



# THE RAHRC BULLETIN

## JANUARY 2016

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

The American Section of PDO Presents

February 19,  
2016  
7:00PM  
Sohar Gardens  
@ PDO Club



1920's Speakeasy:  
The Original American Party  
Dinner and Live Music



Flappers, Gangsters, Prohibition, &  
the Jazz Age

Tickets (21+):  
25 OMR  
(RAHRC members)  
27 OMR  
(non-RAHRC members)



**Come dressed in classy party attire! Costumes encouraged!**  
**Black, white, silver and gold colors suggested!**

Tickets available 10th JANUARY. Purchase at RAH (PDO) Club Front Office.  
For more information visit: [www.americanspeakeasy.co](http://www.americanspeakeasy.co)

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## Main Committee Message



The season of the big parties has started and the Pakistani Spring Festival was the 1st one in 2016. It was organized for the 2nd time and again there was a very good turnout, there was even wind this year so all the children could fly their kites which was a great sight. The next big event that will follow is the traditional Kinderfeest which has as theme 'going on a Safari' this year. Start buying your tickets since this event is very popular and will sell out quickly.

As mentioned a few times in this message before; there are now many security cameras installed at the club and they are working very well. The decision to install these cameras was taken after many incidents occurred where club property was damaged, or even stolen. One of our members thought he could take furniture away from the boat club in his car but fortunately his actions were recorded on multiple cameras. As a result the Disciplinary Committee has met with this member and he has to face severe consequences regarding his membership status. We would like to urge all our members to treat all club property with care and report any incidents to the front office, swift action will be taken.

Last weekend an emergency drill took place in the bay with 2 young kayakers in distress. The response of the boatmen and lifeguards was according to procedures and I would like to thank them for their good actions. More drills will take place in the coming months to ensure the boatmen and lifeguards are prepared in case a real incident takes place. Please assist them if required and in case you see any other club member in distress, please help or report immediately to the boatmen.

We have seen a number of children using hover boards at the club and unfortunately we have also seen the results of a fall from such a board. Please ensure that your children use protective gear when riding on a hover board. Areas where these hover boards can be used are the volleyball court and the skate board area, not on the roads and coffee shop area.

Enjoy the club in this great weather!

Bert Michels  
Vice President & Sport Secretary

**Kayak Section News:**

## **WARNING!!**

The kayak storage racks are now full and there is no room for new kayaks, surf-skis or boards. However, many of the craft currently in the racks are not in regular use, and not all of them are registered with the kayak club captain (David Alsop: [David.DB.Alsop@pdo.co.om](mailto:David.DB.Alsop@pdo.co.om)).

During the month of **February** we will be removing all craft from the racks which are either:

1. Unregistered, and/or
2. Not in regular use.

Please note: In order to do this it will be necessary to cut the locks.

If you have a kayak, surf-ski or board in the storage racks which falls into either of these categories, please can you remove it as soon as possible. If you have a kayak, surf-ski or board which you are using regularly and wish to store at the RAHC club but have not registered, please contact David to register.

We plan to issue numbered stickers to kayaks which have been registered, in order to keep track of owners. Also, we intend to re-allocate storage spaces to try to prevent damage to some of the more delicate craft.





**the Arts Centre**

wishes you a creative

**2016**

new year

Greetings RAHRC Members,

Please join us for fun under the lights this winter. We are continuing our special 9 Hole Rate of 15 OMR and 25 OMR for 18 Holes.

February sees the golf club hosting several big events such as STS Golf Day, OHI Golf Day and the prestigious Muscat Open 2016 at the end of the month.

Every Sunday we host a Ladies Social 9 hole fun golf morning, starting at 7:45am.

Head Pro William Bruce continues his Ladies and Kids Clinics, which have been overwhelmingly supported. All Clinics are fully booked, with the next clinics starting in April.

The Driving Range is open until 9:30pm with last balls at 9pm, 50 ball bags are 2 OMR for nonmembers so come on down and hit a few.

Please visit our new website [www.rasalhamragolfclub.com](http://www.rasalhamragolfclub.com) for further information.

**Shawn Skibinsky • Golf Operations Manager • Ras Al Hamra Golf Club**

[sskibinsky@troon.com](mailto:sskibinsky@troon.com) • m +968.92.897.332

*Managed by Troon Golf® • [www.troon.com](http://www.troon.com)*

## **Oh Man Adventure Group**

The Oh! Man Adventure Group exists to provide activities for non working male spouses. The programme is varied. Our next planning meeting will create the programme for the coming months.

For more details find us on FaceBook or contact one of us, details below:-

Graham Speller [grahamspeller@aol.com](mailto:grahamspeller@aol.com) [95378251](tel:95378251)

Robert Velberg [pj.velberg@gmail.com](mailto:pj.velberg@gmail.com). [92042359](tel:92042359)



## PDO Judo club section

Here at PDO Judo club we are all hoping that 2016 will be as successful for the club as 2015 was. Our amazing recruitment has improved the opportunities all our players get to practice. We can now easily match sizes, weights and grades so that each player has a much better range of opponents.

This has also led to the number of players who have so far been successful in achieving their next grade (coloured belt). I am amazed at the progress made by all our players and this is due to the hard work, effort and commitment made by them to perfect a range of techniques that they then had to demonstrate to the satisfaction of the examiner. As the player progresses, there are many more techniques to perfect, and these become much more technically difficult; so this is a real achievement and needs to be applauded. I know that as instructors, I, Gloria, and Bryan are immensely proud of all our players for their outstanding performances. And still these grading's continue, so many more players will achieve a range of coloured belts in the coming weeks.

The following players have been awarded grades.

Rosie Sanders – Green belt, Sasha Scheglova – Green belt,  
Jenny Sanders – Orange belt, Nikola Kocic – Orange belt  
Sami Stone – Yellow belt



Jenny, Sasha and Rosie with their awards



Bauke, Max and Artem



Lilly and Skye

Red belts: Irina Kobenko, Lilly Murphy, Skye Charters, Dominic and Heyden Vos, Bauke Vledder, Max Coventry, Artem Sayapov, Alex Artero, Asil and Secil Erturan.

Recently the club has gone from strength to strength and now boasts a membership of 62 players with an average of approximately 45 – 48 players on the mats each week. The club has been in operation for 15 years but has only just recently managed to become a section. Apart from myself (Kevin) as senior instructor, we are lucky to now have 2 assistant instructors - Gloria and Bryan whose input has been of immense value. Gloria brings a whole new perspective to judo which has proved invaluable, especially to the female players. Bryan, the gentle giant, has been responsible in the most part for the success of the novices and lower grades where time and patience is paramount.



As a club we would like to expand by introducing adults to the sport. At the moment this remains in the planning stage, but we would be interested to hear from any existing or new players that maybe interested. Contact details are below, or you are welcome to visit us any Thursday evening, 5-00 to 7-00 pm in the main sports hall.

I am also a qualified Aikido (self-defence) instructor and I am looking to deliver an 8 week 'Women's self -defence' course within the very near future. There is no punching, kicking or throwing and requires no physical attributes whatsoever. Big, small, young, old, fit or unfit – all people can do this as it relies on using extremely effective techniques to escape an attack situation. Each session will last approximately 1 hour once a week and participants need only do what they feel comfortable with. I have delivered these same courses before at PDO, ABA School, British School Muscat and the Military Training College and they proved successful and were enjoyed by all. If anyone is interested or would like more information, please contact: Kevin, gsm: 92340736 or e mail: kevinlockyer467@gmail.com

Well, that's it for this month, if anyone is interested to join us, you will always be most welcome.



# January 2016 bulletin

- Xtreme Wahiba Challenge
  - Driver Training
  - AGM
- 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 three, must be veterans of one of them.

Only short wheel base vehicles will be permitted.

Team size: 4 or 5 cars (with 2 spare seats)

1 winch and at least 2 kinetic ropes 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 8<sup>th</sup> December 2016

More updates will be placed on ORAC website:

[rahorac.ieeprs.com](http://rahorac.ieeprs.com)

For more info, if not on it already, get yourself on ORAC mail list. Contact  
[oracsecretary@gmail.com](mailto:oracsecretary@gmail.com)

# 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

1<sup>st</sup> February or 15<sup>th</sup> 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.jeeprs.com](http://www.rahorac.jeeprs.com)

### Practical Training

Based on demand

18 / 19<sup>th</sup> March or

25 / 26<sup>th</sup> March

Venue: Wahiba Sands

Prerequisites:

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

(Website booking open only after 15<sup>th</sup> 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.

It's Grippied!



Why not come along?

# AGM



**RAS AL HAMRA RECREATION CENTRE  
OFF-ROAD ADVENTURE CLUB (ORAC) SECTION  
ANNUAL GENERAL MEETING**

**Notice is hereby given that the Annual General Meeting of the RAHRC ORAC Section will take place at 18:00 on 25<sup>th</sup> January in the Marlin Hall in RAHRC.**

**Agenda:**

- Opening and welcome
- Review of last year's activities
- Endorsement of Budget
- Election of Executive Officers
- Any other business
- Closing

All nominations for the positions listed shall be delivered for the attention of the Club Manager not later than 24<sup>th</sup> of January and shall be made in writing, proposed by two RAHRC members and endorsed by the nominee with a statement that they are prepared to serve on the Committee. Nominations shall be sent to the following e-mail address: [rahrc@pdo.co.om](mailto:rahrc@pdo.co.om)

***The incumbents of the following positions are willing to continue to serve on the ORAC Committee, subject to satisfactory nomination and AGM Vote.***

***Chairperson: Fahim Firfiray***

***Secretary: Ian Campbell***

***Mr Alan McQueen has intimated his readiness to serve as Treasurer, subject to satisfactory nomination and AGM vote***

***Members may be nominated for any position listed above in line with the club rules. Voting for all positions will take place on the evening of the 25<sup>th</sup> of January.***

All voting will be by show of hands, restricted to one vote per membership, i.e. main member, spouse and family (are considered as one membership) are able to cast one vote only.

**All are welcome to attend this AGM.**

# 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 3<sup>rd</sup> 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 5<sup>th</sup> of April at the Motorcycle Club Workshop, PDO Club.  
(Further details will be sent to all members)

# ORAC Member Registration

To improve the way we manage our club, organize trips and to better serve our current members we will be introducing an online membership form.

As mentioned previously, it will require all current members and any new comers to register on line.

We will send a number of email reminders in due course to make sue we capture all of you who want to remain as members.

**We don't want you to miss out....!**



# ORAC Web Site



Several times a month... 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.

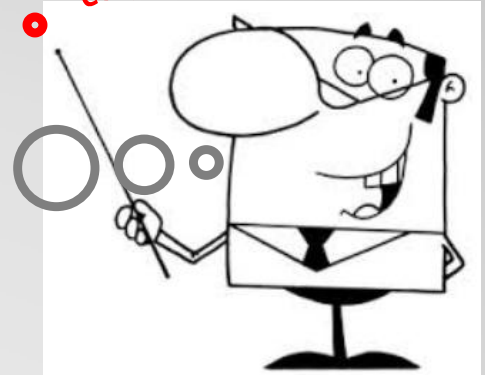
As previous they will be held in the Oil and Gas Exhibition Centre and start at 7pm.

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](http://www.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

- 28 January -6<sup>th</sup> Extreme Wahiba Challenge 2016 evening meet.
- 29-30 January - 6<sup>th</sup> Extreme Wahiba Challenge 2016 crossing.
- 1 Feb Theory evening.
- 14 Feb Potential 2<sup>nd</sup> theory evening.
- 4/5 March – Star Dunes Desert Crossing.
- 3<sup>rd</sup> April Garmin Base Camp Master Class.
- 5<sup>th</sup> April Jeep X Joint replacement Master Class.
- 18/19 March Practical training.
- 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.

## Sabri Barwani & said Harrasi the overall winners of round 9

The ninth round of 'The 2015 Angler of the Year PDO Recreation Club' competition was held on Saturday, 19<sup>th</sup> December 2015.

The weather in the morning of the fishing event was excellent. Calm seas, with little surface wind. The ambient temperature was around 20 C.

A total of 10 eager fishermen joined the event, hoping for the daily prizes and Fisherman of the year title.

The morning of the competition saw a smooth preparation to launch the boats. As the morning broke, Captain Suleiman and partner Tariq got their power boat in the water at 0600 am. This was smoothly followed by the rest of the anglers Faisal and Salim Al Khatri, Said and Sabri Barwani, Jamaal and Salim Al Harthi. Frans commonly called Santa and partner Ray, started the competition from Sifa where (Farasha) is wet birthed.

As usual with high sense of humor, everyone got the boat launched safely and anglers were eager to help one another.

The anglers were seen determined to show their skills in obtaining maximum points for the game and bottom catch.

At the dawn 0630 am, the piercing sound of the whistle was made for an official start of the competition. Three boats spearheaded the race to the west of the Fahal island heading to the direction of Azaiba. The other two anglers Said and Captain Suleiman Al hajri were seen to sheer the sea water heading to the north of the Island.

The anglers heading west were targeting Bonitoes and Tunas. It is common to start with the trolling fish. The surface fish seem to be active in the morning and as the day goes by, the possibility of catching this type of fish diminishes. The other anglers on the North of the Fahal Island were targeting the barracudas. Few weeks earlier this specie was roaming in the 120 meters deep water. The angler's only chance to reel in the barracuda was the reeling speed and the lines balance.

Barracudas are known to have raiser sharp teeth. The teeth are so sharp and could cut the lines at tremendous speed. Pulling the fish to the boat is also a cautious exercise! Barracudas are known to fight to the last minute, any mistake when reeling the fish could result to the loss of the fish or a serious injury to the anglers as a result of the 110 barracuda's sharp teeth !

In the 130 meter reef north of the Island, Said and Sabri spent most of their time hunting and fishing, the catch was a variety of various species. The fish ranging from trolling to the bottom category. Most of their bottom catch was barracudas. In fact, they managed to reel in more than 6 barracudas in addition to other type of bottom fish including few hamour and snappers.

Captain Suleiman and partner Tariq caught few barracudas, lizard fish and few groupers. Whilst Faisal and partner Salim Al Khatri brought in 4 hamour 10 kg in total. Jamaal and partner Salim Al Harthi reeled in the beautiful rainbow runners. The two fish were caught to the west of the Fahal Island.

Time passed by so fast..It was time to head back to the shores of Ras Al Hamra recreation centre for the weighing and the glorious prize giving ceremony. The joyful and challenging day ended at the weighing in at the Ras Al Hamra Club. The weighing masters Faisal Riyami and Partner Salim Al Khatri got the equipment quickly organized.

At the weigh in, a total catch of 71 kg was announced for the five boats. The total bottom catch was announced at 40 kg, whilst the game catch was announced at 31 kg. The heaviest catches for the bottom category were with Captain Suleiman and Tariq Al hajri at 18.2 kg and the trolling category heaviest catch was 9.95 kg from the two anglers Said Harrasi and Sabri Barwani.

The heaviest fish of the day was a beautiful Mahi Mahi caught by Frans Kohler from Sifa.

Once the points for two categories were announced by the weighing masters Faisal Riyami and Salim Al Khatri, the ranges of points by each anglers were so close, the difference were only few points. The maximum point achieved on the day was 15 points by Sabri and Said, followed by 12 points by Capt Suleiman and Faisal Riyami, than 11 points by Jamaal and Salim Al Harthi. Three anglers tied at 10 points Tariq Al hajri, Salim A Harthi, Frans Santa and Ray. The winners of the day on the three categories, overall, bottom and game were:

**1<sup>st</sup> Overall Sabri Barwani**

**2<sup>nd</sup> Overall Said Al Harrasi**

**1<sup>st</sup> Bottom Capt Suleiman Al Hajri**

**1<sup>st</sup> Game category Jamaal Al Balushi**

**2<sup>nd</sup> Bottom Tariq al hajri**

**2<sup>nd</sup> Game category Salim Al Harthi**

The biggest fish of the day was a Mahi Mahi weighing 4.8 kg caught by Frans (Santa).



Frans Santa with his 4.8 kg heaviest catch Mahi Mahi



***Sabri Al Barwani the overall winner receiving his prize from Captain Suleiman Al hajri***



***Said Al Harrasi the second overall winner with Captain Suleiman Al hajri***



**Captain Suleiman Al hajri (R) the first bottom category winner receiving his prize from Jamaal Al Balushi**



**Jamaal Abu Usama (R) the first game category winner**





**Tariq Al hajri (R) the second bottom category winner**



**Salim Al Harthi (R) the second game class winner**



**Frans Kohler collecting his prize biggest catch of the day**

2015 competitions have been concluded with lots of fun, good catch and more anglers joining in the fishing section





**Round nine happy anglers**

PDO Toastmasters conducted two club level contests in January 2016

### 1-Toastmasters Tall Tales contest

Storytelling is one of the most important aspects of public speaking. Not only do stories keep your audience glued to your message, but the process of creating stories takes time, patience and diligence. Once you become skilled at developing stories and presenting them, you will be much more able to make higher quality presentations at work. Even though you might not use a fictional story when presenting your latest architecture design, you will find that your experience in the Tall Tales competition would help you present the details of your architecture design work to your clients and firm.

### 2- PDO Gavel Club Contest for children.

Gavel clubs are a way of providing Toastmasters' self-improvement methods and materials to people who may be ineligible for regular membership due to age.

Gavel clubs provide Toastmasters members and clubs with an excellent opportunity for community service

Congratulations Contest Winners! Congratulations to all those that participated at the club level speech contests.

Toastmasters participants learn to:

- ✓ Overcome nervousness when speaking before an audience.
- ✓ Organize and present ideas logically and convincingly.
- ✓ Listen carefully to others' ideas.
- ✓ Participate in and lead group discussion or meetings.
- ✓ Offer advice to help others improve their speaking and leadership skills.

Regards

Yahya Maimani (UIIP/21)



# RAHRC LIBRARY NEWS



Sundays: 3:00pm – 7:30 pm  
Mondays: 8:30am – 6:30pm  
Wednesdays: 8:30am – 7:00pm  
Thursday: 5:00pm – 7:00pm



RAHRC Library

**Children's Book Reading.** Each week our librarian reads aloud a book to children.



**English** – Sunday  
6:30 pm to 7:00 pm

**Dutch** – Monday 5:30pm to 6pm

**Arabic** – Wednesday  
10:30 am to 11:00 am.

**Arabic** – Wednesday  
5:30 pm to 6:00pm.



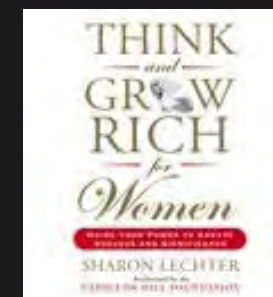
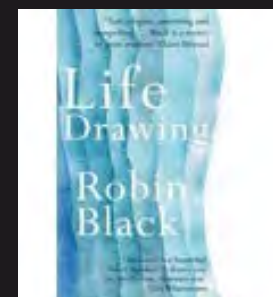
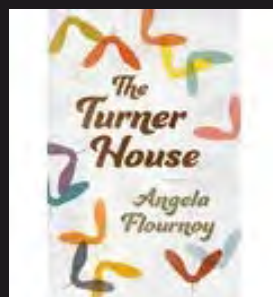
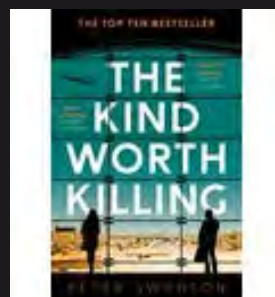
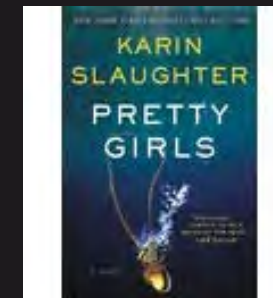
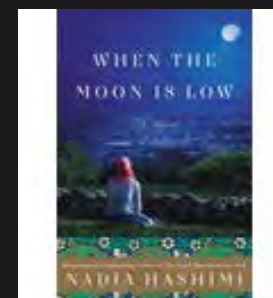
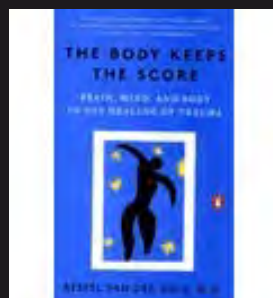
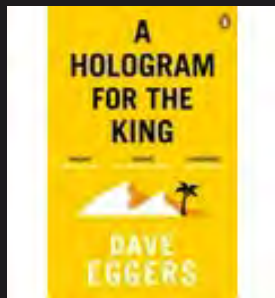
**Book Club:** 19<sup>th</sup> January at 11:30am at the boat club. This month's book is *All the Light We Cannot See* by Anthony Doerr.

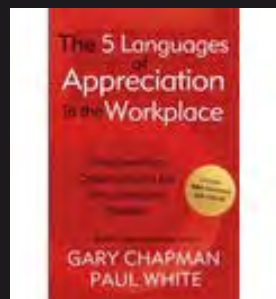
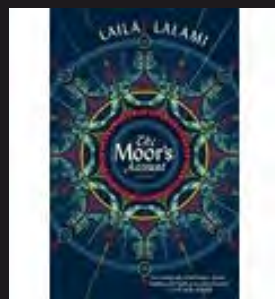
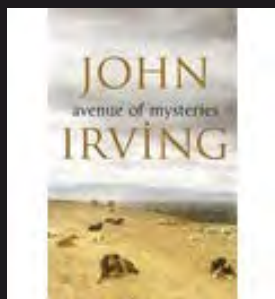
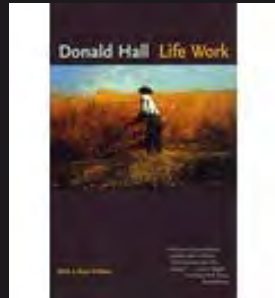
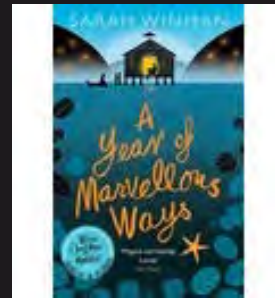
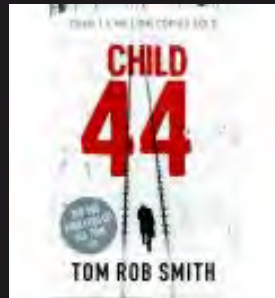
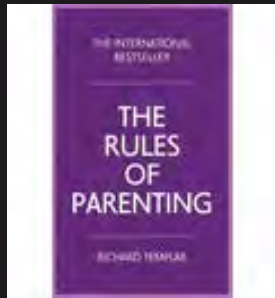


**New Children's and Adult books** are available. This month's list is on our Facebook and RAHRC website page.

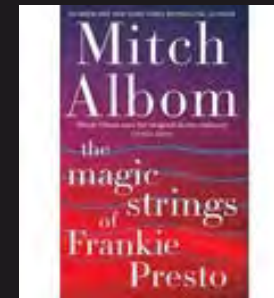
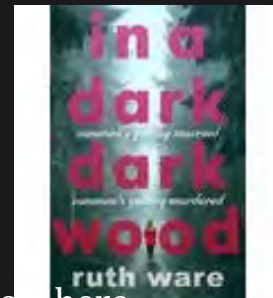
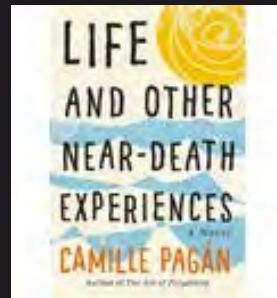
# NEW BOOKS

January 2016

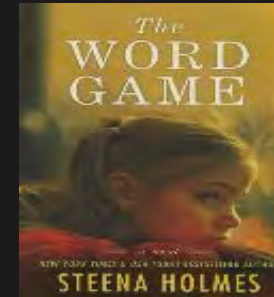
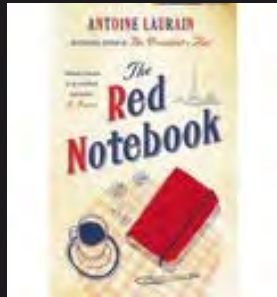








Type equation here.



*"You can never get a cup of tea large enough or a book long enough to suit me."*  
— [C.S. Lewis](#)

# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

## Dive Section Monthly Bulletin January 2016



Contact Us

Chairman:

Ian Ford

[ian.ford100@hotmail.co.uk](mailto:ian.ford100@hotmail.co.uk)

Secretary:

Peter Bedson, 96017044

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

Treasurer:

Robert Langedijk, 92797189

[langedijk@xtra.co.nz](mailto:langedijk@xtra.co.nz)

Diving Officer:

Evert Moes

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



### 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 running 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. [More ►►](#)

RAS AL HAMRA SUB  
AQUA CLUB  
BSAC BRANCH 1299S

Check out our website & forum

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

Join Us On Facebook

[https://www.facebook.com/  
RAHSAC?fref=ts](https://www.facebook.com/RAHSAC?fref=ts)



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 world-class diving on your door step? [More ►►](#)

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

# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Chairman:

Ian Ford

[ian.ford100@hotmail.co.uk](mailto:ian.ford100@hotmail.co.uk)

Secretary:

Peter Bedson, 96017044

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

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[https://www.facebook.com/](https://www.facebook.com/RAHSAC?fref=ts)

[RAHSAC?fref=ts](#)

## January News

### Back In The Water

Following the first of our planned “Get Back in the Water” training events in December at which 10 qualified divers who have not dived for a while attended a skills refresher session in the Pool most of the divers have now joined open water dives with the club. The second course is planned for late January but if you are a trained diver who would like to get his or her “sea legs” back in a safe, supporting environment there is still time to get in touch—either come along to our club night on Wednesdays at 8.00 in the dive room or drop an email to [rahsacbackinthewater@gmail.com](mailto:rahsacbackinthewater@gmail.com)

### Skill Development Courses

Following the Oxygen Administration course in November we are planning a number of other Skill Development Courses over the next six months including the use of the Automatic External Defibrillator (AED), Oxygen Administration [More >>](#)

### Training News

Our Sports Diver trainees are continuing with their training and several more have now completed the requirements—congratulations!

As reported elsewhere we plan a second Oxygen Administration Skill Development Course and a special AED course to run early this year.



We are also running “Get Back in the Water” sessions for qualified divers—we had more than 50 responses to the email in less than 3 hours!

[More >>](#)

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(again), and Boat Handling.

Watch the forum and the notice board for more details over the next few months.

## Dive Leader Training

Following the two Sports Diver courses we ran last year the next course we plan is the Dive Leader Course which prepares divers for taking a more active role in managing dives and will help ensure the sustainability of the club with new dive managers. The Dive Leader course is suitable for Sports Divers or equivalent grade dives from other agencies (e.g. PADI Rescue Diver). Contact Louis our training officer to express interest.

## Expeditions News

As reported last month, we plan a trip to Mussandam in late March. Plans are now advanced and dates are confirmed as RAHSAC is organising a 3 day diving trip to Musandam starting Friday 25 March, returning Saturday afternoon. We will stay on a double deck dhow and sleeping under the stars on deck.

See <http://www.sheesabeach.com/> for details.

[More ▶▶](#)

## Training News—Continued...

All this is likely to keep our instructors extremely busy until later in the year but if you are interested in training—either as an Ocean Diver or to extend your diving skills and experience call in on one of our regular Wednesday meetings to get the low-down from our Training Officer—Louis Tsiakkiros.



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There are still a few places left so anyone interested let our Expeditions Officer Wim know at [wrvranckx@yahoo.com](mailto:wrvranckx@yahoo.com)



[More >>](#)

## Recent Dive Reports

The weather has cooled off but we are still managing to get out diving regularly as these reports show:

11 December

Surface interval on the boat...December diving is pretty pretty fine...

9 January

Today an excellent opportunity to clean the hugh 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!

20 January

Wednesday night dive. Can you spot the divers?

[More >>](#)

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## Compressor Woes

The Bauer compressor is still on the sick list and will shortly need to be replaced. We had hoped that the repairs completed would allow it to continue in service for a few months but it is still behaving erratically. We are still urgently looking at a more permanent fix but please be patient in the interim if filling tanks takes a bit longer than usual at the moment.

Many thanks to Alan our Compressor Officer and Evert our Diving Officer for all their hard work wrestling with the Bauer unit over the last couple of months.

Recent Dive Reports Continued...

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## ESO is seeking boats and skippers/owners to offer their boats and volunteer their time for upcoming clean-up activities at Daymaniyat Islands.

### Boat requirements:

- ▶ able to accommodate at least 10 passengers and equipment for the clean-up.
- ▶ equipped with the following:
  - communications equipment (including contact numbers to directly reach emergency services, medical services and the nearest hyperbaric chamber).
  - navigation equipment (appropriate for locality).
  - life jackets.
  - first Aid kit.
  - emergency Oxygen.
  - fire extinguisher.
  - floatation device.



Boat skipper should have experience in safety procedures (including emergency management procedure), boat handling and navigation, communications, good boating practices especially around sensitive ecosystem (e.g.: corals), and preferred if trained in first aid and CPR.

For more information: [antonia@eso.org.om](mailto:antonia@eso.org.om) or 24790945 (Ext: 115)



Environment Society of Oman



ESOOMAN



ESO\_OMAN\_



ESOMediaChannel



## Damanyat Clean Up

The ESO are planning a series of clean-ups both above and below the water in the Damanyat Nature Reserve. The club is looking to help support this valuable initiative but if anyone has or knows of other boats that could help in this activity please get in contact with ESO directly.



**Ras Al Hamra Sub-Aqua Club**

BSAC Special branch 1299

# MUSANDAM DHOW TRIP

**March 2016**



**3 Day Liveboard Trip – Start/Finish At Dibba, full catering, AC Cabins  
Wall Diving In The Fijords!!!! (AOW/SD Minimum Qualification)**

**For more details register your interest ASAP by email to Wim - [wrvrnckx@yahoo.com](mailto:wrvrnckx@yahoo.com)**



# Personal Development Network

Working together to achieve our ambitions.

## Session hours: every morning

From 8:15, usually we stay until mid afternoon.  
No need to register, just join. Open to all!

## Office location

Sun & Mon: RAHRC, between volleyball court and front office  
(small building with sign 'Spouse Association')  
Tue, Wed, Thu: Public Library Across Shell Station

## Contact us

personaldevelopmentnetw@gmail.com  
facebook.com/personaldevelopmentnet

### We are...

a group of adults working on their personal development through (online) studies, blogging, learning a language, research, job search, etc.

### Our aim...

is to encourage members and to provide facilities for studying and (net)working in the context of personal development.

### Our sessions...

are open to all club members, who bring their own laptop, books or whatever they need. Participants work independently, on any level, in any language. With a break for coffee and a chat.

### We also...

- Organize workshops
- Support & motivate each other
- Have fun events

## **FEBRUARY 2016 TOP 10**

<b><u>NO.</u></b>	<b><u>TITLE</u></b>	<b><u>CATEGORY</u></b>	<b><u>CAST 1</u></b>	<b><u>CAST 2</u></b>
<b>1</b>	<b>LITTLE PRINCE, THE</b>	<b>CARTOON</b>	<b>V/O - JEFF BRIDGES</b>	<b>V/O - RACHEL MCADAMS</b>
<b>2</b>	<b>MISSION IMPOSSIBLE 5 - ROGUE NATION</b>	<b>SPY ACTION</b>	<b>TOM CRUISE</b>	<b>REBECCA FERGUSON</b>
<b>3</b>	<b>EVEREST</b>	<b>TRUE STORY</b>	<b>JASON CLARKE</b>	<b>ANG PHULA SHERPA</b>
<b>4</b>	<b>MAN FROM U.N.C.L.E., THE</b>	<b>ACTION</b>	<b>HARVEY CAVILL</b>	<b>ARMIE HAMMER</b>
<b>5</b>	<b>MAX</b>	<b>TRUE STORY</b>	<b>THOMAS HADEN CHURCH</b>	<b>JOSH WIGGINS</b>
<b>6</b>	<b>HITMAN : AGENT 47</b>	<b>ACTION</b>	<b>RUPERT FRIEND</b>	<b>HANNAH WARE</b>
<b>7</b>	<b>ROYAL NIGHT OUT</b>	<b>ROM./DRA.</b>	<b>SARAH GADON</b>	<b>BEL POWLEY</b>
<b>8</b>	<b>SERENA</b>	<b>DRAMA</b>	<b>JENNIFER LAWRENCE</b>	<b>BRADLEY COOPER</b>
<b>9</b>	<b>HOTEL TRANSYLVANIA - 2</b>	<b>CARTOON</b>	<b>V/O - ADAM SANDLER</b>	<b>V/O - SELENA GOMEZ</b>
<b>10</b>	<b>VISIT, THE (M. NIGHT SHYAMALAN)</b>	<b>HORROR</b>	<b>OLIVIA DEJONGE</b>	<b>ED OXENBOULD</b>