



# THE RAHRC BULLETIN

## FEBRUARY 2015

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

On the water, on the beach, join the party!



# ANNUAL REGATTA

## 13-14 MARCH 2015

Sailing, beach games, dinner, dancing, fun! Email: [daveclarkoman@gmail.com](mailto:daveclarkoman@gmail.com) for details

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## Main Committee Message



Currently we are two months into 2015 and already had a number of great events, both in terms of organization and attendance. February started with the RAHRC staff party, a yearly event to thank all our staff members for their hard work and dedication, which was very well received. This event was followed by the Kinderfeest on February 7<sup>th</sup>, with 1100 children (and their parents!) enjoying the 2015 theme “Pirates are coming to Muscat” in a variety of games, rides and of course snacks. The Kinderfeest has been running for over 25 years and has grown into the largest Club event for children, organized by the Dutch Section, and this year it was so popular that doors had to be closed already at 15:00 hrs! A very special performance by the PDO Dance Stars was a fitting end to a fantastic event!

Valentine’s Day was celebrated at the Club with the Matonya Skylight Band giving a great performance, and on February 20<sup>th</sup> the American Section organized the annual Mardi Gras Party, which was completely sold out again. Highlight was the “Throw of the Beads”, a fun replication of this traditional New Orleans custom, and of course the food and great atmosphere. Well done! Furthermore the weather has been perfect for our regular activities, with bands performing almost every Thursday night in the Boat club, and lots of sports activities, including the action packed 3-on-3 Basketball Tournament. The Cricket Section has announced the Junior Cricket Coaching Camp, which is starting up soon, and had an overwhelmingly positive response from members.

Looking forward into March there is a range of upcoming events; hopefully you have already bought your tickets for the Canadian Stampede, which sold out in record time, and will be held on March 6<sup>th</sup> at the Volleyball Court of the Club. Remember to bring your cowboy boots! The Annual Regatta, organized by the Sailing Section, as well as the Dutch Night with the 50s Glam theme “All Aboard” are scheduled on the following weekends, with preparation and tickets sales (at the Front Office) well underway.

With respect to HSE the Club had another good month without incidents. Unfortunately due to the weather conditions the red warning flag and/or black ball has been raised on multiple occasions; the red flag indicates that access to the sea is strictly forbidden, whereas the black ball indicates boat launch is not allowed. Please continue to observe the flags for your own safety!

Recent progress on the RAHRC Redevelopment Project means that planned redevelopment works will become more visible over the coming months leading up to summer, starting with the removal of the old Golf Clubhouse, which will be replaced by a new facility. The works are planned with minimum disruption to the Club’s activities; however, please ensure to observe barriers and safety regulations in place.

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). Please enjoy the last months of winter and we hope to see you at the Club!

On behalf of the Main Committee,  
Karen Thijs  
Community Member



### The Outpost Muscat Team

The team at Outpost Muscat is dedicated to assisting you with practical information and guidance on all non-contractual matters. We can assist you on arrival and on an ongoing basis during your assignment.

### Outpost Networking Mornings

Networking events are designed to provide spouses with the opportunity to meet new arrivals, network with other spouses and to ask Outpost questions. Our next Networking Morning will be on **Thursday 5<sup>th</sup> March from 9 to 11 a.m.** at the **PDO Golf Club Coffee Shop** (between the PDO School and PDO Club).

### Outpost Information Mornings

Every month Outpost organises an Information Morning at the office (5 Karim Flats) from 9:00–10:30. This morning focuses on new arrivals but all are welcome. Come in to get an Outpost publication, view the notice boards or exchange experiences. We will be there to answer your questions.

**Join us on Wednesday 11<sup>th</sup> March from 9.00 to 10.30 a.m.**

### Bus Orientation Tour

Once every two months, Outpost Muscat organises a Bus Orientation Tour for new arrivals, showing hospitals, schools, ROP-stations and shopping centres in the Muscat area. **The next Bus Tour will be on the 23<sup>rd</sup> March.**

### Our Publications

We have a range of publications to help you such as our Inside Guide, Career and Development Guide and key documents on subjects including:

- Housing
- Driving in Oman
- Hiring Domestic Help
- Departure Checklist
- Birth Registration in Oman
- Emergency

For copies please contact Outpost or pop into the office.

### Welcome Services Team

If you are a new arrival, and on an accompanied basis, a member of our Welcome Services Team will contact your spouse to offer assistance with settling in.

Outpost Muscat  
5 Karim Flats  
Ras Al Hamra Street, PDO Camp  
(+968) 246 58 540 or 9350 4139  
Emergency contact: 9368 8739  
(Mary's Mobile)  
[OutpostMuscat@pdo.co.om](mailto:OutpostMuscat@pdo.co.om)  
[http://  
muscat.globaloutpostservices.com](http://muscat.globaloutpostservices.com)



Office hours: Sun, Tue, Thu  
08.15 – 11.00  
Appointments outside of these times are  
available on request.



### Career and Development (C&D) for Spouses

We offer C&D assistance to spouses who would like to work or undertake some further studies. This assistance includes CV advice and information on study options. We also hold Career and Development events such as Interview Skills and CV-writing workshops.

### Talks This Month

Join us to learn something new and meet some people at our talks this month. No need to register, just come along.

**Cameras & Photography Session** by Richard Woodhead from the Madinat Art Gallery in MQ – **4<sup>th</sup> March** 8.30 – 11.30 – PDO Club Marlin Hall

**Talk about Third Culture Kids** by Gerde van Loon - **16<sup>th</sup> March** – Starting at 8.30 at PDO Club in the Marlin Hall

### English Conversation Classes

If you would like to improve your English, Outpost offers basic English Conversation classes. Please let us know if you would like to attend.

### Communication & Newsletters

Please join our email distribution list so that we can notify you of our events and send you our newsletter. To join, please send an email to us on [outpostmuscat@pdo.co.om](mailto:outpostmuscat@pdo.co.om)  
Newsletters can also be accessed online.

### Outpost Muscat website

Lots of information, including our Inside Guide and Key Documents are available on our new website  
<http://muscat.globaloutpostservices.com>  
To access all information, registration is required. Registration is possible with a PDO email address and computer-ID.

### Facebook

Outpost Muscat is now on Facebook. Join our closed group today to see all our events and share information about life in Muscat!

Outpost Muscat  
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Emergency contact: 9368 8739  
(Mary's Mobile)  
[OutpostMuscat@pdo.co.om](mailto:OutpostMuscat@pdo.co.om)  
[http://  
muscat.globaloutpostservices.com](http://muscat.globaloutpostservices.com)



Office hours: Sun, Tue, Thu  
08.15 – 11.00  
Appointments outside of these times are  
available on request.

**RAS AL HAMRA CLUB LIBRARY**  
**Telephone: 246 77307 (during opening hours)**  
**Email: alfahal2@omantel.net.om (checked on a weekly basis)**

<b>Frequently Asked Questions</b>	<b>Available for Loan</b>
<ul style="list-style-type: none"> <li>• <b>How do I become a member?</b> The use of the Library is free to member of RAH Recreation Centre on completion of an application form.</li> <li>• <b>What can I borrow?</b> Eleven items plus an additional two books per child aged 3 years and above living in Oman.</li> <li>• <b>What is the loan period?</b> Members – 3 weeks, Library Volunteers – 6 weeks</li> <li>• <b>How do I extend the loan period?</b> In person or phone 246 77307 during opening hours.</li> <li>• <b>What happens if items are returned late?</b> A fine of 100 bz per day per item overdue will accrue on a daily basis. Fines will be charged to your club account via bar chit.</li> <li>• <b>How can I return items outside of opening hours?</b> There is a drop box at the Library should you wish to return items during closing hours.</li> <li>• <b>How do I request items that are not currently available?</b> Please speak to the Duty Librarian should have any specific requests for books or music.</li> </ul> <p style="text-align: center;">• <b>Volunteers Always Welcome</b></p>	<ul style="list-style-type: none"> <li>• English Books</li> <li>• Local Interest Books</li> <li>• Arabic Books</li> <li>• Dutch Books</li> <li>• Children's Books</li> <li>• Magazines</li> <li>• Audio Books</li> <li>• Music CDs</li> <li>• CD Language Courses</li> </ul> <p>The Library is run by Volunteers and we are always in need of extra help. Beside the Committee Members, there are many Volunteers who man the desk during opening times on a regular basis. Don't like the idea of being on the front line? Then join us on Mondays from 10:00 a.m. – noon to tidy the shelves or cover and catalogue new books. Besides a nice environment to work in, you'll always be informed of new books and CDs and will have an opportunity to borrow them.</p>

**NEW OPENING HOURS**

**SUNDAY 13:00 – 19:30**

**MONDAY 8:30 – 20:30**

**WEDNESDAY 8:30 – 19:00**

**Opening Hours**

*Sundays: 13:00 – 19:30*

*Mondays: 08:30 – 20:30*

*Wednesdays: 08:30 – 19:00*

## PDO Library Book Club Schedule

- ◆ 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><u>The Fault in our Stars</u></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><u>Necessary Lies</u></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><u>The Art of Hearing Heartbeats</u></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><u>The Circle</u></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><u>The Goldfinch</u></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><u>All Russians Love Birch Trees</u></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>
Apr. 21	<b><u>Unbroken</u></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>
May 19	<b><u>Half of a Yellow Sun</u></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>

NEW LIBRARY BOOKS

Conn Iggulden	<b>Wars of the Roses Trinity</b>	The brilliant retelling of the Wars of the Roses continues with Trinity, the second gripping novel in the new series from historical fiction master, Conn Iggulden.
Colleen Oakley	<b>Before I Go</b>	This debut novel in the bestselling tradition of "P.S. I Love You" revolves around a young woman with breast cancer who undertakes a mission to find a new wife for her husband before she passes away.
Ian Mortimer	<b>Centuries of Change: Which Century Saw The Most Change?</b>	In Centuries of Change 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.
Rachel Abbott	<b>Sleep Tight</b>	How far would you go to hold on to the people you love? When Olivia Brookes calls the police to report that her husband and children are missing, she believes she will never see them again.
Yuval Noah Harari	<b>Sapiens: A Brief History of Humankind</b>	100,000 years ago, at least six human species inhabited the earth. Today there is just one. Us. Homo sapiens. How did our species succeed in the battle for dominance? Why did our foraging ancestors come together to create cities and kingdoms? How did we come to believe in gods, nations and human rights; to trust money, books and laws; and to be enslaved by bureaucracy, timetables and consumerism? And what will our world be like in the millennia to come?



NEW LIBRARY BOOKS

Gerard Russell

**Heirs to Forgotten Kingdoms**

Despite its reputation for religious intolerance, the Middle East has long sheltered many distinctive and strange faiths: one regards the Greek prophets as incarnations of God, another reveres Lucifer in the form of a peacock, and yet another believes that their followers are reincarnated beings who have existed in various forms for thousands of years. These religions represent the last vestiges of the magnificent civilizations in ancient history: Persia, Babylon, Egypt in the time of the Pharaohs.

Jayne Ann Krentz

**Trust No One**

Jayne Ann Krentz delivers another masterpiece of romantic suspense. It's no coincidence when Grace Elland finds a vodka bottle next to the lifeless body of her boss, motivational speaker Sprague Witherspoon. The bottle is a terrifying--and deliberate--reminder of the horrors of her past

Paula Hawkins

**The Girl on the Train**

Rachel catches the same commuter train every morning. She knows it will wait at the same signal each time, overlooking a row of back gardens. She's even started to feel like she knows the people who live in one of the houses. 'Jess and Jason', she calls them. Their life - as she sees it - is perfect. If only Rachel could be that happy. And then she sees something shocking. It's only a minute until the train moves on, but it's enough. Now everything's changed. Now Rachel has a chance to become a part of the lives she's only watched from afar. Now they'll see; she's much more than just the girl on the train.

NEW LIBRARY BOOKS

Michael Crummey	Sweetland	The scarcely populated town of Sweetland rests on the shore of a remote Canadian island. Its slow decline finally reaches a head when the mainland government offers each islander a generous resettlement package-the sole stipulation being that everyone must leave. Fierce and enigmatic Moses Sweetland, whose ancestors founded the village, is the only one to refuse.
S M Hulse	Black River	When Wes Carver returns to Black River, he carries two things in the cab of his truck: his wife's ashes and a letter from the prison parole board. The convict who held him hostage during a riot, twenty years ago, is being considered for release.
William Gibson	The Peripheral	Some time around the year 2020, in a trailer park in the Deep South, a young woman witnesses a murder. She is in a video game, and watches with horror as a drone strike kills a child. At precisely the same moment, one hundred years in the future, a boy is remotely killed on the streets of London's great skyscrapers. The perpetrator remains anonymous. Interweaving two strange futures, from a ramshackle community of US army veterans, to the teeming masses of a mega city, The Peripheral tells the story of a brave new world of drones, outsourcing and kleptocracy, and of a crime that can only be solved across time.

NEW LIBRARY BOOKS

Christopher Scotton **The Secret Wisdom of the Earth**

After witnessing the death of his younger brother in a terrible home accident, 14-year-old Kevin and his grieving mother are sent for the summer to live with Kevin's grandfather. In this peeled-paint coal town deep in Appalachia, Kevin quickly falls in with a half-wild hollow kid named Buzzy Fink who schools him in the mysteries and magnificence of the woods. The events of this fateful summer will affect the entire town of Medgar, Kentucky.

Catherine Anderson **Silver Thaw**

After years of living in fear of her husband, Amanda Banning has left him and moved to Mystic Creek, Oregon, for a fresh start. But she's having a tough time providing for herself and her six-year-old daughter. Writing her secret yearnings on slips of paper and sending them into the wind helps her cling to the hope that things will get better...and that she can find happiness again.

Christina Nichol **Waiting for the Electricity**

An exciting and hilarious debut novel: a remarkable picaresque set in post-Soviet Georgia--land of corruption, love, and power shortages In the republic of Georgia, the Communists are long gone, replaced by . . . well, by what? Something much more confusing.

Brian Morton **Florence Gordon**

A wise and entertaining novel about a woman who has lived life on her own terms for seventy-five defiant and determined years, only to find herself suddenly thrust to the center of her family's various catastrophes Meet Florence Gordon: blunt, brilliant, cantankerous and passionate, feminist icon to young women, invisible to almost everyone else.

NEW LIBRARY BOOKS

**Marilynne Robinson** **Lila**

Lila, homeless and alone after years of roaming the countryside, steps inside a small-town Iowa church-the only available shelter from the rain-and ignites a romance and a debate that will reshape her life. She becomes the wife of a minister and widower, John Ames, and begins a new existence while trying to make sense of the days of suffering that preceded her newfound security.

**Akhil Sharma** **Family Life**

Ajay, eight years old, spends his afternoons playing cricket in the streets of Delhi with his brother Birju, four years older. They are about to leave for shiny new life in America. Ajay anticipates, breathlessly, a world of jet-packs and chewing-gum.

**Siri Hustvedt** **Blazing World**

Artist Harriet Burden, consumed by fury at the lack of recognition she has received from the New York art establishment, embarks on an experiment: she hides her identity behind three male fronts who exhibit her work as their own. And yet, even after she has unmasked herself, there are those who refuse to believe she is the woman behind the men.

## **In February there were two major Toastmaster highlights**

1- Oman Gavel Club competition was held on 7<sup>th</sup> Feb 2015 in ISM (Indian School Muscat) . The competition was tough.31 Clubs from Oman were participating in this with approximately 60 participants in each category. Overall the speech quality was fantastic. The Gaveliers and Parents who attended would have hugely benefitted from this and it would be like a lifetime learning experience for them. Listening children speak is a huge learning experience as they teach us so many things on parenting! I wish more parents and Gaveliers would have stayed till end.

Participants were **divided** into 6 groups and our Club performed fantastically well:

a) VV Pratyusha(International speech) and Reena(Evaluation qualified for finals topping their respective groups.

**Pratyusha was overall runner up in the International speech Category in finals.**

b). Vishal (Table Topics), Sharanya (Evaluation), Nivedita (International speech) were runners up in their groups.

c) . Reena also came third in her group for Table Topics.

Overall, a fantastic performance from a Club less than a year old!

2- PDO Toastmasters conducted Club level contest; congratulations to the all the winners.

As PDO toastmasters clubs are part of Toastmasters Area 22, the next level is area level contest schedules on 27th February 2015.

Competition begins with club contests and winners continue competing through the area, division and district levels.

**We will be happy to have you all with us and your support will give more bravery to all of that contestants.**

**Best Regards.  
PDO Toastmasters**



PDO Gavel Club  
1st Year Anniversary  
MEETING #25



Dear all,

'Dutch Night', the annual charity event organised to celebrate the Dutch king's birthday, will be held on Friday 20th March, 2015.

In the 1950s the luxurious steamship 'Rotterdam' carried passengers from Rotterdam to New York. You are invited to enjoy a thematic evening where you will board this luxurious ocean liner, built for the Holland America Line.

You will be welcomed by the crew on the 'lower deck' (Sohar Garden) for sparkling wine and a stylish buffet dinner from 19:00 onwards. Following dinner, you are invited to dance the night away on the 'upper deck' (volleyball court) whilst enjoying the live music from one of Holland's biggest party bands. As the night progresses you will be served traditional Dutch snacks. This spectacular evening will come to an end when we reach our destination, New York, and say our goodbyes until the next 'Dutch Night'.

For the first time 'Dutch Night' is officially affiliated with Dar Al Atta'a. Amongst other charitable ventures, this Omani non-profit organisation makes schooling available to Omani children in the interior. We are delighted that a new pre-school can be financed using the combined revenues from the entrance tickets and sponsorship deals.

Special thanks go to our important and loyal main sponsors OHI, KLM and SIROCCO who make this annual event possible. Together with many other sponsors, they will make a significant contribution to this year's charity.

Tickets for this spectacular evening will be available from the 22nd February onwards at the RAHRC front office. Tickets cost 29.900 OMR.

Buy early, win BIG! Get your tickets on or before the 6th of March to be in with a chance to win a 2-nights stay (incl. breakfast) in the Royal Suite at the Millennium Hotel.

We look forward to welcoming you aboard the SS 'Rotterdam'. In former times "Getting There Is Half The Fun" was printed on the boarding passes and we can assure you that this will also hold true for 'Dutch Night' 2015!

Cordial greetings on behalf of the organising committee,

Wouter Smits

Chairman Dutch Night 2015

Tickets are all-inclusive: dinner and (alcoholic) drinks.  
Dress code: 50's glamour / national dress.

Each boarding pass has a unique number. On the night itself you can participate in the free raffle to win great prizes.

Tickets for the Dutch Night are available from February 22 (until sold out) at the front office of the RAHRC. **Buy Early, Win BIG!** Get your tickets on or before March 6, to have a chance to win a 2-nights stay in the Royal Suite at the Millennium Hotel. Your entrance ticket also consists of a free raffle ticket for more prizes on the Night itself!



# DUTCH NIGHT 2015

FRIDAY 20 MARCH - 7.00PM SOHAR GARDEN RAHRC

*Live Band & DJ from Holland - Dinner - Drinks - Snacks*

Ticket price: OR 29.900 (All inclusive)

Ticket sale starts: 22Feb @ RAHRC Front office

For more information [DutchNight15@gmail.com](mailto:DutchNight15@gmail.com)





# RAHORAC

R a s A l H a m r a  
O f f R o a d A d v e n t u r e C l u b

## February 2015 bulletin

- Family Trip Reports
- Extreme Wahiba 2015
- Desert Driver Training
- Star Dunes Trip Announcement
- ORAC Event Calendar

## **ORAC Family Trip 5th December 2014**

A number of cars joined us on the ORAC family trip in December, to enjoy the fantastic scenery of the northern end of the Wahiba Sands. After airing down tyres and attaching sand-flags, the group split into two teams to drive the impressive dunes - including several large slip-faces - in the morning. The teams then reconvened for a picnic lunch before splitting up again for a few more hours of playing in the afternoon. Finally, the teams met up again to head out of the desert across the rollercoaster orange sand on the most westerly of the Wahiba dune sets.



## **ORAC Mountain Trip 23rd January 2015**

There was an impressive turn-out for this demanding trip up Wadi Bani Awf, despite the early start. At the fueling stop, the group split into two teams before heading into the increasingly challenging tracks leading up the mountain. The teams met up again for a picnic lunch at the lower end of the Balad Seet gorge. The children particularly enjoyed playing in the running water whilst the adults sat in the shade and tried to fend off the over-friendly goats. When we reached the summit (2000m above sea-level), we were surprised at just how cold it was there and were glad to have lunched at lower altitude. The trip ended at the abandoned village of old Tanuf, with plenty of time to explore before hitting the tarmac road back via Nizwa.



Paul ORAC Committee

# Extreme Wahiba February 2015

## The 'Committee Team'

The Committee Team (David, Laun, Mark & Louisa and myself) started off early and fresh and got stuck into the first of the 5 sand mountains. The sand was damp but still soft underneath so going was tough. Problems started almost straight away with Zamzam's rear diff breaking just a couple of dunes away and Laun's clutch overheating. A couple of stucks and 40 mins later we eventually moved onto the next sand mountain which passed uneventfully.

More problems experienced though at the third sand mountain when we stopped for a while to let Laun's clutch cool down. More stucks experienced in this sand mountain.

Moved on to the fourth sand mountain after 20 mins where Laun popped a rim....I didn't see any other tracks on this one...interesting given we were the last to tackle it!.... We fixed Laun's popped rim then moved on to the last sand mountain via an uncharted intermediate sand mountain where progress was slowed by more stucks. We eventually completed the sand mountain stage of the crossing at 11.10am.....the 9km suggested by Garmin ending up as 15km and taking 3 hours!!

We then set a course for Sandstock and after a while found a Bedu track heading in a vaguely similar direction (alhamdulillah) and this allowed us to plan on reaching the mid point by 12 Noon which was my original target. However, our luck was soon to change when we had to leave the track to head west and this took us into more dunes.

This is where Laun's car finally gave up the ghost. Rear diff completely gone and front diff making horrible noises we had no option but to tow him out of the dunes and back to the track in the adjacent valley. It took two jeeps in series pulling as hard as possible to succeed. I towed David and he towed Laun and we stopped for nothing!!!

We abandoned the crossing at this point and towed Laun to the Bidiya Jeep Garage where we left his car before heading on to Sandstock where we eventually met up with some of the other participants.

Simon ORAC Technical Advisor

Ras Al Hamra Off Road Adventure Club proudly present

# Sand Driving for Beginners



Instruction by Ray Archer and ORAC Committee Members



## Theory Training

Dates:

9<sup>th</sup> March 2015

Venue: PDO Oil & Gas  
Exhibition Centre

Time: 7 to 9pm

Prerequisites: None.  
Simply turn up.

## Practical Training

Date: 20 – 21 March 2015

Venue: Wahiba Sands

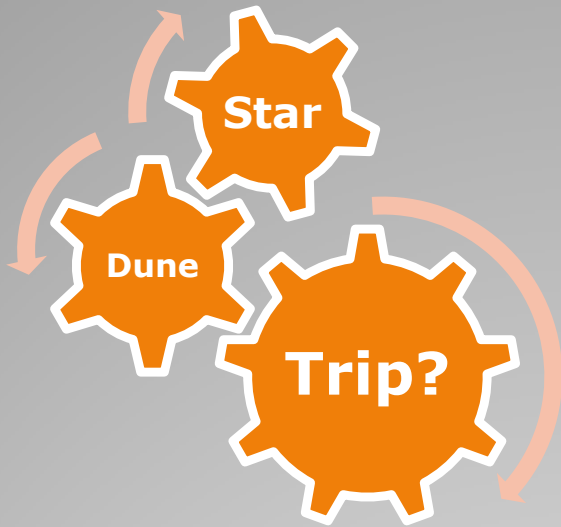
Prerequisites:

1. Prior attendance at a theory session and
2. Registration via [rahorac.jeeps.com](http://rahorac.jeeps.com)

(website booking open only after the 9<sup>th</sup> March Introductory Talk)

Practical Training Places limited and allocated to new drivers on a first come first served basis.

**You too can follow in the  
tyre tracks of our  
esteemed chairman with  
ORAC's Sand Driver  
Training**



# YOUR NEXT ADVENTURE?

Ras Al Hamra Off Road Adventure Club (ORAC)  
proudly present

## Requirements

Groups of 4 or more cars. Suitable for both long and short wheel base vehicles .

Drivers must have completed the Sand Driving Introduction

## Itinerary

**Thursday** Depart from Muscat and drive 400km to overnight camp at edge of desert

**Friday:** Traverse the magnificent terrain of the Starfish Dunes  
Camp overnight around campfire

**Saturday:** More fun in the desert. Catch the blacktop and return to Muscat by dusk

For further details and to register your interest please send an e-mail to:  
[christopher.cm.mustoe@pdo.co.om](mailto:christopher.cm.mustoe@pdo.co.om)

## A desert adventure across the Starfish Dunes

6 to 7th March 2015



An enthralling 4WD journey across the unending crests, large bowls and vast *sabkhs* of the Starfish Dunes, south west of *Jebal Hafet*, on the *Buraimi* side of the Oman-UAE border.

# ORAC Event Calendar 2015

- 5 - 7 March Star Dunes Desert Adventure
- 9 March Sand Driving for Beginners - Theory Session, 7pm, Oil and Gas Exhibition Centre
- 20 - 21 March Sand Driving for Beginners - Practical Weekend in Wahiba
- TBA May - A mountain camping weekend (date and 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 Wahiba
- 16 - 17 October Sand Driving for Beginners - Practical Weekend in Wahiba
- 12 - 13 November - 18th WAHIBA CHALLENGE 2015
- TBA Dec - Family Desert Trip (date TBA)

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

## ABDUL MAJEED DAZZLES FOR PDORC

Opening the batting Abdul Majeed scored a brilliant 82 (43b, 4x6 and 8x4) and thereafter claimed 2 wickets conceding 25 runs off 4 overs to help PDORC record a narrow 10 run win against Arrow Overseas. The Al Ansari Group of Companies sponsored 'C' Division T20 match was played during the morning session at the adjoining Ground No.2 at Al Amerat. Invited to bat PDORC scored 187 for the loss of 7 wickets off the 20 allotted overs. Mohammed Riyaz 35 (15b, 1x6 and 3x4) and Mohammed Qais 21 (23b, 1x4) made valuable contributions. Wasim Ali bowled a tidy spell to end with 4 for 22 off 4 overs. Set a target of 188 for victory Arrow Overseas were restricted to 177 for the loss of 6 wickets at the end of the 20 overs. Anil Lalji 45 (32b, 2x6 and 2x4), opening batsman Wasim Ali 39 (30b, 4x4) and Mohammed Ansar 36 Not Out (19b, 6x4) made major contributions.

**Brief Scores: PDORC – 187 for the loss of 7 wickets off 20 overs (Abdul Majeed 82, Mohammed Riyaz 35 and Mohammed Qais 21; Wasim Ali 4/22)  
Arrow Overseas – 177 for the loss of 6 wickets off 20 overs (Anil Lalji 45, Wasim Ali 39 and Mohammed Ansar 36 N.O.; Abdul Majeed 2/25)**



RAHRC Cricket Committee Proudly Announce The Kids Cricket Coaching for the Year 2015 by RAHRC cricket section with OCC(Oman Cricket Council) Starts -21 Feb' 2015 for 10 Weeks.

Professionally accredited coaches (Asian Cricket Council) are engaged. The Kids Cricket Coaching will be conducting in PDO Recreation Centre Sports Hall.

Registration process is ongoing. This is open to all RAHRC members.



*RAHRC Cricket Committee Proudly Announce*

*The Kids Cricket Coaching for the Year 2015 by RAHRC cricket section with OCC(Oman Cricket Council). Professionally accredited coaches (Asian Cricket Council) are engaged.*

*At PDO Recreation Centre Sports Hall.*

*Starts -21 Feb' 2015*

*Rush Your Entries through RAHRC*

*Front Desk*

**By 18/02/15 - Open to all RAH Club Members**

*For more information Contact*  
*Pradeep VenuGopalan (GGE22L)*



## From the Canadian Section:

The Canadian Stampede is just around the corner on March 6<sup>th</sup> and although the ticket numbers were increased to 950 this year they sold out in an unprecedented 1 day! We sincerely regret not being able to accommodate everyone who wanted to come but were too late to get tickets. For those of you who will be attending, get out your Western wear and cowboy hats and prepare to join the fun. There will be a live band, DJ, line dancing, dinner buffet, shooter bar, photos, free bandanas, and some great prizes including a trip for 2 to the Calgary Stampede in July. See you there!

Tom Moffat



Come sit in the saddle at  
the 22<sup>nd</sup> Annual...

# CANADIAN STAMPEDE PARTY

Friday, March  
6, 2015

**TICKET SALES**  
Feb 3, 10 a.m. at the  
RAH Club office

**TICKET PRICE**    Members OMR 23  
                                 Non Members OMR 25  
Adults only event (Over 21)

# Ras Al Hamra Development Project News

## Latest in the Project

- Mosque opening
- “Most Innovative Project” Award
- New apartments visits

**No LTI in January**

## Upcoming News

- 8<sup>th</sup> RAH Community Engagement event
- Apartments building handing over to UIB
- Golf Course Grand opening



RAH Mosque opened in the beginning of the year creating a unified community atmosphere at the Ras Al Hamra Residence.



RAH Development Project was awarded by Oman Contractors Forum and Awards 2015 as **Oman's Most Innovative Project of the Year!**



Project safety day celebrated at PDO medical centre site.

New apartments building tours was organized for staff and around 250 employees and their spouses visited the apartments. The first apartments building will be handed over for PDO employees housing in the coming month.

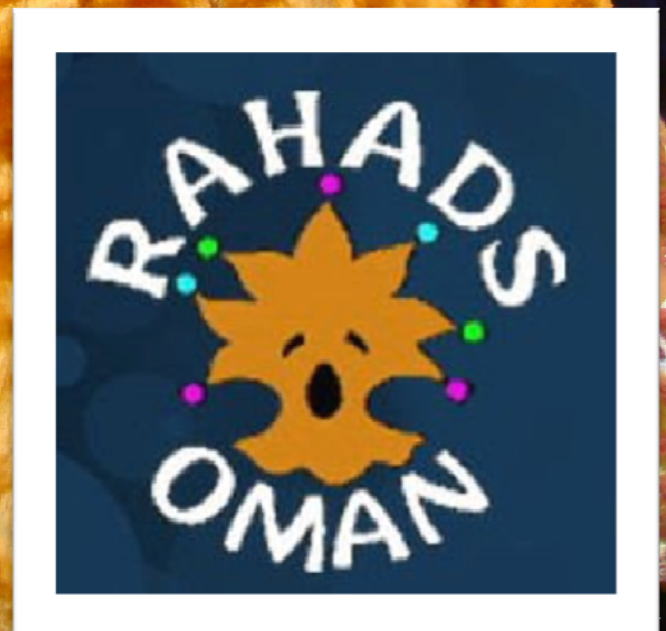


**The Fahal Island Swim will be on May 1<sup>st</sup>.  
Entries will open in the middle of March.  
Thanks**

- 26–28 March – Departures & Arrivals, a light comedy by Carol Shields; directed by Julian Masters.

- 17 April – **CELEBRATION PARTY** in honour of being awarded the best social section in RAHRC in 2014. RAHADS members only

- 19 April – RAHADS AGM – Committee members needed!



# Top Ten Videos

No.	TITLE	CATEGORY	CAST 1	CAST 2
1	BEGIN AGAIN	DRAMA	KEIRA KNIGHTLEY	MARK RUFFALO
2	BELLE	TRUE STORY	GUGU MBATHA-RAW	MATHEW GOODE
3	WHAT IF	ROM./COM.	DANIEL RADCLIFFE	ZOE KAZAN
4	BOXTROLLS, THE	CARTOON	V/O - BEN KINGSLEY	V/O - JARED HARRIS
5	LONG WAY DOWN, A	COMEDY	PIERCE BROSNAN	TONI COLLETTE
6	JUSTICE LEAGUE - THRONE OF ATLANTIS	CARTOON	V/O - SEAN ASTIN	V/O - ROSARIO DAWSON
7	DRACULA UNTOLD	FANTASY	LUKE EVAN	DOMINIC COOPER
8	MAYA THE BEE MOVIE	CARTOON	V/O KODI SMIT-McPHEE	V/O - NOAH TAYLOR
9	ESCAPE	ACT./THR.	ISABEL C. ANDREASEN	INGRID B. BERDAL
10	SCORPION KING - IV : QUEST FOR POWER	ADVENTURE	VICTOR WEBSTER	ELLEN HOLLMAN

# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

## Dive Section Monthly Bulletin February 2015



### Contact Us

Secretary:

Peter Bedson, 96017044

[Peterz.bedson@gmail.com](mailto:Peterz.bedson@gmail.com)

Treasurer:

Paul Vledder, 93361698

[vledderpaul@gmail.com](mailto:vledderpaul@gmail.com)

Diving Officer:

Evert Moes

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

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[RAHSAC?fref=ts](#)



# ALL DIVERS WELCOME



# DIVE IN 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 >>](#)

### 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—Alan McDonald (99112499) - or come along to our weekly planning meeting on a Wednesday evening to find our 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.

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

# RAS AL HAMRA SUB AQUA CLUB

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[RAHSAC?fref=ts](#)

## February News

### AGM—Your Club Needs You!!!

Members should have already received notice of the AGM which will be held on 22 April at 7.00. One of the features of 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. This has upsides as we generally avoid getting too “stuck in our ways” but there are very few years when we don’t need an influx of new blood into the Committee and this year is no exception. This year a number of posts will fall vacant so if you have a burning desire to become a travel agent (Expeditions Officer), shop keeper (Equipment Officer), or party animal (Social Secretary) or to bring your skills to any of the other posts now is your chance to shine. Full details of the formalities can be found

[More ►►](#)



## Training News

Almost all our Ocean Diver trainees have now completed their courses—congratulations!

In parallel with the Ocean Divers’ course we have a number of more experienced divers undergoing training for the Dive Leader qualification which will allow them to lead club dives in familiar locations and several of them have now qualified. Looking for-



ward to new marshals on the boat soon!

[More ►►](#)

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on the Forum on our website but any of the existing Committee can provide guidance if you want to find out what is involved.

The list of posts coming vacant include:

**Chairman – This must be a PDO employee**

**Treasurer – This must be a PDO employee**

**Equipment Officer**

**Membership Secretary**

**Social Secretary**

**Environment Officer**

**Expeditions Officer**

## 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.

[More ▶▶](#)

## Training News—Continued...

As announced in last month's newsletter we are running a Sports Diver and Cross-over Course. Sports Diver is a really useful qualification as it extends depth range to 35m (progressively) and also provides training that allows the use of Nitrox mixes. 18 divers are signed up for the course!!!! so 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





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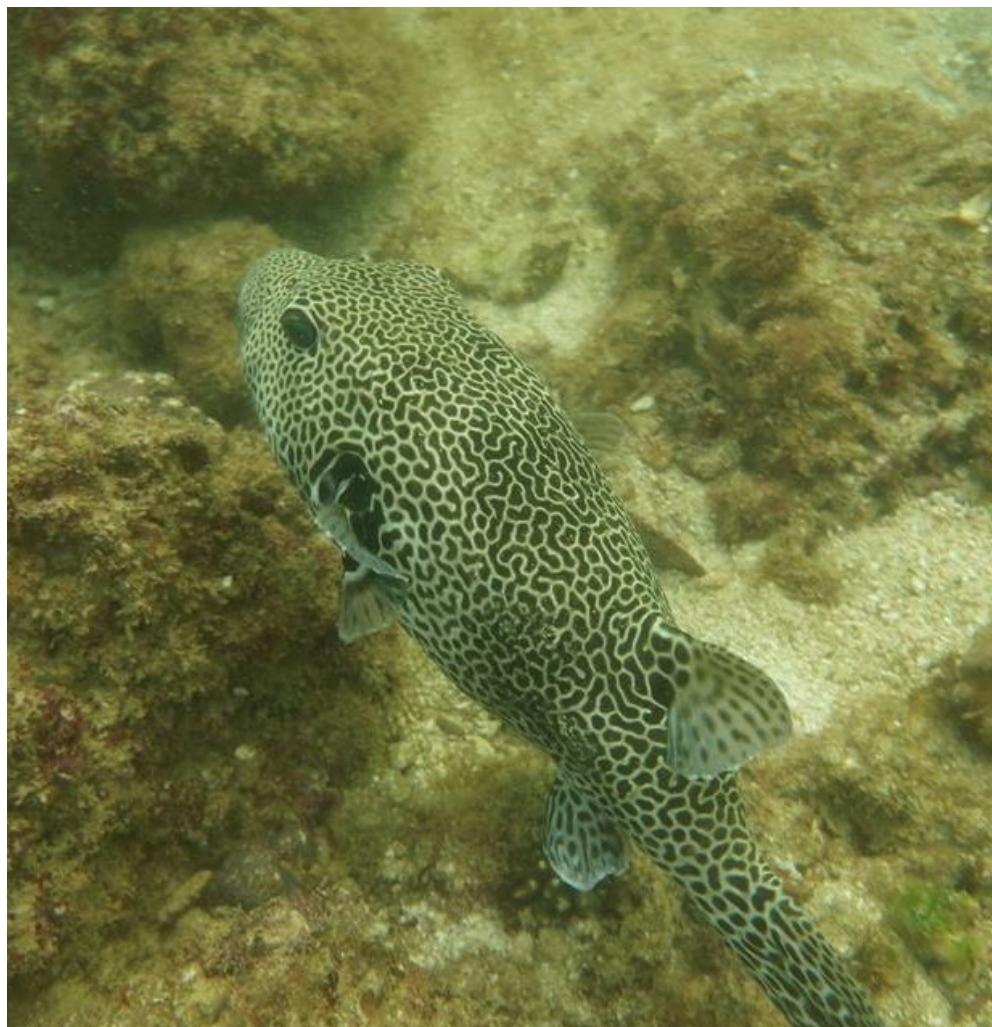
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## Recent Dive Reports

We have been getting out to dive regularly over the last month or so as these reports show:

Friday 13 February

RAADS Trip Friday 13th. Expedition day to Ras Abu Daud. While the vis was a little green in places the day out was first class. Flattest seas for a couple of months and both AW & RN sitting nicely on 30 knots. A lovely day out, somewhere a little different with leopard sharks, angel sharks and other fauna...

Friday 17 January

Turtle action with Ian Ford 17th Jan. on Fahal. Great vis. & a 3 tank dive, calm seas and a very enjoyable day out.

Saturday 18 January

What a great pleasure it was to dive with my mentor of 7 years now and our diving officer Mr Evert Moes. You are looking good in the Tech kit. Best vis. I had on deep reef - thank you for taking us out and a great day. Who left that Eel inside the tank tracks????

[More ►►](#)

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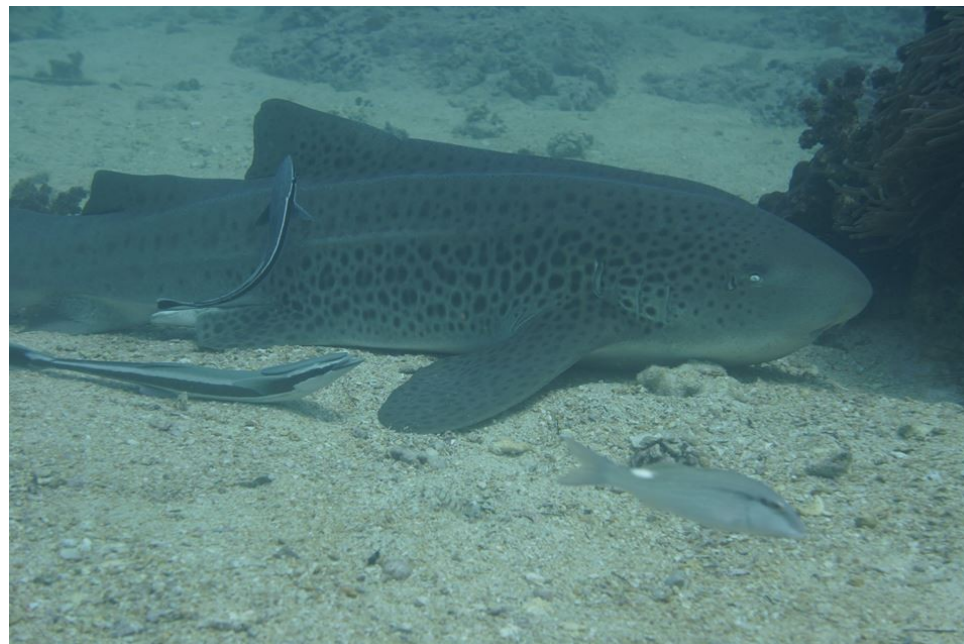
Paul Vledder, 93361698

vledderpaul@gmail.com

### Diving Officer:

Evert Moes

evert.moes@gmail.com



Leopard Shark—Fahal Island  
Deep Reef—Tec Dive

## Recent Dive Reports Continued...



Angel Shark—Ras Abu Daud

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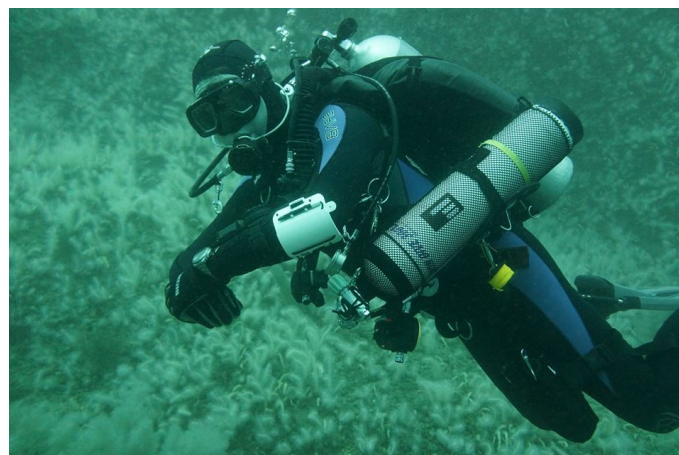
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[RAHSAC?fref=ts](#)



# RAH ~ BADMINTON SECTION

A close-up photograph of a person's hand holding a blue badminton racket and a white shuttlecock. The background is a dark blue gradient. The text is overlaid on the lower part of the image.

**RAHRC Badminton section announces**

**Badminton Coaching for kids of age 8 – 15 years**  
**on Saturdays between 10:00 – 11:30 AM**  
***(starting on 21<sup>st</sup> Feb 2015)***

**Members may please send enrollment requests to**  
**the coach on [kuddo65@yahoo.com](mailto:kuddo65@yahoo.com)**

# RAHRC KICKBOXING



Punches  
Kicks  
Combinations  
Elbow/Knees  
Take downs

Workouts with sanshou and muay thai kickboxing,  
western boxing and cross-fit  
Interested, please e-mail Emre Unal at [unemre76@yahoo.com](mailto:unemre76@yahoo.com)

Pad work  
Bag work  
Cardio  
Strength  
Cross-fit



On the water, on the beach, join the party!



ANNUAL REGATTA

13 - 14 MARCH 2015

Sailing, beach games, dinner, dancing, fun! Email: [daveclarkoman@gmail.com](mailto:daveclarkoman@gmail.com) for details