



THE RAHRC BULLETIN AUGUST 2016

RAS AL HAMRA RECREATION CENTRE

Freedom Modern Taraab band with Zungu
Live Music with DJ Tinko

3rd Day of Eid
@ RAHRC
Sohar Garden
Limited seats
8pm – 1:30am



Ticket Price:
OMR 10/- Members
OMR 12/- Non-Members
(Dinner Included from 8pm – 11pm)

Dress code: Smart Formal
Age: 21 and above



Contents

Main Committee Message.

Outpost Oman

RAH Golf Club

Kayak Section

RAHADS

RAH Sub Aqua Club

RAHRC Library

Off Road Adventure Club

Beach 2 Beach Swim 2016

Main Committee Message



Things are almost getting back to normal. The summer holidays are in their final stages and all are looking forward to the new school year. The club is also looking forward to the renewed activities with the cooler months just round the corner. The different sections are busy with the planning of the events. The section budgets submitted and will be discussed in the main committee. The second Eid is also very near, in the month of September, with accompanied days off.

The temperature is still on the high side, however, there is breeze which makes it bearable and cools down during some evenings. The need to keep hydrated is still there with water being the best source instead of grabbing the fizzy sugary and other drinks.

The coming months are the best in the country and the club offers a good environment to enjoy these days with fabulous beach to laze on and swim in the sea or take a dip in the refreshing pool. Aerobics classes are on and continuing thanks to our in-house and volunteer instructors. We have recently appointed a senior instructor, who will bring fresh ideas and energy to help those last steps may it be in fitness or the stubborn pounds or kilos.

The Gym is also there for those who want to work out. Aqua sports such as sailing, diving, etc., also continue to happen.

While the club is not responsible for any lost or stolen personal belongings, we would like our members to know that there are lost and found boxes placed near the entrance of the club's administration office, boat club and sports hall.

A message was in the last month bulletin and I am repeating it here again as the activities will increase with members returning after the vacation.

Over a period of time the sports hall/gyms have accumulated clothing, towels, etc that have not been claimed yet. If you are missing these and remember having left them at the gym or the changing rooms at the sports complex please provide a description of the items lost to our gym instructors on duty. If these items still remain unclaimed by the end of August 2016, then any usable clothing or equipment (if any) will be donated and the rest will be discarded.

Another change the members will notice is the new layout of the front office. In order to provide a better service and experience to the members, all the main functions of the club admin will be located in one place. However, as with any change, there is some inconvenience. As the office is being modified, the front part was kept operational. As it is nearing completion, work in the front office will start. The front office staff will move into the renovated area, once the renovation is complete, the new arrangement with all the staff located in one area will be ready.

For new activities and cultural events, please keep an eye on the advertisements and visit our website at www.pdorc.com for announcements regarding events that maybe taking place in the club. The club's house rules are also available on the website and we request members to go through them regularly. The documents governing the club are currently under review. They are almost complete and will be uploaded once approved.

Enjoy the club facilities and the activities it offers and remember to give your help and support to make the club a better place for yourselves and your families and friends. Stay Safe!

Comments or feedback can be posted to RahRc@pdo.co.om

**On behalf of the Main Committee,
Khalid Jawad Al Khabouri
President**



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 on **Tuesday 27th September** from 8.30m – 11.00am at Kim Restucci's house (5 Sahma St.) Everyone is welcome!

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 29th September**.

Upcoming Events

1st September – Charity Bingo event to raise money for Dementia Care in Oman. For further information please contact the Outpost office via e-mail: outpostmuscat@pdo.co.om, or Facebook or you can leave a message on telephone number 246 58640.



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 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.**

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!



August 2016 bulletin

- Mistal May Monthly Medal
 - More Monthly Stableford
 - Upcoming Events
 - Rule of the Month



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



RAH LADIES SECTION

Sundays are designed for players of all abilities and we are especially keen to encourage those who have recently completed or are having lessons. We meet at 7.45am (no need to book in advance) and each week we play a different format over 9 holes followed by coffee in the clubhouse. It's an ideal opportunity to enjoy your golf, learn from more experienced players and above all – have fun ☐

Tuesday mornings are for our more experienced ladies. Tee times are available from 7am and should be booked in advance.

MORE Monthly Stableford Results: August 2016

Position	Player	Score
Mens Div 1 Winner	Hussain Dad	22
Runner up	Geetesh Tamse	21
Mens Div 2 Winner	Mitrangshu Dutta	23
Runner up	Vinay Bharadwaj	21
Ladies Div Winner	Susanne Solberg	23
Runner up	Jameela Daud	20
Straightest Drive H9	Chris Hodgson	
Nearest to Pin H2	Susanne Solberg	







Mistal Montly Medal Results: August

Position	Player	Score
Best Gross	Azaan Al Rumhy	74
Mens Div 1 Winner	Connor Lynch	68
Runner up	Hussain Dad	71
Mens Div 2 Winner	Ashwin Chowdhrury	66
Runner up	Ajit Singh	70
Ladies Nett Winner	Nelly Materna	65
Straightest Drive	Rob Thompson	
Nearest to Pin H4	Liam Mcauliffe	
Nearest to Pin H11	Connor Lynch	



Captains Interclub Summer Series Results so far

Overall Series Results After Rd 3					
Place	Club	Points	Wins	Losses	Halves
1	 الموج للجولف AL MOUJ GOLF MUSCAT - OMAN	34	15	5	4
2		23	9	10	5
3	 RAS AL HAMRA GOLF CLUB	20	8	12	4
4	 MUSCAT HILLS GOLF & COUNTRY CLUB	19	7	12	5

Series By Series Results											
Date	Club Fixtures										
	Home Club	Points	Wins	Lose	Half	Vs.	Visiting Club	Points	Wins	Lose	Half
22-Jul-16	Ras Al Hamra	7	3	4	1	Vs.	Almouj Golf	9	4	3	1
	Muscat Hills	5	2	5	1	Vs.	Ghala	11	5	2	1
5-Aug-16	Almouj Golf	11	5	2	1	Vs.	Ras Al Hamra	5	2	5	1
	Ghala	10	4	2	2	Vs.	Muscat Hills	6	2	4	2
19-Aug-16	Ras Al Hamra	8	3	3	2	Vs.	Muscat Hills	8	3	3	2
	Almouj Golf	14	6	0	2	Vs.	Ghala	2	0	6	2
2-Sep-16	Ghala	0				Vs.	Almouj Golf	0			
	Muscat Hills	0				Vs.	Ras Al Hamra	0			
16-Sep-16	Ras Al Hamra	0				Vs.	Ghala	0			
	Almouj Golf	0				Vs.	Muscat Hills	0			
30-Sep-16	Ghala	0				Vs.	Ras Al Hamra	0			
	Muscat Hills	0				Vs.	Almouj Golf	0			

 = Home

 = Away

Captains Interclub Summer Series

CAPTAINS INTER-CLUB SUMMER SERIES 2016

	RAS AL HAMRA	SCORE	POINTS
Match 1	DAVID ALSOP	L 1 UP	
Match 2	CHRIS MUSTOE	L 3&2	
Match 3	EDZARD VAN LOON	A/S	1
Match 4	CHRIS HODGSON	A/S	1
Match 5	FRED PARK	L 4&3	
Match 6	AJIT SINGH	W 6&5	2
Match 7	STEVEN VAN ROSSEM	W 4&3	2
Match 8	ANTONIO OJEDA JULIAN CHONG	W 4&3	2



8

	MUSCAT HILLS	SCORE	POINTS
VS	HUMAYUN KABIR	W 1 UP	2
VS	PULI SHARMA	W 4&2	2
VS	SUMANT SUNDER	A/S	1
VS	SANJOLI SINGH	A/S	1
VS	DANNY VAN BILJON	W 4&3	2
VS	SHA SUDHA	L 6&5	
VS	NICK LEWIS	L 4&3	
VS	STEVE GREY NICK PULFER	L 4&3	



8



Congratulations to Humayun Kabir from Muscat Hills club for his hole in 1 on the 4th hole





Upcoming Events

- 2-Sept Mistal Monthly Medal Summer Match Play Series
- 16-Sept MORE Montly Stableford
- TBA Captains Walk in
- Wednesday Social Evenings

Tips for summer golfing

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





Kayak and Paddleboard Storage

The new racks for kayaks and paddleboards are finished.

Kayaks and boards that are registered with a sticker and number must be removed from the Dinghy storage racks and returned to the private kayak and paddleboard storage racks.

The Dinghy storage racks will be cleared of kayaks and boards in early September, and – if necessary – the locks will be cut to move the craft. Unregistered craft belong to unknown owners will be removed and either donated to the RAHBC, destroyed (if unseaworthy), or auctioned for sale.

There is now a waiting list for kayak and paddleboard storage, so craft which are not in regular use (even if registered) will have to be removed. Owners will be informed.

Reminder of the (updated) rules for using the RAHBC storage racks:

- Max 3 craft per family.
- Craft must be in regular use (average once per month).
- Craft must be seaworthy.
- Registered craft only - stickers to be issued - in allocated slots.
- Report any damage.
- Users must obey RAHBC rules (e.g. use of lifejackets, carrying mobile phone etc.).

To register your craft for use of the storage racks, please contact either the kayak club captain Richard (richard.rh.hallett@pdo.co.om) or Paul (paul.ps.sanders@pdo.co.om).

KAYAK SECTION UNREGISTERED BOATS

Are These Yours?

Unregistered craft belonging to unknown owners will be removed and either donated to the RAHBC, destroyed (if unseaworthy), or auctioned for sale.





KAYAK SECTION UNREGISTERED BOATS



If you are the owner of any of these kayaks please contact either the kayak club captain Richard (richard.rh.hallett@pdo.co.om) or Paul (paul.ps.sanders@pdo.co.om).

RAHADS - Ras Al Hamra Amateur Dramatics Society

"The new season for RAHADS gets underway with a Cabaret night on Friday 2nd September at 7pm for a 7.30 start and Panto auditions for Snow White and the Seven Dwarves towards the end of September - more information coming soon.

Cabaret night is a free annual event where non RAHADS members are also very welcome to join. This is a great chance for anyone who would like to try out being on stage and to perform a song or a sketch etc. in front of a friendly audience. If you would like to perform but need help with material, props etc please contact us. This is a 'no ticket' event so come along to the Cinema Hall and enjoy an evening of entertainment and fun.

Please contact RAHADS at rahads.oman@gmail.com if you are interested in performing at Cabaret or would like more information about performing or taking on a backstage role at any of our productions. New members are always welcomed and full training for backstage will be given."

RAHADS - Ras Al Hamra Amateur Dramatics Society

www.facebook.com/rahads

DIVE SECTION MONTHLY BULLETIN

AUGUST 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 out 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 Tsiakkios.



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s



August News

Training...Training

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

Following the BSAC AED Skill Development Course which trained divers to use an Automated External Defibrillator (AED) in a diving environment and the Twinset Skill Development Course which we ran earlier in the year we have now firmed-up our plans for early Autumn. We will run the Oxygen Administration SDC again after Eid; this is open to all but this covers almost half the theory part of the Dive Leader course which we will be running later in the autumn. We will not cover this ground again so if you want to join the Dive Leader course (see next page) you **must complete the O2 course** first. Contact Louis to reserve your place.

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

Training News

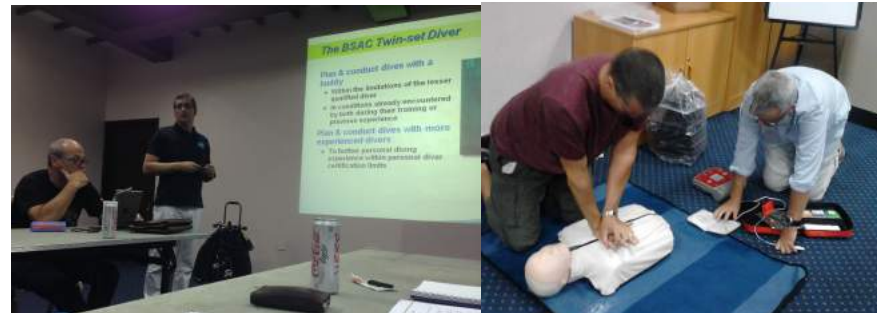
Courses planned for the rest of 2016 include:

Gas Blending SDC

Boat Handler SDC

Dive Leader SDC

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





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

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

August News Continued...

Dive Leader Course

We plan to run a Dive Leader Course around the middle-end of October. This forms the backbone of BSAC diving as DLs can participate under Instructor supervision in pool training and can take less qualified divers on open water dives.

The course is open to all Sports Divers that have completed sufficient post SD qualification dives. PADI Rescue Divers and equivalents can participate as well. Due to the long duration of the course we have decided to run an Oxygen Administration course after Eid in (see previous page) as that covers a lot of the DL syllabus. If you do not already have the O2 course qualification and want to do the DL course you need to participate in the O2 course. The O2 course syllabus will **NOT** be covered during the actual Dive Leader course, so all DL trainees must have already completed the O2 course. The O2 Course is open to all Sports Divers irrespective whether they want to become Dive Leaders.

Contact Louis to register your interest in the course.



Training News





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

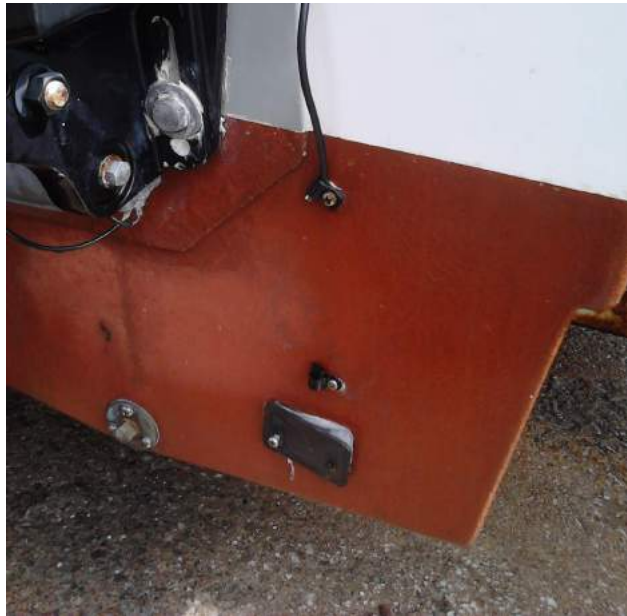
Join us on Facebook:

Search for RAHSAC

August News Continued

Ongoing Boat Woes

We have traced the fault on RN's echo-sounder (finally) when the transponder was torn off it must have been switched on and this sent stray currents into the head unit which was severely damaged as a result. It has since gone back to Garmin and been repaired so we hope the problem is finally fixed.



However our fuel problems seem to be catching and AW has now suffered from fuel contamination so more work for our dedicated Boat Officer Jamie! We hope to have two boats working again in the next week or so!

Recent Dive Reports

Despite some boat problems and lots of people being away we have still managed to keep diving as these reports show

29 July

Laced Moray Eel meets Cow-Tailed Ray - Ray Bay.

30 July

Definitely a days of Rays in Ray Bay. Nice to be diving with Daniel again. Thanks RAHSAC.

31 July

Whaleshark on East Side of Fahal Island - shark #1 for the dive, sadly shark #2 was shy/faster so no pictures and under RAHSAC bragging rules did not happen!

5 August

Vis not the best and the water temp has dropped to 24, but a good days diving



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



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



Hamburger Bay 13 August

12 August

Swell & wind meant diving at Hamburger (water temp 24) but still 2 good dives

13 August

Dive the East & West Side, one way dives. Vis still not the best, but 2 good dives

20 August

Good days diving at the Dimanayat Islands with - water temp varied from 31-25, lots to see

RAHRC LIBRARY BOOK CLUB!

Please join us at 11.30am at the Boat Club to enjoy discussing new books.

Tuesday 20 September – *The Night Guest* by Fiona McFarlane

Tuesday 18 October – *The Historian* by Elizabeth Kostova

Tuesday 15 November – *The Buried Giant* by Kazuo Ishiguro

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 READING From September 2016

RAHRC LIBRARY

Children's books are read aloud by our librarian. All children are welcome.

Parents must stay with their children.



Sunday
6.30pm - 7pm
English

Monday
5:30pm – 6pm
Arabic

RAHRC LIBRARY

OPENING HOURS



UNTIL 31ST AUGUST

MONDAYS: 10 AM - 1 PM

WEDNESDAYS: 3 PM - 7 PM

FROM 1ST SEPTEMBER:

SUNDAY 3PM – 7.30PM

MONDAY 8.30AM – 6.30PM

WEDNESDAY 8.30AM – 7PM

THURSDAY 5PM – 7PM

Ras Al Hamra Off Road Adventure Club proudly present

Sand Driving for Beginners

Instruction by Ray Archer and ORAC Committee Members



Theory Training

18th September or 20th September

Venue: Oil & Gas Exhibition Centre, located just before PDO Gate 2 and after Shell Ras al Hamra

Time: 7 to 9pm

Registration via

<http://rahorac.jeeprs.com/theory-training-talks-spring-2016/>

Practical Training

7th / 8th October or

14 / 15th October

Venue: Wahiba Sands

Prerequisites:

1. Prior attendance at a theory session
2. Registration (by website booking open only after 20th September introductory talk)

Practical Training suitable for those seeking to

1. Drive recreationally in the desert or
2. Prepare for the Wahiba Challenge (ORAC training is mandatory for that)

Places are limited and allocated to new drivers on a first come first served basis.



BEACH 2 BEACH SWIM

14th October 2016

Marjan Beach

to

Ras Al Hamra Club Beach

Start around 8:30 am -
registration details to follow

Children under 16 years must be
accompanied by parents
Either swimming or kayaking

If conditions are not suitable to
pass the headland,
a swim in the RAHRC bay will be
arranged

Breakfast after swim

Admission fee:

RAHRC members: 4 OMR

Non members: 6 OMR

Children under 14 years: Free

