

THE RANKC BUILLETIN APRIL 2016

THE NEWSLETTER FOR MEMBERS OF THE RAHRC



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Main Committee Message



May has been hotter than normal but we are still lucky enough to be avoiding the high humidity so far...

Mid month we had a beach party to say goodbye to winter, this was the first time we actually danced with a live band and DJ on the beach. The new tables and chairs there and at the coffee shop patio are welcomed; please help us in keeping them in good condition and do not remove them from their current locations. I am disappointed by the continuing reports of litter being left on the tables and floor at the Boat club patio. This is unnecessary as there are rubbish bins provided. Please clear away any mess you make and leave your seat as you would expect to find it for the next person. Please also be reminded that we have a no

smoking policy and there are signs around the Boat club patio advertising this. However, there are still people who continue to smoke in this area where it is not allowed and there will be consequences if you and your guest, if caught. Just remember the club has CCTV coverage!

On the morning of Friday May 20th the club was buzzing with activity as the annual Fahal Island Swim took place. It was the largest ever field for the swim with over 130 swimmers and over 120 kayakers supporting them. The whole event was supported by private and dive boats, the medical department and many volunteers to ensure the safety of the event. Despite choppy conditions the swim event was safely executed and enjoyed by all who took part. It was good to see the increase in the number of people swimming and kayaking in the run up to the swim; please contact the appropriate sections if you would like to take part in their regular activities. We also had a RAHADs murder mystery night which was fun and well received. Muscat Syncro performed the first synchronized swimming show in Muscat which was a great success; this is a new activity.

Please be reminded that members are not allowed to give their membership cards to friends or family to enable them to get into the club and there will be consequences for you and your guest, if caught. Remember also that members are fully responsible for the respectful behavior of their guests, especially in the pool, on the beach and in the boat club. Misbehavior of the guests will have consequences for the member as well as the guest.

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

With the Holy month of Ramadan starting early next month, we all need to exercise more caution during this period especially with the hotter weather and long fasting hours.

On behalf of the Main Committee I wish you all Ramadan Mubarak.

Jamie Irvine-Fortescue Bar Secretary





OUTPOST MUSCAT

May - June - July 2016



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 rrival and on an ongoing basis during your assignment.



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

The next Networking Morning will be announced shortly.



Outpost Information Mornings

Every month Outpost organises an Information Morning at the office (Ras al Hamra Street, Apt. 149, Flat G005) from 9:00am–10:30am. This morning focuses on new arrivals but all are welcome. Come in to get an Outpost publication, view the notice boards or exchange experiences. We will be there to answer your questions. These usually take place on the last Thursday of every month. The next one will be on **Thursday 26**th **May and we continue after the summer**.

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.

Outpost summer timings

During July and August Outpost will be open every Tuesday from 8.15 a.m. until 11.00a.m. We are still accessible via e-mail: outpostmuscta@pdo.co.om, or via Facebook or you can leave a message on telephone number 246 58640.





OUTPOST MUSCAT

May – June - July 2016



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



Hispanic Section Committee

<u>Caribbean Night</u> - On April 14th 2016 the Hispanic Section organized the 1st Caribbean Night. This was a sold-out event where the participants enjoyed a wonderful night with traditional Latin and Caribbean music like Salsa, Reggae, and Calypso among others, played live by Oman's "Pulse & Soul Band".





The Sohar Garden was transformed into a real Caribbean paradise with coconuts, candles, torches and typical tropical flowers where a big Hispanic and non-Hispanic community enjoyed the party atmosphere, traditional Latin-American food like Fosforera soup, the music and the live band.



2016 will be a very busy year for the Hispanic Section as more events are being planned already!!! We are always looking for volunteers. Check our website http://www.hispanic-section.com or send us an e-mail at hispanic-section.com or send us an e-mail at hispanic-section.com or send us an e-mail at hispanic-section.com or send us an e-mail at hitps://www.hispanic-section.com or send us an e-mail at hit with the with

Oman Toastmasters 2016 Contest

In May 2016, PDO Toastmasters participate in Division D held its Contests at Bank Muscat Head quarters

The standards for competition were extremely high and I would like to congratulate each of our contest participants for their excellence showcased in competing at the Division level.

Many thanks to all of the functionaries and members who helped to make the contests possible.

Congratulations to PDO Toastmaster Saif Al- YARUBI for achieving 2nd place in Table Topics contest.

Regards Yahya Maimani (UIIP/21) PDO Toastmasters



Key highlights from RAHRC Badminton Section (Mar-16)

- Registrations for Annual Badminton Tournament 2016 commenced in 1st week of May-16 and closed on 21-May-2016 with good response from the members.
- Sixth batch of Badminton Coaching (Intermediate level) commenced for kids and will continue for 8 sessions on Saturdays.





RAHADS

A fantastic couple of nights of big laughs and outrageous accusations were had at the RAHADS Murder Mystery Dinner 'The Body in the Wadi' by Rosie Reddy, thanks to a bumper turn-out of guests who all got into the spirit of things. Was Victor Victim murdered by his wife Wendy (Jamie Maclean), his ex-lover Krystal Clear (Nicole van den Bergh) or her jealous husband Barry (Hugh Maclean)? Or was it the dodgy engineer Joe King (Dave Salt) or his wife Leigh (Denise Sanders), trying to silence him. Or finally could it have been revenge from Helen Highwater (Tracy Hulme) or her cousin Gladys Friday (Jane Alcock)? All the guests had great fun helping Detective Inspector Hugh Dunnit (Julian Masters) unravel the clues. The final answers ensured hilarity and justice prevailed!

Next event...

Cabaret on Friday 2nd September - start preparing your acts now - if you sing, dance, act, play a musical instrument - whatever, get ready to come and perform to a friendly, supportive audience.

More information to come out soon.

Kayak Section News:

Fahal Island Swim

It was fantastic to see over 100 kayaks out on the water in support of the Fahal island swim, despite the heat and humidity: well done and thank you to all of you who took part in this event.

Muttrah to Yiti

On Friday 13th May, a group of eight kayakers made the trip from Muttrah to Yiti. We started by loading the kayaks the night before and then dropping the 'finish' cars at Yiti beach early in the morning, before heading to the start point at Kalbuh park and leaving the beach by 8.30am.

The total distance was about 19km, and included stops at Cemetery bay, a paddle through the marina at Bandar al Rowdha and lunch/swim stop at a beach in Qantab. After that, we headed through the famous Shangri-La archway for another stop just outside Yiti beach, finishing early afternoon.

Spectacular scenery and good fun, although it was rather warm.











Kayak racks

The new kayak racks are still under construction, but will be finished soon...

Funrun Section

The fun run has been going every week for some 19 years already and soon, on 2 June, we will have our run 1000.

We will celebrate this with a T-shirt for those people who join our 1000^{th} run AND have run at least 3 out of the preceding 10 runs. In addition there will be drinks for all afterwards at the Boat Club. So get out your gear and join us on Thursday afternoons at 6:00 pm on the overflow car park.

Looking forward to seeing you there.

Chantal, Paul & Edwin

Oh Man Adventure Club

Photography Workshop Wednesday 25th May.

Hil has kindly offered to lead another photography workshop. This will be the third workshop led by Hil and previously they have proved very helpful. We have learned a great deal about

our cameras and how to use them to maximise our photographic skills.

This workshop will feature the fish souk at Barka and then onto the fort that lies close by. We

meet on the car park opposite the PDO Club entrance at 8:00am for car pooling. Please contact

Graham if you would like a place on this workshop.

Wine Tasting and Information Session. Wednesday 14 September

Our member Chris has kindly offered to lead and organise a wine tasting evening. It will be held on 14 September at 8pm. This promises to be a very interesting event. Chris will let us know

more details in due course but put the date in your diaries ready to book your place.

Dutch Rice Table Thursday 16 June.

Robert, Steve and Graham are planning an evening of feasting with an Indonesian Rice Table.

This will take place on 16 June after sunset. Not to be missed. Members are invited to attend.

Please bring your own drinks and contact Robert to confirm attendance.

Evening Meal out

The recent success of the event held at the Intercontinental Hotel has meant there is demand

to repeat this arrangement but at a different venue. Robert will contact Aaron to see if he has any recommendations for us to use the vouchers in the discount book. The date has been set as 1st September and we will hear from Robert or Aaron about the venue for the night which

starts at 7:30pm.

Please note: You participate in our events at your own risk.

Graham Speller: grahamspeller@aol.com 95378251

Robert Velberg pj.velberg@gmail.com 920423592

Steven Moreman moerman.steven@gmail.com 91732403



May 2016 bulletin

Crossing the Empty Quarter
 Oman – Iran – Europe Overland
 Wahiba 2016 Wheel cover Competition
 Salmah Plateau Trip
 Wadi Trip Pictures
 ORAC Event Calendar



Ras Al Hamra Off Road Adventure Club (ORAC)
in association with Outward Bound Oman
proudly announce an evening presentation on an historic event

CROSSING THE EMPTY QUARTER



3 people, 49 days, 1,300kms, on foot and by camel, across the largest sand desert on earth

Retracing the footsteps of 1930's explorer, Bertram Thomas A presentation from a member of the crossing team

7pm, To

ply turn up



ORAC hosted a talk on 'Crossing the Empty Quarter earlier this month. The talk was very well received by the full house...... ©

RAHORAC 2016 May bulletin

Oman - Iran - Europe Overland

Ras al Hamra Off Road Adventure Club (ORAC) proudly present an evening presentation on

Oman – Iran – Europe Overland

Our adventure driving 'home'



Driving across the continent to the Netherlands from Oman.

Agnes van der Gaag & Goos Bakker provide hints and tips on how to prepare for such a journey, sharing also some great photos

7pm, Tuesday 22nd May 2016, Oil and Gas Exhibition Centre, Near Gate 2, simply turn up, all welcome

A huge thanks goes out to Goos Bakker for organizing this great talk for the ORAC members.

Oman - Iran - Europe Overland





Another full house at the O+G Exhibition Centre for an ORAC event....!



The Prestigious ORAC Wheel Cover Competition



Think you can rustle up something better than this for the 2016 Wahiba Challenge??? Get yer knitting needles out....
You have until the 31st of May to submit your ideas so get clicking!

Salmah Platau Trip

Ras Al Hamra Off Road Adventure Club



Proudly present SALMAH PLATEAU MOUNTAIN DAY TRIP 2016

Family friendly mountain adventure



From Qalhat to Fins, over the top, the long way, in a day!

Date: 28th May 2016

Location:

Lo may Lor

Salmah Plateau, Eastern Hajar Mountains

The plan

Depart Muscat, 8am; drive along Sur road and ascend via Qalhat; Cross Plateau entire day and visit the Beehive tombs along the way. Descend the mountain at dusk and head back to Muscat

Limited places. Please register online with:
1. your name
2. type of vehicle. (only good 4WDs with low range allowed)
Register at

rahorac.jeeprs.com

Important note: ORAC do not appreciate participants registering and then cancelling, thereby potentially depriving others of places. Please only register if you are certain you can join us on the day. If you do book yourself but are later unable to attend, please advise us on or before 22°M May. Failure to do so will result in your name being blacklisted for 1 or more subsequent ORAC events.

TAKE NOTE:

Due a number of people not turning up for ORAC trips without providing sufficient notice we have been forced to introduce a penalty for those who don't inform ORAC that they cannot make it!

Please read the small print.....

RAHORAC 2016 May bulletin

Wadi Hawqayn Trip



Great feedback from those who attended ORACs latest Wadi trip.

Thanks go to trip organizer Steve Jones for scouting the route and running the trip ©

RAHORAC 2016 May bulletin

Wadi Hawqayn Trip

On Friday 29 April, with an early start and a potentially dodgy weather forecast, 19 intrepid explorers met in Rustaq for an adventure into Wadi Hawqayn. It had rained the day before which meant more water, and more fun, in the wadi, but it was due to rain again.....so with a keen eye on the sky we set off.

We entered the wadi at Al Marji, an easy drive down into the proper bed of the river and our first stop to change into low gear and remove bumpers voluntarily!





It is 30km from Al Marji to the waterfalls at Hawqayn, a wet and bumpy ride at times, but in a beautiful wadi with palm trees and villages along the way. It was not always so easy to guess the depth of water....

...or the height of rocks....



Wadi Hawqayn Trip

But after a couple of hours of fun we reached the abandoned village on the island and a much needed lunch stop in the shade. There were several places to escape the wadi if it became too wet or the rain arrived but the day stayed dry so we carried on.

We passed another small group who had got their jeep well and truly stuck and needed to be winched out, but our group had a knack for avoiding the deepest pools and were fine!

At the afternoon stop for a bathe in the beautifully warm and clear water we found a friendly snake.

Can you can identify it...



A few more aquatic adventures and we left the wadi just before Hawqayn to drive the few last km to the proper waterfalls and a much deserved swim!





Thanks to Katherine Jones for the write up ©

Memories fromWadi Hawqayn



Following his success with the Garmin presentation, David Alsop delivers a Master Class on telling others what to do from the comfort of his drivers seat! ©

ORAC Web Site



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

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





http://rahorac.jeeprs.com/



ORAC Web Site

hittp://rahmaram.ieepns.com/

2 hours and

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

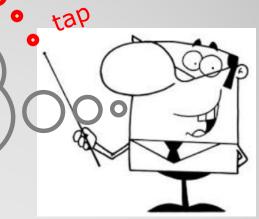
booking is required for these talks and a 'seat' will be on a first come first served basis. Theory sessions are advertised here on the website, circulated by email to all club members as well as being displayed on posters around the Ras Al Hamra

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

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

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

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



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

ORAC Event Calendar 2016

2016

- •28th May Mountain trip.
- •3rd June Mountain trip.
- •18 and 19 September Theory evenings.
- •7/8 October Practical training
- •14/15 October Practical training
- •11/12 November WC16
- 20 November WC After Party
- 3 December Family trip

Other mountain and wadi events, not listed here, may take place over the next few months. Please look out for our notices on the Web Site, open and read our emails/bulletins when they arrive.



May 2016 bulletin

New Committee
Ladies Section
2015/2016 Season Finale
GAC April Monthly Medal
More April Monthly Stableford
Captains Walk Out
Kazdal Cup
Mistal May Monthly Medal
More Monthly Stableford
Upcoming Events
Rule of the Month





New Committee

Following the recent AGM, here is the updated list detailing the RAHGC Committee members.

Position	
Captain	lain Liversage
Vice Captain	David Alsop
Treasurer	Edzard Van Loon
Events Secretary	Nasser Al Touqi
Secretary	Gerry Woods

We would like to thank the outgoing committee of Geoff, Caroline, Gary, Chris, Torre and Martin for all their work during the year.





Ladies Section



Sunday Ladies Social Golf

Join us for 9 holes of golf followed by coffee in the clubhouse.

- ♦ Meet at RAHGC clubhouse in time for 7:45 start
- ♦ OMR10 Green fee for non-members.
- ♦ Club hire available

Beginners very welcome.

Questions? Contact Shawn sskibinsky@troon.com

ES SECTION



End of Season Results 2015/2016

Position	Player
Mens Player of the Year	David Alsop
Ladies Player of the Year	Jameela Daud
Top Dog	David Alsop
Top Cat	Ayse Kazdal
Gross Eclectic	Simon Billeau
Net Eclectic	Gary Battersby





GAC Montly Medal Results: 2nd April

Position	Player	Score
Best Gross	Sam Battersby	81
Mens Div 1 Winner	David Alsop	69
Runner up	Fadel Noor	74
Mens Div 2 Winner	Martin Wright	67
Runner up	Mitrangshu Dutta	70
Ladies Gross Winner	Jameela Daud	
Ladies Nett Winner	Ayse Kazdal	74
Straightest Drive	Kevin D'Amours	
Nearest to Pin H2	Hussain Dad	
Nearest to Pin H16	Don Gray	





MORE Monthly Stableford Results: 16th April

Position	Player	Score
Mens Div 1 Winner	Fadel Noor	39
Runner up	Gary Battersby	37
Mens Div 2 Winner	Alex Borges	44
Runner up	Mitrangshu Dutta	39
Ladies Div Winner	Caroline Wright	29
Straightest Drive H9	Prakash SJ	
Nearest to Pin H16	Craig McMeekin	





Captains Walk Out Results: 22nd April

Position	Player	Nett
1 st Place	Geoff Murray, Caroline Wright, Charlie Brown, Chris Mustoe	57.2
2 nd Place	Brett Merrel, Mike Reddy, Marion Prescott	58
3 rd Place	Thomas Materna, Moira Urquhart, Don Gray, Steve Vaughan	59.2
Longest Drive (1 iron)	Steve Coventry	
Nearest to Pin H11	Geoff Murray	
Nearest to Pin H16	Edzard van Loon	







Kazdal Cup Results: 29th April

Position	Player	Pts
Best Gross	Thomas Materna	44
Mens 1st Place	Stephen Joseph	43
Mens 2 nd Place	Fred Park	41
Mens 3 rd Place	Rasit Rafali	39
Ladies 1st Place	Yvonne van den Wildenberg	39
Ladies 2 nd Place	Shirley Prescott	36
Ladies 3 rd Place	Marion Prescott	36
Nearest to Pin H2	Julian Chong	
Nearest to Pin H13	Raoul Restucci	

Many thanks to Ayse and Recep for hosting the Kazdal Cup

Recep actually won but would not accept the prize!





RAHGC 2016

May bulletin



Mistal Montly Medal Results: 7th May

Position	Player	Score
Best Gross	Hussain Dad	77
Mens Div 1 Winner	David Alsop	65
Runner up	Tore Solberg	66
Mens Div 2 Winner	Elliot Battersby	61
Runner up	Recep Kazdal	61
Ladies Nett Winner	Shirley Prescott	72
Straightest Drive	Mitrangshu Dutta	
Nearest to Pin H9	John Prescott	
Nearest to Pin H13	Don Gray	







MORE Monthly Stableford Results: 14th May

Position	Player	Score
Mens Div 1 Winner	Connor Lynch	42
Runner up	Torre Solberg	41
Mens Div 2 Winner	Gary Battersby	43
Runner up	Mitrangshu Dutta	41
Ladies Div Winner	Ayse Kazdal	36
Runner Up	Marije Van Koolwyck	33
Straightest Drive H9	Ahmed Al Zakwani	
Nearest to Pin H16	Ray Prescott	







Upcoming Events

•4-June Mistal Monthly Medal

•18-June MORE Montly Stableford

•26th May Green Thursday's

Wednesday Social Evenings

•Summer Match Play Series: TBA

Tips for summer golfing

- Drink lots of water
- •Use sunscreen
- •Take advantage of playing under lights when it is cooler





Rule of the Month Pace of Play



DAN TAKES YET ANOTHER PRACTICE SWING.

•Slow play can detract from the enjoyment of the game for many golfers. Few golfers are heard to complain about play being too quick!

Player Behaviour

- •Very few golfers would admit to being slow players but we can all do our bit to play a little bit faster. Use your time wisely so when it is your turn you are ready to play and consider shortening your pre-shot routine.
- •Be aware of your position on the course. You should always play at a good pace and keep up with the group ahead.
- •Priority on the course is determined by a group's pace of play.
- •If you determine that a hole or more is separating your group from the one ahead of you, Section I Etiquette reads that you should allow the group playing behind you to play through as a courtesy. The term "group" includes a single player.
- •If you think your ball may be lost outside a water hazard or is out of bounds, to save time, play a provisional ball.

RAHRC Arts Centre House Rules (2016)

The following House Rules rules apply to all users of the RAHRC Arts Centre (hereafter referred to as AC), and supplement the general RAHRC Statutes and House Rules. The intent of the AC House Rules is to provide a welcoming environment for Arts activities, while ensuring that members can work according to safe practices. All users are kindly asked to be familiar with this document.

1. General Information

- a. The AC is an activities facility at the RAHRC that is intended for use by members.
- b. Non-members can participate in activities by exception only. As per RAHRC House Rules, prior arrangement will have to be made by the AC Section with the RAHRC Management to bring in guest participants for regular activities, lessons, group practice, group exercise etc., bearing in mind that the standard RAHRC guest fee is applicable for these participants. Any member that invites a guest must attend the same course, i.e. the guest cannot attend the activity unaccompanied by the member.
- c. As per RAHRC House Rules, the AC is managed strictly on a volunteer basis; this includes the Section Committee, instructors and teachers.
- d. Membership rules, code of conduct and liability for damage are covered within the general RAHRC House Rules.
- e. The Emergency Assembly Point is situated at the wall-end of the AC car park, opposite the boat yard.
- f. A first aid box is located in the kitchen.

2. Access

- a. the AC is open on a regular basis throughout the year, generally following the communities' various annual school calendars.
- b. AC opening hours & use:
 - General opening hours: Sunday to Thursday, from 8.00 – 17.00 hrs
 - Opening hours for scheduled activities: 8.00 21.00 hrs
 - No access after 21.30 hrs (except for managing kiln firing)
 - Rooms can be booked when a minimum number of members register for a scheduled course or workshop, and attend for the duration of the activity.
 - For HSE reasons, any activities scheduled after
 17:00 hrs must have a minimum of two persons (either

members or the caretaker) inside the AC building for the full duration of the activity.

c. Keys:

- Appointed key holders are the RAHRC Front Office, the AC chairlady and the AC caretaker.
- the AC caretaker is responsible for opening and closing the AC, its rooms and activity/craft cupboards and storerooms based on the schedule of activities and opening times.

3. Courses and Workshops

a. Courses and workshops offered are free of charge to RAHRC members. A material or equipment fee may apply to certain courses and/or workshops.

b. Courses:

- Courses must be scheduled for a period of 4 (minimum) to 6 weeks. After this time, courses can resume or be continued by advanced instruction.
- Course scheduling is done in agreement with the AC Secretary.

c. Workshops:

- Workshops are activities without instruction.
- Workshops are scheduled to offer members an opportunity to work on their projects unassisted.
- A member can request to schedule a workshop under the condition of agreeing to supervise the activity for a minimum period as agreed with the AC Committee. The requesting member (workshop supervisor) takes responsibility for managing the activity, taking these AC House Rules into account.
- d. Instructors and workshop supervisors decide the number of students that can be accommodated in a course, taking the following into account:
 - Courses must have a minimum of 4 students registered and attending.
 - Courses and workshops shall have a maximum of 12 students or participants.
- e. If classes are not fully utilized in line with the above, the AC Secretary may re-allocate the room to another activity.
- f. The Secretary will make an effort to manage waiting lists reasonably (at least seasonally, i.e. every 3–6 months), to allow new students to participate in scheduled activities. Students on waiting lists will be offered an available place on a 'first comefirst serve' basis from the date of registration.

4. Students

Before attending a scheduled course/ workshop at the AC, all students must:

- Register for the activity by contacting the AC Secretary.
- Receive confirmation for attending the course or workshop by the Secretary.
- Note that course registration confirms full acceptance of this document, the AC House Rules.
- a. Students are responsible for informing the instructor in case of absence, in reasonable time.
- b. Students are encouraged to make comments and/or suggestions regarding activities, equipment, materials etc. Please drop notes in the AC hallway 'mailbox'.

5. Instructors

- a. Anyone interested in teaching an AC course will be asked to:
 - Prove they have adequate skills and/or qualifications to teach the intended course. Adequacy will be determined by RAHRC Club Management.
 - Provide the AC Committee with a brief 'Course Description' i.e. information including objectives, use of materials and proposed activity schedule.
 - Design an advertisement in collaboration with the AC Secretary - for the proposed course that will be placed on RAHRC website including the monthly RAHRC Bulletin..
 - Have a minimum of 4 students enrolled.

If conditions are met, the AC committee is pleased to support the instructor in offering the course.

- b. Before starting a new class, instructors are asked to:
 - Remind students of any HSE considerations applicable to their course, as well as basic HSE procedures a tAC (e.g. emergency numbers, first aid box etc.).
 - Inform students that AC House Rules are posted on the notice board.
 - If applicable, collect any payment for materials provided by AC.
- c. Instructors have access to activity cupboards only if they are running a course, and are responsible for the safekeeping of any equipment and materials used during the course and stored in cupboards. Cupboards are not for private use.
- d. Once a year, when requested by a Committee member, instructors will be asked to:
 - Check their equipment inventory.
 - Prepare and make an approximate value for the course Stock-list.

- Submit a course budget request for the following year.
- e. Instructors are asked to:
 - Inform the Caretaker or a Committee member if any maintenance or repair is required to equipment, furniture or the rooms (electricity, water etc.).
 - Ensure that AC property (equipment or materials) is not removed from the building. Any equipment taken from the AC for repairs must be signed out by the AC Chairlady.
 - Use only special white board markers provided by the AC on classroom whiteboards.
 - Not post any advertisements, posters, notices etc, on the classroom walls. Please use the dedicated notice boards in the hallway for such announcements.
- f. Instructors are kindly asked to attend the AC Annual General Meeting and asked to be present at scheduled AC meetings and events whenever possible.
- g. the AC provides a photocopier, laminating machine and some other office equipment for the benefit of instructors, to be used for course-work only. The daytime Caretaker is responsible for operating the machines and making office supplies available to instructors.
- h. Departing instructors are asked to provide an inventory of AC course equipment and materials and to the AC Chairlady at least one week before leaving.

6. Instructors & Workshop Supervisors

- a. In order to administer AC activities efficiently, course instructors and workshop supervisors are asked to:
 - Communicate with AC committee as necessary or when requested, regarding scheduling, progress and/or changes to activities, student lists, ordering materials, payments etc.
 - Run their courses according to the proposed schedule of activities as advertised, and inform the AC Committee of any changes to activities before they take place.
 - In case of absence from a scheduled class for more than two weeks, to inform the AC Secretary and course students in reasonable time. In the event of a class cancellation, instructors should try to reschedule the class. Note that another instructor or student can be appointed to stand-in.

7. Equipment & materials

- a. Equipment and consumable materials can be provided for activities, and are:
 - Funded through an annual budget allocated to a course if requested by the course instructor.

- Purchased as a stock of basic course items- and remain the property of the AC, or to be sold to students attending the course.
- Intended for use by instructors and students attending the course only.
- b. Private sales for materials used or items made in courses are not permitted.
- c. Members attending AC courses may be asked to pay the cost of certain materials needed and provided for courses.
- d. Members attending AC workshops do not have access to equipment or materials stored in cupboards or storerooms and are asked to bring their own to work with. For exceptions agreement with the AC Committee is required.
- e. Any instructor or student can offer to order/ purchase equipment and materials for courses taking into account that:
 - All orders and purchases must be discussed with the course instructor and agreed by the AC Committee in line with RAHRC Accounting Guidelines.
 - To be reimbursed for any items purchased, members are requested to provide the RAHRC all original purchase documentation and receipts.
- f. At the end of each course and workshop session, all instructors, students, supervisors and participants must ensure that:
 - Classrooms are left tidy i.e. table surfaces, equipment, rubbish in bins etc., so the Caretaker can clean the room.
 - All course equipment and materials, especially electrical, fragile or items carrying HSE risk, are stored away properly and/ or locked from general access.

8. Children

- a. Children under 16 years of age are not allowed to attend regular courses.
- b. Children under 8 years of age are not allowed to attend children's courses. Exceptions are to be agreed with the instructor and the AC Committee.
- c. Instructors, students, supervisors and participants are not permitted to bring their children.
- d. Parents of children attending classes:
 - Are not allowed to stay in the class; the course instructor will supervise the children.
 - Must not leave their children unaccompanied by an adult inside the AC building.

9. Pottery & kilns

- a. Only key holders and pottery kiln operators have unsupervised access to the kiln room. Kiln operators are appointed by RAHRC Club Management on request.
- b. The kiln room is to remain locked at all times; especially when in use.
- c. the AC Committee will allow responsible members to be kiln operators, based on assessment of skills.
- d. Kilns are to be used for firing ceramics only. Kilns cannot be used for:
 - Firing work that is not made by RAHRC members.
 - Firing items that are intended for sale to the public.
- e. For efficiency purposes, kilns shall not be fired unless they are stacked close to full capacity.
- f. Pottery course instructors are responsible for firing their students' and own ceramics.
- g. Kiln use will be monitored by a booking system, using a logbook.
- h. Pottery kiln operators may be granted access to the AC after hours for operating the kilns after scheduled hours, for the duration of the firing process, in agreement with the AC Committee.
- i. For HSE reasons, when using the kilns:
 - The name and contact number of the authorized person operating the kiln/s must be posted near the kiln room when in use.
 - the AC Caretaker must be informed when the kiln is in use.
 - The extractor fan must be switched-on at all times while the kilns are in operation.
 - The kiln operator shall not fire-up the kiln/s while members are working at the pottery studio.
 - The kiln operator must not leave a working kiln unattended for more than four hours and must be present when the kiln reaches the scheduled top temperature.
- j. For HSE reasons, regarding the pottery store rooms:
 - Only pottery instructors, the Caretaker and the AC Chairlady have permission to access the store room.
 - Equipment and materials supplies in the Storeroom are provided strictly for AC pottery courses.
 - The pottery storeroom is to remain locked at all times, unless in use.
 - Instructors are responsible for the safekeeping and orderly shelving of materials kept in the storeroom.
 - Instructors must inform students of the proper use of potentially hazardous materials.

- a. The Arts Centre Caretaker is responsible for:
 - Opening and closing activity rooms according to the course and workshop schedule posted on the notice board.
 - · Managing minor repairs.
 - Operating the office printer.
 - Ordering water supplies.
- b. The Caretaker is not authorized to open rooms to anyone outside of the scheduled course and workshop hours.

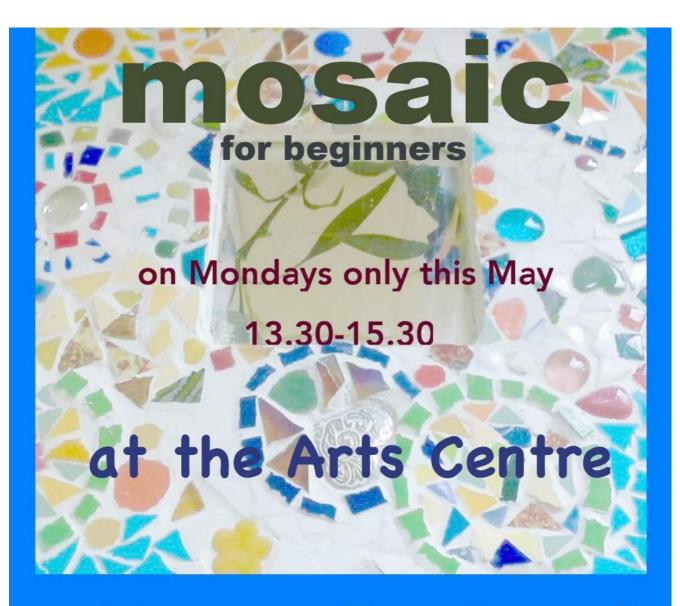
11. House Rules

- a. Members are encouraged to make comments and suggestions to the AC Committee in writing. Please put any remarks in the mailbox located in the entrance hallway.
- b. the AC Committee will review the House Rules annually; changes will be in agreement with the RAHRC Main Committee. The rules will be posted on the main notice board in the entrance hallway of the AC building and on the website.



at the Arts Centre

register: vera_rijnvos@gmx.de



register: vera_rijnvos@gmx.de



Tuesdays 13.00-15.00 at the Arts Centre

register: vera_rijnvos@gmx.de

Arts Centre Committee

Chairlady: Martha Clark <u>mfburgaclark@hotmail.com</u>

Treasurer: Arleen Edwards <u>casaed@omantel.net.om</u>

Secretary: Vera Rijnvos <u>vera_rijnvos@gmx.de</u>

Community members: Claude Fahrhat <u>claudesenior005@hotmail.com</u>

Sarah Ormerod <u>piratemotorsport@gmail.com</u>

RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s

DIVE SECTION MONTHLY BULLETIN May 2015



Contact Us:

Chairman:

Ian Ford

lan.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



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 our 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.



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lan.Ford100@hotmail.com

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Dhow cruise – 13 May

Having been blown out from our planned dhow cruise on 22 April, despite the somewhat inauspicious date (Friday the 13th) we finally managed to get out on the dhow.

Starting and finishing from the Marina, this family event featured snorkeling, a dive-themed treasure hunt for both adults and children and a picnic lunch as well as impromptu dhow driving lessons for most of the children (which added some variety to the sailing routes) meant that over 30 members and their families had a wonderful afternoon – many thanks to Katherine for organizing everything including the 3 turtles that joined us for snorkelling!







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May News

Training...Training

Our training plans for the year are continuing to take shape.

So far we have completed the BSAC AED Skill Development Course which trains divers to use an Automated Eternal Defibrillator (AED) in a diving environment and the Twinset Skill Development Course.

Courses planned for the next few weeks include another chance to complete the Oxygen Administration SDC and the Boat Handler SDC as well as starting the Dive Leader course – contact Louis for details.





Training News

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

Courses planned for the rest of 2016 include:

Gas Blending SDC

Boat Handler SDC

Dive Leader SDC

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



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May News Continued

Trailers – Good News!

If you dive with us you will know that the trailer for AW was showing signs of age to the point that it was easier to launch and recover RN which weighs almost twice as much! AW's trailer was rusting from the inside out due to the long term effects of trapped seawater in the tubes and the wheel bearings were on their last legs as well. But good news the new trailer is here and in use. Many thanks to Jamie (Boat Officer) and Robert (Treasurer) for their hard work in getting this project off the ground.





Recent Dive Reports

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

9 April

What started as a sunny diving day with flat calm sea, quickly turned into a for Oman very rare rough condition. Never ever had rain on a RAHSAC dive, today more than plenty. Returned safely but cold

15 April

Lovely diving on Eastside today with great viz. and then a bumpy ride home again and great team work to take boat round to marina and unload there....

29 April

Good days diving, water Temp 27/28 - soon be shorty time



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May News Continued

Boat Woes...

Keeping our boats running takes a lot of behind the scenes work with the inate hostility of the marine environment. The echo-sounder/GPS on RN failed inexplicably recently – we found out subsequently that the entire sender unit and cable had been forcibly torn off the stern and will need to be replaced.





Recent Dive Reports – Continued

29 April

Summer is here or somebody turned the oven up to 11! Hot and balmy above water and refreshing in it! Nice day, relaxed diving with the calmest weather in months! Thanks to Alan H for Marshalling and putting AW in its new trailer!

30 April

Another good days diving at Fahal with both boats out.

5 May

Water temp up to 28 in places, a good day had by all.



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May News Continued

New compressor...

Great news – our new compressor has arrived and is installed in the compressor room! After six months of increasingly unreliable operation the Club agreed to replace the old automatic compressor with a new one. This is great news and will make refilling cylinders after diving much easier – many thanks to Alan and Evert for all their behind the scenes work in making this happen, Robert for organising the finances and of course to the main club committee for their support.







Recent Dive Reports - Continued

7 May

Vis not the best today, but plenty of life about.

12 May

Night dive on the Munassir wreck – thanks to Alan for organizing!





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May News Continued

AGM 2016

The 2016 AGM was held in the Marlin Hall on 27th April. We were able to celebrate a great year of diving and look forward to next years diving.

The new committee was elected with a small number of new members:

Chairman – Ian Ford	Diving Officer – Evert Moes
Secretary – Peter Bedson	Treasurer – Rick Henson
Training Officer – Louis	Expeditions & Environment
Tsiakkiros	Officer – Wim Vranckx
Boat Officer – Jamie	Equipment Officer – Mal
Stewart	Stuart
Social Secretary –	Membership Secretary –
Katherine Norris	Jane Alcock
Tanks Officer – Alan Hart	





Lionfish Munassir Wreck 12 May

RAHRC LIBRARY BOOK CLUB!

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

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

<u>Tuesday 21 June</u> – *In the Heart of the Sea* by Nathaniel Philbrick

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

Bring lunch or order from the Boat Club.

We look forward to seeing you then!

CHILDREN'S BOOK Sunday 6.30 - 7pm English READING

Monday 5:30 - 6pm Arabic

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



RAH Cricket Section Ramadhan Charity Presents Fourth Annual 7 a side

(sponsored by UWD)

Fun Indoor Cricket Tournament Sat 4th June 2016

At RAH Indoor Sports Hall (08:00 – 19:00)

All Proceeds to local Omani Charities

Tournament open to all RAH Members & Non Members

To register by <u>26th May</u>: teams contact:

Adeel Tariq OSET52 (PDO Teams) - 93298248

Sabah Al-Fadhil (External Teams) - sabah1982@hotmail.com - 99364656

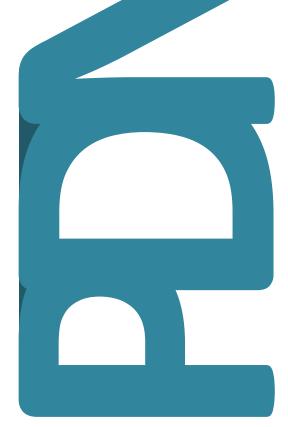
150 OMR per team (PDO teams)
100 OMR per team (External teams)
All proceeds to charity

Registration* deadline 26th May

*(only hard Ball players Divisions C to I allowed)

HURRY LIMITED PARTICIPANTS POSSIBLE!!





Working together to achieve our ambitions.

Do you have trouble focussing at home? Do you want to study, read, write, but not alone behind your desk at home? Come join the study sessions of PDN. Its free and no registration required ;-)

Just join us!

Hours: every morning

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

Location

Sun & Mon: RAHRC, between volleyball court and front office Tue, Wed, Thu: Public Library Across Shell Station

We are...

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

Our aim...

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

Our sessions...

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

We also...

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

JUNE 2016 TOP 10

<u>NO.</u>	TITLE	<u>CATEGORY</u>	CAST 1	CAST 2
1	ROOM	DRAMA	BRIE LARSON	JACOB TREMBLAY
2	PEANUTS THE MOVIE	CARTOON	V/O - NOAH SCHNAPP	BILL MENDEZ
3	CONCUSSION	TRUE STORY	WILL SMITH	ALEC BALDWIN
4	HOMESMAN, THE	WESTERN	HILARY SWANK	TOMMY LEE JONES
5	KRAMPUS	FANTASY/HOR.	ADAM SCOTT	TONI COLLETTE
6	SISTERS	COMEDY	AMY POEHLER	TINA FEY
7	VICTOR FRANKENSTEIN	DRA./THR.	DANIEL RADCLIFFE	JAMES MCAVOY
8	CAPTURE THE FLAG	CARTOON	V/O - DANI ROVIRA	V/O - MICHELLE JENNER
9	ALVIN & THE CHIPMUNKS	COM./ADV.	JASON LEE	JESSICA AHLBERG
10	KINDERGARTEN COP - 2	COMEDY	DOLPH LUNDGREN	FIONA VROOM