



THE RAHRC BULLETIN NOVEMBER 2016

RAHADS Presents
Panto 2016
Snow White
& the Seven Dwarves

Great Fun
for the
Family !!

Show Times:
Thurs 1st Dec 7:30 pm
Fri 2nd Dec 2:00 pm
Fri 2nd Dec 7:30 pm
Sat 3rd Dec 2:00 pm

Tickets available from RAHRC
Front Office from Sun 20th Nov

Members: 5 OMR Non Members : 7 OMR
Venue: RAHRC Cinema Hall

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Main Committee Message



After 5 years as serving as Vice President and Sports Secretary for the RAH Club I have decided to step down. I am not leaving Oman but it is time for new ideas and a fresh breath of air. I have tremendously enjoyed working for the club, mainly because of the enthusiastic staff and volunteers I have worked with. The RAH club is an extremely nice place to be, not only because of the wonderful location but mainly because of all the nice activities that sets the RAH Club apart from the many other clubs in Muscat. Many members forget how much work goes in to organizing competitions, tournaments, performances, parties, courses in the Arts & Crafts center etc, but thanks to all the members who are in the committees these activities take place year after year. It is not only our own members who appreciate all the events but the RAH club is also famous for a number of big events that attracts people from all over Muscat; for example the Kinderfeest, which is sold out very quickly year after year. There are also many activities like the Fahal Island Swim and the Regatta for which former PDO employees fly back to Oman for.

The Main Committee of the club is very supportive of any new activity so please do not hesitate to approach them for support for your ideas, the more activities the better!

I would especially like to thank all the RAH club staff for all the support they have provided to me during the last 5 years, without them I would not have been able to do my job efficiently and with so much fun!

Please support the new Vice President, Iain Liversage, and the new Sports Secretary, Paul Sanders, to keep the club a safe and very active place. Last but not least, enjoy the club as much as you can because it is really a magical place!

Thanks,

Bert Michels

Ex - Vice President & Sport Secretary

RAH Bridge Section:

Monday Evening Bridge:

- The Weekly Monday Bridge evenings have started. We are playing weekly with 3 or 4 tables in 2 lines.
- Line 1: Casual/Social Bridge and Line 2: Club Bridge
- On Monday the 14th of November we had 5 tables. Due to new players from the Bridge Course joining the club in line 1.

If you're interested to join us for a fun evening of Bridge, pls contact:

- | | | |
|------------------|----------|--|
| - Aamir Shekhani | 92068918 | Aamir.AS.Shekhani@pdo.co.om |
| - Roos Moes | 96170150 | roos.moes@gmail.com |

Bridge Courses:

Bridge training for beginners and intermediate started successfully on the 20th of September 2016 with 12 and 4 attendees respectively and will finish in November.

Bridge Competition:

4 pairs from the RAH Bridge club participated in the Muscat Bridge League Contest on 5th of November in Ruwi hotel. It was a well organized, fun and challenging tournament with 8 tables. Unfortunately, it was also the farewell event for our Tournament Director Gautam Mukherji who has left Oman.

- Roos Moes and Pei-Lian Wang came in 3rd place "Overall" in the tournament.
- Fauziah Galbraith and Julian Masters came in 2nd place in the "Pairs with minimum 1 lady" category.

Aob:

Posters at the RAH club provide info on other Bridge sessions such as:

- The PDO Ladies' Monday morning Group: Provides a very social morning, which allows ladies to enjoy the game of Bridge, in a convivial atmosphere, all the while improving their skills in this most challenging of pursuits.
- On Sunday afternoons an "Improvers Bridge Group" meets at PDO Club, and with very dedicated focus acquiring skill in this "maze of possibility"...which is Bridge.

Peilian

Chairman Bridge Section.

Our Development Project News

Saham Heights

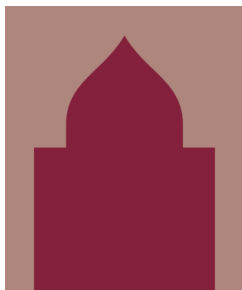
RAHDP team successfully handed over keys of Saham Heights units to UIB for tenants allocation.

Ahmed Al Shaibani PM and Project team members welcomed the tenants and briefed them on LGS technology employed in the construction of their new homes and advised them on effective ways of living in the first pilot LGS homes in PDO and Oman.



Updates

National Day



Saham Heights new tenants

German Clean Tech Group workshop

Majelite Technical Seminar



HSE Highlights

LTIF for 2016 = 0

MVIF for 2016=0

More than 8.7 Million safe man hours since last LTI



German Clean Tech Group Workshop

An interactive workshop was organized by the German Clean Tech Group to discuss topics about process optimization, integration of energy generation and reduction of energy consumption by renewable. Various proposals for new possible approaches in RAH future phases were also discussed.



RAHDP Team would like to wish you and your families a Happy National Day

Majelite Technical Seminar

On the occasion of celebrating 20 years of excellence in illuminating Oman, RAHDP team members were invited by Majelite to attend their technical seminar in which they launched the LED outdoor range. The team had also the opportunity to have an idea about the latest developments on LED.



Badminton Section (RAHRC):

Coaching session for children batch #08 commenced during last week of October 2016 and continues in this month.



DIWALI AT THE ARTS CENTRE



The background of the poster is a vibrant purple with intricate, colorful Arabic calligraphy in shades of blue, pink, and white. The text is overlaid on this pattern.

Arabic

for beginners
at the Arts Centre

Sundays 13.00-14.30

register: vera_rijnvos@gmx.de

info: nadinedannan@windowslive.com

Mixed Media Workshop

Paints, pencils, charcoal, and pastels! Exercise your artistic abilities and meet with others in a friendly and creative environment on Tuesdays from 9:30 - 11:30 am at the Arts Centre.

If you would to join our group while you work on your latest art project, please register with Vera at: vera_rijnvos@gmx.de

For more information about our group please email: fiona.brooymans@gmail.com

Please note: There is no teaching in this workshop and you must bring any art supplies that you wish to use for yourself.



New Children's Books Summer/Autumn 2016

Picture Books

Show Me Happy- Kathryn Allen
Iggy Peck: Architect- Andrea Beatty
Rose Revere: Engineer- Andrea Beatty
Mr Tiger Goes Wild- Peter Brown
It's a Little Baby- Julia Donaldson
Bear and Hare: Mine! - Emily Gravett
The Hueys: What's the Opposite? - Oliver Jeffers
Ready for Weather- Sarah Jones
Cookies- Amy Krouse Rosenthal
Pip and Posey: The New Friend- Axel Scheffler

Middle

Franny K Stein: Lunch Walks Among Us- Jim Benton
Escape from Mr Limoncello's Library- Chris Grabenstein
Flora and Ulysses- The Illuminated Adventures- Kate DiCamillo
Mercy Watson to the Rescue- Kate DiCamillo
Kenny and the Dragon- Tony DiTerlizzi
The Princess in Black-Shannon Hale
The Princess in Black and the Perfect Princess Party- Shannon Hale
Stink Series- Megan McDonald
The Story Thieves- James Riley

Nonfiction

From Mud Huts to Skyscrapers- Christine Paxman

National Geographic First Readers

Bears
Day and Night
From Seed to Plant
Meerkats
Volcanoes

Young Adult

A Study in Charlotte- Brittany Cavallaro
Don't Get Caught- Kurt Dinan
It Ain't So Awful Falafel- Firoozeh Dumas
Enter Title Here- Rahul Kanakia
Click Here to Start- Denis Markell
The Lifeboat Clique- Kathy Parks
Jackaby- William Ritter
Riders- Veronica Ross
Harry Potter and the Cursed Child- JK Rowling
Steelheart - Brandon Sanderson
Nimona- Noelle Stevenson

November 2016- scheduled

Picture Books

Disney Princess- Cinderella
Disney Princess- Snow White
Disney Princess- A Little Mermaid
Disney Princess- Sleeping Beauty

Thunder Boy, Jr. - Sherman Alexie
The Lighthouse Keeper's Cat- Susan Ermitage
The Storm Whale in Winter- Benji Davies
I Need a Wee!- Sue Hendra
Last Stop on Market Street- Matt de la Pena
Green Eggs and Ham- Dr. Seuss

Nativity Flap Book (Usborne)

Middle Readers

The Christmasaurus- Tom Fletcher
The Girl Who Saved Christmas, Matt Haig
The Twelve Days of Christmas- Alison Jay
Double Down- Diary of a Wimpy Kid #11 - Jeff Kinney
Where the Mountain Meets the Moon- Grace Lin
Starry River of the Sky - Grace Lin
Animalcolms- David Baddiel
The Parent Agency - David Baddiel
The Royal Rabbits of London- Santa Montefiore
The Scandalous Sisterhood of Prickwillow Place- Julie Berry

Young Adult

Angel Catbird Vol. 1, Margaret Atwood
One, Sarah Crossan
The Lie Tree, Frances Hardinge

Tiffany Aching Series- Terry Pratchett
 I Shall Wear Midnight
 The Wee Free Men
 The Shepherd's Crown
 Wintersmith

Ghosts, Raina Telgemeier

Nonfiction

What Do Grownups Do All Day? - Virginia Morgan
Story of Life, Katie Scott
Rad Women Worldwide, Kate Shatz
Children's Book of Philosophy- Sarah Tomley

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.

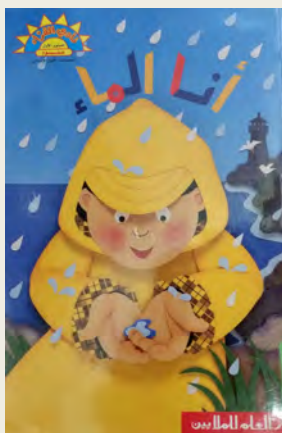
December: *A Place called Winter* by Patrick Gale (13 December)

January: *The Historian* by Elizabeth Kostova (17 January)

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!

RAHRC LIBRARY BOOK CLUB



ARABIC BOOKS

We have a selection of Arabic books for adults and children.

Please come and visit the library.

Books can be borrowed for a period of 3 weeks.



RAHRC LIBRARY

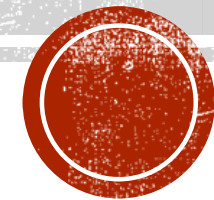
CLOSED

The library will be closed from:

Friday December 16th

And will re-open:

Wednesday January 11th



Personal Development Network

Working together to achieve our ambitions.



RAHRC Bulletin

The Personal Development Network PDN aims to facilitate the personal development of non-working spouses. Our member activities include study, job search, book writing, blogging, courses, etc. We find that its easier and more fun to achieve your ambitions out-of-home and surrounded by peers. You are welcome to join!

Since last month we have the **fastest WiFi connection** of Muscat and surroundings, and we think it was a birthday present from RAHRC....



Timings:

Sunday: 8:15 – 12:30
Monday: 8:15 – 12:30
Tuesday: 8:15 – 12:30 & 14:00 – 16:00
Wednesday: 8:15 – 12:30
Thursday: 8:15 – 12:30 & 14:00 – 16:00

The PDN team:

Steven Moerman
Chris Rusnak
Eveline van Kaam
Femke van Wageningen-Kessels
personaldevelopmentnetw@gmail.com

Get Strong, Lean & Confident with

MMA for Fitness

Mixed martial arts drills taught
in a non-combative, technique-focused
fitness program.



No registration - Contact 24672974 for class details
Bring your own hand tape and/or MMA gloves

Commencing December 2016

PANDA PAK

SATURDAY'S FROM 11AM-12PM
IN THE OLD STUDIO

STARTING
DECEMBER 10TH

BRING OUT
YOUR INNER
AWESOMENESS



THE CLASS COMBINES
MARTIAL ARTS AND
CARDIOVASCULAR
TRAINING

FOR CHILDREN AGES
8-12 YEARS OLD

BRING YOUR OWN GLOVES

BOXER-SIZE

KEEP FIT LIKE A BOXER



**This 60 minute class is
for men and women of
all fitness levels**

**Train with former
Olympic Boxer
Abdulla Barwani**

**Join Us Every Tuesday From
4:30-5:30pm In The Old Studio**

*"I have wrestled with an alligator, tussled with a whale; handcuffed lightning, thrown
thunder in jail; only last week, I murdered a rock, injured a stone, hospitalized a brick;
I'm so mean I make medicine sick." Muhammad Ali*



BOOTY **Boot Camp**

**Give your glutes the
attention they need**

**The class places extra emphasis
on isolating the three muscles of
the glutes**



INDIAN SECTION

The Indian Section of RAHRC organized the **Diwali Mela 2016** Festival event on **Friday, 4th November 2016** which had a overwhelming response (approx 800+ guests) coming from a variety of nationalities, from our members and also non-members from sponsoring oil field service companies. The cultural extravaganza was spread out from 5:30 PM to 11:30 PM with full of festivity that includes Kids Games, Stage performances (Bollywood Songs & Dances by RAHRC members), Cultural dance performances by professional artists, Arts & Craft events, Magic show and DJ music by DJ Pulse. The event was held in Volleyball ground & Marlin hall with lip smacking snacks & delectable Indian dinner served at Sohar gardens.

A hand holding a lit diya (oil lamp) against a black background with gold and blue decorative elements. The background is a crinkled black material, possibly a tarp or fabric, with gold and blue decorative elements. The gold elements include a large floral design in the top left corner and a smaller one in the bottom right corner. The blue elements include a large floral design in the center and a smaller one in the bottom right corner. The text "Diwali Mela" is written in gold in the upper center. The text "RAHRC Indian Section Muscat" is written in white in the lower right. The hand holding the diya is on the right side of the image, wearing several gold bangles. The diya is lit, with a flame visible. The overall scene is festive and celebratory.

Diwali Mela

RAHRC
Indian Section
Muscat











Learn swimming at the
RAHRC with BritSwim!

*Our qualified British swim
instructors, Candice, Susan,
and Paul, are dedicated to
delivering highly effective,
super-fun swimming lessons.*

How to find out more
and register:

*Send your membership
number and GSM number,
along with your child's
name, age, and date of
birth to: rahrc@pdo.co.om*



BRIT 
SWIM

facebook.com/BritSwimOman
hello@britswim.com
britswim.com

DIVE SECTION MONTHLY BULLETIN

NOVEMBER 2016



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC



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.



October News

Training...Training

Our training plans for the year are continuing to develop.

The combined O2 Administration and Automatic External Defibrillator (AED) courses have now been completed with a number of prospective Dive Leaders completing the course and several qualified divers undergoing refresher training. Louis and Peter are also now qualified to teach the AED course too.

In October we also completed the remainder of the Dive Leader theory course and the theory assessment was passed with flying colours by all the students – well done to Jane Alcock, Rick, Namaan and Ian Smithers. Now for the open water training!

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rickhenson@ymail.com

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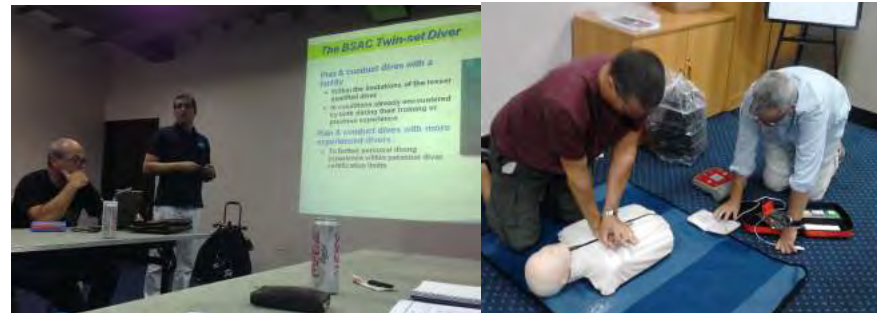
Training News

Courses planned for the rest of 2016 include:

Gas Blending SDC

Boat Handler SDC

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





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RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

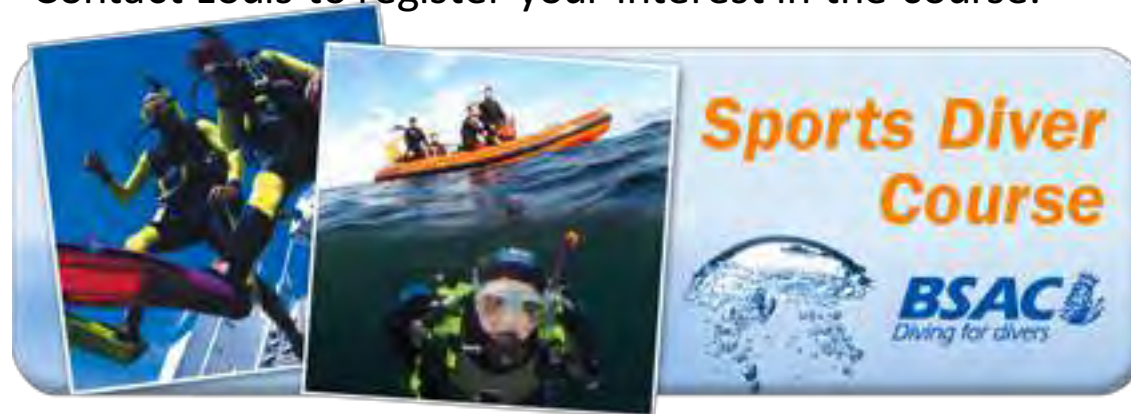
October News Continued...

Sports Diver Course

With the Dive Leader Course now well underway we are thinking about the next training course which will be for the Sports Diver level which we plan to start in mid December. The Sports Diver course is a really good one – it allows divers to progress to depths of up to 35m, improves your rescue skills, and includes a full Nitrox qualification (up to 36% oxygen). Most dives in Oman are within the Sports Diver range and you will learn a lot of skills.

The course is open to all divers who have completed Ocean Diver or equivalent (PADI Open Water or Advanced Open Water) training.

Contact Louis to register your interest in the course.



RAHSAC IS 35 (NEARLY)

RAHSAC will be celebrating its 35th anniversary in May 2017 and the Committee has already started planning the festivities. Planned events include a round the island dive, a family dhow trip, and possibly a camping trip to the Damaniyats (earlier in the year because of landing restrictions).

We are also looking at commemorative rash vests or T-shirts. If you have any suggestions for events or would like to get involved please contact any member of the Committee.



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November News Continued

Goodbyes

Due to our membership mix almost everyone is simply “passing through” and that means a regular stream of “goodbyes”. Sadly, we are now losing Alan Hart who has been a stalwart committee member, dive marshal and instructor over the last few years. Alan will be leaving shortly for a new posting in Brunei (note: attractive diving options) and we held a farewell BBQ for him on 16 November when our Chairman presented him with a token of appreciation for everything he has done. We hope it isn't really goodbye and he will be able to visit us from time to time. In the meantime, “Honest Al's Dive Shop” still has stock he is trying to get rid of...



Recent Dive Reports

Lots of diving recently - as these reports show

October 8

2 good dives today on Fahal, water temp 30. visibility very good and lots to see

October 13

Night dive – Sifah as Sheikah beach. After work dive followed by a night dive and a yummy BBQ with carrot cake!

October 28

Lots of fish life and very clear water at Ras Abu Daud and Al Munassir wreck.

October 29

Dive to 50m in Hawiyat Najm Sinkhole a deep natural depression filled with water. Happy birthday Neil 50/50/50!



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



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November News Continued

Beach To Beach Swim

The dive section supported the swimmers again in October – providing safety boat cover and rescue services for the annual beach-to-beach swim. Which fortunately passed off without incident.



5 November

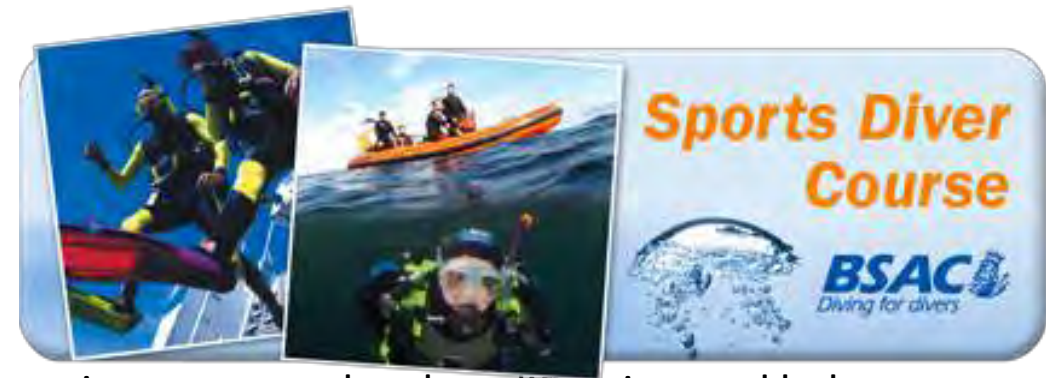
2 excellent dives at the Dimaniyat Islands today.

4 November

2 good dives today. Plenty of room on the boat as well with only 6 divers onboard and Rick completed 2 Dive Leader Drills

COMING SOON...

In December



BSAC Sports Diver training builds on the scuba skills you learnt in your entry level qualification and helps develop your confidence, skills and experience in the water to allow you to enjoy a wider range of diving sites and conditions. The course builds a sound foundation of open water diving skills and experience with structured, practical lessons. This is a good way of getting more dives under your belt while learning under the supervision of a qualified instructor.

Who Can Take Part?

You must be a RAHSAC member, 14 years or older and have already successfully completed a BSAC Ocean Diver course (or equivalent certification from another recognised training agency – e.g. PADI Open Water or Advanced Open Water).

What you'll learn

You'll hone your scuba skills and experience in various areas including rescue skills, Surface Marker Buoys (SMBs) and Delayed Surface Marker Buoys (DSMBs), navigation, techniques with equipment, and more about breathing gas. In addition, BSAC Sports Divers are taught how to support a Dive Manager by acting as their deputy as the first step in developing this important role in support of safe diving. The BSAC Sports Diver course has both practical and classroom lessons run in an integrated sequence. The course includes a sheltered water lesson and five open water lessons.

Interested?

Contact our Training Officer Louis on 98999450 to learn more.