



# **THE RAHRC BULLETIN**

## **NOVEMBER 2015**

**THE NEWSLETTER FOR MEMBERS OF THE RAHRC**

# **GET BACK IN THE WATER!**

Learned to scuba dive on holiday but it has been a while? Used to dive but haven't been in the water for years?

Now is your chance to fix that —RAHSAC (the Dive Section) is organizing a free “get back in the water” course for qualified divers who want to try diving in Oman. The course consists of one or more pool sessions to practice basic skills, followed by a dive with the club in our local waters. At each step of the way you will be diving with a qualified instructor so you can get your sea legs back in safety.

We hope that, having seen how great the diving on your doorstep can be, you will join the club and come diving with us more regularly—we have lots of opportunities to extend your skills and we dive every weekend and are planning some exciting expeditions this year.

The course is free, all you have to pay is the cost of a daily government dive permit (3 OMR) and a nominal fuel charge (1 OMR) for using the boat. If you need to, you can rent all your equipment from the club for 5 OMR (except masks and fins).



Interested? - Email us at [rahsacbackinthewater@gmail.com](mailto:rahsacbackinthewater@gmail.com) and we will keep you informed of our plans

## Main Committee Message



The weather has cooled and winter or light summer is upon us making all the outdoor areas and activities at the club become much more popular and enjoyable by all members. November has seen a number of great events with the fantastic fireworks display enthraling thousands of members and Ras Al Hamra residents, a very successful Wahiba Challenge completed with over 30 teams taking part, as well as the vibrant Diwali Mela held by the Indian Section.

For December there is a plethora of events coming up including the basketball tournament on the 4th December, the International Market Day on the 5th December and the RAHADS present Pinocchio on the 10/11/12<sup>th</sup> December. There are also opportunities to get back in the water with the dive section and the sailing section will be welcoming Olympic and World Champion sailors Daphne Van Der Vaart and Maxime Jonker for a Laser Clinic on the 29th November. For information on all these events please visit the website which is regularly updated.

It was great to see a good turnout for the AGM, whilst it is a formal meeting to manage the procedures of the club it was fantastic to be able to reward some of the sections and individuals who go above and beyond to make the club such a special place. The main committee thanks everyone who volunteers and alongside the dedicated staff to make the club such a success.

The new traffic barriers at the club entrance will come into operation over the next few weeks and we urge members to be aware of the new exit barrier and to take care when pulling out onto Ras Al Hamra Street. There was some good feedback on some safety issues at the AGM and if you have any concerns in regards to health and safety please raise them with the front office and these will be reviewed with the Main Committee as appropriate.

Please keep enjoying the club and the cooler weather, please respect others and stay safe.

On behalf of the main committee

**Iain Liversage**

**Project Secretary/RAH Project Liason**



### 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.

The next Networking Morning will be announced shortly.

### 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. These usually take place on the second Wednesday of every month. The next one will be on **Wednesday 9<sup>th</sup> December**.

### Bus Orientation Tour

Every two months, Outpost Muscat organises a Bus Orientation Tour for new arrivals, showing hospitals, schools, ROP-stations and shopping centres in Muscat. **The next Bus Tour will be in January 2016.**

### 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.

#### Outpost Muscat

Ras Al Hamra Street, PDO Camp

Apartment 149, Flat G 005

**(+968) 246 58640 / 93688739**

[outpostmuscat@pdo.co.om](mailto:outpostmuscat@pdo.co.om)

[www.globaloutpostservices.com](http://www.globaloutpostservices.com)



OutpostMuscat

Office hours: Sun, Tue, Thu

8.15-11.00

Appointments outside of these times are available on request.





### Social Events & Talks

#### **Third Culture Kids Talk – 30<sup>th</sup> November – 8.15-11.30 a.m.**

Gerde van Loon is holding a workshop about expatriate children who experience a multitude of cultures as they grow up, moving from one country to another. This workshop focuses on teenagers transitioning from school to university. *Please register in advance for this workshop.*

### Courses and Classes

#### **First Aid Classes – October & November**

Jet Dekker is running another beginner's First Aid course for Spouses. The courses will be 25 OR for the block of sessions.

*Dates for course: 30 Nov, 7, Dec, 14 Dec (8.30-11.30 a.m.) – Spaces are still available, please register with us for the course.*

### Career and Development (C&D) for Spouses

We offer C&D assistance to spouses who would like to work or undertake some further studies. Call us for CV advice and information on study options. We have a specific Facebook page for those looking for work or volunteering opportunities. 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](mailto: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 500 people today to see all our events and share information about life in Muscat!

#### **Outpost Muscat**

Ras Al Hamra Street, PDO Camp

Apartment 149, Flat G 005

**(+968) 246 58640 / 93688739**

[outpostmuscat@pdo.co.om](mailto:outpostmuscat@pdo.co.om)

[www.globaloutpostservices.com](http://www.globaloutpostservices.com)



**OutpostMuscat**

**Office hours: Sun, Tue, Thu**

**8.15-11.00**

**Appointments outside of these times are available on request.**



## **Canadian Section.**

The Canadian Thanksgiving dinner was held on October 12<sup>th</sup> at Sohar Gardens and was attended by 170 people. The RAHRC catering team did a masterful job of preparing a traditional Canadian turkey dinner with all the side dishes and even pumpkin pie for dessert. This event was open to all RAHRC club members. Sohar Gardens was nicely decorated for the event and provided a nice ambiance to complement the dinner.

The Canadian Section is also holding the first organizing committee meeting in November for the 2016 Canadian Stampede party. Mark your calendars for March 11 for the Stampede party and watch for more details early in the New Year.

Greetings RAHRC Members,

The beautiful winter weather is upon us and many of you are taking advantage of it by visiting us for 9 holes of golf under the lights. Over the past few weeks we have hosted several events:



GAC Monthly Medal



MORE Monthly Stableford



Kanjar Charity Golf Day

We continue to run our Seasonal Special which is 15 OMR for 9 holes of golf and 25 OMR for 18 holes of golf.

The Driving Range is open for use until 9pm every night, so why not come down and hit a bag of balls.

Head Pro William Bruce is readily available for lessons for beginners and seasonal golfers. He hosts junior clinics starting Friday December 11<sup>th</sup>. This will be an 8 week program at a cost of 64 OMR. The timings are 10am and 4pm.

## Toastmaster's Introduction Program for New PDO Graduates

PDO Toastmasters conducted number of sessions introducing toastmasters program to PDO new Graduates and what the Toastmasters program can do for them.

Demonstrated the components of a typical Toastmasters meeting and illustrate the benefits and value of Toastmasters by Introducing and explaining of Key Meeting Roles such as:-

1. Toastmaster of the day:
2. Timer:
3. Ah-Counter and grammarian:
4. General evaluator:
5. Evaluator:
6. Topics-master

Please send your comments to PDO Toastmasters officers Yahya Maimani (UIIP/21) and Pei-Lian Wang (UIIB1)





# Hobie 16 Sailing Conversion Course

January 2016

Course dates are: 9<sup>th</sup> / 15<sup>th</sup> / 16<sup>th</sup> / 29<sup>th</sup> / 30<sup>th</sup>



**Start now and have some winter fun**

The prime course will be the “helm conversion” where we take existing laser / topper (experienced-minimum 40 kg) helms and bring you up to speed to handle the Hobie 16 in various winds, trapezing, righting the boat from a full turtle capsize and our old favourite “man or woman” overboard. The course will also cover the required rigging, preventative maintenance checks, proper boat handling ashore and utilization of club equipment. We will finish off with an introduction to the rules of sailing and racing.

The top-up course for any boats left is open to “New to Oman experienced Hobie helms” that need to get their ticket

Finally, if there are any boats left or you just wish to join us on the rib and become familiar again, we will offer “refresher tips” to all sailors

Starts at 1000 and finishes at 1800

To book a slot, please register ASAP with [daveclarkoman@gmail.com](mailto:daveclarkoman@gmail.com)

Slots will be allocated on a first come first service basis –

Note there is a nominal charge of OMR 20 (Payable to the club not the instructors!)



## Hispanic Section

Muscat, November 2015

Hispanic Section has been busy planning and executing several events and initiatives.



### Box Appeal:

The Box Appeal is a charity initiative run by Radisson Blu and Park Inn Hotels in the UAE, Bahrain, Beirut, Muscat and Cairo and the Radisson Royal Hotel Dubai. These boxes are then distributed to those most in need across the region. On September the Hispanic Section collected in 10 days a total of 212 boxes with toiletries for migrant workers. Donations came from PDO school kids, parents and staff. Also some friends of the Hispanic Section participated too.

Distribution of boxes was done by us at different locations: 125 boxes at construction site on Fouhood street, 49 boxes to PDO school migrant workers, 21 boxes to RAHRC migrants workers (OIG, Oasis, gardeners, etc) and 17 boxes to Carillion Allawi migrant workers at RAHRC.

### Tango Night:

The Hispanic Section held on 23rd October at the Cinema Hall the first Tango Night ever organized in the RAHRC. The Cinema Hall was transformed in a way that approximately 100 people who attended this event were transported to Buenos Aires in Argentina. The RAHRC catering team did a great job of preparing traditional Argentinean food which included “empanadas” and “parrilla” among other delicious items. Professional tango dancers entertained the attendance by dancing and teaching Tango to the audience to the songs and live music played by the D’Clan band. It was a magical night that everybody who attended enjoyed. After the success of an elegant and different night the Hispanic Section will start offering Tango lessons to all RAHRC members. Keep an eye on our website for more information and, join us and show your moves on our next edition of Tango Night.



### Christmas Skating party (12th December)

Venezuelan roller skating parties (patinatas) started to be celebrated by the Venezuelan people during Christmas season in the 50’s, a tradition that continued until the 90’s. Families and friends use to go out to the streets to celebrate parties with traditional music, decorative lights, typical local food and practice roller skating, especially the kids, as the weather cools down.

On 12th December the Hispanic Section is looking to recreate that festive atmosphere and share it with all of you. We invite you to come with your children, family and friends to enjoy our traditions and have fun.

More information will be available soon.

Do you like what we are doing? We want to do more!!! But we need you. We are always looking for enthusiast volunteers. Check our website or sent us an e-mail to know more about us.

<http://www.hispanic-section.com> / Email: [hispanicsection@gmail.com](mailto:hispanicsection@gmail.com)

# Top Ten Videos

No	TITLE	CATEGORY	CAST 1	CAST 2
1	SOUTHPAW	DRA./ACT.	JAKE GYLLENHAAL	RACHEL McADAMS
2	JURASSIC WORLD	ACT./ADV.	CHRIS PRATT	BRYCE DALLAS HOWARD
3	TOMORROWLAND - A WORLD BEYOND	FANTASY ADV.	GEORGE CLOONEY	BRITT ROBERTSON
4	SAN ANDREAS	ACT./THR.	DWAYNE JOHNSON	CARLA CUGINO
5	PIXELS	ACT./COM.	ADAM SANDLER	KEVIN JAMES
6	PARADES END	DRAMA	BENEDICT CUMBERBATCH	REBECCA HALL
7	WHAT WE DID ON OUR HOLIDAY	COM./DRA	ROSAMUND PIKE	BILLY CONNOLLY
8	BARBIE IN ROCK 'N ROYALS	CARTOON	V/O - KELLY SHERIDAN	V/O - CHIARA ZANNI
9	LOW DOWN	DRAMA	JOHN HAWKES	ELLE FANNING
10	CURVE	HORROR	JULIANNE HOUGH	TEDDY SEARS





# November 2015 bulletin

- Wahiba Challenge
  - Wahiba Dinner
- Family Trip to the Dunes
- Finland Osteopathy Offer
  - ORAC Event Calendar

# Wahiba Challenge 2015



Proudly brought to you by:



With a big thank you to our sponsors:



# Wahiba Challenge 2015



Yet again Omantel pulled out all the stops in providing a fantastic meal for all the participants on the Thursday night. Feedback from the membership again shows that this is one of the highlights of the event.





# Wahiba Challenge 2015



The Chairman addressing the masses before the main event begins...

# Wahiba Challenge 2015



Goats make a charge on the first day when they find out that Omantel have stopped for lunch and Ingemar is about to start cooking....



**Going ?**

**Going ??**



**Gone!!!**



# Wahiba Challenge 2015

Here's a picture of Paul's Landie after bending the track rod on day 1.



For those of you who can't see what is wrong here, Mike is kindly pointing it out to you!!!

The Team effected a field repair (winched it approximately straight) and carried on, but within ½ hour it was bent again. It was straightened one more time, but then decided to withdraw the Landie as high risk of breaking the track rod due to fatiguing the metal.

Transferred passenger into another car, and drove out on a track. Paul contacted the team to let them know he was safely on the blacktop. Rest of the team made it safely to mid-point camp. There was no chance to repair on Friday afternoon, so he eventually drove it home - slowly: it would only turn left or right, but not go straight.

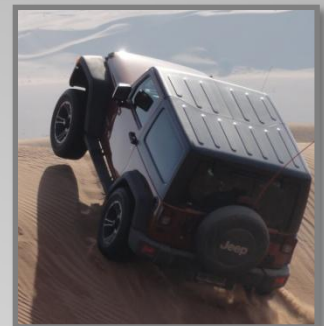
Paul was up with the lark at 3am next day and drove back down to the mid-point camp in his spare car, arriving just in time for breakfast.

Completed day 2.

**Lesson learned:** next time already have the spare car somewhere nearby, like Mintrib 😊



# Wahiba Challenge 2015



# Wahiba Challenge 2015

A Special Mention Goes To 'The Dust Devils'...

When confronted with an apparently non working low gear at the first sand dune, this couple did not give up.....

in fact they made **HISTORY!**

Thanks to:

1. Years of experience
2. Fantastic off-road skills
3. Determination
4. Great support team

they completed...

the entire WC15 crossing...

using only.....

**HIGH GEAR!!!!**

Only to find out, after two challenging days, at the final checkpoint that there was nothing wrong with their low gear.

They had simply been shifting the 4WD selector to 2WD every time they tried to engage 4 low.....



# Wahiba Challenge 2015

## The Garden Party

### Mustapha returns...



.....much to the delight of our M.C. Fahim.

In the absence of the chairman's bodyguards on stage, Paul keeps a watchful eye to ensure things don't get out of hand.



# Wahiba Challenge 2015

## The Garden Party

The chairman quizzes Mustapha on his recent whereabouts.....



A great turn out for the evening....





# Wahiba Challenge 2015

## The Garden Party

From the Chairman and all of the committee,  
thanks for your participation and we hope to see  
you all again next year 😊😊😊



# ORAC Family Trip

## ORAC Family Trip – 11 December 2015



Priority for RAHORAC members  
4x4 with low range required  
Previous off road driving experience preferred

**Fully booked**

Driving in the big orange dunes of the Wahibas, in family friendly format  
Contact: [Paul.PS.Sanders@pdo.co.om](mailto:Paul.PS.Sanders@pdo.co.om)

Look out for the email, more trips to be advertised soon!

# ORAC MEMBERS' OFFER

## 10% Discount for ORAC members

Wahiba Challenge done?

Feeling a bit worse for wear?

Not moving so smoothly?

Creaking sounds, here and there?

No, we don't mean your Jeep.....  
we mean YOU!

The Finland Osteopathy Clinic are offering *ORAC members and their families a 10% discount* on their services.

This offer lasts from 15<sup>th</sup> November (the day after the Challenge) up until 31<sup>st</sup> December 2015.

To make use of this offer, take with you to the clinic a print out of either the email or the ORAC bulletin containing this ad.

*Finland* request that you book any appointments with them in advance. This offer cannot be combined with any other deal or offer.



Finland Osteopathy Clinic LLC

العيادة الفنلندية لتقويم العظام والمفاصل

Spine & Joints Specialists

24481831 | 95202930

[www.osteopathy-oman.com](http://www.osteopathy-oman.com)

### Who are the Finland Osteopathy Clinic? Here's how they describe themselves:

We are the most prestigious clinic in the whole of Muscat for Osteopaths, Physiotherapists and Medical Strengthening Therapy. We have been successful since 2005 and are continuously developing as a clinic, starting with only one doctor and growing to a team of doctors and professionals. Together we have a combined experience of over 50 years of treating patients of all ages to better their health and healing process throughout life.

Our clinic is specialised in treating all kinds of joint and soft tissue problems i.e functional problems in your musculoskeletal system. We are large enough to serve your needs but we are small enough to retain our personal commitment to excellent individualized medical care.

**Offer Now On**

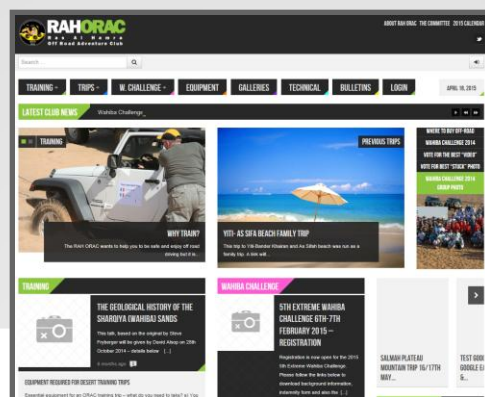
# ORAC Member Registration

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

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

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

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





# ORAC Web Site



Several times a month... 2 hours and these pro... ing.

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

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

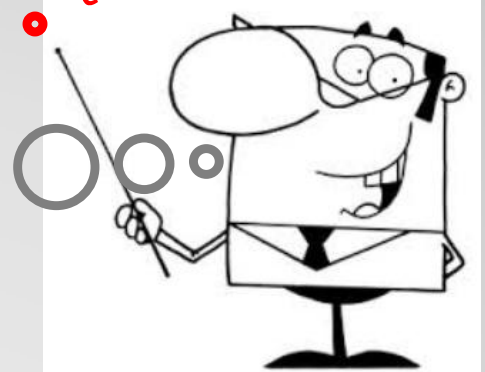
Talks will start on 9th March 2015.

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

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

- A web based outline for the talk can be downloaded here [jeeprs.com](http://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 2015/16

- 23<sup>rd</sup> November – 18<sup>th</sup> Wahiba Challenge after event party
- 11 December - Family Desert Trip
- 11 December - Mountain Trip (to be confirmed)

## 2016

- 28 January -6<sup>th</sup> Extreme Wahiba Challenge 2016 evening meet.
- 29-30 January - 6<sup>th</sup> Extreme Wahiba Challenge 2016 crossing.
- 1 Feb Theory evening.
- 14 Feb Potential 2<sup>nd</sup> theory evening.
- 26-27 February – Star Dunes Desert Crossing
- 18/19 March Practical training.
- 15/16 April Mountain trip.
- 18 and 19 September Theory evenings.
- 7/8 October Practical training
- 14/15 October Practical training
- 11/12 November WC16
- 20 November WC After Party
- 3 December Family trip

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



RAHADS Presents

# PINOCCCHIO

A MAGICAL ★★★★★ ADVENTURE  
FOR ALL THE FAMILY!

Tickets on sale from Sunday 29<sup>th</sup> Nov at RAHRC front office

*Venue* : **RAHRC Cinema hall**

*Tickets* : **Members 5 RO, Non members: 7 RO**

Thursday 10<sup>th</sup> Dec: **7:30 pm**

Friday 11<sup>th</sup> Dec : **2:00 pm & 7:30 pm**

Saturday 12<sup>th</sup> Dec : **2:00 pm**





رأس الحمراء  
RAS AL HAMRA

# Our Development Project News

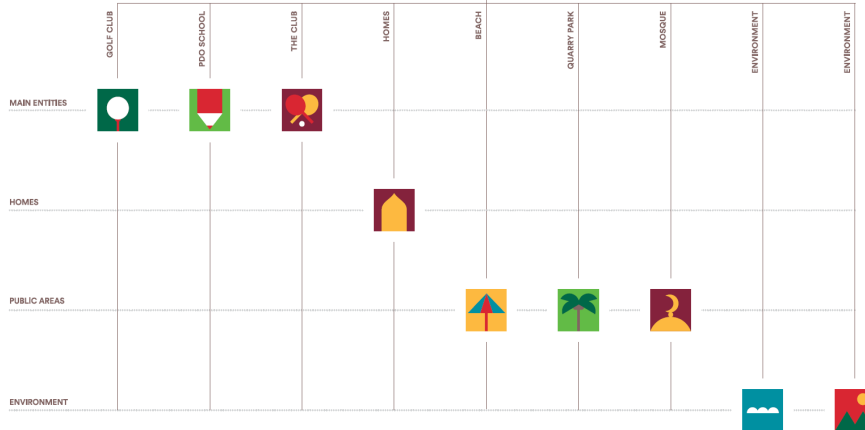
## Ras Al Hamra New Brand Introduction

We are happy to introduce the new Ras Al Hamra Brand. The building blocks of our brand language illustrate variety of experiences available to people at Ras Al Hamra and perfectly reflect the community lifestyle.

Ras Al Hamra is a place focused on people: a place where people come together from around the world to form a new community that lives in harmony with the environment in Oman.



رأس الحمراء  
RAS AL HAMRA



### Updates

Launch of new Ras Al Hamra Brand

RAHDP at Middle East and Africa Convention – Engineers Conference

New PDO School Opens

Traffic lights at Fahal Street

### Institute of Civil Engineers Conference

RAHDP participate on the 4<sup>th</sup> Institution of Civil Engineers –Middle East and Africa convention at SQU. The Project’s main message was to highlight the balance between delivering new development and respecting the local heritage, themes and customs by using Omani design in the building, promote oriental and healthy environment.



### HSE Highlights

2015 LTIF - 0.16

2015 MVIF - 0



The PDO School logo captures key basic elements of learning:

- Writing
- Reading
- Arithmetic
- Science



### Opening of PDO School

The new PDO School has opened. Parents and children were welcomed and acquainted to the building and facilities including emergency exits . Project team introduced the new logos of RAH and PDO School and distributed branded notebooks among parents, teachers and visitors.



PLEASE  
DRIVE  
CAREFULLY  
WE ❤️ OUR  
CHILDREN



شركة تنمية نفط عُمان  
Petroleum Development Oman



# PDO Inter Directorate Cricket 2015

Winners - OND



Runners UP - GD



Best Bowler



Best Batsman



Man of the series





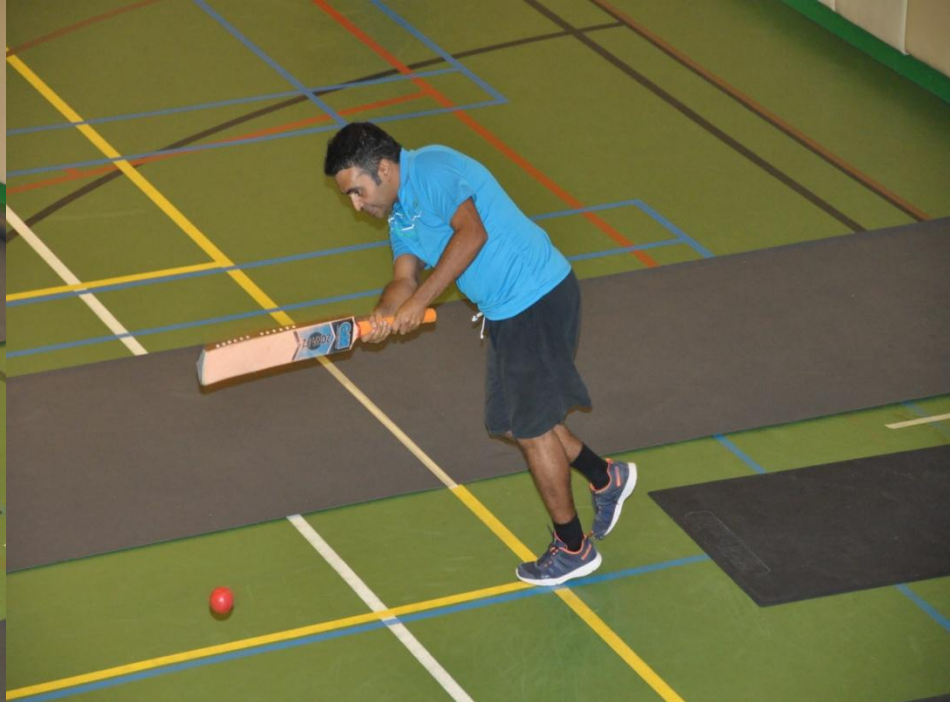




















# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

## Dive Section Monthly Bulletin November 2015



Contact Us

Chairman:

Ian Ford

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

Secretary:

Peter Bedson, 96017044

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

Treasurer:

Robert Langedijk, 92797189

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

Diving Officer:

Evert Moes

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

# 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

### Already a Diver?

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

If you have not dived for a while we are running some “back in the water” sessions—see the article in this bulletin for details.

### Want to Learn to Dive?

We are not currently planning a beginner course so if you are keen to get started sooner you can train with one of the commercial dive schools and then join us once you have qualified. Either way, call in on one of our regular Wednesday meetings to get the low-down from our Training Officer—Louis Tsiakkiros.

[More ►►](#)

RAS AL HAMRA SUB  
AQUA CLUB  
BSAC BRANCH 1299S

Check out our website & forum

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

Join Us On Facebook

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





# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Chairman:

Ian Ford

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

Secretary:

Peter Bedson, 96017044

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

Treasurer:

Robert Langedijk, 92797189

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

Diving Officer:

Evert Moes

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



RAS AL HAMRA SUB  
AQUA CLUB  
BSAC BRANCH 1299S

Check out our website & forum

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

[index.php](#)

Join Us On Facebook



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

[RAHSAC?ref=ts](#)

## November News

### RAHSAC in the News!

Sitting in Oman it is sometimes easy to forget that the club is part of a much bigger organisation—BSAC, the British Sub Aqua Club, which although based in the UK had branches all over the world. BSAC have not forgotten about us though and we were pleased to learn that we



[More >>](#)

## Training News

Many of the Sports Diver Trainees who did their theory training earlier in the year have now managed to complete all their training and experience dives and are now fully-fledged Sports Divers—congratulation! The second batch of Sports Divers started training in September – watch this bulletin and the website for more announcements.



[More >>](#)

# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us  
Chairman:  
Ian Ford  
[ian.ford100@hotmail.co.uk](mailto:ian.ford100@hotmail.co.uk)  
Secretary:  
Peter Bedson, 96017044  
[Peterz.bedson@gmail.com](mailto:Peterz.bedson@gmail.com)  
Treasurer:  
Robert Langedijk, 92797189  
[langedijk@xtra.co.nz](mailto:langedijk@xtra.co.nz)  
Diving Officer:  
Evert Moes  
[evert.moes@gmail.com](mailto:evert.moes@gmail.com)



RAS AL HAMRA SUB  
AQUA CLUB  
BSAC BRANCH 1299S

Check out our website & forum  
[http://diving.pdorc.com/  
index.php](http://diving.pdorc.com/index.php)

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



won two awards earlier this year for our achievements in 2014.

We were the BSAC branch with the Second Largest Intake of New Members in the whole of BSAC and also the branch with the Third Largest Number of New Open Water Instructors! These are both stunning achievements and we were presented (well, posted actually) with two handsome certificates commemorating these feats which will soon be displayed on the Dive Room Wall.

**4000 Not Out!!!!**

As well as the day job at the airport construction project and working very hard as our Training Officer, Louis has managed to log a few dives too and this summer he passed what is a serious milestone by any reckoning. Louis's 4000th dive was on Shallow Reef—a dive site at around 250m to the NW of Falhal Island. The picture on the next page was taken by Katherine to commemorate this event. To put this in perspective, 4,000 dives is something in excess of SIX MONTHS underwa-

[More ▶▶](#)

## Training News—Continued...

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



# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Chairman:

Ian Ford

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

Secretary:

Peter Bedson, 96017044

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

Treasurer:

Robert Langedijk, 92797189

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

Diving Officer:

Evert Moes

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



RAS AL HAMRA SUB AQUA  
CLUB  
BSAC BRANCH 1299S

Check out our website & forum

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

[index.php](#)

Join Us On Facebook

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

[RAHSAC?fref=ts](#)



ter time. Congratulations to Louis and best wishes for the next 4000!



## BOAT NEWS

As previously reported, AW's trailer is starting to corrode very badly and we have plans to replace this in the coming months but in the meantime a number of smaller jobs have been done on both boats and routine servicing carried out on the engines.

## Recent Dive Reports

We managed to get out regularly over the summer as these reports show:

18 June

Rick meets a Ray ... Fahal

4 July

Weather OK, cable on winch reached the sea so 2 days of diving in 46C - 32C in the water - toasty for us - unfortunately too hot for many of the fish! Today's diving cut short due to dead battery - cheers to Muscat Divers for the jump start, congrats to Louis for 4000+ dives and goodbye to Sven and Lotte who are states bound.

25 July

Shore dive at Sheikha as Sifah—one very unhappy turtle who seemed to want to go everywhere we did!

31 July

Ray Bay lived up to its name today with well over 20 rays swimming around—fantastic viz

1 August

Congratulations to Amanda on her first qualified dive with the club. Ray Bay living up to its name - lots of Rays !!!

14 August

5 Whalesharks! En-route to Damaniyats which made for a rather long day but two really nice scenic dives

[More ►►](#)



# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Chairman:

Ian Ford

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

Secretary:

Peter Bedson, 96017044

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

Treasurer:

Robert Langedijk, 92797189

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

Diving Officer:

Evert Moes

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



RAS AL HAMRA SUB AQUA  
CLUB  
BSAC BRANCH 1299S

Check out our website & forum

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

Join Us On Facebook

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



During the summer we had a total failure of one of boats due to the batteries failing—unfortunately we were tied up in Ray Bay at the time! Fortunately we were rescued by Muscat Divers who gave us a jump start (and a thorough ribbing) so we took the opportunity to change all the batteries on both boats as they were all of a similar age. Hopefully that is that problem now fixed for a couple of years!



Ray Bay—Where Else?

## Recent Dive Reports Continued...

15 August

Whalesharks again—this is getting repetitive!

21 August

Tug & Barge and Ray Bay—viz poor and a mounting current made it more challenging than normal

22 August

East Side drift dives—lots of life, cow tailed rays, barracuda and grouper.

11 September

Good day out at BK today.... 12 divers, 2 boats... Dive on the wreck and round corner from Novice Bay.



# RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us  
Chairman:  
Ian Ford  
[ian.ford100@hotmail.co.uk](mailto:ian.ford100@hotmail.co.uk)  
Secretary:  
Peter Bedson, 96017044  
[Peterz.bedson@gmail.com](mailto:Peterz.bedson@gmail.com)  
Treasurer:  
Robert Langedijk, 92797189  
[langedijk@xtra.co.nz](mailto:langedijk@xtra.co.nz)  
Diving Officer:  
Evert Moes  
[evert.moes@gmail.com](mailto:evert.moes@gmail.com)



RAS AL HAMRA SUB AQUA  
CLUB  
BSAC BRANCH 1299S

Check out our website & forum

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

Join Us On Facebook



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

## Compressor Woes

One thing you can't dive without is air and the club has two diving air compressors to refill cylinders—a modern design Bauer automatic compressor and, as a back-up, an old manually-operated compressor which was made in “Western Germany” - and is therefore well over 25 years old.

Unfortunately, the Bauer compressor now seems to have reached the end of its service life and will shortly need to be replaced. Hopefully things will be back to normal soon but please be patient in the interim.

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

# GET BACK IN THE WATER!



Learned to scuba dive on holiday but it has been a while? Used to dive but haven't been in the water for years?

Now is your chance to fix that —RAHSAC (the Dive Section) is organizing a free “get back in the water” course for qualified divers who want to try diving in Oman. The course consists of one or more pool sessions to practice basic skills, followed by a dive with the club in our local waters. At each step of the way you will be diving with a qualified instructor so you can get your sea legs back in safety.

We hope that, having seen how great the diving on your doorstep can be, you will join the club and come diving with us more regularly—we have lots of opportunities to extend your skills and we dive every weekend and are planning some exciting expeditions this year.

The course is free, all you have to pay is the cost of a daily government dive permit (3 OMR) and a nominal fuel charge (1 OMR) for using the boat. If you need to, you can rent all your equipment from the club for 5 OMR (except masks and fins).

Interested? - Email us at [rahsacbackinthewater@gmail.com](mailto:rahsacbackinthewater@gmail.com) and we will keep you informed of our plans



# Personal Development Network

*Working together to achieve our ambitions.*



## **Session hours: Sundays & Tuesdays mornings**

From 8:15, usually we stay until around noon.

No need to register, just join. Open to all!

## **Temporary meeting location**

Public Knowledge Library opposite Shell fuel station near PDO gate 2 (wifi available). Hoping to move back to RAHRC soon.

## **Contact us**

personaldevelopmentnetw@gmail.com

facebook.com/personaldevelopmentnet

*Upcoming interactive session on networking on 7 December. Contact us for more info.*

### **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 to and to provide facilities for studying and (net)working in the context of personal and professional 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
- Are open to new initiatives

# Personal Development Network

Working together to achieve our ambitions.

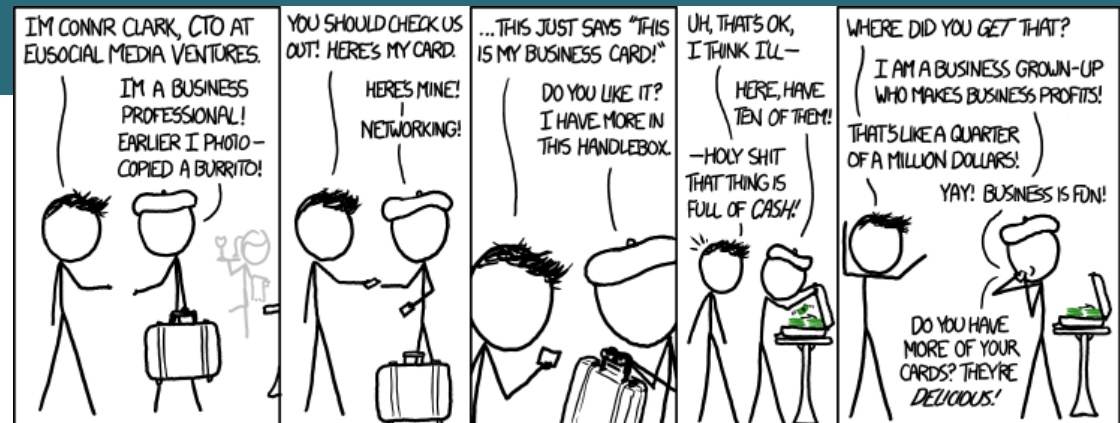


Smita Jha delivers an interactive session on networking and careers. You'll learn how to effectively network yourself to the next career opportunity, which could be a job, a volunteer position, a study, a collaboration or a project.

# Networking Workshop

Networking Your Way To The Next Opportunity

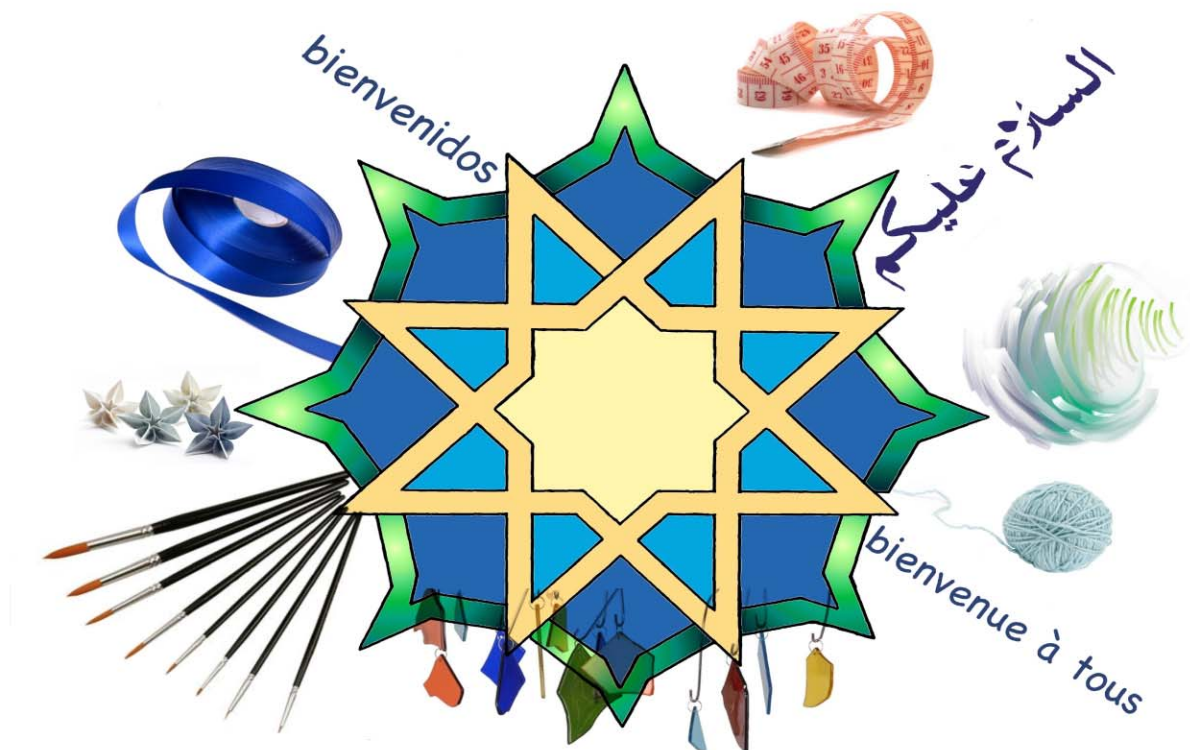
7 December 2015, 8:30-10:30 am  
Falcon room at RAHRC  
Free of charge  
Register before 5 December via  
[personaldevelopmentnetw@gmail.com](mailto:personaldevelopmentnetw@gmail.com)



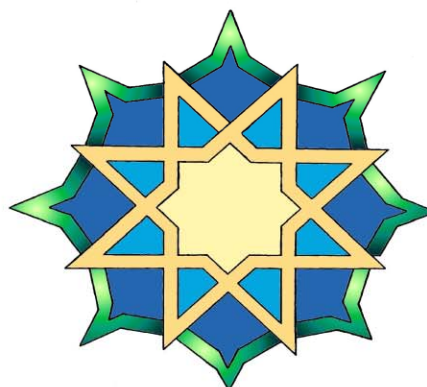
<http://xkcd.com/1032/>



# Welcome to the Arts Centre



Arabic  
English  
French  
Spanish  
batik  
fabric painting  
fashion & accessories  
knitting  
mosaic  
oil painting  
patchwork  
pottery  
quilting  
ribbon embroidery  
stained glass



For registration:  
please contact the  
instructor.  
For details: see notice  
board in the main hall  
of the Arts centre

*Sundays: 1pm – 7:30 pm*  
*Mondays: 8:30am – 6:30pm*  
*Wednesdays: 8:30am – 7:00pm*  
*Thursday 5pm – 7pm*

# *New Hours*





# RAHRC LIBRARY



Find us on  
**Facebook**



## Ras Al Hamra Recreation Centre

# LIBRARY BOOK CLUB!

- Please join us at 11.30am 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.
- On December 15<sup>th</sup>, the book *The Gargoyle* by Andrew Davidson will be discussed.
- January's meeting is on 19<sup>th</sup> and the book will be *All The Light We Cannot See* by Anthony Doerr.
- On February 16<sup>th</sup> the book is *Go Set a Watchmen* by Harper Lee
- March 15<sup>th</sup> : *In the Sea there are Crocodiles* by Fabio Geda
- April 19<sup>th</sup> : *History of Loneliness* by John Boyne
- May 17<sup>th</sup> : *Circling the Sun* by Paula McLaine
- 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!



## NEW BOOKS IN THE LIBRARY

---

AUTHOR	TITLE
Robert Harris	<a href="#"><u>Dictator</u></a>
Richard E. Susskind	<a href="#"><u>The Future of the Professions: How Technology Will Transform the Work of Human Experts</u></a>
Julianna Baggott	<a href="#"><u>Harriet Wolf's Seventh Book of Wonders</u></a>
Max Porter	<a href="#"><u>Grief is the Thing with Feathers</u></a>
Conn Iggulden	<a href="#"><u>Bloodline: Wars of the Roses</u></a>
Jenny Eclair	<a href="#"><u>Moving</u></a>
Robert Galbraith	<a href="#"><u>Career of Evil</u></a>
Bahiyyih Nakhjavani	<a href="#"><u>The Woman Who Read Too Much</u></a>
Samanth Subramanian	<a href="#"><u>This Divided Island: Stories from the Sri Lankan War</u></a>
Gregory David Roberts	<a href="#"><u>The Mountain Shadow</u></a>
Sara Novic	<a href="#"><u>Girl at War</u></a>
Niall Williams	<a href="#"><u>History of the Rain</u></a>
Anthony Horowitz	<a href="#"><u>Trigger Mortis: A James Bond Novel</u></a>
Andrea Mays	<a href="#"><u>Millionaire and the Bard: Henry Folger's Obsessive Hunt for Shakespeare's First Folio</u></a>
Jane Smiley	<a href="#"><u>The Golden Age</u></a>
Miranda Dickinson	<a href="#"><u>A Parcel for Anna Browne</u></a>
Peter James	<a href="#"><u>The House on Cold Hill</u></a>
Leslie Parry	<a href="#"><u>Church of Marvels</u></a>
Stacy Schiff	<a href="#"><u>The Witches: Salem, 1692</u></a>

AUTHOR	TITLE
Michael Bennett MD	<a href="#"><u>F*ck Feelings: One Shrink's Practical Advice for Managing All Life's Impossible Problems</u></a>
Eoin Dempsey	<a href="#"><u>Finding Rebecca</u></a>
James Hankins	<a href="#"><u>The Prettiest One: A Thriller</u></a>
Seth Andrews	<a href="#"><u>Sacred Cows: A Lighthearted Look at Belief and Tradition Around the World</u></a>
Forbes Robbins Blair	<a href="#"><u>Self Hypnosis as You Read: 42 Life-Changing Scripts!</u></a>
Aj Banner	<a href="#"><u>The Good Neighbor</u></a>
Delphine Schrank	<a href="#"><u>The Rebel of Rangoon: A Tale of Defiance and Deliverance in Burma</u></a>
Kamel Daoud	<a href="#"><u>Meursault Investigation</u></a>
Piu Marie Eatwell	<a href="#"><u>The Dead Duke, His Secret Wife and the Missing Corpse: An Extraordinary Edwardian Case of Deception and Intrigue</u></a>
Beth Kemp	<a href="#"><u>Twist, Turn &amp; Tie: 50 Japanese Braids</u></a>
Bill Bryson	<a href="#"><u>Notes from A Small Island</u></a>
Jan-Philipp Sendker	<a href="#"><u>Whispering Shadows</u></a>
Helen Russell	<a href="#"><u>The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country</u></a>
Corban Addison	<a href="#"><u>The Tears of Dark Water</u></a>
Peter Gonda	<a href="#"><u>Drinking and Driving in Chechnya</u></a>
Nick Alexander	<a href="#"><u>The Other Son</u></a>



## **New Library Books – PDO, April 2015**

### Horrible Histories – Murderous Maths, by Kjartan Poskitt.

Savage Shapes, The Phantom X, The Perfect Sausage, The key to the universe, Guaranteed to Mash your Mind, Guaranteed to Bend your Brain, Easy Questions Evil Answers, Do you feel Lucky, Desperate Measures, Awesome Arithmetricks.

### Horrible Geography by Anita Ganeri

Violent Volcanoes, Stormy Weather, Raging Rivers, Odious Oceans, Monster Lakes, Freaky Peaks, Earth Shattering Earthquakes, Desperate Deserts, Cracking Coasts, Bloomin Rainforests.

### The Mortal Instruments by Cassandra Clare

City of Bones, City of Ashes, City of Glass.

### The Captain Underpants Collection, books 1 to 8, by Dav Pilkey

The Adventures of Captain Underpants, Captain Underpants and the Talking Toilets, Captain Underpants and the Invasion of the Incredibly Naughty Cafeteria Ladies from Outer Space, Captain Underpants and the Perilous Plot of Professor Poopyants, Captain Underpants and the Wrath of the Wicked Wedgie Woman.

### Animal Magic by Holly Webb

Cat Magic, Dog Magic, Hamster Magic, Rabbit Magic, Bird Magic, Pony Magic, Mouse Magic.

### Fly Guy by Tedd Arnold.

Hi Fly Guy, Super Fly Guy, Shoo Fly Guy, There was an Old Lady Who Swallowed Fly Guy, Fly High Fly Guy, Hooray for Fly Guy, I spy Fly Guy, Fly Guy meets Fly Girl, Buzz Boy and Fly Guy, Fly Guy versus the Flyswatter, Ride Fly Guy Ride, There's a fly in my soup, Fly Guy and the Frankenfly.

### Septimus Heap by Angie Sage.

Magyk, Flyte, Physik, Queste, Syren, Darke, Fyre.

### RSPCA Books.

Bad Day for Badger by Sarah Hawkins, Bunny Needs a Friend by Jill Hucklesby, The Lonely Pony by Sarah Hawkins, The Abandoned Kitten by Sue Mongredien, Little Owl Needs a Home by Sue Mongredien, The Little Lost Hedgehog by Jill Hucklesbury, Poppy Gets Stuck by Sue Mongredien, Lamb All Alone by Katie Davies, Tiny Goat in Trouble by Mary Kelly.

### Mr Gum by Andy Stanton

You're a Bad Man Mr Gum, Mr Gum and the Biscuit Billionaire, Mr Gum and the Goblins, Mr Gum and the Power Crystals, Mr Gum and the Dancing Bear, What's for Dinner Mr Gum, Mr Gum and the Cherry Tree, Mr Gum and the secret Hide out.

### Magic Tree House Books by Mary Pope Osbourne

Hardback; Summer of the Sea Serpent, Hurry up Houdini, Stallion by Starlight

Paperback; Dinosaurs before Dark, The Knight at Dawn, Mummies in the morning, Pirates past Noon, Night of the Ninijas, Afternoon on the Amazon, Sunset of the Sabertooth, Midnight on the Moon, Dolphins at Daybreak, Ghost town at Sundown, Lions at Lunchtime, Polar Bears Past Bedtime, Vacation under the Volcano, Acrazy day with Cobras, Haunted Castle on Hallows Eve.

### The Faraway Tree stories by Enid Blyton,

The Enchanted Wood, The Magic Faraway Tree, The Folk of the Faraway Tree, Up the Faraway Tree.

### Winnie the Witch Series by Lauren Owen and Kerky Paul.

Winnie Spells Trouble, Winnie Says Cheese, Whizz Bang Winnie, Winnie Goes Wild, Spooky Winnie, Winnie Adds Magic, Nitty Winnie.

### Dark Materials Trilogy by Phillip Pullman

Northern Lights, The Subtle Knife, The Amber Spyglass.



### Step into Reading

Dancing Dino's go to School, Corn Aplenty, Tiger is a Scaredy Cat, Big bird Says, Planet Name Game, Shampoodle, Monster Parade, Whose feet, Sir Small and the Dragonfly, Arthur and the School Pet, The Titanic lost and Found, Hungry Plants, Helen Keller Courage in the Dark.

### Let's Read by Julia Donaldson,

Tiddler, The Gruffalo, Zog, Tabby McTat

### Ladybird Read It Yourself

The Magic Porridge pot, Harry and the Bucket full of Dinosaurs, You won't like this Present as much as I do.

### I Can Read,

Pinkalicious by Victoria Kann

### Ready to Read,

Home, by Sheila Higginson, The Good, the Bad and the Krabby, by Mary Tillworth.

### Books by Julia Donaldson

Tiddle Waddle, Goat goes to Playgroup, The Snail and the Whale, The Gruffalo's Child, Wiggle and Roar, Wake up Do, Charlie Cooks Favourite book, Freddie and the Fairy, Monkey Puzzle, Room on the Broom.

### Could a .... By Aleksei Bitskoff

Could a Shark Do Gymnastics, Could a Penguin Ride a Bike, Could a Whale Swim to the Moon, Could an Octopus climb a Skyscraper.

### Books by David Walliams,

The First Hippo on the Moon, Awful Auntie, Demon Dentist, The Boy in the Dress, Mr Stink, Gangsta Granny, Ratburger, Billionaire Boy

Books by John Green.

Let it Snow, Will Grayson Will Grayson.

Wonder by RD Palacio

The Astounding Broccoli Boy, by Frank Cottrell Boyce

Candleman, by Glenn Daken

Feasting the Wolf, by Susan Price.

The Outsiders, by SE Hinton.

Every Day is Mother's Day, by Hilary Mantel.

The fifth Wave, by Rick Yancey

The Miraculous Journey of Edward Tulane, by Kate Dicamillo

Thea Stilton Series,

Thea Stilton and the Dragon's Code, Thea Stilton and the Mountains of Fire, Thea Stilton and the Ghost of the Shipwreck, Thea Stilton and the Sacred City, Thea Stilton and the Mystery in Paris, Thea Stilton and the Cherry Blossom Adventure, Thea Stilton and the Star Castaways, Thea Stilton and Big Trouble in the Big Apple, Thea Stilton and the Ice Treasure, Thea Stilton and the Secret of the Old Castle, Thea Stilton and the Blue Scarab Hunt, Thea Stilton and the Prince's Emerald, Thea Stilton and the Mystery on the Orient Express, Thea Stilton and the Dancing Shadows, Thea Stilton and the Legend of the Flowers.

Tell me Where and Tell me When, various authors

Murderous Maths, by Kjartan Poskitt

All Shapes and Sizes, The Secret of the Sums, The Brain Bending Basics, The Magic of Maths.

Maths Dictionary by Carol Vorderman

Mine Craft

Construction Handbook, Combat Handbook, Redstone Handbook, Essential Handbook, Blockopedia.

Loom Books

Loom Magic, Loom Magic Charms, Loom Magic Creatures.

How to Draw, by Miles Kelly.

Brilliant Bugs, Scary Dinosaurs, Magical Fairies

The Magical World of Milligan (poetry) by Spike Milligan.

How to Train your Dragon by Cressida Cowell,

How to Train your Dragon, How to be a Pirate, How to Speak Dragonese, How to Cheat a Dragon's Curse, How to Twist a Dragon's Tale, A Hero's Guide to Deadly Dragons, How to Ride a Dragon's storm, How to Break a Dragon's Heart, How to Steal a Dragon's Sword, How to seize a Dragon's jewel, How to betray a Dragon's hero.



**Sinterklaas is onderweg.....**

**De RAH bieb heeft leuke  
Sinterklaas boeken om alvast  
in de stemming te komen.....**



**KOM SNEL LANGS!!!!**

# **RAHRC LIBRARY**

## **CHILDREN'S BOOK READING**

### **By our librarian**

Sunday 6.30 - 7pm (English)

And

Sunday 2:30 – 3pm (Dutch)

and

Wednesday 10:30 – 11am (Arabic)

# **PARENTS MUST STAY**

