



THE RAHRC BULLETIN MARCH 2017

PAKISTAN SECTION RAHRC

**KITES
KIDS GAMES
FAMILY GAMES**



SPRING FESTIVAL 2017

**FOOD
ENTERTAINMENT**



DATE : 31st MARCH

TIME : 4:30 - 8:30pm

VENUE : RAHRC

MEMBERS : 4.5 OMR

NON MEMBERS : 6.5 OMR

NON MEMBER KIDS UPTO 12YRS :
4.5 OMR

KIDS UNDER 5YRS FREE

TICKETS : RAHRC FRONT OFFICE



FOR DETAILS CONTACT : pakistansection@gmail.com 94254811, 93501367

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Main Committee Message



March has been hotter than normal but we are still lucky enough to be avoiding the high humidity so far. The club experienced some damage during the stormy weather this month. Some facilities around the area were affected and considered dangerous for the members. For this reason, the club management decided to close the club during that period.

For some the favorite month of the year is March with all the great parties that take place. We started on 3rd March with the 24th Annual Canadian Stampede which featured the highly acclaimed band The Boxtones from Dubai. This was followed shortly by Dutch Night on the 10th March. With great efforts to find sponsors for such an event, the committee managed to generate OMR 5,000 which was donated to Dar Al Atta Charity. Well done to the Dutch Committee. The organizing committees with the help of other volunteers, worked around the clock to put both these events together; the space for the Dutch Night took 5 days to build! Well done to all and tickets for both events were sold out.

The following weekend was busy again with RAHADS putting on 3 splendid productions of The Importance of Being Earnest by Oscar Wilde. The Annual Regatta was held the same weekend but sadly had such rough weather on the Friday that our teams were only able to launch their Hobbie Cats for one race. On the Saturday the weather was kinder, the races and beach activities continued and the day ended with a grand prize giving on the beach. Great support was received from the club staff and the dinner on the Friday night was excellent.

The club celebrated with the Staff Party on 20th March which was well appreciated by all staff. It was a night to remember. Thanks to the main committee. RAHRC Section Fair was held on 25th March and was a great success with lots of fun and activities for kids and adults across the Volley Ball court, swimming pool and Marlin Hall. Well done to the sections that participated and thanks to the organizers.

The Spring Festival on 31st March organized by the Pakistan Section promises to be fun again for kids and adults alike with games, food, Raffles and other entertainment. The Fun Train promises to be a big success!

We wish a Safe Year for our members and advise not to cross Wadis and stay indoors during stormy weather to avoid flying objects!

Club Website News: Members are now able to log in through the club website www.pdorc.com to check their accounts after self-registration.

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.

Please keep enjoying the club, enjoy the warm temperatures, respect others and stay safe.

Jamie Irvine-Fortescue
Bar 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.

Upcoming Events

**“An evening Session on Transition to college or university”,
Monday 24th April.**

This evening session focuses on transition to college or university and will be led by Gerda van Loon, a certified life coach. The session will be held in Marlin Hall at the RAHR Club from 6pm – 9pm.

Registration details will be shared nearer to the date. If you have any questions, please let us know by sending us an e-mail: outpostmuscat@pdo.co.om.

Outpost Networking Mornings

Networking events are designed to provide spouses with the opportunity to meet new friends, network with other spouses and to ask Outpost questions.

The next Networking Morning will be on **Thursday 27th April** from 9.00am – 11.00am at Kim Restucci’s house (5 Sahma St.) Everyone is welcome!

Warm greetings from the Outpost Team,

Amanda, Anca, Rekha, Heba, Nadine and Eva



Outpost Muscat

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

outpostmuscat@pdo.co.om

www.globaloutpostservices.com



OutpostMuscat

Office hours: Sun, Tue, Thu
8.15-11.00

Appointments outside of these
times are available on request.



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Our Publications

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

- Housing
- Driving in Oman
- Hiring Domestic Help
- Departure Checklist
- Birth Registration in Oman
- Emergency
- Children's Activities in Muscat

For copies please contact Outpost or pop into the office.

Welcome Services Team

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

Communication & Newsletters

Please join our email distribution list so that we can notify you of our events and send you our newsletter. To join, please send an email to us on outpostmuscat@pdo.co.om

Newsletters can also be accessed online.

Outpost Muscat website

Lots of information, including our Inside Guide and Key Documents are available on our new website

<http://muscat.globaloutpostservices.com>

To access all information, registration is required. Registration is possible with a PDO email address and computer-ID.

Facebook

Outpost Muscat is now on Facebook. Join our closed group of over 650 people today to see all our events and share information about life in Muscat!

Badminton Section

Newsletter for March-2017

Children badminton coaching

Second batch of children coaching commenced on 25-Mar-2017 and the sessions are progressing well. Subsequent batches will be finalized by the committee & coach and email notifications will be sent to the registered members individually.



Children badminton coaching – 2nd batch (Mar to Apr-17)

Section Fair 2017:

Badminton section participated in Section Fair 2017 organised by RAHRC. We have met many members and provided detailed activities of our section and provided demo matches at the sports hall. A team of 3 men, 1 woman & 5 children supported along with the section committee to promote our section during the Section Fair.



Family Fun Tournament:

Registration completed for our 2nd edition of Family Fun Badminton Tournament – 2017 where the teams will be formed from each family in different categories (father+child, mother+child, couples etc).

Tournament is planned to be held on 31st March-2017. Please come and enjoy the game..

Oh Man! Adventure Group for March 2017

Set up to appeal to non working spouses our group has engaged in a large number of various activities.

Members responded to a request to assist with the maintenance of the nature reserve behind Shatti Beach and sent a working party to clear the debris and make the environment safer for the fauna and flora.

Members also benefitted from the boat training on offer at RAHRC and are now qualified to skipper the motor launches so increasing the use of the clubs important resources. Some added the additional activity of fishing to this part of the action, but sadly the results recently have not been so good as previous bounties won from the sea.

An emerging group of colleagues has taken advantage of the wonderful golf course and were last seen heading for the "last hole". In the same way the newly refurbished snooker tables were tested by our members and they report very positively of this excellent facility.

Our group also entered a team in the McKenzies Quiz Night but must sadly announce that our score was eradicated in a last desperate attempt to gamble all for a winning total. We left after an enjoyable evening interspersed with lively conversation and a real test of intellect and intelligence.

Combining with the Outpost Team we were pleased to lead an off road trip to the beautiful village of Waken. Photographs published on the Outpost FaceBook page illustrated the fun had by all on the occasion.

Information about our events is distributed on our FaceBook page and through our What's All Group. Please send you e mail and mobile phone number to Robert Velberg if you wish to be included.

We will be attending the Res al Hamra Recreation Club Section Fayre on Saturday 25th March. See you there!

Our next meeting is on Sunday 2nd April, 10-00 am at the Boat Club bar. All non working male spouses are welcome to attend but if you aren't registered with us yet please inform on of us below that you will be attending.



meet our new instructors at the Arts Centre

I am Agatha Zwaan. I started a Needlepoint group in November. We work on our own projects, mainly cross stitch. All the available material you can buy here in Muscat, (free) patterns you can get online and then download and print them.



If you have never cross stitched before I can get you started, it is not a hard thing to do and with patience and time you will have a beautiful result.

On Sunday we meet from 11-13 hours in the yellow room, from 13-15 hours we are in the room next door, the red room 😊



Hello!! my name is Sheran Suarez and I am teaching Dot painting. It is a creative, easy and fun way to dot different kinds of art from mandalas, aboriginal and geometric figures, flowers, masks, fossils, and so on. I learned this art in Indonesia and I got fascinated since it is yet simple but very beautiful. I am very excited to be here as an instructor and meeting different kind of cultures, specially sharing with the kids that are always happy and full of energy, is just so much fun !!

Acrylic painting

at the Arts Centre

Wednesdays 13.00-15.00

registration: vera_rijnvos@gmx.de

info: shalinirakesh@hotmail.com



papercraft

for children age 6 to 8

Wednesdays 5-6 pm
at the Arts Centre

register at: vera_rijnvos@gmx.de

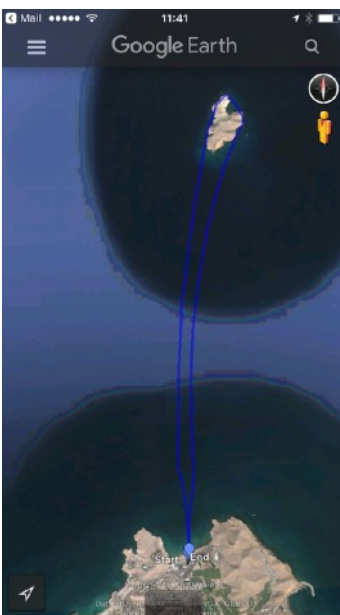




Fahal Island Paddlesport Race 10th March

An early morning kayak and surf ski race was held from the club beach, around Fahal Island and back to the club.

A staggered start saw slower boats starting first. Steve took line honours who set off first and finished first in a Mission 420 touring kayak.



The fastest single was Jan on 68 mins 13 secs in a sea kayak. The fastest (and only) double was Richard and Paul on 56 mins 22 secs on a surf ski..

BIG "thank you" to Stephen and Jamie for helping the Sailing Committee Boat as safety cover and patrolling the course and Denise for most precise time keeping.

SurfSki

Rank	Name	Boat	Start	Finish	Time	Difference
1	Paul + Richard	SurfSki Double	08:15	09:11	00:56:22	
2	Vaclav	SurfSki Single	08:15	09:20	01:05:42	00:09:20

Touring Kayak

Rank	Name	Boat	Start	Finish	Time	Difference
1	Steve	Touring Kayak	07:45	09:04	01:19:32	
2	Jalood	Touring Kayak	07:45	09:12	01:27:54	00:08:22
3	Miguel	Touring Kayak	07:45	09:17	01:32:22	00:12:50
4	Kath	Touring Kayak	07:45	09:22	01:37:30	00:17:58
5	Jane	Touring Kayak	07:45	09:25	01:40:21	00:20:49

Sea Kayak

Rank	Name	Boat	Start	Finish	Time	Difference
1	Jan	Sea Kayak	08:00	09:08	01:08:13	
2	Brian	Sea Kayak	08:00	09:10	01:10:50	00:02:37
3	Lubos	Sea Kayak	08:00	09:12	01:12:36	00:04:23
4	Alberto	Sea Kayak	08:00	09:30	01:30:30	00:22:17

Handicap

Rank	Name	Boat	Start	Finish	Time	Difference
1	Steve	Touring Kayak	07:45	09:04	01:19:32	
2	Jan	Sea Kayak	08:00	09:08	01:08:13	00:03:41
3	Brian	Sea Kayak	08:00	09:10	01:10:50	00:06:18
4	Paul + Richard	SurfSki Double	08:15	09:11	00:56:22	00:06:50
5	Lubos	Sea Kayak	08:00	09:12	01:12:36	00:08:04
6	Jalood	Touring Kayak	07:45	09:12	01:27:54	00:08:22
7	Miguel	Touring Kayak	07:45	09:17	01:32:22	00:12:50
8	Vaclav	SurfSki Single	08:15	09:20	01:05:42	00:16:10
9	Kath	Touring Kayak	07:45	09:22	01:37:30	00:17:58
10	Jane	Touring Kayak	07:45	09:25	01:40:21	00:20:49
11	Alberto	Sea Kayak	08:00	09:30	01:30:30	00:25:58

KAYAK SECTION

Open Ocean Crossing to the Western Daymaniyat Islands

After a long period of planning, checking weather conditions, and two visits to MECA to obtain visit permits, finally on Friday March 3rd three RAHRC paddlers started from fisherman's beach in Ar Rumays for the crossing to the Western Daymaniyat Islands.



A final discussion (in Arabic) with a local fisherman convinced us that the weather would be fine the whole day, and that our intended compass heading of 350 degrees would get us to our destination. For an hour this was all that we could

see in the slight haze of the morning, but then the contours of the islands started to appear in front of us, while we had not yet lost sight of the beach. Reassuring that we were never out of sight of land!

After two hours and ten minutes we had completed the 14 km crossing and started exploring the islands. The Northern cliffs bear the full brunt of the Northernly gales and that had resulted in magnificently carved rock formations. The south sides of the 4 islands here are more gently curved, with a beautiful sandy coral beach on the largest island, inviting for a lunch break. Snorkeling in the bay, we even got a glimpse of the beautiful underwater world



which make the Daymaniyats a world-class diving destination.

The final highlight was the climbing of the jebel, granting us clear views of the Central Daymaniyat islands in the distance - our target for another day !

The crossing was a major undertaking and completed by

three experienced and capable paddlers and should not be undertaken by inexperienced individuals.

MARCH 2017

KAYAK SECTION



KAYAK SECTION

New Kayaks

Three new sit-on-top kayaks have been purchased for general use. One double Mission Surge and two single Mission Flows.

Kayak and SUP Equipment Storage

Storage lockers have been replaced. Lockers will be allocated according to the following.

At least two members (from different families) are asked to share a single locker. It is expected most lockers will be shared between three or more members. In the event of over-subscription regular boaters and paddlers will be given preference. All equipment and possessions are stored at the owners risk of damage or loss, no matter how caused.

To apply for locker space contact Kayak Section (richardhallett@me.com)

Rules on Borrowing Club Kayak Equipment

B - Club Equipment

- (1) Club equipment (kayaks, paddles and/or buoyancy aids) are stored near the CSP (Club Safety Post) and must be signed-out in the CSP, leaving membership club card with the CSP personnel. **Parents must sign on behalf of their children.**
- (2) ***Club kayaks must NOT be taken outside RAHRC bay*** and must always be in sight of the CSP unless participating in organised events/activities.
- (3) A single kayak must only be paddled by a one kayaker and a double kayak must only be paddled by two kayakers.
- (4) Club equipment may only be borrowed when the CSP is open and must be returned before CSP is closed.
- (5) Guests may not borrow club kayaks unless accompanied on the water by a club member who shall be responsible for the safe return of the equipment.
- (6) Kayaks must be lifted or moved with trolley and not dragged on the ground/beach.
- (7) All equipment must be washed thoroughly with freshwater after use.
- (8) Equipment damage must be reported to the CSP personnel.
- (9) Kayaks should be returned to the club kayak rack near the CSP.

Notice Board

Keep an eye on the kayaking noticeboard next to the private kayak racks for kayaking and safety information.

Thursday After Work Paddle

If you wish to increase your paddling confidence, regular Thursday late afternoon paddles depart from the club beach. Meet at the kayak storage area. The departure time varies throughout the year according to sunset time. Contact Kayak Section for weekly e-mail notice and further information.

Kayak Section Sub-Committee

Richard - Chair (richardhallett@me.com); Jan - Secretary (johannes.js.stammeijer@pdo.co.om); Peter - Treasurer (pjharrison@gmail.com)

**HELPING YOU TAKE YOUR FITNESS
TO THE NEXT LEVEL**

RAS AL HAMRA

FITNESS

CENTER

- Vibro Training
- InBody Assessment Testing
- 41 Group Fitness Classes per week

GET FIT | GET HEALTHY | GET MOVING

Benefits of Regular Exercise

Improves Glycogen Storage
Increases Bone Density
Improves Circulation
Helps Reduce Blood Pressure
Improves Endurance
Strengthens Immune System
Increases Energy
Lowers Resting Heart Rate

Group Fitness Classes

Body Pump	Body Vive
RPM	Ballroom Dance
Zumba	Body Combat
Booty Boot Camp	Body Sculpt
Yoga	Grits
Pilates	Boxer-Cize
Circuit Training	MMA
Body Balance	Panda Pak
Swiss Ball	

BODYCOMBAT with your family

DURATION
55
MINUTES

EXERCISE TYPE
MARTIAL ARTS
INSPIRED CARDIO

CALORIES BURNT
Up to **740**
CALORIES

RESULTS
TONES & SHAPES
INCREASES STRENGTH &
ENDURANCE

"FREE"

Sundays & Tuesdays
4.30 – 5.30 pm
Sports Hall



Kids should be able to
follow instructions.
Ages 10-12 to be
accompanied by
an adult

Martial-arts inspired workout; non-contact
No registration or experience needed

Dance Therapy

Allow the rhythm and moves
to take you away

This class combines moves from Salsa,
Merengue, Reggaeton, Samba, Cumbia
and Belly Dance

Come join in the fun
every Monday
from 9:45-10:45am
Inside the Old Studio

DIVE SECTION MONTHLY BULLETIN

March 2017



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC

All Divers Welcome!



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

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

ALREADY A DIVER?

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

If you have not dived for a while we are running some “back in the water” sessions and there is still time to join these.

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.



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



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peterzbedson@gmail.com

Treasurer:

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rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

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Join us on Facebook:

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March News

Training...Training

Our training plans for the year are continuing to develop.

Both the Dive Leader and Sports Diver courses which started late in 2016 are well underway with keen students pushing through the Open Water lessons! (Or they will when the sea decides to warm up a bit!)

Try Dives

In order to stimulate interest in the sports sections – some of which are seeing reduced participation the main club are holding a Sports Section Fair on 25th March.



Training News

Courses planned for the future include:

Gas Blending SDC

Boat Handler SDC

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



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RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

March News

Damanyat Permit Changes

You may have recently seen the announcement that diving and other permits for the Damanyat Islands have increased in price so it will now cost more to dive there. There are also some administrative changes that will make issuing permits more complex and because this now has to be done in advance it may mean that we have to abandon permits already paid for if the weather deteriorates. The Committee is in discussions with MECA who administer the nature reserve to see what we can do about this.

Another tough day - RN at the Damanyats



Personal Dive Permits

Note that if you require a personal dive permit it will soon be available on-line only. For the present you can still go to MECA in person but you now need more information than before – a copy of your passport and ALL your dive qualifications as well as your identity card.

JOIN YOUR



COMMITTEE

YOUR COMMITTEE NEEDS YOU!

This year the Dive Club AGM will be held on Wednesday 26th April – a formal notice will be issued soon. Several Committee members will not be standing again and new ideas are always welcome so why not think about joining us in any of these posts?

Chairman*

Diving Officer

Secretary

Treasurer*

Training Officer

Boat Officer

Social Secretary

Equipment Officer

Compressor Officer

Membership Secretary

Environment Officer

*Must be a PDO employee



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



March News Continued

35 at 35 Challenge

RAHSAC is 35 in May as part of these we are running a “35 at 35” challenge.

The aim is for the club to dive at least 35 different sites in its 35th year and there is a subsidiary, individual, challenge – for divers who dive 35 sites on club dives.

Sadly, the weather Gods have been unkind so far this year and we are now up to about 8 different sites but there is plenty of time to catch up!

The challenge will run the whole year – ending on 31 December – so get your thinking caps and your dive gear on!



RAH Search & Rescue

As part of the Waterfront upgrades the club is starting a more formal search and rescue response which should provide a more reliable assistance. The Dive Section is contributing its boats and a number of cox'ns to the efforts.



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35th Anniversary Round The Island Dive



*One Tank
One Dive
All the way - if you dare*

Save the date - 6 May 2017



WWW.DIVING.PDORC.COM



Time to start thinking about buddy pairs for the round the island dive – you will need to find a buddy who matches your diving style and with whom you can agree a strategy – go deep and shorten the lines or keep shallow to minimise air consumption. Plus don't pair yourself up with a real turbo-finner if you want to spend the dive taking pictures!

Entries will open in late April so you have a few weeks still to work out a plan.



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[ian.ford100@hotmail.com](mailto:Ian.Ford100@hotmail.com)

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Entries will open in late April so you have a few weeks still to work out a plan.

Save the Date – Club Dhow Trip
35th Anniversary Family Dhow Trip
20th May from 2pm to 6pm
Watch out for more details soon

APRIL 2017 TOP 10

<u>NO.</u>	<u>TITLE</u>	<u>CATEGORY</u>	<u>CAST 1</u>	<u>CAST 2</u>
1	DEEPWATER HORIZON	TRUE STORY	MARK WAHLBERG	KURT RUSSELL
2	MAGNIFICENT SEVEN, THE	WESTERN	DENZEL WASHINGTON	CHRIS PRATT
3	ME BEFORE YOU	ROM./DRA.	EMILI CLARKE	SAM CLAFLIN
4	Ms. PEREGRINES HOME FOR PECULIAR CHILDREN	DRA./ADV.	EVA GREEN	ASA BUTTERFIELD
5	STORKS	CARTOON	V/O - ANDY SAMBERG	V/O - KATIE CROWN
6	SWALLOWS AND AMAZONS	ADVENTURE	RAFE SPALL	ANDREW SCOTT
7	MOTHER'S DAY	DRA./COM.	JENNIFER ANNISTON	KATE HUDSON
8	TROLLS	CARTOON	V/O - ANNA KENDRICK	V/O - JUSTIN TIMBERLAKE
9	NICE GUYS, THE	ACT./COM.	RUSSELL CROWE	RYAN GOSLING
10	CENTRAL INTELLIGENCE	ACT./COM.	KEVIN HART	DWAYNE JOHNSON