Together WE ARE Building
Our Red Sea Community

February 24, 2010
Vol. 2, No. 4

On the following pages you will find:
- Neighbor news - not
- News to know
- Shrimp in the desert
- Lots of information
- Potpourri

If you want a copy of your own, drop me a note at abgwsa1@yahoo.com; If you want me to stop sending you the newsletter, drop me a different note.

REMEMBER: kcomm.info = your wider community resource; and now there’s a (wiki) community calendar to which you can send your event schedule: kcommcalendar@gmail.com

Your requests and participation have improved this newsletter. If you have more ideas, send them on. And, if you would like to help gather information or do some reporting, that too would be VERY VERY welcomed.

We are becoming a newspaper with all the relevant information and happenings in our Red Sea community.

BREAKING NEWS
★ Food Services has announced the start of a brunch service at Campus Diner during the weekends. The Diner is introducing a new brunch menu which caters to all tastes. This new menu will be available from 10am - 12pm, every Thursday and Friday. Sleeping in? Wake up and go for brunch!
★ Calling all “beach bums” – your time has finally come = FRIDAY, February 26
★ Safaa Golf Club OFFICIAL OPENING on February 25 and a Tournament, too! Get into the swing and join the Safaa Golf Club.
   - Tournament sign up on a first come, first serve basis. Sign up at the golf reception NOW!!!
   - All players must complete players ability test before playing.
   - 1:00pm – golf club opens with first tournament and cutting of ribbon
   - 4:00pm – free golf lessons and refreshments available
   - 6:00pm tournament presentation and light refreshments
For further information and tournament registration please contact Safaa Golf Club on 8086150 / 8086158 or golf@kaust.edu.sa.
★ Due to new accommodations opening, Transportation Services has revised the shuttle service routes as of February 24, for the blue zone. They expect this to significantly enhance transportation services in this area. See the maps at the end of this newsletter.
★ We hit 495 recipients of this newsletter! Thank you KAUSTies for supporting this effort. We have a voice; we have visibility; we have an identity – we are a community.
Neighbor News: sorry – there are plenty of new neighbors, but I’ve been so busy I haven’t had a chance to interview them 😂; give me 2 weeks.

News to Know:

Kid’s Weekend Activities – Come and join the fun

Soccer, board games, ultimate Frisbee, basketball and more!
If you’re aged between 4 and 12 years old, come and sign up for your favorite activity at the Harbor Sports Club and ECC.

When: Began on Thursday, February 18 and continues until Friday, March 26
Times: Morning sessions from 10am – 12pm, Afternoon sessions from 2pm – 4pm
Where: Harbor Sports Club and the ECC

For more information, contact 808 6613 or see the activity program at https://sites.google.com/a/kaust.edu.sa/home/facilities-community

The Dragon Boating Self-Directed Group is in the process of writing up their KAUST documentation. Their first Annual General Meeting is being planned and will be announced once documents are in order. This is the beginning of the process to acquire boats and equipment. No dates are set yet, but you will be informed as activities develop.

If anyone is interested in joining this fledgling group, please email: mark.karstad@kaust.edu.sa

Luca Passone, a student, is very active in Student Government and is working with them to have an Open House for Self-Directed Groups. Anyone who has started one or is interested in what the students are (or have been) planning can contact him. luca.passone@kaust.edu.sa
He will have a list of the groups that are forming among the student body. It would be in everyone’s interest if we joined EVERYONE together and not split along student/faculty-staff lines.

The Opening of the Museum of Science & Technology in Islam

“The opening ceremony was held Friday, February 19, by His Excellency Minister Ali Ibrahim Al-Naimi, Chairman of the Board. The museum is dedicated to celebrating Muslim scholars’ contributions to science, technology and engineering during the Islamic Golden Age (7th -17th century).

The Museum is located in the Conference Building (Building 19) on level 1, and visiting hours are Saturday – Wednesday, 9 am - 4:30 pm. Weekend visiting hours will be announced at a later date.

For more information, please contact the Museum Reception Desk at 808-3052, visit http://www.kaust.edu.sa/about/museum/museum.html or send an email to mosti@kaust.edu.sa”

WHAT AN INCREDIBLE DISPLAY OF INFORMATION! (I went and MUST return!)
“Hi All, let’s go diving on **Friday, Feb 26**, at **Al-Bilad Beach**” – Abner’s message to you:

http://maps.google.com/maps/ms?ie=UTF8&t=h&hl=en&safe=on&msa=0&msid=110977610172342543012.00047d9cbf72f0fd6da&ll=21.722826,39.127121&spn=0.123909,0.222988&z=13

“I am bringing bread to feed the fishes...hopefully this greedy giant triggerfish is still around.

Please pass this message around to whoever you think might be interested.”

**Ladies Morning Out**

**Sunday, February 28, 9:00 – 11:00 a.m.**

at the **Golf Course Café**

What are the meso therapy types?
How can we use laser for our skin problems?
How can we remove wrinkles with or without injections?
What are the latest techniques to deal with wrinkles and spots?
How can general health lead to healthy skin?
What are the non surgical solutions to a slim body?

**Dr. Mona Nasr**, Dermatologist & Cosmetologist, has the answers.

Note: If you are going to attend this Ladies Morning Out event, please send me an e-mail confirmation (Bara Dweik= bdweik@saudioger.com) so that we include your name on our attendance list.

**Bus schedule to Golf Course:** From KAUST Inn or from ECC1 @ 8:45 a.m.
**Bus schedule from Golf Course** : To KAUST Inn or to ECC1@ 10:45 a.m.

**Cycling Races and Family Sports Day**

**Thursday, March 4th at Thuwal Park**

**Come out and enjoy a day long list of cycling activities and “Fun Sports”**

**Cycling Events:** 10:00 am – 3:00 pm
- Children under 6 ride in the park / Family Ride
- Creation Races / 72 and under / 15 and under
- Adult Open Race

**Family Sports Day in the Park:**
3:00 pm – 7:00 pm
- Featuring children fun sporting games.
- Obstacle Course Jumping Castles, Sports Character Shows and Cartoon Characters!
- 3 legged races, sack races and much more!
- Cricket / Tug-of-War / Soccer Matches

**For Registration information, please call us at 300 6614 or email us at Recreations@kaust.edu.sa**
Swimming Pools: Operating Hours

Effective since Monday, February 22nd, the swimming pools operating hours are as follows:

**The outdoor swimming pool facility at the Harbor Sports Club**
6:00Am to 9:00Am Saturday to Friday. Male only swim sessions.
6:00Pm to 9:00Pm Sundays and Tuesdays. Male only swim sessions.
The rest of the time, this pool will be for **family use.**

**The female and toddlers pool hours are** 6:00 am to 9:00 pm Saturday to Friday.

For further details, please don’t hesitate to contact: recreation@kaust.edu.sa or Harbor Sports Club Reception on (02) 808-6613-15.

YOU all need to KNOW – YOUR voices and comments were HEARD. It may not be a perfect schedule for everyone – but hey – PROGRESS has been made!

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**Beach Opening Date = February 26th**

Facilities will include beach furniture, lifeguards, some water sports activities, and car parking.
Food & Beverage services will include hot and cold drinks, a range of sandwiches and salads.
The beach is open to all eligible KAUST community (KAUST ID required for entry) from 9 am until 6 pm **every weekend**, while further work takes place during the week.

Please learn the beach rules: contact marina@kaust.edu.sa or call 808-5156.

During the opening phase, bathers are required to wear protective footwear in the water, due to the presence of coral. These will be available for purchase if required.

Come and enjoy the BBQ from 3:00pm until 6:00pm.
Buses are available every 30 minutes from the KAUST Inn.

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**Happenings at the Harbor Sports Club:**

**Social Badminton:**
Fridays 10:00 to 12:00
Fridays 18:00 to 19:30
Mondays 09:00 to 10:30
Tuesdays 20:00 to 22:00
Thursdays 14:00 to 15:30

**Social Squash**
Saturdays 20:00 to 22:00
Sundays 09:00 to 10:30
Mondays 20:00 to 22:00
Tuesday 09:00 to 10:30

**Social Table Tennis**
Fridays 10:00 to 12:00
Fridays 18 to 19:30
Mondays 09:00 to 10:30
Tuesdays 20:00 to 22:00

**Social Tennis**
Saturdays 09:00 to 10:30
Sundays 20:00 to 21:30
Wednesday 09:00 to 10:30
Wednesday 20:00 to 21:30
Fridays 10:00 to 11:30

**Teen Tennis**
Thursday 09:00 to 10:00

**Mini Tennis + Speed Minton**
Thursday 21:00 to 22:00

**Junior Squash Club**
Age 8 to 12 = Thursdays 14:00 to 15:00;
Age to 13 to 17 = Thursdays 15:00 to 16:00

All sessions will be monitored to assist the Racquets Team with forthcoming leagues and open tournaments. Sport specific shoes are required.
Almost always an active area at the Harbor Sports Club. Besides racquet sports and water sports, there’s bowling to keep you competitive and fit.
It’s neither “TRAVEL” nor “FOOD/HEALTH” but it might be interesting:

**SHRIMP IN THE DESERT?**

Anyone who has examined a sample of water taken from a desert cave in Saudi Arabia can well understand why the Bedouin have been boiling that water for countless ages and disguising its taste with the strong flavors of coffee and cardamom. Cave water is often dirty, brackish and swimming with little creatures. In the mid-1980’s, biologist Dave Peters studied some of these creatures and found they were Anostracans, commonly known as Fairy Shrimp or Sea Monkeys. Scientists say their eggs will hatch after lying in the hot sand for fifteen years, but Bedouins insist those eggs will still hatch centuries later!

The durability of Fairy Shrimp eggs explain how they have managed to get into deep wells located “in the middle of nowhere,” apparently carried by the wind during sandstorms.
It is possible that some of the Fairy Shrimp found in desert caves may belong to a previously unidentified species. Very few biological studies have been carried out in Saudi Arabia’s caves, so it is hoped that research into cave microbes, insects, etc. will yield valuable results. Fairy shrimp hatched from eggs collected at the bottom of former water wells in Saudi Arabia.

IF YOU WERE WONDERING ABOUT THE 6 PM SPRAYING and DIDN’T KNOW WHY IT WAS OCCURRING:

In response to the new outbreak of Dengue fever with two confirmed new positive cases at KAUST and after consultation with Dr. Ferial Saleh (KMC Manager) and Dr. Emad Jahdaly (Manager- Occupational and Environmental Medicine KAUST Medical Services) who discussed the issue with Mr. Abdullah Alghamdi (Director of Health, Safety, & Environment at KAUST), we have decided to increase the spraying schedule by adding two more spray treatments for adult mosquitoes at sunset, as it is documented that the targeted mosquitoes are more active than they are in the morning.

This is done as emergency treatment and as regulated by WHO which recommends to intensify spray treatment early in an epidemic in order to reduce the intensity of disease transmission as quickly as possible which would give time to kill larvae deposits and community-based mosquitoes source reduction for long-term results. The step has been taken along with other measures to act quickly knowing that the weather condition is ideal now for mosquitoes and dengue transmission. We already managed to reduce the adult population and now we could return back to the old schedule of treatment.

Azza makes incredible, fun cakes for children and adults. Jewelry is also a talent, as seen here. Call for details: 802-5227; 0501381904, or email at ranamom@gmail.com.

Cakes need 2-days advance request.
Do you have a special theme in mind?
Bring or “rent” the cute items for the décor.

These are real stones
A Barbie cake is possible, too!
What do you know how to do? like to do? or would be happy doing?

Do you have daytimes or nighttimes free to walk the dog of someone who doesn’t?
Do you know how to mend clothing or create new clothing styles?
Can you turn a brown thumb into a green one – or at least help a plant survive?
Want to spend a little time watching a couple of youngsters a few hours a day?
Perhaps you are a designer, an architect, a photographer, a decorator, a tailor, an illustrator or ...?
Would you like to teach a language, have cooking classes, be a clown for parties, decorate cakes, tutor privately?

There are hundreds of possibilities.
Lots of community members have been looking high and low for these services.

No need to drive to Jeddah anymore; we’re pretty sure we have it all at KAUST.

The word is now out that many of us - residents - have skills and talents and time to invest in a not yet organized activity that would benefit them as well as the recipients. Yes - we’re talking about paying for services rendered.

Now Marvelli is just looking for people to enter onto the database: names and contacts of who wants to do what and who would like what kinds of "services," then she will match up the needs and abilities and send those matches back out to you. You can send your name, contact email and what you can do or what you need done to her email at Marvelli.PR@gmail.com.

Think large and be creative!
Please note that your name and contact number will not be released to anyone. Marvelli will only advertise the services are available and put you in contact directly with the “service provider.” Please feel free to contact Marvelli for any information you may need.

Wanted: tutors who can help elementary school children with homework
If you are interested in tutoring students, please send your name, contact details, languages you speak and what you are doing at KAUST to jodi.nielsen@kaust.edu.sa
These details will then be passed on to parents who will contact you. Payment and times are to be arranged by tutors and parents.

FROM Temille Porter: Spring House Cleaning the Green Way
1. Use natural-mold fighting solutions
2. Baking soda
3. Use open window or install exhaust fan
4. Vinegar
5. Recycled toilet paper
6. Environmental shower curtain
7. Install low-flow showerhead
8. Use compact fluorescent light
Methods:

1. You can reduce using toxic chemical mold killers to clean the shower by changing to natural mold-fighting solutions such as using white vinegar, two spoons of tea tree oil (with two cups of water), or lavender essential oil (with water). One of the suggested solutions can be filled into a spray bottle and be kept in the shower whenever you want to do your cleaning.

2. You can also use baking soda for scrubbing your tub or sink: sprinkle the baking soda on the affected area and wipe using a sponge or you can combine the baking soda with water to make paste.

3. Always open your bathroom windows or install an exhaust fan for venting purposes to reduce humidity of the room and also remove dampness which is the main reason behind mold growth.

4. You can clean the mirror in the bathroom using White Vinegar; fill your spray bottle with half white vinegar and half water.

5. Always use recycled toilet paper instead of single-use disposable paper which comes from cut down forest trees.

6. Use an environmentally friendly shower curtain instead of PVC shower curtain: choose a shower curtain made of hemp, organic cotton, linen or coated nylon.

7. Try to use a low-flow showerhead for reducing the consumption of water during your daily bath. Shower heads and faucets that have more restrictive nozzles and spouts reduce a lot amount of water and minimize the wastage of water exiting from the device.

8. Always use a compact fluorescent light to reduce your energy consumption.

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Don't forget the exercise facilities in the Commons area. Under-used, yet equipment rich - it's a great place to work out!