



THE RAHRC BULLETIN

FEBRUARY 2016

THE NEWSLETTER FOR MEMBERS OF THE RAHRC



Tickets available @ RAHRC front office February 11th

Non-Members 25 OMR

Members 23 OMR

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Main Committee Message



It has been another great month at RAHRC with the cooler weather and some fantastic parties hosted by various sections and another successful RAHADS event. The golf section also hosted the 2016 Muscat Open, this was the 43rd time the event has been held making it the oldest golf tournament in Oman, competitors came from 15 different countries and after two days of competitive golf the tournament was won by 15 year old Yaseen Le Falher from Bahrain. In March we are looking forward to the Dutch night closely followed by the famous Canadian Stampede, may I take this opportunity to thank all the sections that give up their time and effort to run events and make the club such a thriving place.

I have had some communication from members regarding the condition of the club and when maintenance tasks will be undertaken, obviously in the current economic climate it is difficult to justify extensive expenditure on improvements, we have however reviewed works that do need to be completed to maintain the safety and appearance of the club and we will be actioning these over the next few months. If you do have any suggestions or comments on works that need to be undertaken please forward them to the front office who will forward them on for review by the committee.

PDO recently held the 2016 safety day with the theme of Respect, it occurred to me that this has implications right across our lives not just during our time at work so please ensure your actions whilst using the club also consider respect for staff, the facilities, other members and the environment.

One final notice is that the annual staff party will be held on the March 13th and the club will be closed to all members that evening so that all staff can attend and be thanked for their hard work throughout the year.

Best wishes

On behalf of the main committee
Iain Liversage
Project Secretary/RAH Project Liason



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.

The next Networking Morning will be announced shortly.

Outpost Information Mornings

Every month Outpost organises an Information Morning at the office (Ras al Hamra Street, Apt. 149, Flat G005) from 9:00am–10:30am. 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. These usually take place on the last Thursday of every month. The next one will be on **Thursday 25th February**.

Other events scheduled in February / March

29th February; Nicole Wigny, a certified nutritionist will start a healthy lifestyle and walking group. Walk and talk and get tips on your diet. It is fun and you will not notice that you are doing exercise as well! Meet in the car park opposite the PDO club entrance at 8.15am.

15th March from 6.30-8.30 p.m. and 17th March from 8.30-11.30 a.m. Gerda van Loon, life coach, will hold repatriation workshops. For more information or to register please contact us.

Outpost Muscat

Ras Al Hamra Street, PDO Camp
Apartment 149, Flat G 005
(+968) 246 58640 / 93688739

outpostmuscat@pdo.co.om

www.globaloutpostservices.com



OutpostMuscat

Office hours: Sun, Tue, Thu
8.15-11.00

Appointments outside of these
times are available on request.



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
- Children's Activities in Muscat

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.

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

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 of over 600 people today to see all our events and share information about life in Muscat!

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The Oh Man! Adventure Group

The Oh Man! Adventure Group meets next on Wednesday 20 April for a Planning meeting. It will be held at the Boat Club, in the room behind the bar. All non working males spouses are welcome.

Come and join the planning of forthcoming events and sign up for our adventures. Previous successful events include, Off Road trips, Fishing, Hiking, Snorkelling, a trip to the Damaniyat Islands, and watching an international World Cup qualifier football match.

Forthcoming events include:

Wednesday 24 February. An off road trip to Wadi Mistral. Meet 8:00 am in car opposite the club gates.

Wednesday 23 March Photography workshop with Hil. Meet 8:00 am in car opposite the club gates. Hil will advise on the theme and location of the workshop. One suggestion was Muttrah Harbour.

Wednesday 13 April Swimming and snorkelling. Robert will advise on arrangements. Please register your interest with Robert. There will be a cost involved. The amount depends on numbers attending. Likely venue Bandar al Kharan. These photographs are from our last trip in June 2015.



Saturday 16 April Family BBQ 5:00 pm at the club.

Come and join us and help plan our adventures. Contact Graham Speller, grahamspeller@aol.com or Robert Velberg, pj.velberg@gmail.com

Hope to see you soon.

Greetings RAHRC Members,

It's time to take a walk on the Greenside.

RAHGC is pleased to announce the upcoming 43rd Muscat Open Golf Championship will be played Friday February 26th and Saturday February 27th. We will be hosting the best amateur golfers from Oman and other GCC countries, for this historic event.

The Driving Range continues to welcome new hitters to the game of golf. Register at golf reception and smack a bag of balls after a hard day.

Aspiring kids can look forward to joining the kids clinic starting after the Easter break with Head Pro William Bruce. While interested ladies can enroll in his Ladies Program, also after the Easter Break. Please email wbruce@troon.com for more details.

Green fees continue to be an amazing 15 OMR for 9 holes and 25 OMR for 18 holes. Please contact rasalhamragolf@outlook.com for tee time reservations.

Shawn Skibinsky • Golf Operations Manager • Ras Al Hamra Golf Club
sskibinsky@troon.com • m +968.92.897.332
Managed by Troon Golf® • www.troon.com

#PlayTheWORLDofTROON

Bridge section

Enhancements to Monday evening Bridge:

We circulated a Questionnaire to our Members and analyzed the feedback.

As a result of the analysis, we have introduced a separate line for less experienced players with the following characteristics:

- Focus on enjoyment and socializing
- No clock (hence no pressure to finish boards to change table)
- Hard finish at 10pm
- Advice from available experienced players

This especially meets the requirements of those who have recently done the Bridge training course.

Since the change was introduced, attendance has increased from 2 tables (4 pairs) to 6 tables (12 pairs).

2nd Ras Al Hamra RC open pairs Bridge tournament

Following on from our successful 1st Ras Al Hamra RC open pairs Bridge tournament on Friday the 29th of May 2015,

we had our 2nd Ras Al Hamra RC open pairs Bridge tournament on Saturday the 16th of January 2016.

We had a good mix of TOP players and lesser experienced players from RAH Bridge Section and Muscat Bridge League.

See photograph below.

Initially 14 pairs registered. 2 pairs cancelled, hence we had 12 pairs on the day and no sit-outs. We played a Howell movement of 9 rounds x 3 boards.

The Results are in the table below.

Gifts were handed out to pairs ranked 1, 7 (closest to 50%) and 12.

A big thank you to all the participants for joining and making the tournament successful and enjoyable.

And to the organizing team for making it possible:

- Our Treasurer: Margaret O'Sullivan
- Our Secretary: Rosemary Moes
- Our Tournament Director: Gautam Mukherji
- Our Calculator/computer wizzard: Julian Masters

Looking forward to see many of you at the next tournament later this year or at our regular Monday evening sessions. Starting at 19.15 (sharp) in the Palm Room.

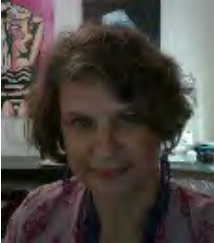
Kind regards,

Pei-Lian Wang
Chairman of the Bridge Section



Rank	Pair	Names [OVERALL RANKS]	Total	Max	%Score
1	6	Anurar & Abdi	176	270	65.19
2	2	Ashok & Gautam	173	270	64.07
3	9	Ranga & Venki	162	270	60
4	7	Jangoo & Vish	152	270	56.3
5	5	Roos & Peili	147	270	54.44
6	12	Samira & Nita	141	270	52.22
7	3	Yasmin & Joginder	138	270	51.11
8	10	Julian & Nitin	126	270	46.67
9	1	Rashmi & Indu	110	270	40.74
10=	11	Margaret & Doria	101	270	37.41
10=	8	Ans & Kok	101	270	37.41
12	4	Su & Hyatt Sultan	93	270	34.44

Meet the INSTRUCTORS OF THE ARTS CENTRE



My name is Vera Rijnvos and I teach Fashion & Accessories. In my class, students build up their own collection of well fitting clothes. The patterns are as simple as possible, yet elegant and comfortable. We work with cotton and jersey as well as silk and chiffon. Accessories are made of clay, metal, fabric or ribbon. All materials are available in Oman.



I am Claude Farhat and I am teaching French and Arabic languages.

Arabic courses -Modern Standard Arabic and Popular Arabic Dialect - (beginners & advanced) consist of: Learn to speak, understand and write Arabic. Progress quickly beyond the basics, explore the language in depth and don't forget the courtesies in the Gulf Area!

French course consists of: Learn to speak, understand and write French based on dialogues...



My name is Jane Martin and I come from Oxfordshire in England.

I run an acrylics class which is designed for those with little or no experience. We discover and practice new techniques and always have a project on the go. Some of our recent projects have been: cityscapes, a sunset and abstracts. Techniques are: mono printing, using wax as a resist and a glue technique along with many others! It is a lively group and we bounce ideas off one another. Knitting Crochet and More is a small group of ladies who enjoy getting together to further their skills or to learn new ones. We are present learning how to knit a log cabin blanket and although some the the ladies are novices, some are not.

Contact me at cjsmartin44@ntlworld.com for further information.



My name is Maïa Sarrouf Willson, I teach Beginners and Intermediate French language. Each session is an hour and a half long covering theory and instructions, conversational tips, pronunciation guides and written exercises. Both courses are 12 weeks long.



I am Nieves Briceno and my class is called BASIC PATCHWORK & QUILTING. I'm teaching the patchwork and quilting fundamentals. In each class, I try to use my quilt patterns, provide tips and make tutorials with illustrations for easy understanding. All the students want to learn how to sew and how to make a quilt, however once they understand the basic techniques, they discover that quilting is not difficult, even if it is their first project. At the end of this course the students are capable to do many different projects such as: babyquilt, table runners, placemats, bedcovers, machine covers, etc.



My name is Heena Kothary. I am a Graduate of Fine Arts in Painting with special focus on Portraits & Abstract Art. I teach oil painting. Oil has a smooth, buttery consistency coupled with slow drying time which means that oil colour can be changed freely and extensively on canvas. This leads to lots of textures and effects as well as your own style & masterpiece. I have been teaching oil painting at the Arts Centre for eight years. My class is for students of all skill levels. I am able to teach and improve my students'

skills in their own chosen style. I am looking forward to seeing you all in my class and enjoying the experience.



My name is Beatrix. I organize a painting workshop. In this workshop I help others with their acrylic and oil painting. Each participant chooses her own theme and composition. We enjoy painting together while we try to improve our skills.



My name is Miriam Jimenez and I teach Quilling and Origami. The first time I saw a quilling card I became fascinated with this art of rolling thin stripes of paper and shaping them into flowers, leaves, you name it.

You will enjoy learning quilling techniques of rolling and folding paper starting from simple designs in the beginners class to continue with more complicated ones in the advance class.

All the basic tools are available at the Arts Centre.



My name is Mala Yagnesh. I am originating from India and teaching Ribbon embroidery. An old-fashioned art is brought up to date in this exciting step-by-step guide to decorating clothing, household linens, picture frames, and more. Standing out against the flat background material, thicker and richer than ordinary embroidery threads, silk ribbons literally bring a new dimension to hand-stitched works. Ribbon Embroidery includes a review of basic embroidery stitches, a thorough discussion of the different types of ribbon and fabrics -- from plain calico to luscious silk -- that lend themselves to embroidery work

Every Sunday, 09.00 to 11.00

Email : malayagnesh@yahoo.com



Canadian Section

Hello folks,

I hope everything is going well with all my fellow Canadians. This is a fantastic time of year in Oman and I hope everyone is taking the opportunity to enjoy the weather and beautiful country. The Stampede committee has been hard at work finishing up the final details of this year's Stampede party being held on March 11th. There have been a few changes this year and I hope it is the best Stampede to date. If you are going to attend please try to pass on our Canadian pride with a big smile and a warm howdy or hello.

We are still looking to plan a few more events but need some ideas and volunteers, if you are interested please let us know!!

Yee Ha!!!! Talk to you soon,

Murray Mulrooney

Canadian Section Chair

Excellent start by Faisal Riyami and Salim Al Khatri

The first round of 'The 2016 Angler of the Year PDO Recreation Club' competition was held Saturday, 23rd of January 2016

Finally the weather settled down. With the month bad weather of high waves and strong winds eroding away. The conditions were beautifully exceptional for January. The sea smoothed out like a carpet and welcomed the anglers with its calmness and vitality. The wind was reassuring and smooth, the speed did not exceed 5 knots. This was an excellent day for Oman Anglers fishing tournament.

A total of 12 eager fishermen joined the Ras Al Hamra recreation centre fishing competition. Two anglers joined in from Sifa resort, 5 other boats joined in from the Ras Al Hamra recreation centre hoping for the daily prizes and the end of year "Fisherman of the year title".

As the dusk broke at 0630 with the first calm light, the captain Suleiman Al hajri nodded for the for the competition to start. The anglers sheared the waters with their speeding boats heading North from the Recreation centre.

The sea was too cold for any substantial game fishing. Rumours were heard, little or no game fishing including the tuna or Eldorado would be found. This competition was going to be very challenging for both categories bottom and game fishing.

Majority of the anglers roamed around 130 to 180 meters water depths reef. No one ventured in the 200 meters water depth. Few days prior to the fishing competition, good bottom groupers catches were made by a number of the anglers. Some of the catch was a record break of 50 kg. It was great again to see the gropers are coming back!

Faisal Riyami and Salim Al Khatri invested some time in the Fahal Island. Few fishermen were seen in the morning at the Island. There was no sign of trolling fish. To every one surprise, Faisal and Salim caught a variety of trolling fish. The species included some Bonitoes and small tunas. This team, is exceptionally professional!

Frans Santa and Ray dedicated most of the competition in the trolling category. The venture resulted in reeling in nice size mahi mahi and good bonitoes. In terms of weigh, the total game category was recorded at 22 kg. The heaviest catch was a record by Frans Santa and Ray at 10.8 kg. The heaviest game category catch was a mahi mahi at 4.85 kg



Santa with a Mahi Mahi to the left and Ray to the right the game category winners

It was a great day for the bottom catch. A total catch of 97 kg was recorded. The heaviest catch was in Houreya. The total weight for the partner Captain Suleiman Al hajri and Tariq Al hajri was 21.95 kg. The biggest catch of the bottom category was a grouper weighing 5.6 kg caught by Said Al Harrasi.



Said Harrasi with his great groupers catch



Captain Suleiman and partner Tariq the bottom category winners

When you are at the sea, one does not realise how fast the time passes by. It was already 1215 pm and minutes were closing in for the competition to end.

At the weighing in, joyful screens were made as the fish were revealed from the cool boxes. The weighing categories and teams weights were as follows:



RAS AL HAMRA Fishing Section Competition - Sign up Sheet

Date: January 23rd, 2016

Competitor: **Round 1**

Sponsor: None

Representative:

Weather: Excellent

Tides (H/L):

No of boats	Name (CAPITAL)	Boat Name	Lic	Ent	BOTTOM FISHING CLASS					GAME FISHING CLASS					OVERALL CLASS		LARGEST FISH Species	
					Split Orde	Boat Weight	Split Weight	Rank	Points	Split Orde	Boat Weight	Split Weight	Rank	Points	Rank	Points		Total Weight
1	Suleiman Al Hajri	Houreya	x	x	1	21.95		1	10						10	21.950		
2	Tariq Al hajri	Houreya	x	x	2			2	9						9		3.75 hamour	
3	Hakim	King fisher	x	x	1	8.25		9	2						2	8.250		
4	Sulaiman harthy	King fisher	x	x	2			10	1						1			
5	salim Al khatri	Faisal	x	x	2	17.75		4	7	1	9.60		3	8	15	27.350	1.35 tuna	
6	Faisal Riyami	Faisal	x	x	1			3	8	2			4	7	15			
7	Said Harrasy	Shams	x	x	1	13.75		5	6	1	1.30		5	6	12	15.050	5.6 hamour	
8	Sabri Barwani	Shams	x	x	2			6	5	2			6	5	10			
9	Jamal Balushi	Abha	x	x	2	12.90		8	3	2	0.70		8	3	6	13.600		
10	Osama Jamal	Abha	x	x	1			7	4	1			7	4	4			
11	Frans Santa	Farasha	x	x						1	10.80		1	10	10	10.800	2.65 binito, 4.85 mal	
12	Ray	Farasha	x	x						2			2	9	9			
TOTALS						74.60		55.00	55.00		22.40		38.00	52.00		103.00	97.00	



RAS AL HAMRA Fishing Section Competition - Result Sheet

Date: January 24rd , 2016
 Competitor: **Round 1**
 Sponsor: Oman Anglers
 Representative: Captain Suleiman

Weather: Excellent Boats: 6 Total Weight: 96 kg caught

Biggest fish: Hamour Weight: 5.6 KG Caught by: Said harassy

Bottom Fishing			Game Fishing			Overall		
Rank	Name	Points	Rank	Name	Points	Rank	Name	Points
1	suleiman captain	10	1	Frans Santa	10	1	Faisal Riyami	15
2	Tariq	9	2	Ray	9	2	Salim Khatry	15
3	Faisal Riyami	8	3	Salim Khatry	8	3	Said Harrasy	12
4	Salim khatry	7	4	Faisal Riyami	7	4	suleiman captain	10
5	Said Harrasy	6	5	Said Harrasy	6	5	Sabri Barwani	10
6	Sabri Barwani	5	6	Sabri Barwani	5	6	Frans Santa	10
7	Osama	4	7	Osama	4	7	Tariq	9
8	Jamal	3	8	Jamal	3	8	Ray	9
9	Dr. Hakim	2	9		2	9	Osama	8
10	Suleiman Harthy	1	10		1	10	Jamal	6

WINNERS		Kilo's	Choice Seq.	Prizes
1st Overall	Faisal Riyami		1	
2nd Overall	Salim Khatry		2	
1st Bottom	suleiman captain		4	
1st Trolling	Frans Santa		3	
2nd Bottom	Tariq		6	
2nd Trolling	Ray		5	
Biggest Fish	Said Harrasy		7	

The results of Round 1 2016 fishing competition event

A wonderful day was concluded with a buffet lunch and prize giving ceremony.



Said Harrasi to the left the winner of the biggest fish



Faisal Riyami the overall winner



Salim Al Khatri the second overall winner



Captain Suleiman the 1st bottom category winner



Tariq Al hajr the 2nd bottom category winner



Frans Santa the first game category winner



Ray the second game category winner



The participant's family and friends

RAHRC – Badminton Section

Newsletter for Feb-2016

Family Fun Badminton Tournament:

- Badminton section conducted successfully the 'Family Fun Badminton Tournament' a new tournament theme of forming teams from each family and competing for the titles.
- Tournament was held on 29-Jan-16 from 8.30 am to 1.30 pm at RAHRC Multipurpose Indoor Sports Hall.
- Tournament was sponsored by following sponsors:
 - Platinum Sponsor : Oman Roads Engineering Company LLC
 - Gold Sponsor : HIMA Middle East
 - Silver Sponsor # 1 : East Horizon
 - Silver Sponsor # 2 : Modern Exchange Oman
 - Other Sponsors : Technical Supplies International Co. LLC
 - : Ras Al Hamra LLC
 - : Global Corp. Enterprises LLC
- (Water + Pocari energy drinks : By RAHRC Stores)
- Tournament was held in doubles format and categorized in 3 groups (Father + Child, Mother + Child , Husband + Wife)
- 22 Families participated as 30 teams
- All players have been provided with complementary T-shirts which brought a more colourful, competitive & sportive atmosphere
- After the preliminary rounds of matches, Finals were held between the top two teams in each category and prizes were distributed to the winners.
- Sponsors also been thanked with a momento

Event Photographs

Inaugural session



Welcome speech



Section of participants



All participants – Group Photo

Category : Father + Child



Winners
(Teo & Alethea)



Runners-up
(Thanga + Rohit)

Category : Mother + Child



Winners
(Bharathi + Vatsal)

Runners-up
(Fatma + Abdullah)

Category : Husband + Wife



Winners
(Bharathi + Manikandan)

Runners-up
(Manish + Meghana)

Players in Action





On weekly News Magazines..

Hi Weekly (12-Feb-2016)

28 HI WEEKLY VOLUME 10 ISSUE 7
FEBRUARY 12, 2016



Family Fun Badminton Tournament held at PDO - Ras Al Hamra Recreation Centre (RAHRC)





Early Years
Spring
Carnival
2016 at Al
Ghad Al
Mushriq
Private
School



Family Fun
Badminton
Tournament
organised by
Badminton
Section of Ras al
Hamra
Recreation
Centre



Kayak Section

Update on kayak storage racks:

The kayak storage racks were very overcrowded and are being re-organised in 3 phases.

Phase 1: Clear out the kayaks and boards that are either not used or not registered.

This was completed on Friday 19 February: All registered kayaks and boards now have a sticker and number. Other craft have been removed.

Phase 2: Rearrange the kayaks and boards into the following system (26 February):

LOCKERS															SEA
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1											72				
2	13					29					52				
3	11										53				
4	14				70		28						67	71	
5				64											
FLOOR	35				1										
legend:															

This arrangement is designed to have the heaviest kayaks (doubles) at the bottom, and to separate types of kayaks/boards to minimize the damage that has been happening during the overcrowding. We are trying not to use the very top row, as it is difficult for most people to get craft in and out of the highest row and there is more chance of damage to craft lower down.

Phase 3: The management of RAHC has kindly agreed to build some new racks opposite the storage lockers. These will be specifically for boards, since these are generally wider than kayaks.

Once these racks have been completed (target = end February), boarders are welcome to move to the new racks and we will have more space for newcomers.

Rules for use of RAHC storage racks

- Craft must belong to RAHC members
- Maximum 3 craft (e.g. kayak, surf ski, board) per family
- Craft must be in regular use (average once per month)
- Registered craft only, in allocated storage slots
- Users must obey RAHC rules (e.g. use of lifejackets)
- Please report any damage

In order to make use of the storage racks, please register your craft with David Alsop (david.db.alsop@pdo.co.om) or Paul Sanders (paul.ps.sanders@pdo.co.om)



February 2016 bulletin

- Rain Stopped Play
 - Driver Training
 - AGM
- Star Dunes Trip
- Master Classes
- ORAC Event Calendar

Extreme Wahiba Challenge 2016



6th **EXTREME** Wahiba Challenge 29 – 30 January 2016



A proven test of endurance of both man and machine, through the challenging and remote areas of the South-Eastern Sharqiya Sands. **Not for the faint hearted!**



CONDITIONS

Minimum of 3 team members including Captain, must be 2 times veterans of 2012 to 2015 Wahiba Challenges. The remaining 1 must be veteran of them.

Only sport wheelbase vehicles will be permitted.

Team must be 4 or less (with 2 spare seats).

2 spares per team and at least 2 kinetic spares per team mandatory.

We recommend vehicles are modified (lifts and bigger tyres) and that participants have some mechanical knowledge.

Registration cost :
omr10/participant (must be over 18).

Designed so that you can reach home in Muscat by dusk on the Saturday.

Only 10 teams allowed on first come, first serve basis.
Registration will open 8th December 2016.

More updates will be placed on ORAC website:

rahorac.ieeprs.com

For more info, if not on it already, get yourself on ORAC mail list. Contact oracsecretary@gmail.com

It was not an easy decision to take but due to the numerous weather warnings, in the interests of safety the XWC 2106 was cancelled as an ORAC event.



The Team

Following the recent AGM here is the updated list detailing the ORAC Committee members

Position	Name
Chairman	Fahim Firfiray
Treasurer	Alan McQueen
Secretary	Ian Campbell
Training Officer Theory / Webmaster	Ray Archer
Lead Training Officer Practical	David Alsop
Assistant Training Officer Practical	Mark Tribble
Equipment Officer	Evry Schuiling
Equipment Officer	Issam Baram
Technical Officer	Simon Hatfield
Technical Officer	Ronald Van As
Merchandise Officer	Jalood Tawqi
Trip coordinator 1	Paul Saunders
Trip coordinator 2	Lake Arapakis
Trip coordinator 3	Steve Jones
Trip coordinator 4	Ram Nayakam

A special mention goes to our new members Mark, Issam, Lake, Steve and Ram. We are all looking forward to the spin that they will put on things...



ORAC Driver Training

Ras Al Hamra Off Road Adventure Club proudly present

Sand Driving for Beginners



Instruction by Ray Archer and ORAC Committee Members



Theory Training

1st February or 15th February

Venue: Oil & Gas Exhibition Centre, located just before PDO Gate 2 and after Shell Ras Al Hamra

Time: 7 to 9pm

Registration via www.rahorac.com

Practical Training

Based on demand

18 / 19th March or

25 / 26th March

Venue: Wahiba Sands

Prerequisites:

1. Prior attendance at a theory session
2. Registration via www.rahorac.com

(Website booking open only after 15th February introductory talk)

Practical Training suitable for those seeking to:

1. Drive recreationally in the desert or
2. Prepare for the Wahiba Challenge (ORAC training is mandatory for that)

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

Another 60+ people attended the ORAC Theory Training events run this month by Ray Archer.

Great feedback was received from many of you.

The next theory events will be held later on in the year. Please see the ORAC calendar.

Remember the theory and practical training is not just for the Wahiba Challenge. It can be useful for those undertaking any trips big or small.

It's now over to Dave, Mark and the rest of the team to conduct sand driving practical training on the 25th/26th of this month. See you in the dunes 😊



RAHORAC 2016

February bulletin

ORAC Star Dunes Trip

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

A desert adventure across the
Star Dunes
4th to 5th March 2016



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

It's that time again....

Your chance to enjoy the superb driving available in the Star dunes courtesy of ORAC.

Remember that you need to have attended ORAC practical training before you can undertake a trip like this...

ORAC Master class

**Struggling to get
the information
you want into your
GPS????**



Why not join the ORAC Master Class on Garmin Base Camp?

This will be held by David Alsop, our Base Camp guru, on the 3rd of April in the Falcon Room, PDO Club. (Further details will be sent to all members)

ORAC Master class



Believe it or not, there are easier ways to check your X Joints!
Our technical officer Simon Hatfield will show you how to check and replace X joints on your wrangler. Event will be held on the 5th of April at the Motorcycle Club Workshop, PDO Club.
(Further details will be sent to all members)

ORAC Web Site



You don't need to be Sherlock Homes to have worked out that nowadays most of our ORAC events are booked online.

Read the advert...!
If it doesn't tell you to contact one of the ORAC members directly then look at our web site!



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



ORAC Web Site



Several times a week... 2 hours and these pro... ing.

... aspects of your vehicle that can... in the sand, they also cover equipment... driving techniques and recovery techniques.

... booking is required for these talks and a 'seat' will be on a first come first served basis. Theory sessions are advertised here on the website, circulated by email to all club members as well as being displayed on posters around the Ras Al Hamra Club and as screen savers within PDO.

Talks will start on 9th March 2015.

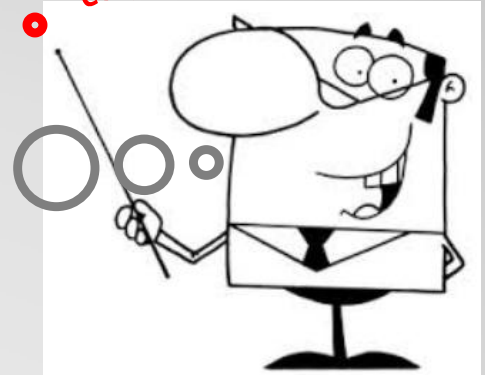
As previous they will be held in the Oil and Gas Exhibition Centre and start at 7pm.

The talk last about 2 hours and no booking is required. Seating is on a first come first served basis.

- A web based outline for the talk can be downloaded here jeeprs.com.
- A printable copy can be found at this link - [PDF Training notes](#).

Under the training section you will find a couple of useful links giving guidance on sand driving, what to take on a trip, how your car works etc.....

tap
tap



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

ORAC Event Calendar 2016

2016

- 4/5 March – Star Dunes Desert Crossing.
- 25/26 March Practical training.
- 3rd April Garmin Base Camp Master Class.
- 5th April Jeep X Joint replacement Master Class.
- 15/16 April Mountain trip.
- 18 and 19 September Theory evenings.
- 7/8 October Practical training
- 14/15 October Practical training
- 11/12 November WC16
- 20 November WC After Party
- 3 December Family trip

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.

Toastmasters Section

PDO Toastmasters Club 9028 held our club-level contest on International Speech and Table Topics, Humor speech and speech Evaluation on Saturday 20th February 2016.

Congratulations to all our participants for their courage and creativity. We were all impressed by the level of each speech presentation.

It must have been a difficult job for our judges!! Thanks to all the participants and everyone who took on a role.

Special thanks to contact chairs for making these contests possible by their excellent organization!

We were proud of your strong performance. The winners of Club contest will represent PDO at Area 22 contest scheduled on 25th March 2016.

A big thanks to all who helped out, you helped to make the contest a great event.

Regards

Yahya Maimani (UIIP/21).

PDO Toastmasters



RAHADS

RAHADS recently held a very successful **Mamma Mia** evening which truly kept the spirit of Abba alive. It was great to see so many new faces who joined us for the first time - make sure your details are on our mailing list so that you hear about all of our forthcoming events. The food for the evening was 'Greek inspired', there was a prize for the best costume as well as a quiz to test our in depth knowledge of all things 'ABBA'. Great fun was had by all.

Rehearsals are well underway for our next production which is a comedy: '**Private Lives**' by Noel Coward directed by Julian Masters on the 21st, 22nd and 23rd April. Journey with us into the lives of two couples who honeymoon at the same French hotel to find out what happens next...

If you have some time to spare and would like to be involved backstage in Private Lives we are looking for people to help with costumes, props, painting scenery, make-up etc. No experience needed just a willingness to have a go. Email: rahads.oman@gmail.com

In mid May our next venture will be an original **Murder Mystery** written by our very own Rosie Reddy. The exact date is yet to be confirmed but there will be two performances this year in response to the high number of requests for tickets last time. More information to follow next month.

Regards

Chris

RAHADS - Ras Al Hamra Amateur Dramatics Society



RAHRC Tennis Club Championships

Feb 13th - Mar 10th
2016



Categories:

- Men's & Ladies Open Singles.
- Men's & Ladies Open Doubles.
- Mixed Doubles.
- Men's & Ladies over 40 Singles
- Men's & Ladies over 40 Doubles

Entries must be sent to Coach Deron at rahrc_tennis_coach@gmail.com
or SMS 953 44398 by February 10th 2016.

All matches would be scheduled and consolation draws would be played
in Open Singles draw.

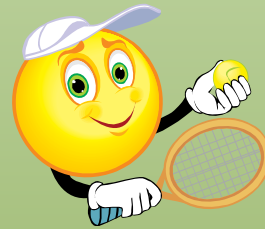
RAHRC Members Only !!

VENUE: RAHRC TENNIS CLUB
REGISTRATION FEE 2.500 OMR
PER CATEGORY



RAHRC Tennis Junior Tournament

Mar 13th - Mar 17th
2016



Categories:

- Boys & Girls 8 & Under
- Boys & Girls 10 & Under
- Boys & Girls 14 & Under
- Boys & Girls 18 & Under
- Doubles 18 & Under

VENUE: RAHRC TENNIS CLUB
REGISTRATION FEE 2.500 OMR
PER CATEGORY

Entries must be sent to Coach Deron at
rahrcenniscoach@gmail.com or SMS 953 44398 by March
10th 2016.

Players could participate in maximum of 2 events only.
Matches will be played between 4 pm & 7 pm.

RAHRC Members Only !!



RAHRC Tennis EASTER JUNIOR CAMP

Mar 27th – Mar 31st
2016

VENUE: TO BE ANNOUNCED
TIME: 9AM – 12 PM (SUN – THR)
REGISTRATION FEE 5.000 OMR PER CHILD
DAILY

Entries must be sent to Coach Deron at
rahrctenniscoach@gmail.com or SMS 953 44398 by
March 24th 2016.

Children must be between ages 6 – 12 years old.

RAHRC Members Only !!



RAHRC Tennis Club

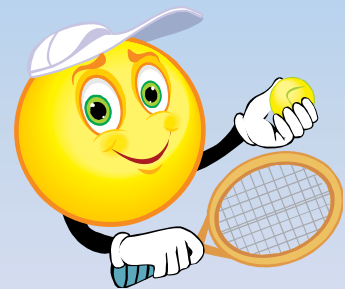
2ND Annual Open Day

Saturday Mar 12th
2016

VENUE: RAHRC TENNIS CLUB
TIME: 4 PM – 7 PM

Activities Include:

- Ball Machine Practice.
- Free Tennis Lessons/ Demonstrations
- One racquet doubles
- Tennis Club Display
- Food & Drinks on Sale
- Music



Feature Event

Exhibition match with Top Players/ Coaches at 6 pm

Do you want to FOCUS on something ?

Too much distractions at home ?

Join our study sessions!

When?

Every weekday in the morning

From 8:00 to 12:00

No need to register, just join.

Where?

Sun & Mon: RAHRC, between volleyball court and front office (small building with sign 'Spouse Association')

Tue, Wed, Thu: Public Library Across Shell Station

Want to know more?

personaldevelopmentnetw@gmail.com

facebook.com/personaldevelopmentnet

DIVE SECTION MONTHLY BULLETIN

February 2015



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Robert Langedijk 92797189

langedijk@xtra.co.nz

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC

All Divers Welcome!



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 some world-class diving on your door step?

COME AND MEET US AT OUR REGULAR PLANNING MEETING AT 8.00 ON WEDNESDAYS IN THE DIVE ROOM/BOAT CLUB BAR

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.

If you have not dived for a while we are run-ning some “back in the water” sessions—see the article in this bulletin for details.

Want to Learn to Dive?

We are not currently planning a beginner course so 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.



Contact Us:

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Ian.Ford100@hotmail.com

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RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

February News

Back In The Water Continued...

Following the first batch of “lapsed divers” who took advantage of the back in the water training sessions before Christmas, two more groups of trainees have now taken advantage of the pool sessions bringing the total to over 20! Many of these have now done open water dives with the club so if you have started the training but have not managed to get in the sea yet come along to the club session on any Wednesday and sign up for a dive.

If you are a diver who trained some time ago and would like to get back in the water in a safe supporting environment it is not too late – we will be running another session soon and it is all free; all you need to bring is your enthusiasm!



Training News

We are still completing the most recent Sports Diver trainees training dives but several divers have completed all the stages – congratulations!

Plans for training courses in the first part of 2016 are now coming together. Planned courses so far include:

February – AED (Defibrillator) Training

February – Winch Operator Training

March – O2 Administration Training

March – Twinset SDC Course

April – Gas Blending SDC

May – Boat Handler SDC

June – Dive Leader

Speak to Louis our training officer for more details or to express an interest.



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



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February News Continued

Compressors – Good News!

The large blue “Bauer” compressor has been suffering from a series of faults over the last few months which has made filling cylinders something of a challenge at times. The consensus expert opinion is that the various faults are merely symptoms of the fact that after around 15 years operation the compressor is nearing the end of its reliable operating life. In view of this the Club (Ras Al Hamra Recreation Club) has kindly agreed to sanction the purchase of a replacement and the order was placed with the local Bauer agent earlier this month. Delivery is expected in around 3 months – until then please bear with us if the old compressor continues to be unreliable.

Booster Pump

We are also in the process of plumbing in the booster pump which will allow us to blend richer (higher O₂) gas mixes for decompression in extended range diving.

Training News



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RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

February News Continued

AGM 2016 – RAHSAC Needs You!

The 2016 AGM will be held in the Marlin Hall (next to the Sohar Gardens) on 27th April. A formal notice will be posted in the next week or two but now is the time to think about volunteering to serve on the Committee for the next year – this is a great way of putting something back into the Club.

There are 4 elected positions – Chairman, Diving Officer, Treasurer and Secretary – that are formally responsible to the Club and to BSAC and a number of additional appointments (Membership Secretary, Training Officer, Boat Officer, Equipment Officer, Social Secretary, Environment & Expeditions Officer, Tank & Compressor Commander). A number of current Committee Members are leaving Oman this year so there are a number of “gaps” to be filled – please speak to any of the Committee to find out more about what is involved. PDO employees are particularly needed as several of the roles must be held by PDO staff.



Recent Dive Reports

Despite the poor weather over the last few weeks we have still managed to dive as these reports show



6 February

Excellent alternative divesite in Al Sifah after we considered launching from RAH a no-go. With 11 divers we had good visibility below 5 meters with Rays (not seen one) with Turtles (not seen any) and lots of fish (yeah saw some too)

The suggestion has brought up to combine with beach BBQ which is an excellent idea 😊

Welcome to the club to Sean, Nola and Hamid as Back-in-the-Water divers and thanks for training and just being there.



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



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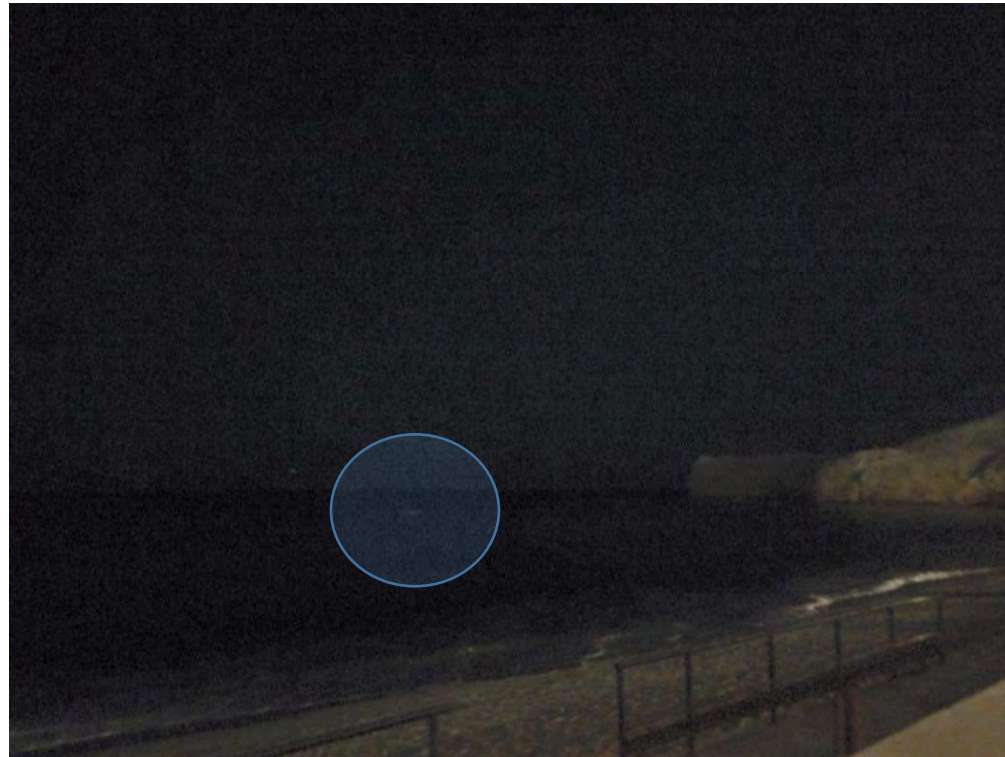
Evert.moes@gmail.com

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Wednesday night dive at PDO – spot the divers!

Recent Dive Reports Continued...

30th January

Wednesday night dive at PDO Bay– the strange phosphorescence was in fact the divers' torches - sorry!



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Net clearing off Fahal Island



Tough day for a shore dive! At Sheikah As Sifah

Recent Dive Reports Continued...

9th January

Today an excellent opportunity to clean the huge net that resided around Fahal for long time. Floating at 24metres and a No-No for the Ministry of Environment the club set out two teams to start the removal.

We managed to recover about a third of the net and freeing a total of 9 Murex.

Great to have Fadel Back-in-the-Water after 10 years!

Thanks Wim, Wayne, Alan, Louis, Haythem, Kirill and Fadel for a great day out.

Water temperature : 24 degC

LIBRARY BOOKCLUB

Please join us at 11.30 at the Boat Club, usually every third Tuesday of the month, to enjoy discussing new books.

Our goal is to build a community of readers of good literature connected to the PDO library.

Tuesday 15 March at 11.30 – In the Sea there are Crocodiles by Fabio Geda

Please just come along, even if you have not read the book.

Bring lunch or order from the Boat Club.

CHILDREN'S BOOK READING

Sunday 6.30 - 7pm **English**

Monday 5:30 - 6pm **Dutch**

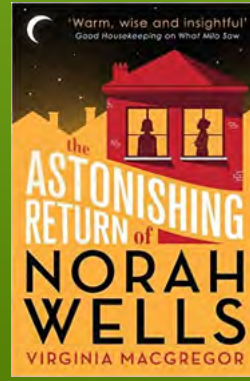
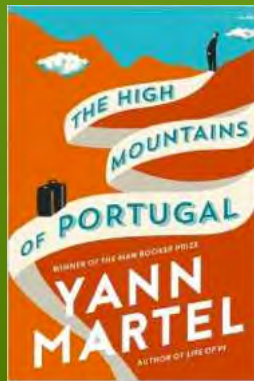
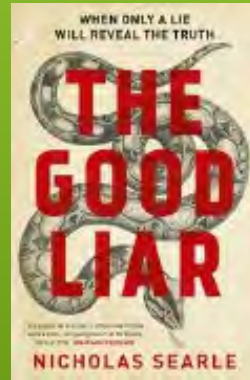
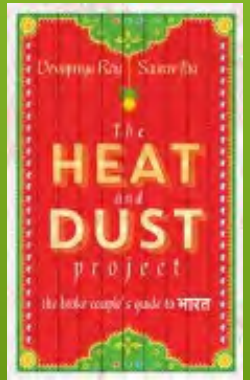
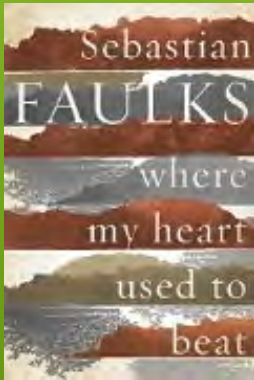
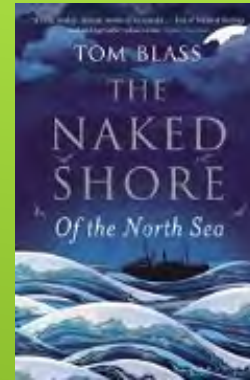
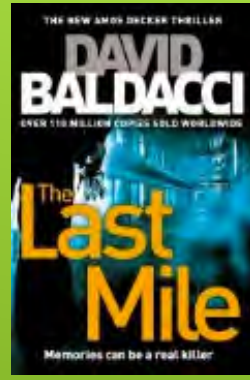
Wednesday 10:30 - 11am **Arabic**

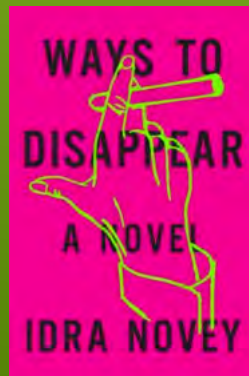
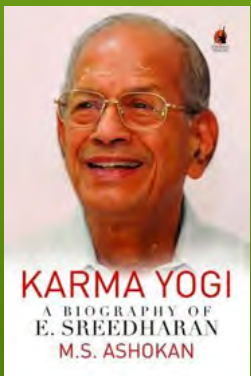
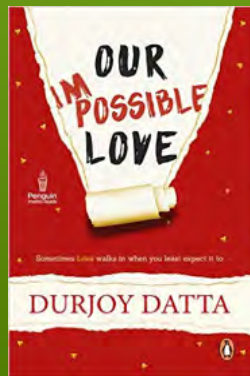
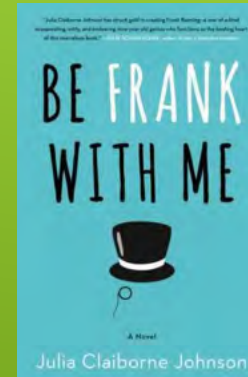
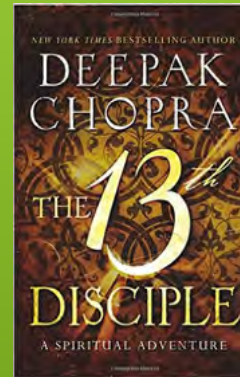
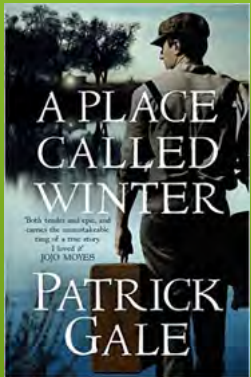
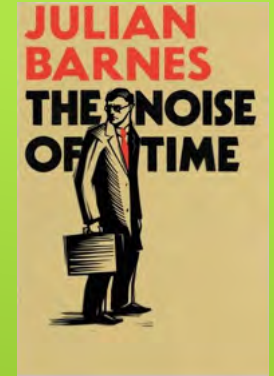
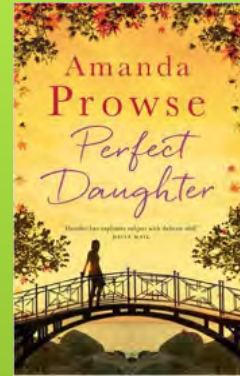
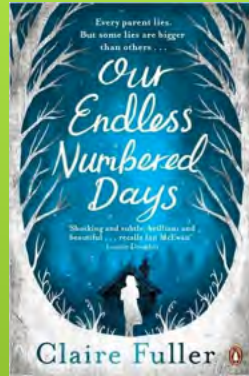
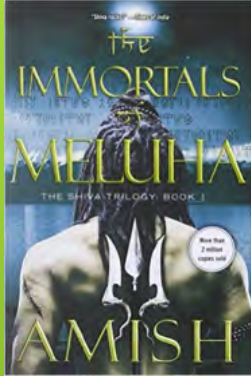
Wednesday 5:30 - 6pm **Arabic**

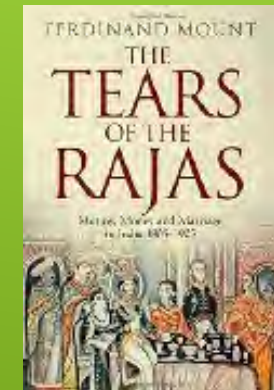
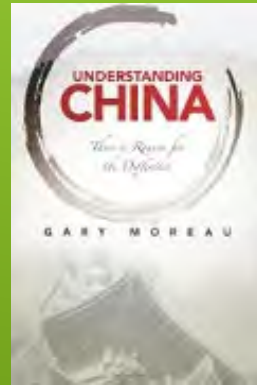
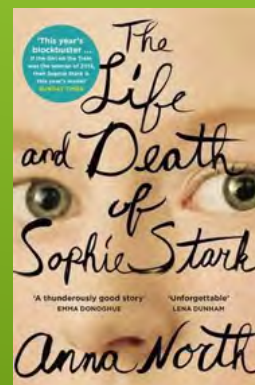
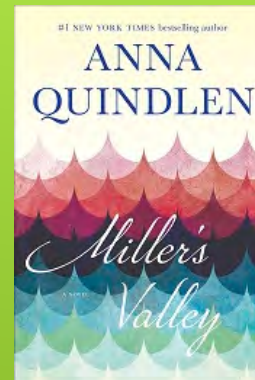
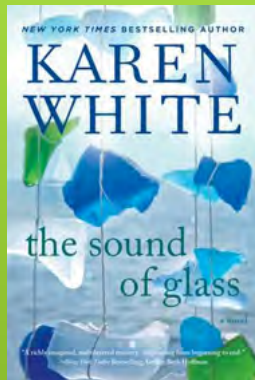
EACH WEEK OUR LIBRARIAN READS ALOUD A SELECTION OF CHILDREN'S BOOKS. CHILDREN ENJOY HAVING BOOKS READ TO THEM AND ALL ARE WELCOME . PARENTS NEED TO STAY WITH THEIR CHILD.



NEW BOOKS FEBRUARY 2016







"Children are made readers on the laps of their parents."

- Emilie Buchwald

OPENING TIMES

Sunday:	3:00pm - 7:30pm
Monday:	8:30am - 6:30pm
Wednesday:	8:30am - 7:00pm
Thursday:	5:00pm - 7:00pm

MARCH 2016 TOP 10

<u>NO.</u>	<u>TITLE</u>	<u>CATEGORY</u>	<u>CAST 1</u>	<u>CAST 2</u>
1	MARTIAN, THE	ADVENTURE	MATT DAMON	JESSICA CHASTIAN
2	ME AND EARL AND THE DYING GIRL	COM./DRA.	THOMAS MANN	OLIVIA COOKE
3	SICARIO	CRI./ACT.	EMILY BLUNT	BENICIO DEL TORO
4	INTERN, THE	COMEDY	ROBERT DE NIRO	ANNE HATHAWAY
5	CAMP X-RAY	DRAMA	KRISTEN STEWART	PAYMAN MOAADI
6	WALK AMONG THE TOMBSTONE, A	ACTION	LIAM NEESON	DAN STEVENS
7	MAZE RUNNER - SCORCH TRIALS	ACT./ADV.	DYLAN O'BRIEN	KAYA SCODELARIO
8	AMERICAN ULTRA	ACT./COM.	JESSE EISENBERG	KRISTEN STEWART
9	RICKI AND THE FLASH	COMEDY	MERYL STREEP	KEVIN KLINE
10	PAN	ADVENTURE	HUGH JACKMAN	LEVI MILLER