



THE RAHRC BULLETIN MAY 2015

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

Date:
Saturday, 30th May
2015

Time:
8.00am to 5.00pm

Venue:
Multi-Sports Hall,
RAH Club

Fee:
2 Riials for all

Registration deadline:
24th May 2015, by
email. Must submit
membership number's

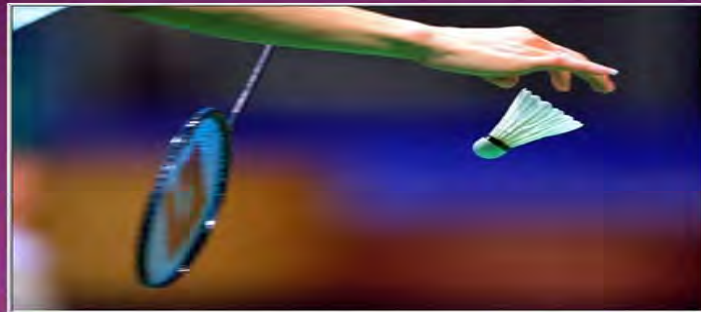
Lunch and drinks will
be provided

Open to
RAH Members ONLY
(Guest as doubles partners are
also NOT allowed)

Formats: Mens, Ladies and Mixed
Doubles: Children under 15s and
under 12s depending on participants



RAHRC ~ BADMINTON TOURNAMENT



Contact:

Zul on zulshameer.shaikibrahim@pdo.co.om

Shashi on shashikanth.sk.kodancha@pdo.co.om

Monique on moniqueboerakker@gmail.com



RAS AL HAMRA RECREATION CENTRE Presents... Vunja Jungu Party

29th May 2015
@ RAHRC
Cinema Hall

Ticket Price:
OMR 4/- Members
OMR 6/- Non-Members
(Dinner Included)

Live Music
Taarab &
Bongo Flavor
DJ music



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Main Committee Message



Although May has already been a hot month so far, various sections are still organizing activities in and outside.

On May 1 the traditional Fahal Island Swim took place with a 125 swimmers participating and many more waiting for space to open up for them. The maximum of 125 swimmers is in place to ensure the safety of all swimmers at the start; it is not easy for the swimmers to find their kayak back. This year's event was also attended by a 2 enormous clouds of jelly fish and a very strong current that made most people swim more than 4.1 km and a bit slower than expected. As usual the organization committee did a wonderful job and all participants were happy when they reached the beach.

On the same night the Indian committee organized a International Quiz night which was attended by more than 100 people in the cinema hall. A very successful event, where approximately 20 Teams participated. The event was conducted by Muscat Codex. The quiz was of international nature which was affirmed by the Winning Team being lead by Adaan Pretorius.

The same committee also organized 2 evenings with 1 evening and this was an event showcasing Indian entertainment industry. It is the most prolific entertainment industry in the world. The show was an in-house production with mostly internal participants who worked hard for more than 2 months. The show was a sellout and very well appreciated and another 1 evening with more traditional dancing. This was an event to showcase the classical art forms of India. It consisted of Hindustani and Carnatic Vocal and Instrumental performances, Kathak, Bharatnatyam, Mohiniattam and Orissi Dance performances. This show very well attended and greatly appreciated by the audiences.

Although it is hot outside there will be an outside sports event this weekend which will be the Biathlon; a swim followed by a run. There is a short distance for children and a longer one for the adults. Due to the heat this event starts at 6 am. The Badminton tournament will also take place this weekend in the sports hall; please register if you are interested to participate. The tennis section is also organizing a doubles competition in the coming weeks, registration has closed but you are welcome to watch the players battle the heat and their opponents.

The club itself is organizing a Vungu Jungu party this weekend on May 29; tickets are still available for that. In the 1st weekend of June our own Dance section is once again presenting 'Dancing under the Stars' which is always a very popular performance with lots of energy from the dancers. This is the last time that our dance Instructor Giusi will be presenting this performance, she is moving on with her husband to Brussels. Giusi has been the main organizer and instructor for all the events and weekly sessions and on behalf of the main committee I would like to thank her for all the hard work she has put in. I am sure the kids will never forget you!

You have probably all heard that the country is suffering from water shortages and PDO and the club are no exceptions to this. To ensure we can continue to operate the club we have to be careful with our water consumption and we might even have to truck water in. We would appreciate it if you could restrict the water usage as much as possible; i.e. close running water tabs when you see them and please report leaks.

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 combined with the Information Morning on Wednesday 10th June from 9 to 10.30 a.m. at the Outpost Office.**

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 10th June 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 on 10th September.**

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
info://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.

We also have a specific Facebook page for those looking for work or volunteering opportunities. All new postings are listed here. **Sign up to the Outpost Muscat C&D Facebook page.**

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!

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The Dance for Children section and the young dancers are gearing up for the next show.



Coming up is the annual dance performance "**Dancing under the Stars 3**" directed by Giusi Rondinelli. The dance performance will take place on 5th, 6th June and promises to be an exciting and full of fun children show .

Dancing under the Stars 3 includes show-dance, jazz dance, street dance, zumba® and brings it all together in one energetic, interactive and full of vigor dance show. It is performed by dancers aged 4 -13.

Tickets are on sale from reception from Mid May.

We look forward to seeing you there!

Dance for Children Committee

Fun Run Section.



The fun Run has reached adulthood. Please join our 18th anniversary run on Thursday 28 May 6 pm, as usual starting from the overflow car park in front of the RAHRC entrance. Anniversary Tshirts will be handed out to those finishing the 2 km, 4 km or 6 km runs.

Looking forward to seeing a massive turn-out.

For further info please contact
edwin.e.lamers@pdo.co.om



Ras Al Hamra Golf Club

Membership: Various Golf Club Memberships are available. We have new members joining weekly, it is great to see members of the Ras Al Hamra community starting to enjoy this great game. If you are interested in becoming a Golf Club member or require any information about the Golf Club please contact the Golf Shop for more details:

rasalhamragolf@outlook.com

Golf Tuition: Due to the outstanding success of May's Troon Development Month, June will see Ras Al Hamra Golf Club host Troon Golf's Women's Development Month. The weekly golf clinics will be held on a Monday and Thursday evening to coincide with the global initiative, the clinics are open to males as well as females so we hope to see more ladies bringing their partners and children along with them to enjoy this great game.

The overall objective is to ensure each golfer improves their golfing skills, developing a pathway through to playing the course and beyond but most importantly to enjoy the experience here at The Academy and the golf course itself.

The weekly clinics will be held every Monday and Thursday evening starting on Monday 1st June 2015.

The weekly clinics are open to golfers of all abilities.

Class Timings:

Every Monday and Thursday 7:00pm

Cost:

6 OMR per person, per session.

Maximum 10 people per session.

Golf Events: The golf club has various events throughout the month available for golf members with official OGC handicaps as well as events for novices alike. We also host a fun ladies day each and every Sunday morning so please contact us for more information today at rasalhamragolf@outlook.com

New PDO Toastmasters Club in Fahud (First PDO Interior Club)



It is with heartfelt pleasure that we inform you of the charter of the new Toastmasters Club in FAHUD. The club Name is "PDO FAHUD TOASTMASTERS" Club No 4705496.

Toastmasters is the most efficient, enjoyable and affordable way of gaining great communication skills. You'll learn how to:

- * Formulate and express your ideas effectively
- * Be more persuasive and confident when giving presentations
- * Improve your one-on-one dealings with others

Become the speaker and leader you want to be...confident and charismatic. As you progress in Toastmasters, you'll practice your skills by organizing and conducting meetings and motivating others. Become a better negotiator. Gain trust. Inspire your team.

The PDO Fahud Toastmasters' club chartered to help members improve their communication and leadership skills in Fahud in a fun and supportive environment. This club is part of Toastmasters International. Our purpose is to improve our leadership and communications skills.

Kind Regards

Yahya Maimani. (UIIP/21)

PDO Toastmaster Club.



May 2015 bulletin

- Mountain Trip Pictures
- Ramy 4x4 Offer Update
 - Wadi Trip
- ORAC On line Member Registration
 - ORAC Event Calendar

Salmah Plateau Trip

From all those who took part, a big thank you goes out to ORAC Trip Advisors Ronald and Evry for both scouting and then organizing ORAC's 2015 trip to the Salmah Plateau 😊 Not forgetting all the other ORAC committee members and friends, as the trip would not have been possible without their assistance. Write up(s) will follow but for those who made it, here are some photographic reminders of the adventure.

For those who didn't make it, look what you have missed 😞 You need to be a bit faster on the interweb booking next time!!



Salmah Plateau Trip



Salmah Plateau Trip



ORAC & RAMY 4X4 OFFER

The Warn specific product discount period with Ramy 4x4 has now ended however you are reminded that the following deal is still available:

General Offer to all members

All ORAC club members will be given a club discount of 5% on other general products also eg ropes, gauges, recovery items etc. This is available on items on their website or by simply walking into their shop (no special email ID to contact for this).

ORAC & RAMY 4X4 OFFER

REMEMBER-

Ramy 4x4 are happy to give bigger discounts of 10-15% on group buys e.g. if 5 members were to group together, or on purchases of more expensive, larger items.

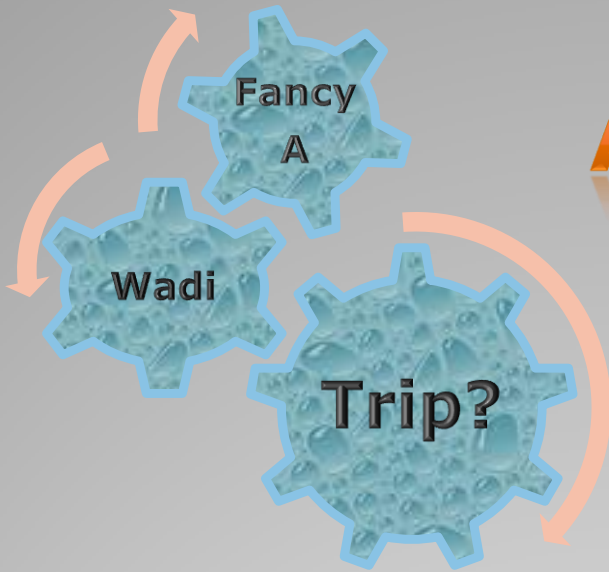
We have had positive feedback from our membership who have purchased items from Ramy following the announcement in last month's bulletin.

So keep Ramy 4x4 in mind when preparing your vehicle for the 2015 Wahiba Challenge 😊

YOUR NEXT ADVENTURE?

Al Khoud to Bidbid
'An ORAC family
friendly wadi trip'

5th June 2015 ☺



**5th June
fully booked!**

YOUR NEXT ADVENTURE?

Al Khoud to Bidbid 'An ORAC family friendly wadi trip'

Well, it looks like the scouting trip run by Paul has paid off, with all available places being filled within an hour of this trip being advertised!

Such was the popularity that ORAC are looking into the possibility of running this trip again for those who missed out the first time!



Keep an eye on the web site for registration information!

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

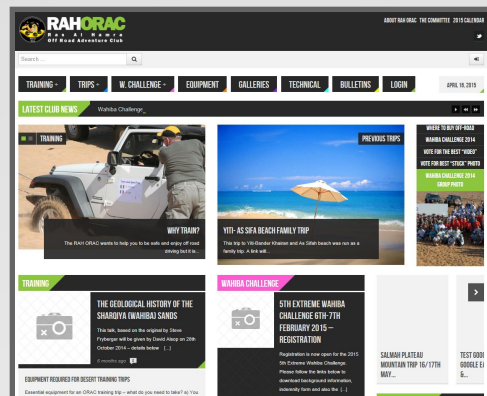
ORAC Member Registration

To improve the way we manage our club, organize trips and to better serve our current members we are looking at the possibility of introducing an online membership form.

When given the go-ahead by the ORAC committee it will require all current members and any new comers to register on line.

Please watch out for future e-mails on this subject and if you are interested in continuing your membership with ORAC and the benefits that offers then please follow any instructions given.

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



ORAC Web Site

RAHORAC
Ras Al Hamra
Off Road Adventure Club

ABOUT RAH ORAC THE COMMITTEE 2015 CALENDAR

Search ...

TRAINING + TRIPS + W. CHALLENGE + EQUIPMENT GALLERIES TECHNICAL BULLETINS

APRIL 16, 2015

LATEST CLUB NEWS Wahiba Challenge...

TRAINING

AS SIFA BEACH FAMILY TRIP

WHERE TO BUY OFF-ROAD
WAHIBA CHALLENGE 2014
VOTE FOR THE BEST "VIDEO"
VOTE FOR BEST "STUCK" PHOTO
WAHIBA CHALLENGE 2014
GROUP PHOTO

TRAINING

GEOLOGICAL HISTORY OF THE SHARQIYA (WAHIBA) SANDS

5TH EXTREME WAHIBA CHALLENGE 6TH-7TH FEBRUARY 2015 – REGISTRATION

EQUIPMENT REQUIRED FOR DESERT TRAINING TRIPS

SALMAH PLATEAU MOUNTAIN TRIP 16/17TH MAY...

TEST GOOD GOOGLE E...

<http://rahorac.jeeprs.com>

Don't forget to check the Web Site

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

ORAC Event Calendar 2015/16

- 5 June - Wadi Trip Al Khoud – Bidbid
- TBA June/July -2nd Wadi Trip Al Khoud – Bidbid?
- 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 Sharqiyah Sands (Wahiba)
- 16 - 17 October Sand Driving for Beginners - Practical Weekend in Sharqiyah Sands (Wahiba)
- 12 November - 18th WAHIBA CHALLENGE 2015 evening meet. (Sharqiyah Sands)
- 13-14 November - 18th WAHIBA CHALLENGE 2015 crossing
- 4 December - Family Desert Trip
- 11 December - Mountain Trip (to be confirmed)

2016

- 28 January -6th Extreme Wahiba Challenge 2016 evening meet.
- 29-30 January - 6th Extreme Wahiba Challenge 2016 crossing.
- 26-27 February – Star Dunes Desert Crossing
- 18 March – Mountain Trip (to be confirmed).

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.

RAHORAC 2015
May bulletin

FITNESS SECTION.

The 2nd quarter of the fitness section (April-June) presented the first “ZUMBathon” in Oman an ONLY LADIES EVENT which took place on 24th April at the Sports hall with more than 200 participants. The event was open to all, members and guests. The event ran over 3 hours of continuous Zumba sessions starting at 3pm and successfully ended at 6:00pm. All tickets for this event were sold out with demand for more.

The event was inaugurated by Ibtisam Al Riyam, People and Change Director and a change for life representative. This event was organized and conducted by licensed Zumba instructors, Invited Zumba Jammer from Dubai Ms. Relu Patts.

The event was supported and sponsored by

- RAH Fitness Committee
- PDO
- MB petroleum
- Eat Smart
- The Champ sports and arts
- Al Muneif Sports Center
- PetroGas E&P
- Oman Air
- Grand Hayyat Muscat
- Sumri Transporters
- Exhilaration fitness
- Al Bustan palace hotel

At the end of the event there were raffle draws for the all ticket holders and gifts/ token of appreciation for the organizers. All participants were served with variety of healthy snack and drinks provided by our sponsors. The event was highly appreciated by all and looking forward for more ZUMBathon in future. The funds raised will go towards the purchase of subsidized testing strips for diabetics from the low income people. It was organized as part of the Change 4Life campaign which helps in promoting health awareness and wellbeing for the community.

Awarding of the fitness and wellness challenge 2015 took place on the 19th of May 2015. The event was graced in attendance by Ibtisam Al Riyami, People and Change Director, Mr. Hamood Al Tooqi, RAHRC manager, Fitness committee members, Fitness instructors and all participants of the Fitness and wellness challenge 2015.

There were two categories of awards

1. The biggest loser plus two runners up
2. The most committed member

All participants of the challenge were awarded with a FINISHERS' CERTIFICATE and a token of appreciation. A total of 8 trophies were awarded to both categories of men and women respectively followed by vote of thanks from the manager and fitness committee members. The event ended at 2pm with healthy snacking and photo sessions.



RAS AL HAMRA CLUB LIBRARY

Telephone: 246 77307 (during opening hours)

Email: alfahal2@omantel.net.om (checked on a weekly basis)

Frequently Asked Questions	Available for Loan
<ul style="list-style-type: none"> • How do I become a member? <i>The use of the Library is free to member of RAH Recreation Centre on completion of an application form.</i> • What can I borrow? <i>Eleven items plus an additional two books per child aged 3 years and above living in Oman.</i> • What is the loan period? <i>Members – 3 weeks, Library Volunteers – 6 weeks</i> • How do I extend the loan period? <i>In person or phone 246 77307 during opening hours.</i> • What happens if items are returned late? <i>A fine of 100 bz per day per item overdue will accrue on a daily basis. Fines will be charged to your club account via bar chit.</i> • How can I return items outside of opening hours? <i>There is a drop box at the Library should you wish to return items during closing hours.</i> • How do I request items that are not currently available? <i>Please speak to the Duty Librarian should have any specific requests for books or music.</i> 	<ul style="list-style-type: none"> • <i>English Books</i> • <i>Local Interest Books</i> • <i>Arabic Books</i> • <i>Dutch Books</i> • <i>Children's Books</i> • <i>Magazines</i> • <i>Audio Books</i> • <i>Music CDs</i> • <i>CD Language Courses</i>

Opening Hours

Sundays: 13:00 – 19:30

Mondays: 08:30 – 20:30

Wednesdays: 08:30 – 19:00

MAGAZINES IN THE LIBRARY

Golf monthly

Golf Monthly, quite simply, is the quality brand for golfers. It includes tips, drills and advice from the UK's Top 25 coaches and the leading names on Tour; find the best gear for your game reviewed; read reviews on where to play and stay, both in the UK and abroad and interviews with the stars of the European and PGA Tours.



BBC Good Food

BBC Good Food Magazine is a must for everyone who loves food and cooking. Every issue of a BBC Good Food Magazine is packed with great seasonal recipes, tried and tested by our experts so you can be sure theyll work first time.



National Geographic

Read National Geographic magazine and explore the world's greatest wonders every month! Famous around the globe, National Geographic is renowned for its compelling articles and dramatic photography that portray the beauty, mystery and harsh realities of life on earth.



Society

Society is a magazine with class. It gets you up to date with what's happening in society. If you want to know the latest news, controversy or achievements of people in the area of business, politics, art, sports, media or spicy details on socialites, Society is the magazine to go to.



Practical Photography

Practical Photography brings a mix of inspiration and advice valued by people who want to improve and experts alike. Practical Photography magazine is packed full of fantastic images, photographic tips, photoshop techniques, advice and inspirations to get you out and about creating stunning photographs.



National Geographic Traveller Be inspired to travel the world with National Geographic Traveller UK magazine. National Geographic Traveller magazine is finally in the UK, further expanding the reach of the brand - National Geographic Traveler (US), as one of the most widely read magazines in the world.



Vegetarian Living This magazine is full of all the recipes and advice you'll need to enjoy a delicious vegetarian diet, with features from celebrity chefs and money-saving shopping guides.



Yachts & Yachting Yachts & Yachting is the leading magazine dedicated to competitive dinghy and keelboat sailing. Known as 'the sailor's bible', Yachts & Yachting has provided inspiration and practical advice for dinghy and keelboat sailors for over 60 years, earning a worldwide reputation as one of the best reads available.



Title	<u>NEW LIBRARY BOOKS</u>
The Precious One by Marisa de los Santos	The Precious One is an unforgettable novel of family secrets, lost love, and dangerous obsession, a captivating tale with the deep characterization, piercing emotional resonance, and heartfelt insight that are the hallmarks of Marisa de los Santos's beloved works.
Last One Home by Debbie Macomber	A wonderful novel of perseverance and trust, and an exciting journey through life's challenges and joys, Last One Home is Debbie Macomber at the height of her talents.
The Sellout by Paul Beatty	A biting satire about a young man's isolated upbringing and the race trial that sends him to the Supreme Court, Paul Beatty's The Sellout showcases a comic genius at the top of his game.
The Fortune Hunter by Daisy Goodwin	The Fortune Hunter, the New York Times bestselling novel by Daisy Goodwin, is a lush, irresistible story of the public lives and private longings of grand historical figures.
Aquarium by David Vann	In crystalline, chiseled yet graceful prose, Aquarium takes us into the heart of a brave young girl whose longing for love and capacity for forgiveness transforms the damaged people around her.
My New Roots: Inspired Plant-Based Recipes for Every Season by Sarah Britton	At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog.
The Bones of a King: Richard III Rediscovered by The Grey Friars Research Team and Maeve Kennedy	The most extensive and authoritative book written for non-specialists by the team who discovered Richard III
Around the World in 50 Years: My Adventure to Every Country on Earth by Albert Podell	Albert Podell's Around the World in 50 Years is a remarkable and meaningful tale of quiet courage, dogged persistence, undying determination, and an uncanny ability to extricate himself from one perilous situation after another—and return with some of the most memorable, frightening, and hilarious adventure stories you have ever read.
Very Good Lives: The Fringe Benefits of Failure and the Importance of Imagination by J. K. Rowling and Joel Holland	J.K. Rowling, one of the world's most inspiring writers, shares her wisdom and advice.
The Patriot Threat by Steve Berry	With appearances by Franklin Roosevelt, Andrew Mellon, a curious painting that still hangs in the National Gallery of Art, and some eye-opening revelations from the \$1 bill, this riveting, non-stop adventure is trademark Steve Berry—90% historical fact, 10% exciting speculation—a provocative thriller posing a dangerous question: What if the Federal income tax is illegal?
Keep Quiet by Lisa Scottoline	Powerful and dramatic, Keep Quiet will have readers and book clubs debating what it means to be a parent and how far you can, and should, go to protect those you love.
The Snow Kimono by Mark Henshaw	Set in Paris and Japan, The Snow Kimono tells the stories of Inspector Jovert, former Professor of Law Tadashi Omura, and his one-time friend the writer Katsuo Ikeda. All three men have lied to themselves, and to each other. And these lies are about to catch up with them.
Green on Blue by Elliot Ackerman	From a decorated veteran of the Iraq and Afghan Wars, and White House Fellow, a stirring debut novel about a young Afghan orphan and the harrowing, intractable nature of war.
Helen of Sparta by Amalia Carosella	A new take on an ancient myth, Helen of Sparta is the story of one woman determined to decide her own fate.
Popular Economics: What the Rolling Stones, Downton Abbey, and LeBron James Can Teach You about Economics by John Tamny	John Tamny uses entertaining stories from sports, movies, popular culture, and famous businesses to explain the basic principles of economics. His Dollars and Sense is an everyman's guide to how money really works—a lesson politicians try (and fail) to grasp every day.
Secrets from Chuckling Goat: How a Herd of Goats Saved my Family and Started a Business that Became a Natural Health Phenomenon by Shann Nix Jones	This is a true story, taken from Shann's diaries. It's about second-chance love stories, and happy endings that pop up when you least expect them. It's a story about nature, and farm life, and ancient recipes. And most of all, it's about the miracles that can happen when you refuse to give up hope.
Custard Tarts and Broken Hearts by Mary Gibson	Heartwarming and gritty, the story of a factory girl in Bermondsey through World War I. They call them custard tarts—the girls who work at the Pearce Duff custard and jelly factory. But now the custard tarts are up in arms, striking for better conditions.
Are We Nearly There Yet?: A Family's 8000-Mile Car Journey Around Britain by Ben Hatch	The story of a madcap five-month family trip to write a travel guide—embracing the freedom of the open road with a spirit of discovery and an industrial supply of baby wipes
God Help the Child by Toni Morrison	Spare and unsparing, God Help the Child—the first novel by Toni Morrison to be set in our current moment—weaves a tale about the way the sufferings of childhood can shape, and misshape, the life of the adult.

يسر القسم العربي في مكتبة مركز راس الحمرا الترفيهي أن يعلن لاعضاء النادي عن وصول تشكيلة جديدة من الكتب المتفرقة باللغة العربية.

فيما يلي لائحة باسماء بعض هذه الكتب التي نرجو ان تنال اهتمامكم :

- | | |
|------------------------------|--------------------------------|
| - فرح بهلوي | - سيرة ذاتية |
| - اولاد حارتنا | - للكاتب نجيب محفوظ |
| - عالم صدام حسين | - للكاتب مهدي حيدر |
| - الدولة العثمانية من | |
| - الامارة الى الخلافة | - للكاتب منصور عبد الحكيم |
| - الايام الاخيرة لنظام مبارك | - للكاتب عبد اللطيف المناوي |
| - القواسم والعدوان البريطاني | - للكاتب سلطان بن محمد القاسمي |
| - حبييتي بنظير | - للكاتبة دافني باراك |
| - دوامات التدين | - للكاتب يوسف زيدان |
| - فرسان وكهنة | - للكاتب د. منظر القباني |
| - حريم السلطان | - للكاتب سمير فراج |
| - الامير بندر بن سلطان | - للكاتب وليام سمبسون |
| - سجينة طهران | - للكاتبة مارينا نعمت |
| - رماد الشرق | - للكاتب واسيني الاعرج |
| - مملكة الفراشة | - للكاتب واسيني الاعرج |
| - شيماء وقلوب اخرى | - للكاتبة علياء القاظمي |
| - قواعد العشق الاربعون | - للكاتب الياف شافاق |
| - فريج المرر | - للكاتب حامد الناظر |
| - ساق البامبو | - للكاتب سعود السنعوسي |



May 2015 bulletin

- Mountain Trip Pictures
- Ramy 4x4 Offer Update
 - Wadi Trip
- ORAC On line Member Registration
 - ORAC Event Calendar

Salmah Plateau Trip

From all those who took part, a big thank you goes out to ORAC Trip Advisors Ronald and Evry for both scouting and then organizing ORAC's 2015 trip to the Salmah Plateau 😊 Not forgetting all the other ORAC committee members and friends, as the trip would not have been possible without their assistance. Write up(s) will follow but for those who made it, here are some photographic reminders of the adventure.

For those who didn't make it, look what you have missed 😞 You need to be a bit faster on the interweb booking next time!!



Salmah Plateau Trip



Salmah Plateau Trip



ORAC & RAMY 4X4 OFFER

The Warn specific product discount period with Ramy 4x4 has now ended however you are reminded that the following deal is still available:

General Offer to all members

All ORAC club members will be given a club discount of 5% on other general products also eg ropes, gauges, recovery items etc. This is available on items on their website or by simply walking into their shop (no special email ID to contact for this).

ORAC & RAMY 4X4 OFFER

REMEMBER-

Ramy 4x4 are happy to give bigger discounts of 10-15% on group buys e.g. if 5 members were to group together, or on purchases of more expensive, larger items.

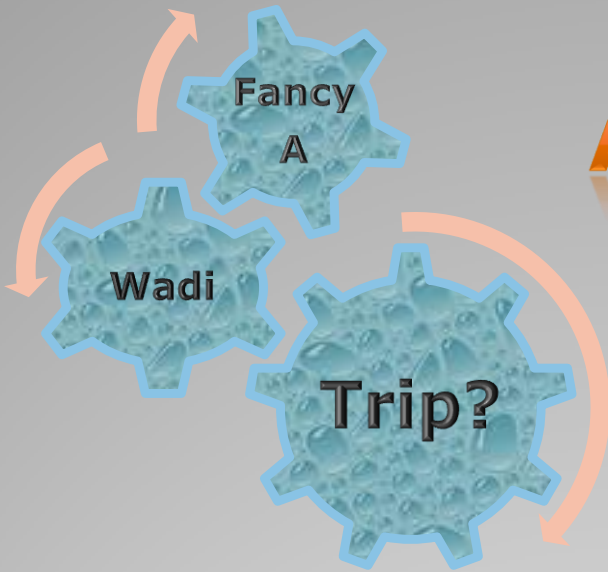
We have had positive feedback from our membership who have purchased items from Ramy following the announcement in last month's bulletin.

So keep Ramy 4x4 in mind when preparing your vehicle for the 2015 Wahiba Challenge 😊

YOUR NEXT ADVENTURE?

Al Khoud to Bidbid
'An ORAC family
friendly wadi trip'

5th June 2015 ☺



YOUR NEXT ADVENTURE?

Al Khoud to Bidbid 'An ORAC family friendly wadi trip'

Well, it looks like the scouting trip run by Paul has paid off, with all available places being filled within an hour of this trip being advertised!

Such was the popularity that ORAC are looking into the possibility of running this trip again for those who missed out the first time!



Keep an eye on the web site for registration information!

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

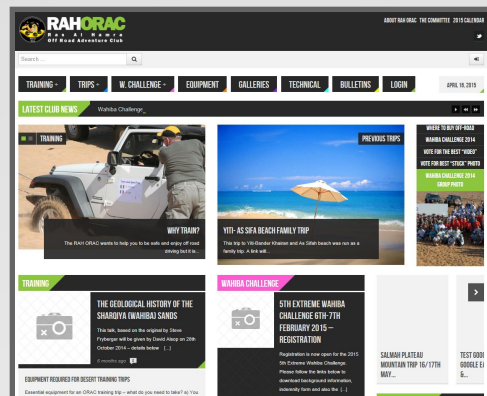
ORAC Member Registration

To improve the way we manage our club, organize trips and to better serve our current members we are looking at the possibility of introducing an online membership form.

When given the go-ahead by the ORAC committee it will require all current members and any new comers to register on line.

Please watch out for future e-mails on this subject and if you are interested in continuing your membership with ORAC and the benefits that offers then please follow any instructions given.

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



ORAC Web Site

Don't forget to check the Web Site

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

ORAC Event Calendar 2015/16

- 5 June - Wadi Trip Al Khoud – Bidbid
- TBA June/July -2nd Wadi Trip Al Khoud – Bidbid?
- 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 Sharqiyah Sands (Wahiba)
- 16 - 17 October Sand Driving for Beginners - Practical Weekend in Sharqiyah Sands (Wahiba)
- 12 November - 18th WAHIBA CHALLENGE 2015 evening meet. (Sharqiyah Sands)
- 13-14 November - 18th WAHIBA CHALLENGE 2015 crossing
- 4 December - Family Desert Trip
- 11 December - Mountain Trip (to be confirmed)

2016

- 28 January -6th Extreme Wahiba Challenge 2016 evening meet.
- 29-30 January - 6th Extreme Wahiba Challenge 2016 crossing.
- 26-27 February – Star Dunes Desert Crossing
- 18 March – Mountain Trip (to be confirmed).

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.

RAHORAC 2015
May bulletin

Dear Member,

RAHRC Tennis Club proudly presents its 3rd Annual Doubles League tournament 2015.

A promotional poster for the RAHRC Tennis Club's 3rd Annual Doubles League Tournament. The background features a blurred tennis racket and a tennis ball. The text is centered and includes the club's logo, the tournament title, dates, categories, format, league details, registration information, and contact details for the tournament director.

RAHRC Tennis Club
**3rd Annual Doubles League
Tournament**
Dates: 23rd May until 13th June 2015
Categories: Men's, Ladies & Mixed Doubles
Format: Round Robin
Tournament will be in 2 leagues this year:
League 1 - players above level 7 (advanced)
League 2 - players below level 7 (intermediate).
**Register before May 21st, Email Coach
Deron at rahrtenniscoach@gmail.com
with League Categories, Team Names and
Contact Details.**
Tournament Director Coach Deron Tel: 953 44398.
All matches will be fixed by Tournament Director

As our final tournament of the season, we have listened to our patrons and reassure you that this year is bigger and better.

LEAGUES 1 & 2 will even the playing field and ensure keen competitions between the various levels.

Sign up today and join the fun!!

See our website www.pdorc.com/tennis additional information or contact Coach Deron at 953 44398.

Regards,

Deron Grant
HEAD COACH
RAHRC TENNIS CLUB

TOP 10 VIDEOS

No.	TITLE	CATEGORY	CAST 1	CAST 2
1	BIG HERO 6	CARTOON	V/O - RYAN POTTER	V/O - SCOTT ADSIT
2	THEORY OF EVERYTHING	TRUE STORY	EDDIE REDMAYNE	FELICITY JONES
3	HOBBIT - THE BATTLE OF THE FIVE ARMIES	ADVENTURE	IAN McKELLEN	MARTIN FREEMAN
4	UNBROKEN	DRAMA	JACK O'CONNELL	TAKAMASA ISHIHARA
5	FOXCATCHER	TRUE STORY	STEVE CARELL	CHANNING TATUM
6	SEVENTH SON	ACT./ADV.	BEN BARNES	JULIANNE MOORE
7	PADDINGTON	ADVENTURE	V/O - BEN WHISHAW	TIM DOWNIE
8	TINKERBELL AND THE LEGEND OF THE NEVERBEAST	CARTOON	V/O - GINNIFER GOODWIN	V/O - MAE WHITMAN
9	SONG ONE	ROM./DRA.	ANNE HATHAWAY	JOHNNY FLYNN
10	TOY STORY THAT TIME FORGOT	CARTOON	V/O - TOM HANKS	V/O TIM ALLEN
11	LEGEND OF OZ - DOROTHY'S RETURN	CARTOON	V/O - LEA MICHELLE	V/O - KELSEY GRAMMER



Ras Al Hamra Development Project News

Latest in the Project

- 5 Million Safe Man Hours
- Town Hall event
- Shell EVP visit
- HSE performance

Phase 1 - 5 mln safe man hours
3000 manpower at all sites
3.7 mln safe KM driven



8th Town Hall event took place at RAH Club on 28th April. More than 280 PDO employees and families attended the event where the Project Manager presented the Development milestones and "Future Phases" schedule. RAH new Club model was as well unveiled at the event.

Shell EVP Real Estate and VP RE Facility Management visited Project office and apartments to get an overview of RAH Development and residential units.



Project Manager appreciated the HSE achievements of completing 1 year without LTI & RTA in the Project and awarded the Shield to Galfar and CES as token of Excellent HSE performance.



Harweel Terrace Villas completed and allocated to staff. There are 9 Villas, all 4 BR and includes Majlis, a separate dirty kitchen and extended outdoor areas.



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

Dive Section Monthly Bulletin May

2015



Contact Us

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Ian Ford

ian.ford100@hotmail.co.uk

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer:

Robert Langedijk, 92797189

langedijk@xtra.co.nz

Diving Officer:

Evert Moes

evert.moes@gmail.com

ALL DIVERS WELCOME

Make new friends with RAHSAC!!

Join us exploring Oman underwater. We are a very friendly and active section of the Ras Al Hamra Recreation Club with around 90 members... We dive every week-end so why not join us for 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

[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)

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



[RAHSAC?fref=ts](#)



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.

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.

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[index.php](#)

Join Us On Facebook



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

[RAHSAC?fref=ts](#)

May News



Fahal Island Swim

One of the fixtures on the club calendar is the madness that is the annual Fahal Island Swim which was held on 1 May this year. As usual, the dive section provided rescue boat cover as well as ferrying 40 swimmers out to the island which involved a very early start to get the boats in the water for 6.30. Well

[More >>](#)

Training News

This month has again seen a boost in training activities. The first Sports Diver course well underway and well over half the in-water sessions completed. Several more divers have now completed the entire course—congratulations!



A number of the more experienced divers also completed their Dive Leader qualification this month. This will allow them to manage club dives in familiar locations—congratulations! Looking forward to seeing lots of new marshals on the boat soon!

[More >>](#)

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over 100 swimmers took part and this year. However, despite the very calm seas, and apparently perfect conditions, relatively strong currents meant that most swimmers failed to improve significantly on their previous times—they may have gone quicker if we had told them about the shark we saw in the bay on the night dive the Wednesday before. Congratulations to everyone taking part.

Both boats were kept busy returning people to the beach who were unable to complete the swim and patrolling to keep other craft clear of the swimmers—fortunately no serious issues were encountered and better management of the ramp allowed us to recover both boats relatively quickly this year — we even managed to get a dive in later that afternoon!

[More ▶▶](#)

Training News—Continued...

We will also be running a second group of Sports Diver training shortly. This is a really useful qualification as it extends depth range to 35m (progressively), includes decompression diving and also provides training that allows the use of Nitrox mixes which will give you longer bottom times—if you have not signed up yet do so now!

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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Boat News

Both our boats are continuing to see extensive service at the moment—up to 20 divers are out regularly. We are picking up some long-standing maintenance issues on AW and a number of “big ticket” items are going to be installed in the next few weeks. RN will get a winch which should help recovering the shot on Deep Reef and the canopy on AW will be refurbished with real stainless steel (instead of the recycled razor blades used last time) and a new cover as the strong sun and extensive UV here means that they do not last very long.

New (To Us) Dive Spots

We are also making an effort to explore some new (or at least not visited recently) dive spots after a winter in which bad weather kept us stuck in Hamburger Bay for weeks on end. A month or so ago we dived at Ras Abu Daud for the first time in 2 years and this month we have already visited the wreck in BK, dived Paul’s Point and held an evening/night shore dive in Sheika As Sifah bay.

[More ►►](#)

Recent Dive Reports

After a period of bad weather we have been getting out to dive regularly over the last month or so as these reports show:

17 May

Lovely dives at the Damaniyats Islands today.... And loads of interesting things seen.... Seahorse, turtles, rays , devil rays , sea snakes, leopard shark, nudis, bat-fish, and loads of pretty coral and pretty reef fish. Thank you to Alan Hart for marshalling

16 May

Our own personal dive beach.... Hot and happy divers.... Turtles, guitar shark, Rays, moray eels, sea snakes and pretty reef fish....

15 May

Lovely day at Fahal. First Ray Bay.... With great viz, rays and visits to the tug and the barge. Then Hamburger with even better viz and more rays and big, big schools of fish.

14 May

Great night dive tonight... Eagle Ray seen again... Also shark, turtle, crocodile fish, free swimming morays and loads of crabs and shrimps. Lovely BBQ afterwards, thanks all for getting the fire started

9 May

Lovely dives today... East side and Hamburger.

[More ►►](#)

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We have records of lots of historical dive sites that the club has not visited for years which we plan on dusting down and having a look at over the next months. Come and join us - it is bound to be interesting!

[More >>](#)



Recent Dive Reports Continued...

2 May

A busy day today, dive boats supporting the Fahal Island swim and then a late afternoon dive off the beach towards Sifah, followed by a night dive for some .

29 April

Great night dive tonight. 13 divers and not so unlucky! A black tip reef shark and an eagle ray spotted in the bay!!! Along with crabs, octopus, cuttlefish, flat fish, box fish, moray eels, massive sleeping parrot fish and allegedly a 4 foot long porcupine fish.....

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Limited visibility in PDO Bay!

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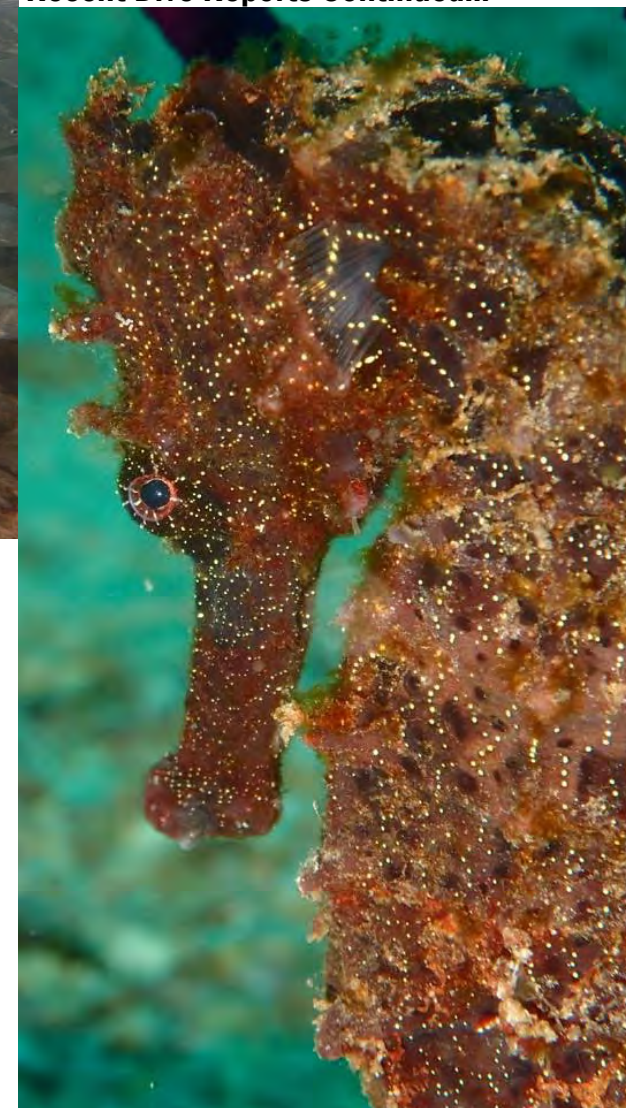
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Recent Dive Reports Continued...



Personal Development Network

Working together to achieve our ambitions



The 19th of May we had our first workshop. It was a big success as most of the participants left inspired and motivated.

Our office is currently open Sundays and Mondays from 8:15 am till 11:15 am.

'Casual Wednesdays' at the Coffee Shop are 8:15-11:15am.

Keep an eye on our fan page for future events and activities.

Join us to study and (net)work!



Online & Flexible Study Workshop

Date:

Saturday, 30th May
2015

Time:

8.00am to 5.00pm

Venue:

Multi-Sports Hall,
RAH Club

Fee:

2 Rials for all

Registration deadline:

24th May 2015, by
email. Must submit
membership number's

Lunch and drinks will
be provided

Open to

RAH Members ONLY

(Guest as doubles partners are
also NOT allowed)

Formats: Mens, Ladies and Mixed
Doubles: Children under 15s and
under 12s depending on participants



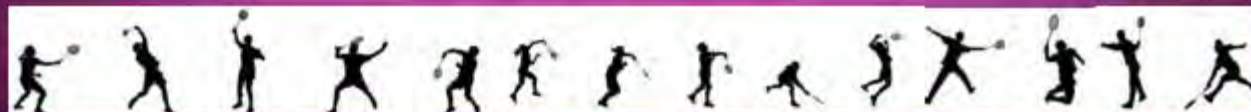
RAHRC ~ BADMINTON TOURNAMENT

**Contact:**

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Shashi on shashikanth.sk.kodancha@pdo.co.om

Monique on moniqueloerakker@gmail.com



RAS AL HAMRA RECREATION CENTRE Presents...

Vunja Jungu Party

29th May 2015
@ RAHRC
Cinema Hall

Ticket Price:
OMR 4/- Members
OMR 6/- Non-Members
(Dinner Included)

Live Music
Taarab &
Bongo Flavor
DJ music



Aerobic Classes 4th May 2015

Time	Sun	Mon	Tue	Wed	Thurs	Sat
08:30 to 09:30	Circuit Training Ladies (Fatma) Old studio	Body pump Ladies (Frances) Old Studio	Swiss ball Ladies (Fatma) Old Studio	Indoor cycling/ HIIT Ladies (Femie/Frances) 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	Body Balance Ladies (Fatma) Old Studio	Yoga Meditation Ladies (Marianne) New studio	ZUMBA Ladies (Arshiya) NEW STUDIO	Pilates Ladies (Andrea) New studio	Body pump Ladies (Femie) Old Studio 0930-1030 <i>Cancelled 23rd and 30th May</i>
12:00 to 13:00	Indoor cycling/ HIIT Ladies (Femie/Frances) Old studio	ZUMBA Ladies (Arshiya) NEW STUDIO	Body pump Ladies (Femie/Frances) Old studio	Circuit Training Ladies (Fatma) New studio	Body balance Ladies (Fatma) Old studio	Body Pump Mixed (Peter) Old studio 16:00 to 17:00
	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	
16:30 to 17:30	Zumba Fitness Ladies (Asya) Old Studio	Circuit Training/SwissBall Ladies (Fatma) New Studio	Zumba Step Ladies (Asya) Old Studio	Pilates Ladies (Noreen) New studio	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 (Frances) Old Studio	Circuit training Mixed (Alfredo) Old studio	