



THE RAHRC BULLETIN

MARCH 2015

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

RAS AL HAMRA
RECREATION CENTRE

...Presents

African Night 2015

Date: 27th March 2015

Venue: Sohar Garden

**Ommy
Dimpoz**



**Yamoto
Band**



!Ticket Price

OMR 10/- Members

**OMR 12/- Non-Members
(African Dinner Included)**

with DJ CHOZ

Contents

Main Committee Message

Outpost Oman

Toastmaster Section

Tennis Section

Canadian Section

Fitness Section

RAH Golf Club News

Fishing Section

ZUMBathon 2015

Off Road Adventure Club

RAHADS Section

RAH Library

Sub Aqua Club

Pakistan Section

Aerobic Schedule

Basketball Section

RAH Project News

Main Committee Message



March has been a very busy month at the Club with the biggest party at the club, the Canadian Stampede, kicking off the month on March 6 with the most participants ever. The organization committee has included the Sohar gardens this time which resulted in more tickets being able to sell and a good place to have dinner. Tickets for this event were sold out in record time and based on this we will give members more time to buy tickets for future events. The Regatta took place in the weekend after and due to good wind, a fantastic dinner from the club catering, and great support from the club staff this was another great event. The Dutch committee organized the traditional Dutch Night on March 20 and also this event attracted a great number of participants.

Due to a very successful effort to find sponsors the Dutch Night Committee was able to donate 6000 OMR to the Dar Al Hatta Charity. The food that was served during all these events was prepared at the club by George and his team from the Club restaurant, and was highly appreciated by all, well done George!

The month of March is not over yet and during the last weekend RAHADS is performing another play: 'Departures & Arrivals'. There are still a few tickets available so you can still join this fantastic performance. The weekend will also see a performance from the band Ommy Dimpoz during African night with our own DJ Choz warming up the crowd.

The Pakistani section is ramping up in April to organize their 1st Spring Festival on April 17th; we are excited to see another big event being organized at the Club. Although summer is descending on us quickly there are still many sports events being organized inside and outside the Fahal Island Swim on May 1st, the Zumbathon on April 24th by the fitness section, a new kickboxing training in the sports hall and many more sport events.

With the heat increasing rapidly many people will use the pool and the sea to cool down. Please be aware that it is your responsibility to look after your children; we have life guards at the pool but if they have to jump in to save your child something has gone wrong with your supervision. There are no life guards at the beach so please be careful if you go into the sea and you are not a strong swimmer.

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. If you have any comments, suggestions or feedback, please e-mail: rahrc@pdo.co.om.

On behalf of the Main Committee,
Bert Michels
Vice President & Sports Secretary



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 **Monday 13th April 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 8th April 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 21st May.**

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.om
<http://www.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.

Heart & Mind – A PDO Course – Monday 20th April - 8.30-11.30 (PDO Club – Marlin Hall)

Abdullah Harthy's course looks into how to increase personal happiness and satisfaction.

First Aid Course

Jet Dekker is running a **beginner's practical First Aid course consisting of 3 sessions (including CPR training)** for expat spouses. Applicants are requested to sign-up for all 3 sessions. If you have already completed a certified First Aid course and are simply looking for a refresher, then sign up only for the third class on 6th May. **The cost is RO 25 for 3 sessions** or RO 10 for the refresher course. **Places are limited.**

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 today to see all our events and share information about life in Muscat!

Outpost Muscat
5 Karim Flats
Ras Al Hamra Street, PDO Camp
(+968) 246 58 640 or 9350 4139
Emergency contact: 9368 8739
(Mary's Mobile)
outpostmuscat@pdo.co.om
<http://muscat.globaloutpostservices.com>



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



PDO Gavel Club
Welcomes registrations for
Public Speaking Competition
on
HSE Topics



GUIDELINES: Children can choose any topic related to HSE (Health, Safety and Environment) and speak for 5 to 7 minutes.

DATE AND VENUE:

- Preliminaries on 3rd April 2015 from 15.00 hrs onwards in Marlin Hall, RAHRC.
- Finals on 4th April 2015 from 15.00 hrs onwards in RAHRC Cinema Hall.

REGISTRATION:

- Register before 19th of March 2015, Contact Yahya Maimani UIIP21 or Vibhas Mangla - FPOO33 with name, age of Child and Speech Title
[Competition is Open to Children of PDO Employees only (Age: 11+ to 17)]



PDO Toastmasters Club (9028). Area 22 . Div.D – Dist. 20

The PDO Gavel Club welcomes registrations for a public speaking competition on health, safety and environment (HSE) topics. Children of PDO staff aged from 11 to 17 years are eligible to participate in this event which will be held on 3 and 4 of April 2015.

The contest will be held at the Ras Al Hamra Recreation Club. Speakers need to choose any topic related to HSE or child safety and speak for 5 to 7 minutes. The speaker will be judged for the content, delivery and presentation of their material.

To register, please contact Vibhas Mangla (FPOO33):96042617 and Yahya Maimani (UIIP21): 99452979 with the name and age of the entrant and the title of their speech before Thursday, 19 March 2015.

This event is being supported by PDO's Corporate HSE Department.

Regards,

PDO Toastmasters

(UIIP21)



RAHRC TENNIS CLUB



2ND ANNUAL EASTER TENNIS CAMP

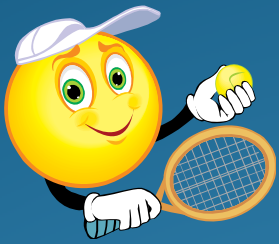
Dates: 29th March – 2nd April 2015

Venue : PDO School Indoor Hall

Age Group: 6 – 12 years Old ONLY

Time: 9:00 Am – 12:00 noon daily

Fee: OMR 5.000 per child daily



**ACTIVITIES INCLUDES MINI TENNIS, FUN GAMES,
FITNESS TRAINING, EXERCISES AND COMPETITIONS**

Registration: Contact Deron at rahrctenniscoach@gmail.com or 95344398

Registration Deadline: 28th March 2015

Canadian Section

After months of preparation, on the evening of March 6th the Canadian Section hosted the 22nd annual Canadian Stampede party. The volleyball court and the Sohar Garden at RAHRC were transformed into a mini replica of the Calgary Stampede, complete with bull, chuckwagon, rodeo decorations, haybales, and lots of other Canadian content. This enormously popular event was attended by 900+ people and tickets sold out the first day!!! We wished we could have opened up more tickets for sale but the venue was basically at its maximum capacity. The Canadian committee as well as the RAHRC staff did an amazing job of preparing the decorations, the food and drink, security, and the music and entertainment. Many people who attended went all out with their cowboy / cowgirl attire and looked like they just got off their horses, adding to the Western atmosphere.

The event included a fantastic Western buffet meal prepared by the RAHRC catering staff, who practiced the recipes beforehand to make sure things like the beef on a bun, chili, and Nanaimo bars were as authentic as possible. In addition to all this the traditional Poutine was added to the great food selection. The RAHRC bar staff were also well equipped, having prepared some specialty items for the shooter bar as well as keeping up with the demand at the main bar. Patrons also got a free bandana and drink holder, free personal photos on the bull and/or wagon, Canadian line dancing, and dance music with a mixture of Country and pop music from a local band and a DJ who played great music till the wee hours of the morning. To top it off, one lucky individual won the grand prize of an all-expenses-paid trip for two to the Calgary Stampede in July.

The Canadian Section would like to thank all those who attended and made the event a success, and also thank the staff at RAHRC who helped to make it all possible. See you next year in the 23rd annual Canadian Stampede party!!!

FITNESS SECTION MARCH BULLETIN

The RAHRC fitness section endeavors to ensure its members achieve optimum fitness and wellness through the safest and most appropriate approach, thus the Adaptation of the annual 8 weeks wellness and fitness challenge. The aim of the challenge is to provide opportunities for members to take part in exercise and fitness programs provided at the club to reach their target goals, at the same time motivate and encourage them to remain consistent and regular with their workouts.

This year's fitness and wellness challenge kicked off on 15th of January 2015 and ending on 31st Mar 2015. Though low publicity due to last minute advertisements and communication breakdown. The program saw the registration of new members to the gym who took part in the program. Approximately 50 members from the men's gym and 42 members from lady's gym registered to take part in the challenge.

The members reported positive results after the first 4 weeks of the program which motivated them to go the extra mile. The final weigh-in is ongoing and final results for the challenge will be out on 31st March 2015.

Currently the fitness committee in conjunction with change for life campaign is organizing a Zumbathon charity event to be held on 24th April 2015. The tickets are already out for sell.

For tickets and more information on zumbathon kindly contact any of the fitness committee members and the Fitness instructors.

Ras Al Hamra Golf Club

We are pleased to announce the driving range is nearing completion, the nets are being hung as we speak and we hope to have the range fully operational during April.

The Head Golf Professional, William Bruce has now arrived and has produced a full Instructional programme. This ranges from tailored individual golf lessons through to junior, ladies and beginners get golf ready group coaching. Feel free to contact William regarding instruction wbruce@troongolf.com

Aspects include:

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

The Ras Al Hamra ladies coaching programme will be operational during April and is designed to encourage New Lady Golfers and to further educate current Lady Golfers. Throughout the programme you will receive expert tuition in all aspects of the game.

The overall objective is to ensure each golfer improves their golfing skills, develop a pathway through to playing the course and beyond but most importantly to enjoy the experience here at The Academy. The programme will run for 6 consecutive weeks.

Starting Dates:

Beginners (limited or no golf experience) Session One: Week commencing Sunday 12th April 2015

Intermediate Session One: Week commencing Wednesday 15th April 2015

Advanced Session One: Week commencing Thursday 16th 2015

Class Timings:

Sunday	9:00am – 10:00am	Beginners*
Wednesday	9:00am – 10:00am	Intermediate*
Thursday	9:00am – 10:00am	Advanced*

**Minimum 4 people, maximum 6 people, other classes will be added if over subscribed*

Cost:

60 OMR per session (6 weekly lessons)

The Muscat Open and the Club Championship were both held for the first time on the newly constructed golf course lay out. A big congratulations goes to all participants, volunteers and especially to all the winners. We look forward to welcoming you all back to participate next year. We thank our sponsors for making these events possible.

Muscat Open Winners:

<u>Men's Gross</u>	<u>Score</u>
Champion: Jeff Campbell	154 (1 st extra hole)
Runner Up: Ed Edwards	154

<u>Men's Net</u>	<u>Score</u>
Champion: Hussain Dad	147
Runner Up: Nasaruddin Mohamad	150

Club Championship Winners:

<u>Men's Gross</u>	<u>Score</u>
Champion: Hussain Dad (10)	170 (1 st extra hole)
Runner Up: Steve Coventry	170

<u>Men's Net</u>	<u>Score</u>
Winner: Tore Solberg (17)	143
Runner Up: David Oliphant	145

<u>Ladies Gross</u>	<u>Score</u>
Winner: Jameela Daud	182

<u>Ladies Net</u>	<u>Score</u>
Winner: Caroline Wright	145

Ras Al Hamra Golf Club will be participating in Earth Hour on Saturday night, 28th March. We will be turning off the lights at 8:30pm to participate and will leave them off for the rest of the evening. As a result, the last available tee time for 9 holes that evening will be at 6pm. Join us for Earth Hour by turning your lights off at 8:30pm as well!

A reminder that the Ras Al Hamra Golf Club Facebook page is fully operational, be sure to check the page out for all news, results and goings on here at the club.

<http://on.fb.me/1G3XKNV> or search for Ras Al Hamra Golf Club in the groups section of Facebook.

Captain Suleiman Al Hajri the overall winner

The second round of 'The 2015 Angler of the Year PDO Recreation Club' competition was held Saturday 14th February. The competition was generously sponsored by Seven Seas Petroleum LLC.

As the dusk broke at 0630 with the first calm light, the captain blew a piercing whistle for the competition to start. The anglers sheared the waters with their speeding boats heading in various directions away from the Recreation centre beach.

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

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

A total of 17 eager fishermen joined the event in eight fishing boats. All the boats joined in from the Ras Al Hamra recreation centre. The anglers had only one thing in mind. It was to win the month fishing competition event. The score will also be used to determine the angler of the year fisherman or woman.

This event was very challenging, despite the fact that the sea offered outstanding boating conditions; it was a struggle to locate easy game fish. The cold surface sea temperatures did not attract any of the common surface fish commonly found in these areas such as Tuna's Bonitos, King fish or Mahi Mahi.

At 85 meters reef, with a short term assignment trolling a suddenly line was released with a superb squeak. A game fish was on the line. Excitement on the boat started, captain Suleiman seemed to reel in a nice queen fish.

Few minutes later with professional manoeuvres the queen fish was in the boat.
Weighing 5.85 kg

Faisal Riyami and partner Salim Al Khatri were busy with a bottom catch at 135 meters reef. Big size kock-pitoes were reeled in to the boat. The sizes of the kock-pitoes were nice too, they ranged at 3.45 kg.

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

Surprises at the weighing in!

The common thought at this stage only few fish had been caught but when the cool boxes were opened, surprises were revealed. Many were interested what would be in the Captain's cool box, or the weighing master and the Dr Hakeem and partner Suleiman west reefs journey!

Nice sizes of Kock-pitoes 3 kg and above appeared to hop out from Faisal Riyami and partner Salim Al Khatri Cool box. The two anglers boat managed to score a total bottom weight of 30 kg. This was biggest bottom catch of the day !



Salim Khatri and Faisal Riyami catch

The second boat with a good bottom catch was captain Suleiman and Son Tariq Al Hajri boat. Their bottom catch was at 17 kg.

The two teams, managed to catch more than 70 % of the total competition weight.



The winning teams From Left Tariq Al Hajri, Salim Al Khatri, Faisal Riyami and Cap Suleiman Al Hajri

The game catch was not comparable to the bottom category. Only two boats came back with reasonable catch. Capt Suleiman and Tariq Al hajri game catch was at 12 kg and Dr Hakeem and Suleiman Harthi game catch was at 8 kg. This was enough for Cap Suleiman to take the lead position of the overall title.

In term of the scores, it was a win by combination of categories for Capt Suleiman and partner Tariq Al hajri 18 and 16 points respectively.

Salim Al Khatri and Faisal Riyami took the lead on the bottom category with 10 and 9 points respectively

Sabri and Said Harrasi won the game category titles

The February Fishing competition champions and the winners of the prizes were:



Velberg, Emma and Robert

The biggest fish of the day prize went to capt Suleiman Al Hajri on his 5.85 kg Queeny

The day was concluded with a sizzling barbecue buffet lunch for the anglers, families and friends to enjoy.

The next competition is planned on Saturday 28th March 2015.



Happy Anglers with their families and friends.



FIRST ZUMBAthon IN OMAN

MAKE EVERY MOVE COUNT ON THIS CHARITY EVENT

FOR DIABETES

FRIDAY 24TH APRIL 2015 3-6PM

DOORS OPEN 2.30PM

SPORTS HALL RAS AL HAMRA (GYM PDO CLUB)

LADIES ONLY

TICKETS: 8RO

(AVAILABLE FROM INSTRUCTORS)

OPENING BY: IBTISAM BARAKAT AL RIYAMI



ZJAMMER
RELLU PATS

INSTRUCTORS:
MARISSA - ASYA - LILA
LUCY - AZZA - SALAMA
GSM: 99020080 - 95300495

DONATIONS CAN BE MADE PRIOR TO THE EVENT
JUST CONTACT ANY OF THE INSTRUCTORS



March 2015 bulletin

- Star Dune Trip Report
- Extreme Wahiba 2015 a finisher's story
 - Desert Driving Theory Training
 - Desert Driver Practical Training
 - Mountain Trip
- ORAC Event Calendar

ORAC Star Dunes Trip 6-7th March 2015

An intrepid group of 11 cars set out from Muscat after work on the Thursday to drive the 400km to the start of the Star Dunes track in the dunes under Jebal Hafeet near the border with the UAE at Al Ain. Unfortunately, even by Ibri the group was down to 10 cars as one of the Jeep broke down just short of Ibri. With the broken down Jeep on the back of a tow truck and the driver now in with one of the other cars the group continued without further problems to the Thursday night camp spot.

Friday morning came and after a short briefing the cars left in two groups and followed a pre arranged route navigated by GPS through the fantastic dunes. These dunes are different to the Wahiba dunes in that they are larger, more flowing, less vegetated and almost devoid of population. The two groups successfully navigate their way through the dunes and stretches of dry Sakbkah and ended up meeting at the campsite waypoint for the Friday evening. Dinners were had, fires were lit, stories were told and stars were watched.

Saturday came and the cars, this time in one large group, made their way to the dunes that overlook the border with the UAE to view the stark contrast of the dunes in Oman to the developed farms on the UAE side. After an obligatory stop for some lunch the group made its way to the end point all the time progressing towards the mighty backdrop of Jebal Hafeet. After inflating the tyres and some farewell messages from the club chairman all cars made their way back to the blacktop and onwards back to Muscat.

The Star Dunes trip really rewards those that are prepared to drive that little bit extra to get to one of the premier off road destinations in Oman. We will be doing the trip again next year and will once again be welcoming our ORAC members.

Chris Mustoe

Extreme Wahiba February 2015

A Finisher's Story

When X-treme team (Alexey, Elshan, Roman, Seto, Sergey, Abdulla and Abdulmalik) arrived to the camping location few teams were already there. We set a camp and started enjoying cool desert night, nice music, fire and BBQ.

Our team was the last to leave the camp next morning. We took our time enjoying early morning sunshine and fresh coffee. Other teams started earlier and rushed towards finish point as if something or someone was waiting for them there. But it was very nice to see how others fight to the first dune. Some of the team went straight, some from the right side, and we decided to go left, but it doesn't help much. Sand was so soft; our first two cars sink in sand.

Unfortunately, for some participants Extreme Wahiba finished before even starting. Zamzam broke the rear shaft of his car on the first dune. We could not leave our brothers in the middle of the desert. The shaft needed to be removed so Zamzam could drive back to the tarmac road. After removing the shaft, which took a while, we saw that the rear tires are not rotating at all. Zamzam's car required to be pulled and Seto agreed to sacrifice his participation in the event. This is part of the brotherhood! It was 10 am when we were free. And whoo-hoo..We are ready to start our trip.

Meanwhile, other teams were driving towards luring finish point.

As Zamzam's team was beheaded, two cars (Evry, Dave, Angus and Rashid) joined our team. We became "X-Team-Mambo" team and started the trip with 5 cars. The sand looked damp but it was still soft. The first 2-3 dunes the speed was slow. Cars stuck frequently and pulling them out was taking time. Some team members started getting nervous and were close to giving up. However, this is prohibited by team's rules. You can cry, moan, complain, be beaten but not give up. So, we had no choice as to continue. At this moment, Angus popped a rim...Here Evry demonstrated his maintenance skills and David started building up his confidence in using Hi-Lift jacks. This is where the team showed good team work and dedication.

Speed of drive was increasing with every dune. The route was challenging, indeed, taking into the consideration the length of it. It was tough not only for cars and drivers but also for passengers. Close to noon one of the passengers felt nausea. We thought he was tougher ☺. However, Wahiba can break even metal cars. As he was using every excuse in the book to explain what was wrong with him and none wanted to hear this we decided to stop for lunch.

By noon we still had about 2/3 of the route ahead. After quick lunch we continued the route. The time was mercilessly running out as we had more and more stuck vehicles. Then a nipple on Abdulla's car failed exactly the way it failed on Seto's car earlier. Some people started thinking about nipple curse. Repairing nipples was quick. Thanks to the captain Alexey who had a spare nipple and Evry who was helpful to replace it. Well done guys! The learning was that all failed nipples were 4 years old. Guys, change nipples after 3 years and you will be fine.

After this we continued smoothly with few short delays. If before we could see traces of previous teams, on last few dunes we could not see any. This meant that either something happened to them or one of two. We prayed for them and continued till we finally reached the finish point. To our surprise, at the finish point the Sanstock was organized to welcome us. We didn't expect such a reception. 😊 It turned out that we were the only team which successfully completed the 5-th Exteme Wahiba Challenge 2015

The long and exhausting day was over. We set a camp on top of the dune opposite the Sandstock and enjoyed the music organized in our honor. Everybody was tired but satisfied with the achievement.

Result: 82 km driven (49 km straight line) in one day in South-East to North-West direction.



ORAC Theory Training

The 9th of March saw a full house at the Oil Exhibition Centre for the ORAC Driver Theory Training with almost 100 budding students turning up for the tuition!!!

"We filled all seats, imported chairs from the outside room, filled the stairs (seating) and just about filled standing room. I did ask if there was another talk in another room, but no they were all there for the ORAC talk!" Ray Archer ☺



For those of you who could not make it, or could not fit, don't worry ORAC are planning to conduct another theory session on October the 5th.

ORAC Practical Driver Training

For those who were lucky enough to secure a place on the ORAC Practical Driver Training the fun began on the 20th of March and continued for the second group on the 21st.



ORAC committee members David, Paul, Ronald, Chiara, Fahim, Simon and Zamzam giving up their own time to run the training event in the Wahiba Sands ☺ A huge thank you to friends of ORAC Dirk, Manuel, Mario, Royke who without their invaluable help we would not have been able to accommodate as many trainees over the two days.



ORAC Practical Driver Training

With 14 cars on day 1 and 13 cars on Day 2 the event was a real success. Total 27 vehicles. In addition there were 20 co-drivers so a total of 47 people attended the ORAC Training.



Team 1 consisted of 3 trainees and 2 Trainers all in Jeep Wranglers. One of the team struggled from the start due to power problems with his car so had to withdraw early leaving just two trainees. All of the trainees got stuck on the first crest and practiced their recovery techniques. Both the driving skills and recovery skills improved markedly during the day with Fynn successfully taking on the challenge of leading along the last dune.

Dave Alsop

I believe that everyone had an really enjoyable day judging by the smiles on the faces: they had pulled cars free, used the winch to get a car out (see photo on FB), started to understand how to use gravity and were coming down slip faces that they looked at in awe at the beginning of the day (again see FB). Despite all this, on one of the last crests of the afternoon 4 of the 5 cars got stuck, one after the other!!!

Ronald Vanas



YOUR NEXT ADVENTURE?

**Coming Soon!
ORAC Mountain
Trip**



Keep an eye out for ORAC e-mail information on the next mountain trip!

ORAC Event Calendar 2015

- 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.



Ras al Hamra Amateur Dramatics Society presents...

Arrivals and Departures

A comedy with edges about life's comings and going...



**Landing at Ras al Hamra Cinema Hall
On Thursday, Friday and Saturday 26th, 27th
and 28th March
Performances at 19.30**

Arrivals lounge opens for all at 7:00 for drinks.

Tickets available from Ras al Hamra Club Office

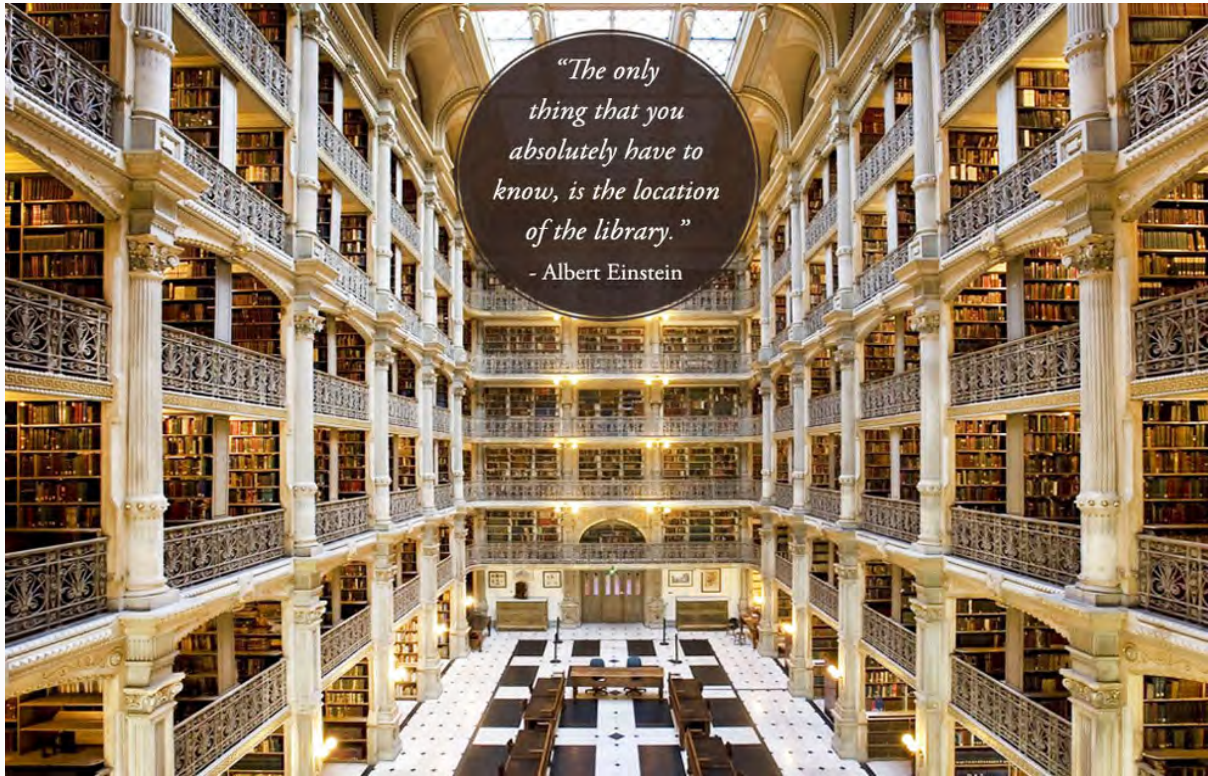
5 OMR Members, 7 OMR Non-members
Non-members tickets must be purchased by a member



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

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

Cicero 10 BC



Volunteers Needed For PDO Library and New Readers!

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

Telephone: 246 77307 (during opening hours)

Opening Hours

Sundays: 13:00 – 19:30

Mondays: 08:30 – 20:30

Wednesdays: 08:30 – 19:00

<u>TITLE</u>	<u>REVIEW</u>
Mightier Than the Sword (Hardback) By (author) Jeffrey Archer	The Clifton Chronicles series Book 5 - books 1 - 4 are in the library Archer is a master entertainer. (Time Magazine)
American Sniper [Movie Tie-In Edition]: The Autobiography of the Most Lethal Sniper in U.S. Military History (Paperback)	NOW A BLOCKBUSTER MOTION PICTURE DIRECTED BY CLINT EASTWOOD—NOMINATED FOR SIX ACADEMY AWARDS, INCLUDING BEST PICTURE
By (author) Chris Kyle, By (author) Scott Mcewen, By (author) Jim DeFelice	“Reads like a first-person thriller narrated by a sniper. The bare- bones facts are stunning. A first-rate military memoir.” (BOOKLIST)
Nora Webster (Paperback)	Nora Webster is a masterpiece in character study by a writer at the zenith of his career, “beautiful and daring” (The New York Times Book Review)
By (author) Colm Toibin	and able to “sneak up on readers and capture their imaginations” (USA TODAY).
The Same Sky (Hardback) By (author) Amanda Eyre Ward	“A deeply affecting look at the contrast between middle-class U.S. life and the brutal reality of Central American children so desperate they’ll risk everything.”—People
The Silkworm (Paperback)	Cormoran Strike Book 2 - book 1 is in the library
By (author) Robert Galbraith	Highly entertaining [with] a team whose further adventures the reader cannot help eagerly awaiting. --Michiko Kakutani, New York Times
The Upstairs Wife: An Intimate History of Pakistan (Hardback) By (author) Rafia Zakaria	“In this emotionally generous, beautifully written memoir, Rafia Zakaria tells two stories that are really the same story. One is the descent of Pakistan into violence, poverty, corruption, and extremist Islam; the other is the smoldering misery of family life in which women have little power, except, sometimes, over each other. The Upstairs Wife is a revelation.” —Katha Pollitt, poet, essayist, and columnist for The Nation
Second Life (Paperback) By (author) S. J. Watson	A Fatal Attraction for the digital age, but with a crucial twist ... Watson is a master at turning the screw. Evening Standard "
A Spool of Blue Thread (Hardback) By (author) Anne Tyler	“It’s been a long time since I read a book I wished would not end, purposely slowing my progress to save a bit for later. A Spool of Blue Thread was that kind of book . . . The Whitshanks are us, in a way, and this makes them endlessly interesting to watch, as well as very touching.” —Newsday
The Buried Giant - Export: A novel (Paperback) By (author) Kazuo Ishiguro	“Kazuo Ishiguro is an original and remarkable genius.” —The New York Times
The Secrets of Midwives (Hardback) By (author) Sally Hepworth	Sally Hepworth’s THE SECRETS OF MIDWIVES, is a beautifully written and emotional novel of family, motherhood, secrets, love and trust —where family does not always mean biological.
The Girl in the Photograph (Paperback) By (author) Kate Riordan	A prickly story full of tension' Sunday Express
Shame and the Captives (Paperback) By (author) Thomas Keneally	Keneally skilfully weighs broad cultural questions against the concerns of the soldiers and community . . . In a supremely dramatic ending, it is impossible to guess the fate of any of the characters.

Wolf Winter (Hardback)
By (author) Cecilia Ekback

(Mail on Sunday)
Swedish Lapland of 1717 is evoked so vividly that it seeps into your bones... A highly intelligent piece of historical Scandi-noir. (The Times)

Edge of Eternity (Paperback)
By (author) Ken Follett

This mesmerizing final installment is an exhaustive but rewarding reading experience dense in thematic heft, yet flowing with spicy, expertly paced melodrama, character-rich exploits, familial histrionics, and international intrigue (Publishers Weekly)

The Nightingale (Paperback)
By (author) Kristin Hannah

Brilliant dialogue makes this a compulsive read (Books Monthly)

Three Amazing Things About You (Hardback)
By (author) Jill Mansell

A warm, witty and romantic read that you won't be able to put down' (Daily Mail)

The Scapegoat: A Novel (Hardback)
Translated by Karen Emmerich,
By (author) Sophia Nikolaidou

Set in 1948, as civil-war-torn Greece becomes front-page news following an American journalist's murder (based on the real case of George Polk), the narrative moves between the accounts of those involved in the murder investigation and modern Thessaloniki struck by debt crisis... The novel illustrates generations-old moral compromise in a Greece belittled by foreign interest.' - The Financial Times

I Do Not Sleep (Paperback)
By (author) Judy Finnigan

Judy Finnigan's Cornwall has echoes of du Marurier... (and) is as much a homage to her adopted home of Cornwall as it is a tale of the imponderable - a mother's grief for her lost son... A cracking read (Irish Independent)

The African Equation (Paperback)
By (author) Yasmina Khadra, Translated
by Howard Curtis

Like all the great storytellers of history, [Khadra] espouses the contradictions of his characters, who carry in themselves the entirety of the human condition. --Le Point

NEW TRAVEL GUIDES

The AA Guide to Wales

DK Eyewitness Travel Guide: Poland

Fodor's Scotland

Fodor's Alaska 2015

DK Eyewitness Travel Guide: Canada

National Geographic Traveler: Vietnam

DK Eyewitness Travel Guide: The Netherlands

DK Eyewitness Travel Guide: Croatia

The Canal Guide: Britain's 50 Best Canals

The Stopover in Dubai Vol. 1: Top Sights to See in Dubai

Cuba

Rick Steves Portugal

Lonely Planet Antarctica

Lonely Planet South Pacific

Lonely Planet Indonesia

Lonely Planet Southern Africa

Lonely Planet Central Asia

Lonely Planet Tibet

Lonely Planet Bhutan

Lonely Planet Borneo

Lonely Planet Scandinavia

Lonely Planet Kuala Lumpur, Melaka & Penang

Lonely Planet Trans-Siberian Railway

Lonely Planet Southeast Asia on a Shoestring

Lonely Planet Cyprus

Lonely Planet Discover London

Lonely Planet Discover Malaysia & Singapore

Lonely Planet Discover Caribbean Islands

Berlitz: Cruising & Cruise Ships 2015

Insight Guides: Tanzania and Zanzibar

Insight Guides: South Korea

Insight Guides: Turkey

Insight Guides: Explore Sicily: The best routes around the island

Iran

Mongolia

North Korea

Madagascar

Iceland

Qatar - A Companion

South American Handbook 2015

Malta Marco Polo

Abu Dhabi Top Ten

New Audiobooks in the RAHRC Library

Fantastic for listening to in the car on long drives to Dubai or the Sharqiyah Sands, useful for keeping you calm and cheerful and traffic jams - or simply for keeping younger passengers quiet and happy on the school run!

For young children, we have **The Best of Paddington** by Michael Bond, stories from three books beautifully read by Stephen Fry. Perfect bedtime listening, and a good follow-up for those who have seen the recent, highly enjoyable film.

Another film link-up - and the book, which is better, came first - is **How to Train your Dragon** by Cressida Cowell, read by ex-Dr. Who: David Tennant.

For a slightly older audience, the new audiobooks are **The Boy in a Dress**, written by the comedian David Walliams and read by the author and Matt Lucas; **The Hunger Games**, written by Suzanne Collins and read by Caralyn McCormick; **Diary of a Wimpy Kid** by Jeff Kinney, read by Ramon Ocampo, and **The Hobbit** by J.R.R. Tolkien, read by Paul Daneman.

Also aimed at young adults, like The Hunger Games, is a brilliant BBC drama production of Neil Gaiman's **Neverwhere** with a cast that includes James McAvoy, Benedict Cumberbatch, Natalie Dormer and Christopher Lee. Some of you may have seen the BBC series from which the novel was adapted, which was written by Neil Gaiman and Lenny Henry.

Also new to the library, are the following audiobooks for adults:

Wolf Hall by Hilary Mantel, read by Dan Stevens;

Bring Up the Bodies by Hilary Mantel read by Julian Rhind-Tutt;
The **C.J Samson** box set, a series of books about a lawyer and amateur detective also set at the time of Henry VIII, and read by Anton Lesser;

Game of Thrones by George R.R. Martin, read by Roy Dotrice;

The Girl With The Dragon Tattoo, by Steig Larsson, read by Martin Wenner;

Venetia, by Georgette Heyer, read by Richard Armitage;
The Rosie Project by Graeme Simsion read by Dan O'Grady and
very funny!

Some of these books are the first in a series. We will monitor how often they are taken out of the library, and order the sequels if they prove popular. They don't take long to arrive!

There are new non-fiction audiobooks too:

Capital in the 21st Century, by Thomas Piketty

Speeches that Changed the World, collected by Simon Sebag Montefiore

A Short History of Nearly Everything, written by Bill Bryson and read by the author;

And finally, **A History of the World in 100 Objects**, originally broadcast on BBC Radio 4, and read by the author, the director of the British Museum, Neil MacGregor.

If these audiobooks have been taken out already when you get to the library, it is possible to reserve them, and you can also make a note of any audiobooks you would like us to order.

PDO Library Book Club Schedule 2014-15

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

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

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

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

Dive Section Monthly Bulletin March 2015



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer: & Acting Chairman

Paul Vledder, 93361698

vledderpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

RAS AL HAMRA SUB
AQUA CLUB
BSAC BRANCH 1299S

Check out our website & forum

<http://diving.pdorc.com/>

[index.php](#)

Join Us On Facebook

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

[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 almost every week-end so why not join us for some world-class diving on your door step?

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

Already a Diver?

If you are already an Open Water Diver—no matter which organisation your qualification is with (PADI, SSI, NAUI etc.)—you can simply come and dive with us. You won't need to do any more training but there are lots of opportunities to “cross over” to BSAC and gain further skills and qualifications if you want. Contact our Membership Secretary—Alan McDonald (99112499) - or come along to our weekly planning meeting on a Wednesday evening to find out more.

Want to Learn to Dive?

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

[More ►►](#)

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer: & Acting Chairman

Paul Vledger, 93361698

vledgerpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

RAS AL HAMRA SUB
AQUA CLUB
BSAC BRANCH 1299S

Check out our website & forum

<http://diving.pdorc.com/>

[index.php](#)

Join Us On Facebook



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

[RAHSAC?fref=ts](#)

March 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!

Training for more experienced divers for the Dive Leader qualification which will allow them to lead club dives in familiar locations is continuing and several of them have now qualified. Looking forward to new marshals on the boat soon!



The first group for the Sports Diver and Crossover Course announced last month have now started training. Sports Diver is a

[More >>](#)

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer: & Acting Chairman

Paul Vledger, 93361698

vledgerpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

RAS AL HAMRA SUB
AQUA CLUB
BSAC BRANCH 1299S

Check out our website & forum

<http://diving.pdorc.com/>

[index.php](#)

Join Us On Facebook

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

[RAHSAC?ref=ts](#)



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

Come and find out what is happening at your club at the AGM—7.00 in the Falcon Room at the Club

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...

really useful qualification as it extends depth range to 35m (progressively) and also provides training that allows the use of Niotrox 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 from our Training Officer—Louis Tsiakkiros.



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer: & Acting Chairman

Paul Vledder, 93361698

vledderpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com



Recent Dive Reports

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

7 March 2015

Training training training—several of our Sports Diver trainees managed to start work on their Open Water Dives completing several of the required dives.

13 March 2015

Who is scared of Friday the 13th? Not our Sports Diver Trainees clearly—lots of training today with some divers completing all their open water dives apart from the rescue skills—well done!

[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)

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer: & Acting Chairman

Paul Vledder, 93361698

vledderpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com



Sports Diver Rescue Training In The Pool



Recent Dive Reports Continued...

18 March 2015

Night dive in PDO Bay—lots of fauna on display in the dark! Octopuses, rays, flatfish, lobsters and lots of sleepy fish made a great dive for lots of divers. Thanks to Katherine for marshalling and organising!

20 March 2015

An attempt to dive on Shallow Reef sadly defeated by roaring currents due to the Equinox—backup dives in Hamburger still provided plenty of entertainment.

21 March 2015

Another intensive training day—12 divers on the boat with a mixture of Dive Leader and Sports Diver training carried out. Lots of skills and drills and 6 more trainees starting on their Sports Diver practical lessons. 44% of the first Sports Diver group's practical training is now complete!

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)

First time ever at

RAHRC



PAKISTAN SECTION

PRESENTS

SPRING FESTIVAL





RAHRC-PAKISTAN SECTION

SPRING FESTIVAL

KITES

KIDS GAMES

FAMILY GAMES

RAFFLE DRAWS

ENTERTAINMENT

FOOD

GIFTS

DATE : 17-APR-15

TIME : 4:30-9:30PM

VENUE : RAHRC

MEMBERS : OMR 4

Tickets at RAHRC from 22nd Mar

NON MEMBERS : OMR 6

NON MEMBERS KIDS

UPTO 12YRS : OMR 4

For tickets contact :

94254811 93298248 93501367

pakistansection@gmail.com

KIDS UNDER 5YRS FREE



RAHRC

PAKISTAN SECTION

proudly present

SPRING FESTIVAL

17-APR-15

ENTERTAINMENT

FAMILY GAMES

GIFTS

FOOD

LUCKY DRAW

KIDS GAMES



KITES





RAHRC Pakistan Section



Spring Festival - 2015: List of Games & Activities

Sr.	Sections
1.0	Kids Fun Games & Gifts
1.1	Kites Stall and Kites Flying (Free kites for all kids)
1.2	Pony Ride
1.3	Angry Bird
1.4	Magic show
1.5	Pool with paddle boat
1.6	Bouncing Castle
1.7	Cricket Game
1.8	Gun Shot/ Hit the Cans
1.9	Basketball
2.0	Adult/Family Fun Games & Gifts
2.1	Chaati Race
2.2	Pithu Garam
2.3	Snake & Ladder
2.4	Wrestling
2.5	Robin hood (shoot and hide)
2.6	Stappu
3.0	Raffle Draws & Gifts (Lucky Draw)
3.1	Gifts for Games
3.2	Raffle Draw (4* hotel stay, dinners, electronics, i-phones, phones etc.)
3.3	Free Kites for all kids
3.4	Free T-Shirts for all kids

Sr.	Sections
4.0	Entertainment
4.1	Folk dances
4.2	50/50 Clips / Skits
4.3	International day performance
4.4	Fashion parade
4.5	School Girl on flute and song
4.6	An interview with Meera
4.7	Spouse compatibility
4.8	Action Acting puzzle
4.9	Songs (Noor Jahan, Mehdi Hassan, Mussarat Nazeer, Ahmed Rushdi, Alamgir, Nusrat Fateh Ali Khan, Arif Lohaar, Zahoor Sain)
5.0	Food
5.1	Chicken & Vegetable Biryani
5.2	Kulfi / Ice cream
5.3	Chaat / Dahi Bharay
5.4	Chicken Kebab (BBQ Tonight / Foodies)
5.5	Vegetable Noodles
5.6	Vegetable Samosa
5.7	Pop corn
5.8	Cotton candy
5.9	Water
5.10	Soft Drinks
5.11	Roh Afza / Jam-e-Shireen

Aerobic classes from 22 March 2015

TIME	Sun	Mon	Tue	Wed	Thurs	Sat
08:30 to 09:30	Circuit Training Ladies (Fatma) Old studio	Body pump Ladies (Femie) Old studio	Swiss ball Ladies (Fatma) Old Studio	Indoor cycling/LBT Ladies (Femie) Old studio	Circuit Training Ladies (Fatma) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO 0900-1000
09:45 to 10:45	Pilates Ladies (Noreen) New studio No class on 12th April	Body Balance Ladies (Fatma) Old Studio	ZUMBA Ladies (Arshiya) NEW STUDIO Till 14 th April	Body and Soul Ladies (Agnieszka) New Studio	Pilates Ladies (Andrea) New studio	Body pump Ladies (Femie) Old Studio 0930-1030 Starting 28 th March
12:00 to 13:00	Indoor cycling/LBT Ladies (Femie) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO	Body pump Ladies (Femie) Old studio	Circuit Training Ladies (Fatma) New studio	Body balance (Fatma) Ladies Old studio	Tai-Chi Mixed (Steve) Old studio 1045-1215 Starting 21st March
	Body Pump Men (Peter) Sports hall	Express Cycling & Body balance Men (Alfredo/Peter) Old studio	HIIT Men (Alfredo) Sports hall	Indoor Cycling Men (Peter) Old studio	Power Pump Men (Alfredo) Sports hall	Body Pump Mixed (Peter) Old studio 16:00 to 17:00
16:30 to 17:30	Zumba Fitness Ladies (Asya) Old Studio	Circuit Training/Swiss Ball Ladies (Fatma) New Studio	Zumba Step Ladies (Asya) Old Studio	Pilates Ladies (Noreen) New studio No class on 8th & 15th April	Zumba Ladies (Lila) new studio	
	Body Combat Mixed (Shahab) Sports hall 16:30-17:30	Body Pump Mixed (Peter) Old studio 16:45 to 17:45	Body Combat Mixed (Shahab) Sports hall 16:30-17:30	Indoor Cycling Mixed (Peter) Old studio 16:30-17:30	Body Combat Mixed (Shahab) Old studio 16:30-17:30	
18:00 to 19:30	Body Pump Mixed (Dr Hakim) Old studio	CIRCUIT/BODYLANCE Mixed (Alfredo) Old studio	Body Pump Mixed (Dr Hakim) Old studio	Body balance Mixed (Alfredo) Old Studio	Circuit training Mixed (Alfredo) Old studio	

BASKETBALL SECTION



















Ras al Hamra Amateur Dramatics Society presents...

Arrivals and Departures

A comedy with edges about life's comings and going...



**Landing at Ras al Hamra Cinema Hall
On Thursday, Friday and Saturday 26th, 27th
and 28th March
Performances at 19.30**

Arrivals lounge opens for all at 7:00 for drinks.

Tickets available from Ras al Hamra Club Office

5 OMR Members, 7 OMR Non-members
Non-members tickets must be purchased by a member



Ras Al Hamra Development Project News

Latest in the Project

- Apartments keys handover to UIB
- FD Chairman Award
- Team Golfing
- RAH School work progress

More than 3.3 Million Safe KM driven on RAH Project without MVI

Upcoming News

- Apartments Opening Ceremony
- 8th RAH Community Engagement Event
- Earth Hour on 28th March



RAH Project officially handed over keys to the first new Apartments Buildings to PDO UIB team for further allocation of employees as new RAH Residents.



Team Members enjoyed the privilege of the Golf Club where Golf Head Professional gave master class of golfing and hitting at the driving range.



Project Senior HSE Advisor Simon Lloyd recognized and appreciated some of the good HSE work carried out by ATE and Halcrow staff who were handed over with tokens of gratitude.



RAH Project Manager Ahmed Al Shaibani honored Deb Mukhapodhyay in recognition of his merit in closing SAI audit actions and active support in various contractual matters.



RAH Development Project was awarded by PDO Finance Directorate's for cost saving of \$30 million in Capex & \$10-15 million in OPEX.



The achieved work progress at new RAH International School site is 85%, and Project is expected to be completed by August 2015. The new RAH International School is a unique building in terms of Green and Sustainability features, the design is in compliance with the principles of LEED standards.

