



THE RAHRC BULLETIN

JULY 2016

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

RAS AL HAMRA RECREATION CENTRE

Salama & Jeff
3rd day of Eid

Member R.O 4/-
Non-Member R.O 6/-
21yrs & above
Cinema Hall
7:30pm onwards

Dress code: Smart

Taraab & Mixed Music



Contents

Main Committee Message.

Swim Section

RAHRC Library

Dive Section

Top 10 Videos.

Main Committee Message



It has indeed been the most challenging time for our Muslim brothers and sisters this Ramadan with long summer days creating the shortest possible window for breaking their daily fast. However, throughout the Sultanate of Oman the end of Ramadan brought in a joyous celebration of Eid ul-Fitr. Here, at the club, the third day of Eid ul-Fitr was celebrated with a local and famous Taarab group by Salama and Jeff at the Cinema Hall that attracted around 150 members and their guests.

The sweltering summer evenings, the season of bright sunshine and those bright sun dresses has been here for a while and it seems like they are here to stay!. While summers may sound more blissful to those coming from the bitterly cold countries it is not a delightful time for those from the hotter terrains. As days get hotter and evenings become more uncomfortable, we need to tweak our daily routine a bit by being choosy when it comes to food by eating healthy, choosing clothes that are summer and culture appropriate. While you need to keep yourself hydrated, it would be wise to keep a check on how many soft drinks, cosmopolitans and margaritas you are gulping to quench that thirst and beat the heat but remember it is nice cool water that will keep dehydration at bay!

For some of us the summer holiday season is coming to an end and for many of our children that 'back to school' feeling is already encroaching. If you have been on holiday this summer and have been having a great time, saying goodbye to sightseeing and the freedom not to look at emails can often feel like the end of the world. There's nothing like a dose of the post-holiday blues to make you wish you'd chucked it all in and opened a yoga school on a Greek island.

It doesn't all have to be doom and gloom, though. The Ras Al Hamra Recreation Centre still has plenty to offer with a fabulous beach to laze on and swim in the sea or take a dip in the refreshing pool. Some of our aerobics classes are on and continuing thanks to our in-house and volunteer instructors. So if you are planning to lose some of the extra weight after the Eid festivities and summer holidays by joining aerobics lessons, the schedule is available on our website. If you are simply planning on working out - our gyms are open from 7 am to 10 pm daily except Fridays when the gyms are closed from 2 pm to 5 pm for general cleaning. 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. 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.

The activity level is low at the moment, but will be picking up soon. So 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.

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

Saleh Al Sharji
General Manager
Ras Al Hamra Recreation Centre.

CLUTTONS

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An Ecolab Company

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MUSCAT GASES
COMPANY S.A.O.G

Beach 2 Beach Swim 14th October 2016

Marjan Beach to Ras Al Hamra Club Beach 1.1 km

Start around 8 am - registration details to follow

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

If conditions are not suitable to pass the headland,
a swim in the Ras Al Hamra Club bay will be arranged

Breakfast after swim





RAHRC LIBRARY

SUMMER OPENING HOURS

Starting 16th June until 31st August

MONDAYS: 10 AM - 1 PM

WEDNESDAYS: 3 PM - 7 PM

CLOSED FOR EID

DIVE SECTION MONTHLY BULLETIN

JULY 2015



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

All Divers Welcome!

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



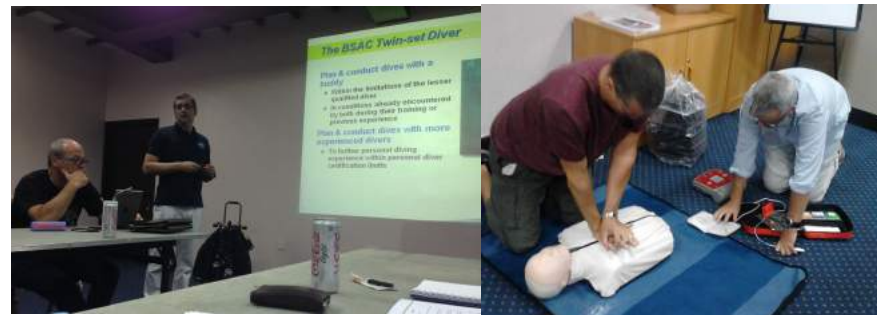
July News

Training...Training

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

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

Courses planned for after the summer holiday period include another chance to complete the Oxygen Administration SDC and the Boat Handler SDC as well as starting the Dive Leader course – contact Louis for details.



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

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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:

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Training News

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

Courses planned for the rest of 2016 include:

Gas Blending SDC

Boat Handler SDC

Dive Leader SDC

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



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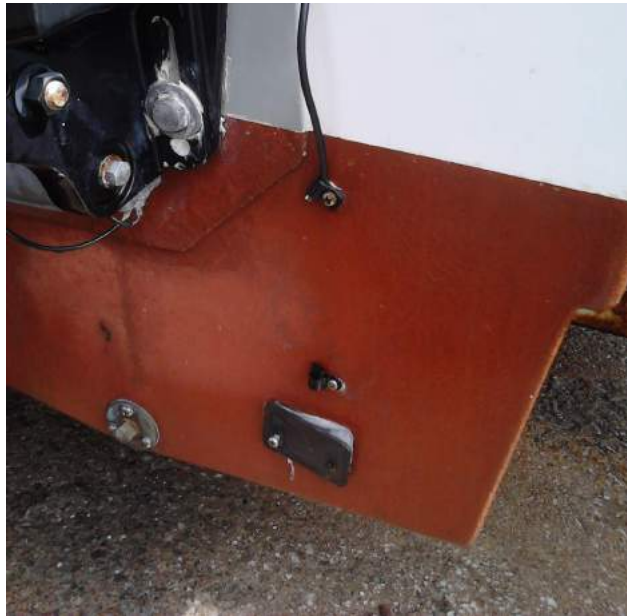
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June News Continued

Ongoing Boat Woes

We seem to have offended Neptune or whoever is in charge of what happens to boats because the damage to the echo-sounder on RN appears to be rather more fundamental than first appearances suggested. Two attempted fixes with new transponders have failed to cure the problem but hopefully we have a fix on the way!



There is also a leak in one of the fuel tanks on RN (just after we fixed the other tank!) so more work for our dedicated Boat Officer Jamie!

Recent Dive Reports

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

25 June

Good day at Hamburger as we were limited to Fahal due to weather. Thank you Alan H for marshalling.

25 June

Declan dives Welcome to RAHSAC family

2 July

Brian - welcome to RAHSAC - hope you enjoyed the day.

9 July

Damanyats this afternoon - Whaleshark!



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Hamburger Bay 25 June



Tunicate Fahal Island 7 July

Top Ten Videos

No	TITLE	CATEGORY	CAST 1	CAST 2
1	THE REVENANT	ADVENTURE	LEONARDO DI CAPRIO	TOM HARDY
2	USA McFARLAND	TRUE STORY	KEVIN COSTNER	MARIA BELLO
3	ENEMY	SUSP./THR.	JAKE GYLLENHAAL	MELANIE LAURENT
4	ESCOBAR - PARADISE LOST	CRI./DRA./ROM.	BENICIO DEL TORO	JOSH HUTCHERSON
5	THE FACTORY	SUSP./THR.	JOHN CUSACK	DALLAS ROBERTS
6	JOY	TRUE STORY	JENNIFER LAWRENCE	ROBERT DE NIRO
7	THE TWO FACES OF JANUARY	DRA./THR.	VIGGO MORTENSEN	KIRSTEN DUNST
8	BLOOD	CRI./THR.	PAUL BETTANY	MARK STRONG
9	RIDE ALONG 2	ACT./COM.	ICE CUBE	KEVIN HART
10	KITE	ACT./THR.	INDIA EISLEY	SAMUEL L. JACKSON