin to change your assignment location

YOUR INFORMATION

Share my profile information with other users

☒ Yes, share my information with other members (optional)

By checking this box, you agree on sharing your name on the members page of your assigned location. We will never share your email address.

Do you want other members to contact you?

☒ Please select your current assigned location. After log in you will be sent to the homepage of your chosen assigned location. You can change your assigned location at any time.

First name *

Gabriela

Last name *

Landing Final

LinkedIn profile URL (optional) [E.g. https://linkedin.com/user/username]

Facebook profile URL (optional) [E.g. https://facebook.com/username]

Twitter profile URL (optional) [E.g. https://twitter.com/username]

Instagram profile URL (optional) [E.g. https://instagram.com/username]

EMAIL UPDATES FROM YOUR LOCATION

Would you like to receive information about upcoming events or news posts from your Outpost location?

☒ Yes, send me updates.

[Save](#)



Previous Events Report

Virtual Connect with Spouses

Outpost organized a virtual connect with spouses on 9th June, a third one in this series. The purpose of these sessions is for partners to come together and share their experiences/ stories. The spouses also had the opportunity to ask any questions from HR. This time we had Nada Borisly, ER Manager available along with Hamad Al Qenaei, HR Consultant. We heard some interesting stories and there are always learnings from these sessions. It was nice to have some spouses who are not in Kuwait presently also participate in these virtual gatherings.

Yoga for Stress Relief

Stress is the main cause of many ailments and causes havoc not only to our mental but physical self as well. The original aim of Yoga was to calm the mind and prepare a person for meditation.

On June 3rd, Sunita Wali presented “Yoga for Stress Relief and calming of Mind” an interesting session which consisted of explanation and demonstration of various yoga postures and breathing practice that help with stress relief and calming down.

You can access the presentation by clicking the following link:

<https://kuwaitcity.globaloutpostservices.com/wp-content/uploads/sites/24/2020/06/Yoga-for-stress-relief.pdf>





Previous Events Report

Indian Cooking Demonstration

By Pamela Ballabh

Last week, Pamela Ballabh offered a delightful demonstration about Indian Cooking. She not only prepared a delicious dal, a traditional Indian dish, but also gave us an overview of different Indian spices. If you want to learn how to prepare this simple and appetizing dish, click on the following link: <https://www.youtube.com/watch?v=w9bSH5pkH7Q&feature=youtu.be>



Ingredients:

- 1/2 cup yellow moong dal
- 1 cup chopped tomatoes
- 1/3 cup chopped onions
- 1/4 tablespoon turmeric powder
- Salt to taste
- 2 tablespoons clarified butter (can substitute with oil)
- 1/2 tablespoon cumin seeds
- 1/2 tablespoon chopped ginger
- 1/2 tablespoon chopped garlic
- 3 cups water
- Coriander to garnish





Shell Safety Day Kids Project

Avoiding COVID-19

By Georgette Warrlich

Avoiding COVID-19,
Everyone requires hygiene.
Surely a vaccine won't help,
But decreasing people's health.

MRS GREN is what we do.
Air, water, shelter and food,
Sun and exercise we need
Mind, body and soul to feed.

To rid this virus, you'll hear,
-Nothing to do with Shakespeare,
A simple cure, it is not,
But this earth is all we've got.

To exercise you could try;
So running on the beach - why?
Beach minerals, collect shells,
Trampolining or dumbbells?

Eat vitamins veg and fruits,
Broccoli, berries, and roots,
Leafy greens, and healthy oils,
Anything coming from healthy soils.

Oxygen rich air outside,
Fills the lungs, ahh....satisfied.
Sunshine gives vitamin D,
Building our immunity.

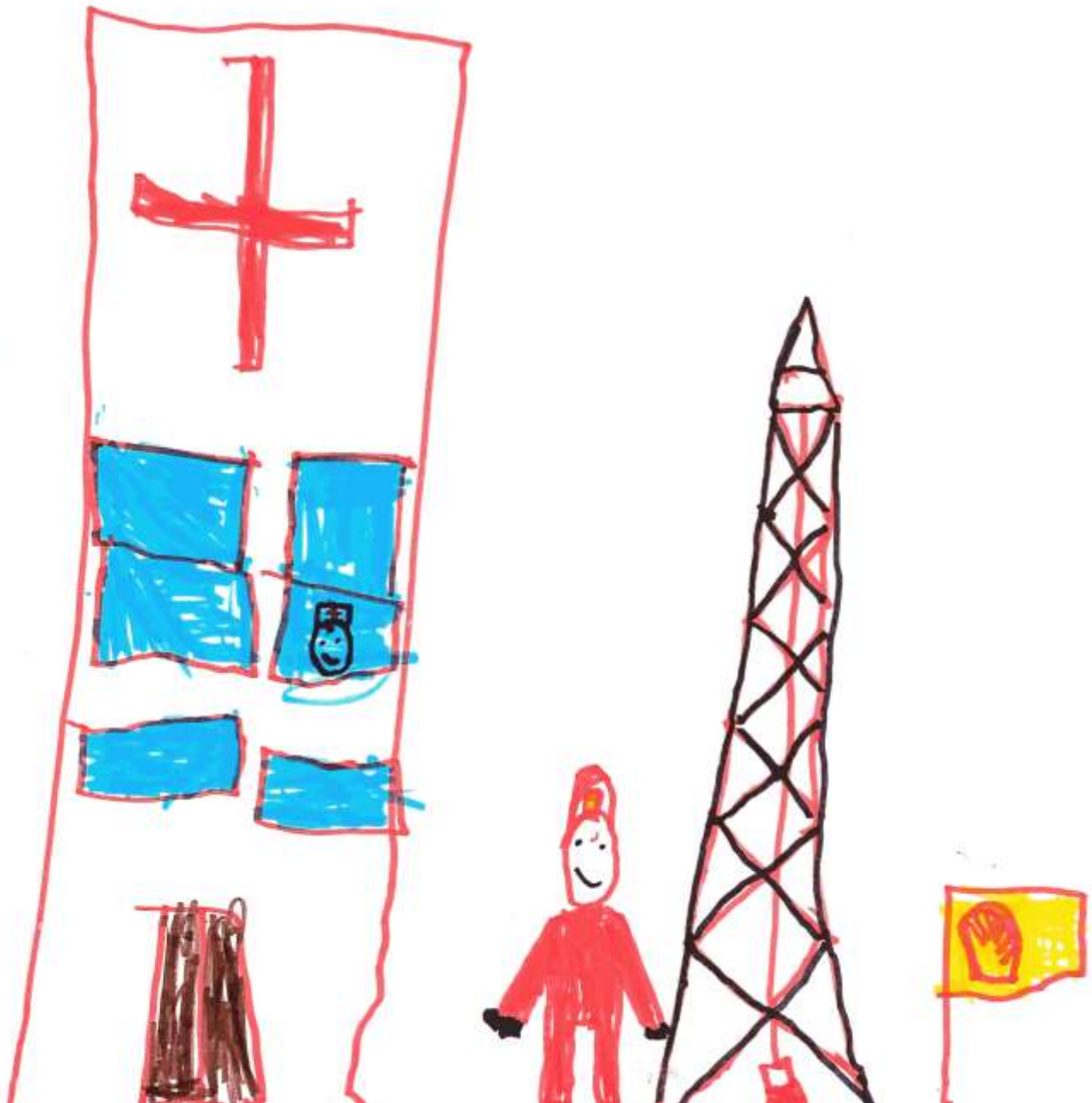
So to fight this pandemic,
there can not be just one trick,
It's an effort from us all,
To stay healthy overall.

Shell Safety Day Kids Project

A Hospital and a Drilling Rig

By Jef Slagmulder

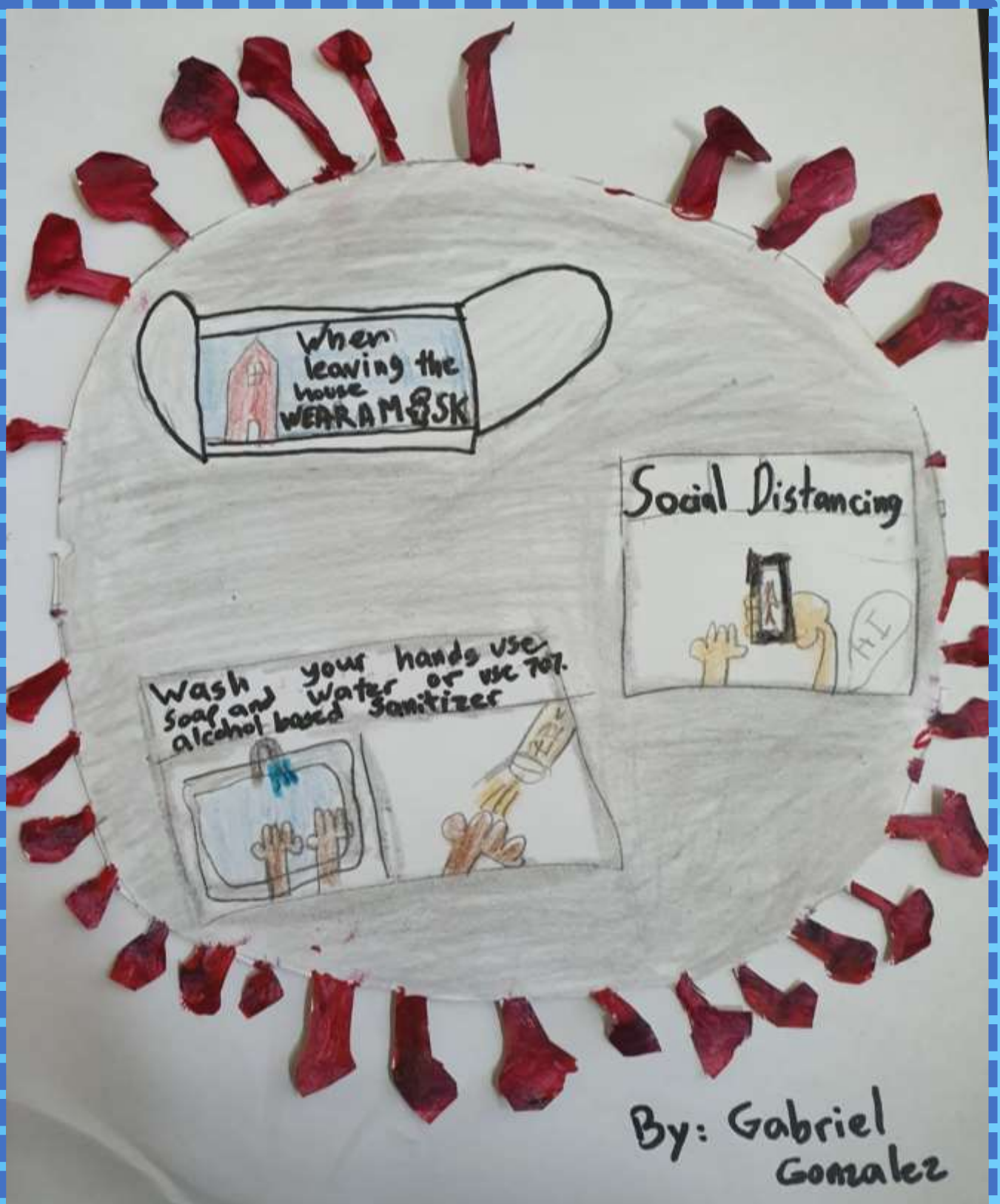
JEF SLAGMULDER



Shell Safety Day Kids Project

Be Safe During COVID-19

By Gabriel Gonzalez



Shell Safety Day Kids Project

Importance of healthy mind & body along with Stay home stay safe

By Shrihan Singh



Shell Safety Day Kids Project

Stay Safe During COVID-19

By Jasmine Emera

Things You Need to Wear, Have, and Not Do to Stay Safe During Covid-19

By: Jasmine Emera



Mask



Wipes



Gloves



Don't Shake hands with anyone



Hand Sanitizer



Wash hands with soap for 20 seconds





Shell Safety Day Kids Project

Safety in times of COVID-19

By Mark Kalashnikov

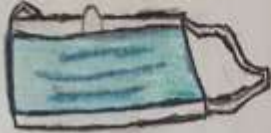


Stopping COVID-19

By Daniela Gonzalez

STOPPING COVID-19

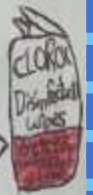
1) When out of the house,
WEAR A MASK!



2) Wash your hands regularly!
If there's no soap and water,
use hand sanitizer that is 70%
alcohol-based.



3.) Always disinfect surfaces before
touching them to prevent infection
from surface contamination.



4.) Social Distancing! Stay
at least 6 feet apart from others.



By: Daniela Gonzalez

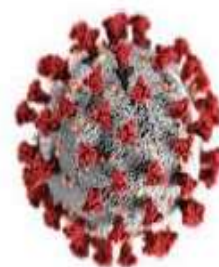


Shell Safety Day Kids Project

Safety in times of COVID-19

By Sneha Ballabh

Before November 2019, life was merry, until an unknown virus broke out in China and spread around the world. Today, the coronavirus is ravaging the world, with around 8 million reported cases. People are locked down in their houses due to curfew and must take precautionary methods while going out. Let us understand how the coronavirus spreads in the body, how deadly it is, and what precautionary methods can be taken to prevent it.



The coronavirus gets in through the eyes, nose, or mouth into a part of the lungs called the alveoli, which helps us to breathe. The virus hijacks the lung cells and orders them to make more viruses. Once new viruses are made, they break out, destroying the cell and this process continues.

The cell, realizing the danger, calls inflammatory mediators (IM), whose job is to find a type of white blood cell called neutrophils and cytokines, in order to defeat the virus. The neutrophils do not understand the difference between live cells and viruses and kill both. This leads to the accumulation of dead debris in the lungs, along with free live viruses causing **coughing** which is a symptom of virus infection and the virus spreads exponentially infecting others coming in contact with the infected person.

As the virus spreads, the hypothalamus, the body's temperature controller, raises the body temperature to better fight the virus, causing **fever**. A side effect of the IMs is that they make lung muscles permeable, which causes fluid to enter the alveoli from outside and gather inside, causing **breathing trouble**. For people with weaker immune systems, more IMs may be needed to control the virus and defeat it. More IMs can cause blood vessels to shrink, which drops blood flow to vital organs, causing **organ failure and death**.



To prevent it, use **sanitizer** or **wash hands with soap** for 20 seconds. The coronavirus is encased in a layer of fat that protects them. Washing with soap destroys the fat layer that prevents the virus from attaching itself to the lung cells, making it ineffective. Also, wearing personal protective equipment such as **masks and gloves** can block it from entering through the eyes, nose, and mouth. If hands are not washed, don't touch the T-Zone which is the eyes, nose, or mouth, which are the entry points of the virus. **Social distancing** is very important. It is recommended to stay 2 meters away from any person, avoid going to crowded areas and staying in enclosed public places. Lastly, a **healthy lifestyle** helps to strengthen the immune system, and fight the virus.



So, what's next? Research is going on to developing a vaccine. Many experimental antidotes are being tested currently. But do not fret! Just like other pandemics in the past, we will come out stronger from this one too!

Shell Safety Day Kids Project

Shell Oil Tanker and Safety Helicopter

By Jef Slagmulder





Shell Safety Day Kids Project

Stay Home COVID-19

By Safa Abubacker

DIGITAL ART BY:

Safa Abubacker





Safety During Hot Weather

From : American Red Cross

HEAT SAFETY TIPS

- ✓ Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
- ✓ Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- ✓ Postpone outdoor games and activities.
- ✓ Take frequent breaks if working outdoors.
- ✓ Stay hydrated by drinking plenty of fluids.
- ✓ Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- ✓ Avoid extreme temperature changes.
- ✓ Wear loose-fitting, lightweight, light-colored clothing.
- ✓ Check on animals frequently. Make sure they have plenty of cool water.

HEAT EXHAUSTION Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke. If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass of cool water every 15 minutes. If someone is exhibiting signs of heat exhaustion (cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness, exhaustion), move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call medical services.

HEAT STROKE LIFE-THREATENING Signs include hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature. Call medical services immediately if someone shows signs of heat stroke. Move the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.



BEAT THE HEAT:
Extreme Heat

Heat related deaths are preventable

WHAT:	WHO:
Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.	<p>More males than females are affected</p> <p>Children</p> <p>Older adults</p> <p>Outside workers</p>
WHERE:	HOW to AVOID:
<p>Houses with little to no AC</p> <p>Construction worksites</p> <p>Cars</p>	<p>Stay hydrated with water, avoid sugary beverages</p> <p>Stay cool in an air conditioned area</p> <p>Wear light-weight, light colored, loose fitting clothes</p>

During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°		
Inside 109°	Inside 118°	Inside 123°
Time Elapsed: 20 minutes	Time Elapsed: 40 minutes	Time Elapsed: 60 minutes

For more information click the link:
<https://www.redcross.org/about-us/news-and-events/news/2018/be-safe-as-the-temperatures-soar.html>



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.