



# THE RAHRC BULLETIN

## APRIL 2015

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

# Quiz

Registrations are Welcome for



## International Quiz : by Muscat Codex

- **Quiz Date : 1st May 2015, Venue - Cinema – RAHRC from 4.30 pm to 7.30 pm [Prelims to be followed by finals]**
- **International Quiz to be based on Sports, Entertainment, General Awareness, wildlife, literature etc**
- **Hurry!! Register your team by paying OMR 6/- at RAHRC front desk. [A team should have three members comprising of RAHRC Members and/or their children, spouses. Any combination, no age bar]**
- **For more details call 96042617/93929136/92956887**

**This Quiz is brought to you by:**



The Vibrant essence of  
Cultures

**Indian Section, RAHRC**



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## Main Committee Message



The summer is back and so is the fun which we have set for you starting April 2015 to welcome the season. The club presented for the first time a live band from Beirut "Arabian Night" on 10<sup>th</sup> of April 2015 at the Sohar garden. Despite the turnover of the crowd was less than expected the food and the band performance was excellent which really entertained the crowd that night.

Another great event happened during the month of April was the "Spring festival" organized by the Pakistan section. It was first of its kind at RAHRC, All 1100 tickets sold out- with many people on the day were asking for more tickets; More than 1300 people attended the festival whereby all were served with variety of food that includes 7 snacks dishes. The festival had full of activities for both families and kids including kites, paddle boats, football, robin hood cricket etc. plus Raffle draw and gifts- Free kites/t-shirts to all. It was really appreciated by all attendees. "Well done to the Pakistan section"!

The month of April 2015 also presented the first "ZUMBATHON" in Oman which took place on 24th April at the Sports hall with more than 200 participants. The event run over 3 hours of continuous Zumba sessions starting at 3pm and successfully ended at 6:00pm. This event was organized by licensed Zumba instructors and was supported by the RAH Fitness Committee. The funds raised will go towards the purchase of subsidized testing strips for diabetics from the low income people. It was organized as part of the Change 4Life campaign which helps in promoting health awareness and wellbeing for the community. All tickets for this event were sold out.

The event was inaugurated by Ibtisam Al Riyami, People and Change Director and a Change 4Life representative. Guests and members also attended.

As for May we shall welcome it with "Al Fahal Island Swim" organized by the swimming section on 1st May 2015 and International Quiz on the same day will be organized by Indian Section. This event will be the last outdoor activity this summer as heat will be at its maximum during the month of June, July and August 2015.

### The heat is on:

#### Some safety precautions and advice:

If working outdoors you need to drink 250ml of water every 20 minutes. Do not drink water more than 1.5 liters (6 glasses of water ) per hour.

Do not take any form of salt supplement until advised by a medical practitioner.

#### Recognizing Symptoms of Heat Illness:

- **Prickly Heat** - Also referred to as heat rash, appears on the skin as tiny red vesicles (bumps) in areas continuously wet with un-evaporated sweat. Treated by replacing wet clothing
- **Heat Cramps**- Muscle spasms caused by salt loss and dilution of tissue fluid. Cramps usually occur during or shortly after work that involves profuse sweating. Treatment involves movement into cool environment and drinking fluids
- **Heat Exhaustion**- Generally a mild form of heat disorder resulting from dehydration. Symptoms may include clammy skin, pale complexion, fatigue, nausea, and headache. Treatment involves movement into a cool environment and drinking fluids
- 
- **Heat Stroke**- **Considered a medical emergency.** It is the result of the failure of the body's cooling mechanism and can result in death if not immediately treated. Symptoms include hot, dry skin, confusion, loss of consciousness and convulsions. Treatment involves the rapid cooling of the body and immediate medical attention ( **Call 24675555**)

#### Personal Responsibilities:

- Keep hydrated before, during, and after work.
- Minimize or avoid caffeinated beverages on hot days.
- Recognize your limitations and take rest breaks before excessive fatigue develops.
- Stay in good shape and exercise regularly.
- Get plenty of sleep.

- Eat healthy
- Seek and follow appropriate medical advice about your personal risk factors and how to work safely in hot environments

For more information on what is happening at the Club, or an overview of activities and Club Sections including contact details, please visit our website: [www.pdorc.com](http://www.pdorc.com). If you have any comments, suggestions or feedback, please e-mail: [rahrc@pdo.co.om](mailto:rahrc@pdo.co.om).

On behalf of the Main Committee,  
Hamoud Al Shaqsy  
Social Secretary

# Cricket Section

Following major actions were taken place in cricket section with the limited available resources. As we have lost our cricket ground since the year 2012, members were with limited options to play cricket either two times two hrs. in a week inside the sports hall and other option is to reach out the rented nets and grounds subject to the availability and mercy of OCC . We salute the cricket members who are still playing with the spirit and did not discontinue the cricket due to non availability of enough resources in the club. We are taking up with appropriate management (repeated meetings) and efforts are being put in to enhance the resources or avail at least few cricket practice net ASAP. However we made aware that the cricket ground commissioning is being delayed.

Junior Kids Cricket coaching Camp for RAHRC: Past nine weeks the cricket coaching camp is well organized and continuing cricket coaching with enthusiastic kids and parents. Cricket Coaching is being done by OCC (Oman cricket club) coaches who are international coaches qualified by ACC (Asian cricket council). As per the request of parents/kids the section decided to extend the coaching up to 15weeks. Some actions are as below.





## PDO Cricket League team

PDO RC League Team completed their final match of the season with a tough loss to B division team Sinha.

Opening batsman Nalaka Pathum slammed an unbeaten 100 (60b, 4x6 and 8x4) and claimed 3 for 25 off 3 overs to steer Sinha to a win and a place in the semi-final of the Khimji Ramdas sponsored Senior Cup T20 knock-out tournament. The match was played in the afternoon session at the same venue.

Winning the toss and opting to bat PDORC were bowled out for 171 at the end of the 20th over.

Opening the batting Attique Mohammed top scored with a blistering 43 (23b, 1x6 and 6x4) whilst Donald Taylor chipped in with 31 (18b, 1x6 and 2x4).

Sinha did well to get to their target scoring 172 for the loss of 4 wickets off 19 overs and qualify to meet Z-Axis Media on Friday.

Brief Scores: PDORC – 171 All Out off 20 overs (Attique Mohammed 43, Donald Taylor 31 and Naeem Hafiz 28; Nalaka Pathum 3/25, Prabath Indika 2/20 and Nalinda Kularatne 2/42)

Sinha – 172 for the loss of 4 wickets off 19 overs (Nalaka Pathum 100 N.O. and Chaminda Lakmal 24)

The team enjoyed the match with a decent weather and a good celebration to season finale match.



HAWA Charity Cricket tournament:

RAHRC Cricket section is planning for a very exciting move this year, we are proud to announce that the cricket section are teaming up with HAWA for the third annual HAWA cricket fund raising tournament during the second week of June. Together as a PDO and contractor community we have all got our collective efforts to raise a massive 10,800 OMR (after matching by PDO) over the past two years for different HAWA supported charities within Oman. This year we plan to surpass this target and will have another fun packed intercompany tournament also with the addition of a children's cricket tournament.

This year promises to be a bigger success and again shows how sport (in this case cricket) can bring different communities together all for a common and good cause.

This year we will be raising for Syria Refugees (as selected by HAWA Team), who are in desperate need of our help.





## **HSE Public Speaking Contest by PDO Gavel Club**

A public speaking contest on Health, Safety and Environment for children of PDO staff was hosted by PDO Gavel Club on 4<sup>th</sup> April 2015. This event was held in RAHRC. This was possible due to the support of PDO Corporate HSE Department.

More than 35 children (between 11 and 17) participated in this contest. The speeches by Children were extremely poignant and moving. As HSE requires a behavioral change, normally visual media like posters are used. It is extremely rare that a medium like a speech is used. However, a powerful speech has a fantastic impact on the participating children, their families and the audience. It could be seen that this event made a huge change in the lives of these children, their families and all in the audience.

The areas covered in these speeches were quite wide. A few of them were:

1. Work Stress.
2. Casual attitude to safety
3. Driving Safety
4. Excessive use of plastics
5. Global Warming.
6. Child Health
7. Fire Safety
8. Electrical safety amongst others.

The lessons from these speeches were well learnt and shall remain for all times to come.

All are now looking forward to this event in the next year. There have already been calls to make more age groups in children, and also for adults!

We shall need an army of volunteers to accomplish that but we look forward to a bigger event next year.

Regards.

**Vibhas Mangla & Yahya Al-Maimani**

PDO Toastmasters





### **Ras Al Hamra Golf Club**

**Membership:** Various Golf Club Memberships are available. We have new members joining weekly, it is great to see members of the Ras Al Hamra community starting to enjoy this great game. If you are interested in becoming a Golf Club member or require any information about the Golf Club please contact the Golf Shop for more details. [rasalhamragolf@outlook.com](mailto:rasalhamragolf@outlook.com)

**Golf Tuition:** William has produced a full teaching programme, various individual and group lessons are available. The ladies development programme has now started and is in full swing, the ladies are currently into week 3 of the 6 week development session and there are certainly some great swings to be seen. For more information on golf instruction, please contact William Bruce for details at [Wbruce@troongolf.com](mailto:Wbruce@troongolf.com). The month of May will also see Ras Al Hamra Golf Club host the Troon Golf Player Development Programme, this is a worldwide initiative to help bring new golfers to enjoy this great game. William will be hosting a number of golf clinics specialising in all aspects of the game of golf.

### **Aspects include:**

- Swing Development
- Using Different Clubs
- Putting
- Chipping
- Pitching
- Greenside & Fairway Bunker Play
- On Course Instruction
- Rules & Etiquette
- Scoring & Different Formats in Golf

The overall objective is to ensure each golfer improves their golfing skills, developing a pathway through to playing the course and beyond but most importantly to enjoy the experience here at The Academy. The programme will take place over 5 dates during the month of May under the lights.

### **Class Timings:**

**Thursday 7<sup>th</sup> May 7:00pm**

**Sunday 10<sup>th</sup> May 7:00pm**

**Thursday 14<sup>th</sup> May 7:00pm**

**Sunday 17<sup>th</sup> May 7:00pm**

**Thursday 21<sup>st</sup> May 7:00pm**

### **Cost:**

6 OMR per person, per session. Please call or email the golf shop to sign up: **9910 6039** or [rasalhamragolf@outlook.com](mailto:rasalhamragolf@outlook.com)

*Maximum 10 people per session.*

**Golf Events:** The Race to Ras Al Hamra Final was held on Friday 17<sup>th</sup> April after a 3 month qualifying period. There were a total of 339 participants who played during the qualifying rounds and final and a check to the value of **OMR 15,130** was presented to the Oman Cancer Association – Dar Al Hanan at the awards dinner this past Friday night. The monies were presented on behalf of all the golf clubs (Ras Al Hamra, Almouj, Ghala Valley and Muscat Hills) and the title sponsor PDO. This goes to show how all golfers and golf clubs can pull together for a great cause in our community.

**Please note that the Golf Club will be closed for bi-annual maintenance on Sunday May 3rd, Monday May 4<sup>th</sup> and Tuesday May 5<sup>th</sup>, the Golf Club will reopen for usual business on Wednesday 6<sup>th</sup> May.**

## **Online & Flexible Study Workshop**

Online & Flexible Study Workshop – 19th May – 8.15-11.30 am – PDO  
Club Marlin Hall

Workshop for adults interested in learning more about different subjects in their own time, and at low-costs.

Expat spouses often find themselves in roles with limited straightforward options for personal development. But even as a stay-at-home parent or without a work permit, it is possible to continue your life-long learning journey.

Topics covered include:

- \*Fields of study (ranging from general interest to life skills to academic: have a look at [www.mooc-list.com](http://www.mooc-list.com) for a preview)
- \*What suits you: (part/full) time, self-paced or fixed time frame, language of instruction, level.
- \*Certification, accreditation and value for future employers/clients.
- \*Getting started and keeping your motivation.
- \*The workshop will be interactive and we hope you'll leave it with enthusiasm to start a course.

Workshop leaders: Jacqueline Vernooij and Femke van Wageningen-Kessels

Registration via [personaldevelopmentnetw@gmail.com](mailto:personaldevelopmentnetw@gmail.com)



## **UPCOMING PROGRAMMES OF INDIAN SECTION**

- **International Quiz: 1<sup>st</sup> May 2015**
  - Shall be held on 1<sup>st</sup> May 2015 in RAHRC Cinema.
  - Shall be conducted by a Professional Quiz Organization.
  - Register after paying a fee with a Team of Three
  - Questions shall be from all over the world. Not just India based.
  - Registrations are open.
  
- **Indian Nite : Entertainment : 22<sup>nd</sup> May 2015:**
  - Songs and dances from all over India.
  - Mix of internal and external talent will come in to give a high level professional programme.
  - Essentially with beats and brings out the vibrancy of our entertainment industry.
  - Tickets will be on sale from 1<sup>st</sup> week of May 2015.
  
- **Indian Nite : Classical : 23<sup>rd</sup> Night 2015:**
  - We are getting some top class external talent for this programme. Something which you will rarely see under one umbrella in Muscat!
  - This is the programme to bring out the Classical stuff(Bharatnatyam, jugalbandi, Carnatic, Hindustani, instrumentation jugalbandi etc)
  - Mix of internal and external talent will come in to give a high level professional programme.
  - Tickets will be on sale from 1<sup>st</sup> week of May 2015.

For further details contact: [indiansection.rahrc@gmail.com](mailto:indiansection.rahrc@gmail.com)



## UPCOMING PROGRAMMES OF INDIAN SECTION

# Quiz

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### International Quiz : by Muscat Codex



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## Canadian Section

On March 31 the Canadian Section welcomed a visit from the Canadian Ambassador for this region, Mr. Tom MacDonald, from the Canadian Embassy in Riyadh. He was accompanied by his head of Consular Affairs, Nancy Guy, and the local Canadian Consul for Muscat, Mr. Ali Daud. Over 60 Canadians attended this informal reception at the RAHRC boat club and had a chance to mingle with Mr. MacDonald and the wider Canadian community. Of note, the Canadian Consul office in Muscat is operational to assist in Canadian passport renewals and providing local information to promote trade with Canada.

There is also a Canadian visa office located in the VSF Global office in Muscat Grand Mall to assist people with visit visas to Canada – see the Times of Oman article [here](#).

Mr. MacDonald spoke to the crowd on a few subjects, and noted how he enjoys visiting Oman due to its beauty and its stability. His area of responsibility includes Saudi Arabia, Yemen, Bahrain and Oman.

# Pakistan Section- Spring Festival 2015

## I. Summary

A true family festival, first of it's kind at RAHRC, which have something for all ages and all communities. Spring Festival has been a unique and a successful experience due to following:

- **SOLD OUT EVENT**- Sold all 1100 tickets with people asking for more
- Attracted guests from all continents living in Oman (Europe, Americas, Africa, Australia and Asia) and lot of Omanis
- More than 1200 + guests including free entry guests

### **Key Highlights and Success Factors:**

1. **Different Kids Games- Never Before in RAHRC:** Free Kites&t-shirts, Paddle boat, Pony ride, Angry Bird
2. **Family Games- Never Before in RAHRC:** Family Photo Robin hood, Snake & Ladder Football, Puzzles
3. **Colourful Entertainment:** 4 out of 5hrs entertainment of folk dances, comedy skits, school tableau etc.
4. **Free Delicious Food:** Main Course (4 dishes) and snacks (6 dishes)
5. **Raffle draws:** 4\* hotel stay, lunch & dinner vouchers, electronics, phones etc
6. **Attractive decoration:** Volley ball court decorated with homemade flowers, stage décor, flags, lights

## II. Detail Report



Opening of Festival by President with Chairman Pakistan      Honourable guests in the evening

### **Reasons for success/ Key highlights**

1. **Different Kids Games- Never Before in RAHRC**
  - a. Kites (Free kites)
  - b. Paddle Boat
  - c. Pony Ride
  - d. Angry Bird
  - e. Many more





## 2. Family Games- Never Before in RAHRC

- a. Family Photo
- b. Robin hood (shoot and hide)
- c. Snake & Ladder
- d. Football
- e. Puzzle



Family Photo both



### 3. Colourful Entertainment

- a. Entertainment- 4 out of 5hrs
- b. Pakistan traditional folk dances
- c. School tableau
- d. Comedy Skits



#### 4. Delicious Food

- a. Chicken & Vegetable Biryani
- b. Chicken Tikka (3 pieces with bread/nan)
- c. Chicken Reshmi Kebab (1 piece)
- d. Vegetable Noodles
- e. Vegetable Samosa
- f. Kulfi / Ice cream
- g. Dahi Bharay
- h. Pop corn (unlimited for kids only)
- i. Cotton candy (unlimited for kids)
- j. Jam-e-Shireen (unlimited)



#### 5. Raffle draw

- a. 4\* hotel stay,
- b. lunch & dinner vouchers,
- c. electronics,
- d. phones etc



#### 6. Decorations

- e. Home made flowers
- f. Stage decoration
- g. Flags
- h. Colour Lights



The Dance for Children section and the young dancers are gearing up for the next show.

Coming up is the annual dance performance "Dancing under the Stars 3" directed by Giusi Rondinelli. The dance performance will take place on 5<sup>th</sup> and 6<sup>th</sup> June and promises to be an exciting and full of fun children show.



Dancing under the Stars 3 includes show-dance, jazz dance, street dance, zumba kids® and brings it all together in one energetic, interactive and full of vigor dance show.

It is performed by dancers aged 4 -13.

Tickets are on sale from reception from Mid May.

We look forward to seeing you there!

Dance for Children Committee

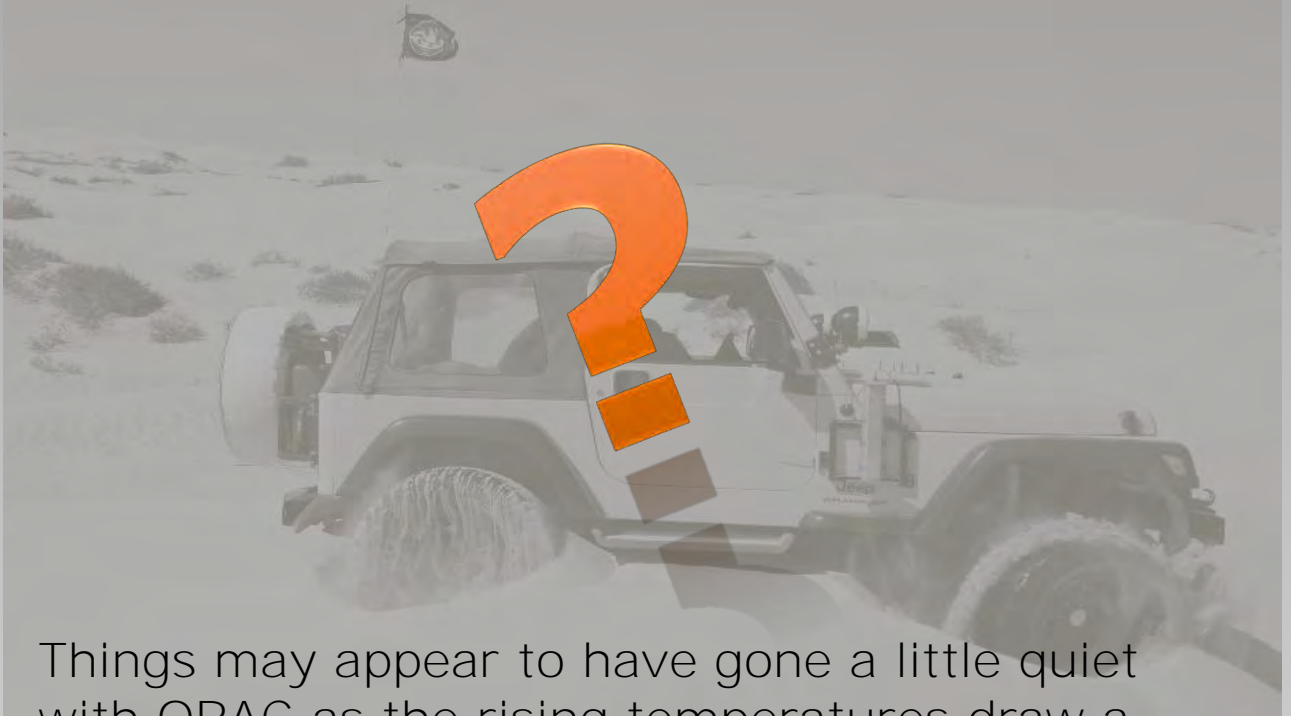




# April 2015 bulletin

- ORAC Trip Planning
  - Ramy 4x4 Offer
  - Mountain Trip
- ORAC Event Calendar

# ORAC Trip Planning



Things may appear to have gone a little quiet with ORAC as the rising temperatures draw a close to the sand driving season but rest assured the team are still out and about working hard to bring fun and adventure to all our club members. Our intrepid explorer and Technical Advisor Simon has been roaming the Sharqiyah Sands making plans which will potentially bring something a little different for Wahiba Challenge 2015!

# ORAC Trip Planning

It's not just Simon who has been busy recently though. With total disregard to his own wallet Paul (ORAC Equipment Officer and for some yet to be understood reason, LandRover owner???) has been forging a potential new route for an ORAC day trip around the Fanja area. Persons who find any of the parts shed by his vehicle along the way may return them to ORAC where they will be greeted with a smile but absolutely no chance of a monetary reward!

Meanwhile Evry and Ronald our trip advisors have been busily planning for the next mountain adventure. You can see, plenty has been going on in the background to provide future **enjoyment for all our members if it's a day trip in a wadi, camping in the cool air of the mountians with your family or sand driving we **will** have something for you.....**





# ORAC & RAMY 4X4 OFFER

Good news for all members who want to upgrade their 4x4 or just need an excuse to buy some **more toys**. ORAC's esteemed chairman Fahim has managed to negotiate a lucrative discount with leading boy's (ok and girls) toy supplier Ramy 4x4 in Dubai. For those of you who don't read the emails that we send out, the details of this offer are listed below! Remember if a group of you can get together there may be the chance of negotiating a larger discount.. So it's win, win, win.....

The logo for Ramy 4x4 is centered in the lower half of the page. It features the word "RAMY" in a large, bold, sans-serif font, with "4x4" written below it in a smaller, stylized font. The logo is set against a dark, circular background that is part of a larger, faint watermark of the same logo in the background of the entire page.

# ORAC & RAMY 4X4 OFFER

We are pleased to inform you of details of an offer for ORAC members from the Off Road suppliers, **Ramy4x4** based in Dubai (**25° 15' 37.01"N, 55° 19' 54.70"E**).

- Offer in **Part A** is a specific offer for *limited period only*.
- Offer in **Part B** is a general offer at any time

## PART A:

Special offer for limited period only from **20<sup>th</sup> April to 20<sup>th</sup> May 2015** on the below WARN products.

If you are interested, you should get in touch with **RAMY4x4 directly (not ORAC)**, and using **only** this email address:

[media@ramy4x4.com](mailto:media@ramy4x4.com)

This is a special offer and IS **NOT** available through their shop or any other contact point other than the above mentioned email address.

### 1. WARN Jeep Wrangler JK Front Bumper

- Link: [http://www.ramy4x4.com/product.php?id\\_product=778](http://www.ramy4x4.com/product.php?id_product=778)
- Price: AED 2,944
- Special Offer: AED 2,320

### 2. WARN Winch Tabor 10k

- Link: [http://www.ramy4x4.com/product.php?id\\_product=731](http://www.ramy4x4.com/product.php?id_product=731)
- Price: AED 2,734
- Special Offer: AED 2,380

### 3. WARN Winch Tabor 12k

- Link: [http://www.ramy4x4.com/product.php?id\\_product=733](http://www.ramy4x4.com/product.php?id_product=733)
- Price: AED 3,177
- Special Offer: AED 2,550

# ORAC & RAMY 4X4 OFFER

## PART A (continued):

### 4. Additionally

a. If anyone buys any of the above winches, he/she will get 10% off any of these non-WARN bumpers:

b. [http://www.ramy4x4.com/product.php?id\\_product=1075](http://www.ramy4x4.com/product.php?id_product=1075)

c. [http://www.ramy4x4.com/product.php?id\\_product=1074](http://www.ramy4x4.com/product.php?id_product=1074)

d. [http://www.ramy4x4.com/product.php?id\\_product=1567](http://www.ramy4x4.com/product.php?id_product=1567)

e. [http://www.ramy4x4.com/product.php?id\\_product=1568](http://www.ramy4x4.com/product.php?id_product=1568)

f. [http://www.ramy4x4.com/product.php?id\\_product=1571](http://www.ramy4x4.com/product.php?id_product=1571)

g. [http://www.ramy4x4.com/product.php?id\\_product=1572](http://www.ramy4x4.com/product.php?id_product=1572)

h. [http://www.ramy4x4.com/product.php?id\\_product=1579](http://www.ramy4x4.com/product.php?id_product=1579)

## Part B: General Offer to all members

All ORAC club members will be given a club discount of 5% on other general products also eg ropes, gauges, recovery items etc. This is available on items on their website or by simply walking into their shop (no special email ID to contact for this).

*Ramy4x4 are happy to give bigger discounts of 10-15% on group buys e.g. if 5 members were to group together, or on purchases of more expensive, larger items.*

# YOUR NEXT ADVENTURE?

Salmah Plateau  
Mountain  
'An ORAC family  
friendly camping trip'

Can be done as a day trip  
if preferred 😊



Keep an eye on the web site for registration information!

<http://rahorac.jeeprs.com/>

# ORAC Web Site

**RAHORAC**  
Ras Al Hamra  
Off Road Adventure Club

ABOUT RAH ORAC THE COMMITTEE 2015 CALENDAR

Search ...

TRAINING + TRIPS + W. CHALLENGE + EQUIPMENT GALLERIES TECHNICAL BULLETINS

APRIL 16, 2015

**LATEST CLUB NEWS** Wahiba Challenge...

**TRAINING**

The RAH ORAC wants to...

**AS SIFA BEACH FAMILY TRIP**

This trip to Yili-Bander Khairan and As Sifah beach was run as a family trip. A link will...

**WHERE TO BUY OFF-ROAD**

WAHIBA CHALLENGE 2014

VOTE FOR THE BEST "VIDEO"

VOTE FOR BEST "STUCK" PHOTO

WAHIBA CHALLENGE 2014 GROUP PHOTO

**TRAINING**

**GEOLOGICAL HISTORY OF THE SHARQIYA (WAHIBA) SANDS**

This talk, based on the original by Steve Fryberger will be given by David Alsop on 28th October 2014 – details below [...]

6 months ago

**EQUIPMENT REQUIRED FOR DESERT TRAINING TRIPS**

Essential equipment for an ORAC training trip – what do you need to take? a) You

**WAHIBA CHALLENGE**

**5TH EXTREME WAHIBA CHALLENGE 6TH-7TH FEBRUARY 2015 – REGISTRATION**

Registration is now open for the 2015 5th Extreme Wahiba Challenge. Please follow the links below to download background information, indemnity form and also the [...]

**SALMAH PLATEAU MOUNTAIN TRIP 16/17TH MAY...**

TEST GOOD GOOGLE E...

**Don't forget to check the Web Site**

You can feedback any suggestions to the club secretary who will forward to Ray our Training Advisor and Site Administrator

# ORAC Event Calendar 2015/16

- 22-23 May - A family orientated mountain camping weekend on the Salmah Plateau. Can be done as a day trip if preferred.
- 5 June - Mountain trip (Location TBA)
- 28 September Sand Driving for Beginners - Theory Session, 7pm, Oil and Gas Exhibition Centre
- 5 October Sand Driving for Beginners - Theory Session, 7pm, Oil and Gas Exhibition Centre
- 9 - 10 October Sand Driving for Beginners - Practical Weekend in Sharqiyah Sands (Wahiba)
- 16 - 17 October Sand Driving for Beginners - Practical Weekend in Sharqiyah Sands (Wahiba)
- 12 November - 18th WAHIBA CHALLENGE 2015 evening meet. (Sharqiyah Sands)
- 13-14 November - 18th WAHIBA CHALLENGE 2015 crossing
- 4 December - Family Desert Trip
- 11 December - Mountain Trip (to be confirmed)

## 2016

- 28 January -6<sup>th</sup> Extreme Wahiba Challenge 2016 evening meet.
- 29-30 January - 6<sup>th</sup> Extreme Wahiba Challenge 2016 crossing.
- 26-27 February – Star Dunes Desert Crossing
- 18 March – Mountain Trip (to be confirmed).

Other mountain and wadi events, not listed here, may take place over the next few months. Please look out for our notices on the Web Site, open and read our emails/bulletins when they arrive.

RAHORAC 2015  
April bulletin

## **Faisal Riyami the overall winner**

The third round of 'The 2015 Angler of the Year PDO Recreation Club' competition was held on Saturday 28<sup>th</sup> March 2015. The competition was generously sponsored by Arabian Industries LLC.

The sea was absolutely calm. The day brought along a soft breeze, and a beautiful golden sun, rising through the day warming up the sea gradually.

The wave height was set at 0.2 meters, and wind speed not exceeding 3 knots. It was yet another perfect day for the anglers in Ras Al Hamra Recreation Centre!!

A total of 10 eager fishermen joined the event in eight fishing boats. All the boats joined in from the Ras Al Hamra recreation centre. The anglers had only one thing in mind. It was to win the month fishing competition event. The score will also be used to determine the angler of the year fisherman or woman.

This event was very interesting many bonitoes were spotted few days before the event. For those who knew where to find them, it was an exciting game fishing day !

Many fishing boats were seen close to Darsait harbour later during the day, the spot was overwhelmed with trolling fish.

Since the water temperatures were still cold, it was a shallow reef day for the bottom category. Various fish were caught at 85 to 140 meters deep reefs. This included hamour, few Andaq and red snappers.

Time, went past by so fast, and without notice it was already 1200. The boats had now to prepare the return journey to the beach of Ras Al Hamra recreation Centre. Failure to reach at 1230 sharp will mean anglers disqualification on late arrival!

### **At the weighing in!**

The two teams of Salim Al Khatri-Faisal Riyami, and Hakeem Hassan and Suleiman Al Harthi had the heaviest bottom catch of 14.95 kg, and 10.95 kg. On the game category, Faisal Zarei-Jamaal Balushi team had nice bonitoes weighing 9.65 kg.

### **The winners of the day**

In term of the scores, the overall winners were Faisal Riyami and Hakeem Hassan 16 and 15 points respectively. The first bottom and game categories winners were Salim Al Khatri and Faisal Zarei. The second Bottom and game categories winners were Suleiman Al Harthi and Jamaal Al Balushi. The biggest fish of the day was a bonito weighing 3.85 kg caught by Faisal Zarei.



Faisal and Salim Al Khatri



Hakeem Hassan and partner Suleiman Harthi





**Faisal Zarei and Jamaal Balushi**



**Said Harrasi and Sabri Barwani**



Faisal Riyami receiving his first overall price from Arabian Industries representative



Hakeem Hassan collecting the second overall price



Salim Al Khatri the 1st Bottom



Faisal Zarei the first game winner



Suleiman Harthi the second bottom winner



Jamaal Balushi the second game winner

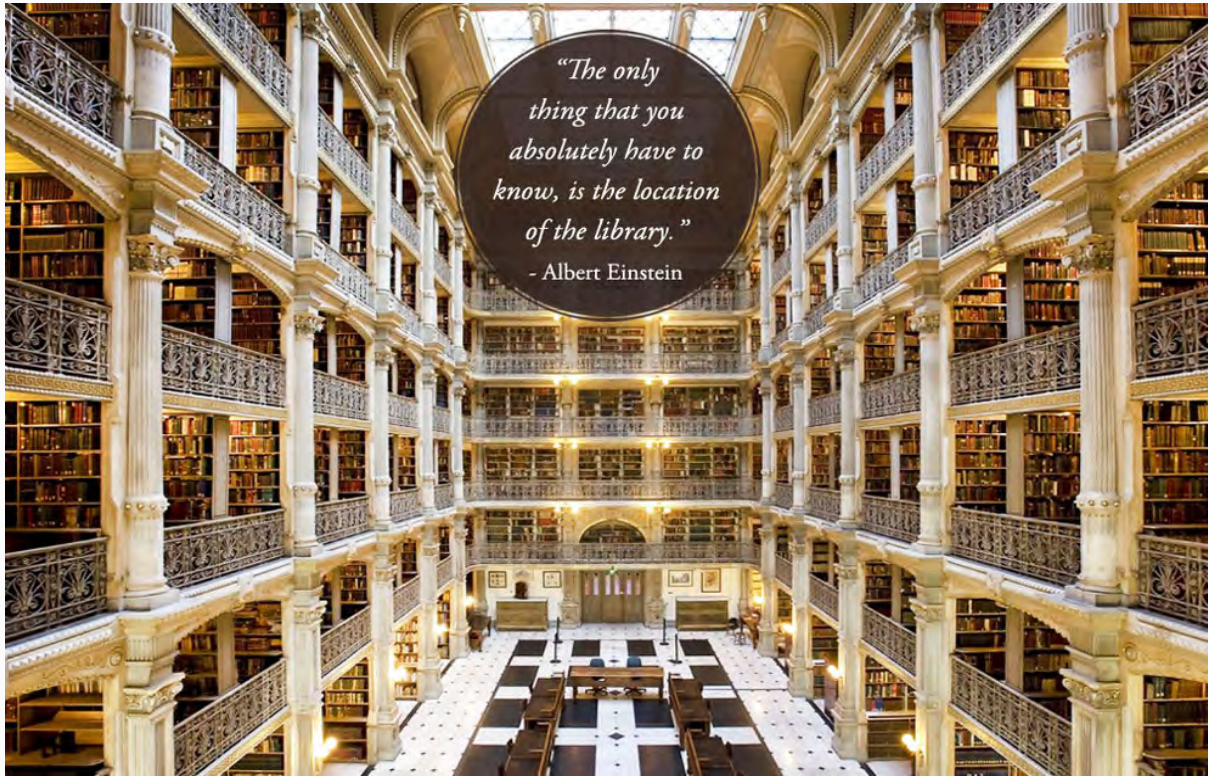


Anglers with family and friends

A library is a space ship that will take you to the farthest reaches of the Universe, a time machine that will take you to the far past and the far future, a teacher that knows more than any human being, a friend that will amuse you and console you -- and most of all, a gateway, to a better and happier and more useful life. Isaac Asimov

If you have a garden and a library, you have everything you need.

Cicero 10 BC



## Volunteers Needed For PDO Library and New Readers!

Our library at PDO is a wonderful resource with English, Dutch and Arabic books for adults and children. We also have music CD's Audio books and Magazines. We would love you to come and join our team of volunteers also would welcome new readers. Come and keeping the library going and discover and support our wonderful library.

**Telephone: 246 77307 (during opening hours)**

**Opening Hours**

*Sundays: 13:00 – 19:30*

*Mondays: 08:30 – 20:30*

*Wednesdays: 08:30 – 19:00*

Author	<b><u>NEW BOOKS IN THE LIBRARY</u></b>	Review
Kate Mosse	<b>The Taxidermist's Daughter</b>	Told over one summer, THE TAXIDERMIST'S DAUGHTER is the haunting new novel from the bestselling author of LABYRINTH, SEPULCHRE, CITADEL and THE WINTER GHOSTS.
Andrew Hallam	<b>The Global Expatriate's Guide to Investing: From Millionaire Teacher to Millionaire Expat</b>	The Global Expatriate's Guide To Investing also profiles real expats and their stories. It shows the mistakes and successes that they want others to learn from. It's a humorous book. And it demonstrates how you can make the best of your hard-earned money.
Allison Pataki	<b>The Traitor's Wife</b>	A riveting historical novel about Peggy Shippen Arnold, the cunning wife of Benedict Arnold and mastermind behind America's most infamous act of treason . . .
Elizabeth Hall	<b>Miramont's Ghost</b>	At its heart, this is a ghost story and a tale about a little girl—Adrienne Beauvier—who is the apple of her grand-père's eye. Ultimately, it's about how Adrienne's discovery of her own clairvoyance threatens to destroy her aristocratic family.
Flora J. Solomon	<b>A Pledge of Silence</b>	At once an epic tale of a nation at war and the deeply personal story of one woman's intense journey, A Pledge of Silence vividly illustrates the sacrifices the Greatest Generation made for their country, and the price they continued to pay long after the war ended.
John R. "Jack" Schafer, PhD	<b>The Like Switch: An Ex-FBI Agent's Guide to Influencing, Attracting, and Winning People Over</b>	Dr. Schafer cracks the code on making great first impressions, building lasting relationships, and understanding others' behavior to learn what they really think about you.
John Marshall	<b>Wide-Open World: How Volunteering Around the Globe Changed One Family's Lives Forever</b>	Oppressive heat, grueling bus rides, backbreaking work, and one vicious spider monkey . . . Best family vacation ever!
Cynthia Swanson	<b>The Bookseller</b>	The Bookseller follows a woman in the 1960s who must reconcile her reality with the tantalizing alternate world of her dreams.
Lynsey Addario	<b>It's What I Do: A Photographer's Life of Love and War</b>	A brutally real and unrelentingly raw memoir.--Kirkus
Barbara Demick	<b>Nothing to Envy</b>	A National Book Award finalist and National Book Critics Circle finalist, Barbara Demick's Nothing to Envy is a remarkable view into North Korea, as seen through the lives of six ordinary citizens
Bill Browder	<b>Red Notice: A True Story of High Finance, Murder, and One Man's Fight for Justice</b>	A real-life political thriller about an American financier in the Wild East of Russia, the murder of his principled young tax attorney, and his dangerous mission to expose the Kremlin's corruption.
Edwin F Becker	<b>True Haunting</b>	A REAL GHOST STORY THAT WILL HAUNT YOU!
Marc Goodman	<b>Future Crimes: Everything Is Connected, Everyone Is Vulnerable and What We Can Do About It</b>	Marc Goodman is a go-to guide for all who want a good scaring about the dark side of technology. "Marc Goodman is a go-to guide for all who want a good scaring about the dark side of technology." — New Scientist
Colm Toibin	<b>Testament of Mary</b>	"A stunning interpretation that is as beautiful in its presentation as it is provocative in its intention." (Booklist)
David Charles	<b>Limitless Sky</b>	This is the remarkable true story of a young man's initiation in the

<b>Manners</b>		Himalayas. David Manners was trekking in Nepal when he stumbled upon the mountain home of a jhankri, or Nepalese shaman. The jhankri accepted David as his pupil, and so began the next stage of David's extraordinary journey, in which he embarked upon an adventure that was more challenging and, ultimately, life-affirming than anything he could have imagined.
<b>Bradt</b>	<b>Kyrgyzstan</b>	Travel Guide
<b>Marco Polo Guide</b>	<b>Iceland</b>	Travel Guide
<b>Footprints</b>	<b>Namibia</b>	Travel Guide
<b>Lisa Eareckson Kelley</b>	<b>The Antarctic Dive Guide</b>	The Antarctic Dive Guide covers 31 key dive sites on the Antarctic Peninsula and South Georgia and includes maps and detailed guidance on how best to explore each site.
<b>Helen Garner</b>	<b>This House of Grief</b>	As involving, heart-rending and unsettling a read as you could possibly find, a true-life account of three deaths and a trial that leaves you with a profound sense of unease as its drama unfolds, and disturbing questions about how we judge guilt and innocence...Tailor-made for those who have gorged recently on the popular true-crime podcast Serial.' The Times
<b>Fabio Geda</b>	<b>In The Sea There are Crocodiles</b>	Told with humor and humanity, In the Sea There Are Crocodiles brilliantly captures Enaiat's moving and engaging voice and lends urgency to an epic story of hope and survival.
<b>Catherine Ryan Hyde</b>	<b>Take Me With You</b>	A story about good people doing their best to survive, combined with a message that will cause readers to close the book feeling a bit more hopeful about humanity.
<b>Eugene Rogan</b>	<b>The Fall of the Ottomans: The Great War in the Middle East</b>	A sweeping narrative of battles and political intrigue from Gallipoli to Arabia, The Fall of the Ottomans is essential reading for anyone seeking to understand the Great War and the making of the modern Middle East.
<b>Bruce Schneier</b>	<b>Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World</b>	You are under surveillance right now.
<b>Ian Caldwell</b>	<b>The Fifth Gospel: A Novel</b>	A lost gospel, a contentious relic, and a dying pope's final wish converge to send two brothers—both Vatican priests—on an intellectual quest to untangle Christianity's greatest historical mystery.
<b>Amanda Prowse</b>	<b>A Mother's Story</b>	Prowse handles her explosive subject with delicate skill... Deeply moving and inspiring' Daily Mail.
<b>Lisa Genova</b>	<b>Still Alice</b>	In Lisa Genova's extraordinary New York Times bestselling novel, an accomplished professor diagnosed with Alzheimer's disease learns that her worth is comprised of more than her ability to remember. Now a major motion picture from Sony Pictures Classics starring Julianne Moore, Alec Baldwin, Kate Bosworth, and Kristen Stewart!
<b>Piper Kerman</b>	<b>Orange Is the New Black: My Year in a Women's Prison</b>	"This book is impossible to put down because [Kerman] could be you. Or your best friend. Or your daughter."—Los Angeles Times
<b>D. M. Pulley</b>	<b>The Dead Key</b>	Entering an abandoned building for the first time, brushing away the dust to find traces of other lives—how could you not begin to wonder what undisturbed secrets those rooms held?
<b>Robert Dugoni</b>	<b>My Sister's Grave</b>	What does a murder do to a family, to an entire small town? These



questions spark My Sister's Grave, a deft blend of murder mystery and legal thriller that will wrench your heart as it takes your breath away.

<b>Slavomir Rawicz</b>	<b>The Long Walk</b>	I hope The Long Walk will remain as a memorial to all those who live and die for freedom, and for all those who for many reasons could not speak for themselves.--Slavomir Rawicz
<b>Alexandra Fuller</b>	<b>Don't Let's Go to the Dogs Tonight</b>	In Don't Let's Go to the Dogs Tonight, Alexandra Fuller remembers her African childhood with visceral authenticity.
<b>Alexandra Fuller</b>	<b>Cocktail Hour Under the Tree of Forgetfulness</b>	Cocktail Hour Under the Tree of Forgetfulness is an intimate exploration of Fuller's parents and of the price of being possessed by Africa's uncompromising, fertile, death-dealing land.
<b>Alexandra Fuller</b>	<b>Leaving Before the Rains Come</b>	Leaving Before the Rains Come begins with the dreadful first years of the American financial crisis when Fuller's delicate balance—between American pragmatism and African fatalism, the linchpin of her unorthodox marriage—irrevocably fails.
<b>Olen Steinhauer</b>	<b>All the Old Knives</b>	All the Old Knives is "New York Times" bestseller Olen Steinhauer's most intimate, most cerebral, and most shocking novel to date.
<b>Colleen Hoover</b>	<b>Confess</b>	From #1 "New York Times" bestselling author Colleen Hoover, a new novel about risking everything for love--and finding your heart somewhere between the truth and lies.

## **Yet More New Audiobooks in the RAHRC Library**

As the weather gets hotter, and the traffic jams get longer, we have just what you need to keep you and your passengers cool and happy in the car!

Here is a list of the latest audiobooks:

### **Non fiction -**

*Thinking, Fast and Slow* by Daniel Kahneman This is the best-selling 2011 book by Nobel Memorial Prize in Economics winner Daniel Kahneman which summarises research that he conducted over decades, suggesting that people place too much confidence in human judgment.

*Being Mortal: Medicine and What Matters in the End* by Atul Gawande. Have we exalted longevity over what makes life worth living? And do we infantilise the old? This is an original and moving exploration of illness and death.

*Centuries of Change* by Ian Mortimer. Bestselling historian Ian Mortimer takes you on a whirlwind tour of the last ten centuries of Western history. It is a journey into a past vividly brought to life and bursting with ideas, that pits one century against another in his quest to measure which century saw the greatest change.

*Mawson, and the Ice Men of the Heroic Age - Scott, Shackleton and Amundsen* by Peter Fitzsimons. Sir Douglas Mawson, born in 1882 and knighted in 1914, remains Australia's greatest Antarctic explorer. On 2 December 1911, his Australasian Antarctic Expedition left Hobart to explore the frozen coastline below Australia. Even as Mawson and his men were approaching Antarctica, two other famous Antarctic explorers were already engaged in a race to become the first men to reach the South Pole. While Roald Amundsen of Norway, with his small team, was racing with dogs along one route, Scott with his far larger team, was relying primarily on ponies and 'man-hauling' to get there along another. With his trademark in-depth research, FitzSimons provides a compelling portrait of these great Antarctic explorers. For the first time, he weaves together their legendary feats into one thrilling

*PDO Library Book Club Schedule 2014-15*

- ◆ Purpose: To build a community of readers of good literature ***connected*** to the PDO Library.
- ◆ Everyone welcome. You do not have to have read the books to enjoy the discourse. Books are in the library. Bring your lunch or order from the Coffee Shop. Add your name to the e-mail list in the library if you want to receive e-mails. Dates may change to accommodate school holidays.

***Third Tuesday (usually) of the month 11:30am PDO Boat Club***

Oct. 21	<b><i>The Fault in our Stars</i></b> by John Green	<a href="http://www.amazon.com/The-Fault-Stars-John-Green/dp/014242417X">http://www.amazon.com/The-Fault-Stars-John-Green/dp/014242417X</a>
Nov. 18	<b><i>Necessary Lies</i></b> by Diane Chamberlain	<a href="http://www.barnesandnoble.com/w/necessary-lies-diane-chamberlain/1114258483?ean=9781250010698">http://www.barnesandnoble.com/w/necessary-lies-diane-chamberlain/1114258483?ean=9781250010698</a>
Dec. 16	<b><i>The Art of Hearing Heartbeats</i></b> by Jan-Philipp Sendker	<a href="http://www.amazon.com/The-Hearing-Heartbeats-Jan-Philipp-Sendker/dp/1590514637">http://www.amazon.com/The-Hearing-Heartbeats-Jan-Philipp-Sendker/dp/1590514637</a>
Jan. 20	<b><i>The Circle</i></b> by Dave Eggers	<a href="http://www.amazon.com/The-Circle-Dave-Eggers/dp/0345807294">http://www.amazon.com/The-Circle-Dave-Eggers/dp/0345807294</a>
Mar. 3	<b><i>The Goldfinch</i></b> by Donna Tartt	<a href="http://www.amazon.com/The-Goldfinch-Pulitzer-National-Finalists/dp/0316055433">http://www.amazon.com/The-Goldfinch-Pulitzer-National-Finalists/dp/0316055433</a>
Mar. 17	<b><i>Unbroken</i></b> by Laura Hillenbrand	<a href="http://www.amazon.com/Unbroken-World-Survival-Resilience-Redemption/dp/0812974492">http://www.amazon.com/Unbroken-World-Survival-Resilience-Redemption/dp/0812974492</a>
Apr. 21	<b><i>Half of a Yellow Sun</i></b> by Chimamanda Ngozi Adichie	<a href="http://www.amazon.com/Half-Yellow-Chimamanda-Ngozi-Adichie/dp/1400095204#">http://www.amazon.com/Half-Yellow-Chimamanda-Ngozi-Adichie/dp/1400095204#</a>
May 19	<b><i>The Light Between Oceans</i></b> by ML Stedman	<a href="http://www.amazon.com/Light-Between-Oceans-M-L-Stedman/dp/1451681755">http://www.amazon.com/Light-Between-Oceans-M-L-Stedman/dp/1451681755</a>
June 16		
Sept.	<b><i>All Russians Love Birch Trees</i></b> by Olga Grjasnowa	<a href="https://www.goodreads.com/book/show/17797405-all-russians-love-birch-trees">https://www.goodreads.com/book/show/17797405-all-russians-love-birch-trees</a>
Oct.		
Nov.		

# TOP 10 VIDEOS

NO.	TITLE	CATEGORY	CAST 1	CAST 2
1	INTERSTELLAR	SCI-FICTION	MATHEW McCONAUGHEY	ANNE HATHAWAY
2	NIGHTCRAWLER	CRI./THR.	JAKE GYLLENHAAL	RENE RUSSO
3	HOBBIT - THE BATTLE OF THE FIVE ARMIES	FANTASY/ADV .	IAN McKELLEN	MARTIN FREEMAN
4	BOOK OF LIFE	CARTOON	V/O - DIEGO LUNA	V/O - ZOE SALDANA
5	LOVE, ROSIE	ROM./COM.	ILY COLLINS	SAM CLAFLIN
6	HUNGER GAMES, THE - MOCKINGJAY PART 1	ACT./ADV.	JENNIFER LAWRENCE	JOSH HUTCHERSON
7	FRONTERA	WESTERN	ED HARRIS	EVA LONGORIA
8	NIGHT AT THE MUSEUM - 3 : SECRET OF THE TOMB	COM./ADV.	BEN STILLER	ROBIN WILLIAMS
9	DUMB AND DUMBER TO	COMEDY	JIM CARREY	JEFF DANIELS
10	LAST OF ROBIN HOOD, THE	TRUE STORY	KEVIN KLINE	SUSAN SARANDON

# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

## Dive Section Monthly Bulletin April

# 2015



### Contact Us

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Treasurer:

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Diving Officer:

Evert Moes

[evert.moes@gmail.com](mailto:evert.moes@gmail.com)

## ALL DIVERS WELCOME

Make new friends with  
**RAHSAC!!**

Join us exploring Oman underwater. We are a very friendly and active section of the Ras Al Hamra Recreation Club with around 90 members... We dive every week-end so why not join us for worldclass diving on your door step?

[More ►►](#)

COME AND MEET US AT OUR REGULAR WEDNESDAY  
PLANNING MEETING IN THE BOAT CLUB BAR AT 8.00PM

### Already a Diver?

If you are already an Open Water Diver—no matter which organisation your qualification is with (PADI, SSI, NAUI etc.)—you can simply come and dive with us. You won't need to do any more training but there are lots of opportunities to “cross over” to BSAC and gain further skills and qualifications if you want. Contact our Membership Secretary—Jane Alcock (97473787) - or come along to our weekly planning meeting on a Wednesday evening to find out more.

### Want to Learn to Dive?

We offer regular courses to club members, starting from Ocean Diver (the entry level qualification) upwards. A beginner course has recently finished so it may be a few months before the next one and if you are keen to get started sooner you can train with one of the commercial dive schools and then join us once you have qualified. Either way, call in on one of our regular Wednesday meetings to get the low-down from our Training Officer—Louis Tsiakkiros.

[More ►►](#)

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## April News

### AGM—Welcome To The New Committee!

The Clubs AGM was held in the Falcon Room on the 22 April and was attended by over 20 Divers and several potential new members. One of the features of



The Chairman Hands Over!

RAHSAC is the sad fact that our diving population is always transient—members frequently move on to new jobs in other parts of the world and we often need an influx of new blood into the Committee each year. This year a number of posts fell vacant so we are expecting lots of new ideas from the new members.

### The new committee:

Chairman – Ian Ford  
Diving Officer – Evert Moes  
Treasurer – Robert Langendijk  
Secretary – Peter Bedson  
Training Officer – Louis Tsiakkiros  
Equipment Officer – Mal Stuart

Tanks & Compressor Officer – Alan Hart  
Boat Officer – Jamie Stewart  
Membership Secretary – Jane Alcock  
Social Secretary – Katherine Norris  
Environment Officer + Expeditions Officer—Wim Vranckx

### Training News

This month has seen a huge boost in training with the Sports Diver course well under way and more than half the in-water sessions completed. Several divers have now completed the entire course—congratulations!



A number of the more experienced divers also completed their Dive Leader qualification this month. This will allow them to manage club dives in familiar locations—congratulations! Looking forward to seeing new marshals on the boat soon!

[More](#) ▶▶

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## Review Of The Year

One of the features of the AGM is the opportunity to look back over the year's activities and review where we are. It was an extremely full year with the completion of the large Ocean

Diver course started at the end of 2013, the new Sports Diver

course and the ongoing Dive Leader training. Despite the loss

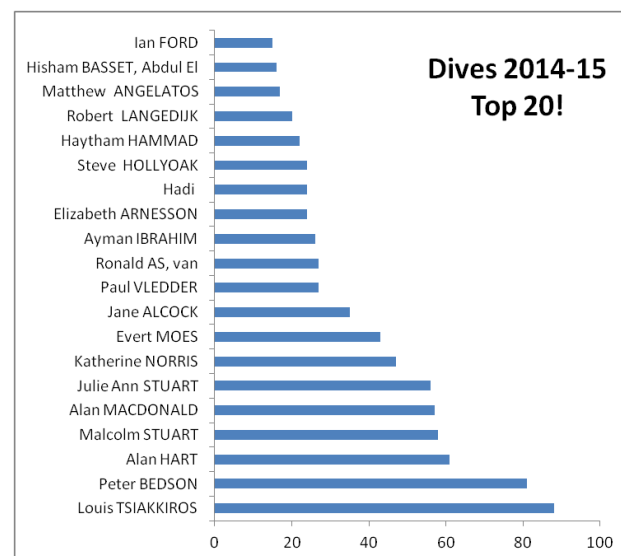
of a number of very active Marshals at

the end of 2013 and some periods of poor

weather that curtailed our diving we

still managed to con-

duct more than 1300 dives—slightly below the 10 year average. We still went out diving on 68 separate occasions (not including shore-based training dives in PDO bay) - on average once every 5 days through the year.



## Training News—Continued...

We will also be running a second group of Sports Diver training shortly. This is a really useful qualification as it extends depth range to 35m (progressively) and also provides training that allows the use of Nitrox mixes—if you have not signed up yet do so now! All this is likely to keep our instructors extremely busy until later in the year but if you are interested in training—either as an Ocean Diver or to extend your diving skills and experience call in on one of our regular Wednesday meetings to get the low-down from our Training Officer—Louis Tsiakkiros.



[More >>](#)

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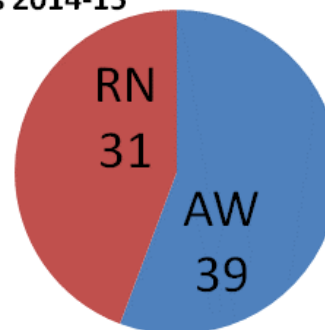
The top 20 divers last year are shown on the graph—if your name isn't on there you need to get out more!

## Boat News

Both our boats are seeing extensive service at the moment—up to 20 divers are out regularly. Jamie our tireless Boat Officer has been hard at work keeping them operational and a number of “big ticket” items are going to be installed in the next few weeks. RN will get a winch and the canopy on AW will be refurbished with real stainless steel (instead of the recycled razor blades used last time)

This year we have used both boats a similar amount—the ease of launching AW is balanced by the additional space and higher speed of RN. Recently we have had 20 divers out each day so both boats are working hard for their living.

Boats 2014-15



## Recent Dive Reports

After a period of bad weather we have been getting out to dive regularly over the last month or so as these reports show:

21 March

Another great weekend of diving. Yesterday two dives on Hamburger with spiny lobster, pipefish and stingray sightings. Today's diving included 10 Sports Diver training dives that brings the SD practical training at 44% completion. Big thanks to all especially the marshals, coxswains and instructors whose efforts and time can make this happen. More training planned for next week!

28 March

Drift dive on outer Dimaniyats island with full boat on Saturday. We surely did not consider as a boring dive.

29 March

On Friday we had a lazy day departure of 11am. Nevertheless excellent weather and reasonable visibility in RayBay.

17 April

CowTail Fly By on Fahal east side today 20m+ vis - one of them just fish tank like perfect days ...

[More ►►](#)



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## Instructor Training Event—Doha

The nice people at the Doha Sub Aqua Club are trying to organize a regional BSAC instructor training event in May. The plan is to run it over two week-ends with the first week-end devoted to the Instructor Foundation Course (IFC) and the second to the Open Water Instructor Course (OWIC) and the PIE & TIE (Practical Instructor Exam and Theory Instructor Exam). You can do either or both (note the minimum qualification for the IFC is Sports Diver and for the OWIC you have to be a Dive Leader and have completed the IFC). Completion of the IFC allows you to teach as an Assistant Instructor under supervision so is a great way to start instructing (and it isn't a pass-fail course)—instructors qualified with PADI or other bodies can cross over to BSAC by simply completing the IFC and some self study. Dates are 15th/16th May for the IFC and 22nd/23rd May for the OWIC, TIE & PIE. Contact Louis for more details or to get your name on the list!

[More >>](#)

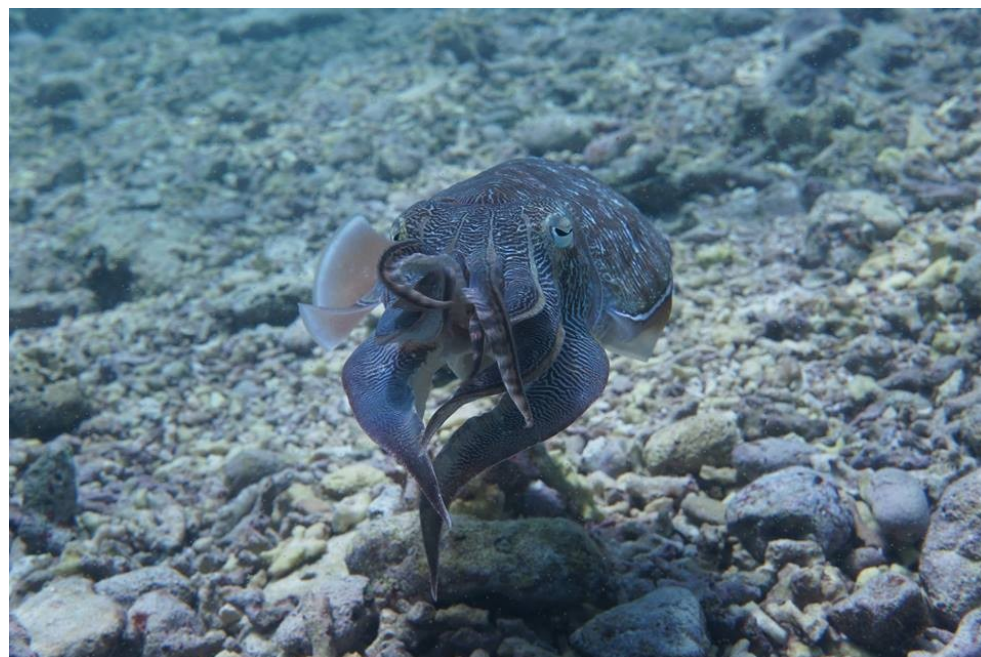


# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



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Cuttle Fish— Fahal Island East Side  
Grouper—Fahal Island



**Recent Dive Reports Continued...**  
*Purple Reef!*



RAS AL HAMRA SUB AQUA  
CLUB  
BSAC BRANCH 1299S

Check out our website & forum

[http://diving.pdorc.com/  
index.php](http://diving.pdorc.com/index.php)

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## Aerobic Schedule 14 April 2015 Onwards

TIME	Sun	Mon	Tue	Wed	Thurs	Sat
08:30 to 09:30	Circuit Training Ladies (Fatma ) Old studio	Body pump Ladies (Femie) Old studio	Swiss ball Ladies (Fatma) Old Studio	Indoor cycling/LBT Ladies (Femie) Old studio	Circuit Training Ladies (Fatma) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO 0900-1000
09:45 to 10:45	Pilates Ladies (Noreen) New studio	Body Balance Ladies (Fatma) Old Studio	Yoga Meditation Ladies (Marianne) New studio	Body and Soul Ladies (Agnieszka) New Studio	Pilates Ladies (Andrea) New studio	Body pump Ladies (Femie) Old Studio 0930-1030
12:00 to 13:00	Indoor cycling/LBT Ladies (Femie) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO	Body pump Ladies (Femie) Old studio	Circuit Training Ladies (Fatma ) New studio	Body balance Ladies (Fatma) Old studio	Tai-Chi Mixed (Steve) Old studio 1045-1215
	Body Pump Men (Peter) Sports hall	Express Cycling & Body Balance Men (Alfredo/Peter) Old studio	HIIT Men (Alfredo) Sports hall	Indoor Cycling Men (Peter) Old studio	Power Pump Men (Alfredo) Sports hall	Body Pump Mixed (Peter) Old studio 16:00 to 17:00
16:30 to 17:30	Zumba Fitness Ladies (Asya) Old Studio	Circuit Training/SwissBall Ladies (Fatma) New Studio	Zumba Step Ladies (Asya) Old Studio	Pilates Ladies (Noreen) New studio	Zumba Ladies (Lila) New studio	
	Body Combat Mixed (Shahab) Sports hall 16:30-17:30	Body Pump Mixed (Peter) Old studio 16:45 to 17:45	Body Combat Mixed (Shahab) Sports hall 16:30-17:30	Indoor Cycling Mixed (Peter) Old studio 16:30-17:30	Body Combat Mixed (Shahab) Old studio 16:30-17:30	
18:00 to 1930	Body Pump Mixed (Dr Hakim) Old studio	CIRCUIT/BODYLANCE Mixed (Alfredo ) Old studio	Body Pump Mixed (Dr Hakim) Old studio	Body balance Mixed (Alfredo) Old Studio	Circuit training Mixed (Alfredo) Old studio	



## Ras Al Hamra Development Project News

### Latest in the Project

- Construction Week Award 2015
- Mosque visit
- Harweel Terrace Villa's keys handover to UIB
- Earth Hour Safe

Phase 1 - 4.6 mln safe man hours  
2015 MVIF - 0

### Upcoming Event

"Future Phases of Ras Al Hamra"  
Tuesday 28<sup>th</sup> April 4pm-6pm  
RAH Club, Cinema hall



RAH Project won "Sustainable Project of The Year" recognition at the Construction Week Awards Oman 2015. The Project design and construction Philosophy has been geared towards sustainable development and was recognized as outstanding amongst many others.



Outpost team visited the new RAH Mosque and admired the beauty of its interior and architectural details.



RAH Project completed construction of first batch of villas at Harweel Terrace and officially handed over keys to UIB team for further allocation.



RAH Project team supported Earth Hour by turning off lights at Project sites and distributes lanterns amongst RAH residents and employees in support to this mother earth saving initiative.

