



# *THE RAHRC BULLETIN*

## *JUNE 2016*

THE NEWSLETTER FOR MEMBERS OF THE RAHRC



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## Main Committee Message



Welcome to the June monthly bulletin, the month has been quiet on the activities front with the start of the holy month of Ramadan however the start of the month saw the 1000<sup>th</sup> fun run and the friendly cricket tournament take place. There are a number of events planned after Eid so please keep an eye out on the calendar and notice boards to make sure you do not miss out.

The club management and committee are taking advantage of the quiet period to get on with some much needed maintenance, you will notice some work to expand the front office to bring all of the management team into one space, and a number of new air conditioning units being installed in the Squash courts, boat club and bulk store. The

kayak store has also been completely revamped after suffering substantial damage in the storms earlier this year and is now back in full use. Further maintenance will be rolled out across the rest of the summer.

Whilst the main redevelopment of the club is still on hold through these difficult economic times the RAHDP along with the committee are undertaking some preparatory works to allow the redevelopment to happen smoothly in the future. The first element is the development of a new car park and entry road adjacent to the golf club, these works will allow flexible access to the club during the reconstruction and release the existing over flow car park to be developed into apartments in the near future. The second element is the development of a new restaurant facility on the old golf clubhouse site next to the arts and craft centre, the new restaurant will allow food service to continue through the redevelopment period and provide an opportunity to have a broader catering offering.

The only thing left for me to do is to wish you all Eid Mubarak on behalf of the main committee and for those travelling have a safe and happy holidays.

On behalf of the main committee

Iain Liversage

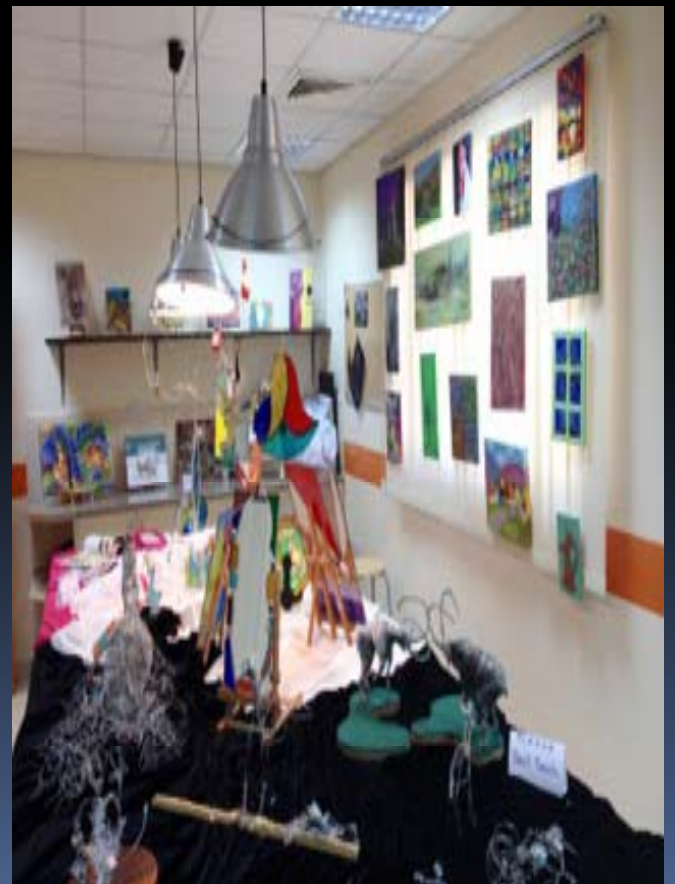
Project Secretary/RAH Project Liason

# Art's Center













# FUN RUN

The fun run section celebrated its 1000<sup>th</sup> run on 2 June. Started on 30 April 1997, we are proud that we have never missed a week since then. A run-1000 Tshirt was given to those people who had completed at least 3 runs in the past 10 weeks – see photo. A total of 95 runners participated and completed the usual 2, 4 or 6 km distance.

We hope all those enthusiasts continue to support us for the next 1000. Our runs start on Thursdays at 6 pm, until end August when we move back to 5:30 pm.



Your fun run committee:

Edwin, Chantal, Paul and Mike



# Ras Al Hamra Golf Club

June 2016



# Committee Message

June has seen the onset of the hotter weather and this coupled with an unfortunate reduction in our water supply meant the course suffered some scorched areas on the fairways. I would like to thank all the members for using the cart paths only in buggies or trolleys for a few weeks, this certainly assisted in protecting the course.

The summer traditionally sees the reduction in the amount of golf played and it has been great that the facility has been so well used over the holy month of Ramadan especially the opportunity for our Muslim members to use the course after Iftar, special thanks go to Salim Al Harthy for organising the Ramadan golf for our Omani members and guests.

The Captains series returns in late July and will see RAHGC take on the other three clubs in matchplay golf across 6 legs. The flyer attached to this message has all the dates and please let Shawn know your availability it would be great to get as many different players as possible.

All that remains is to wish you Eid Mubarak and happy holidays and I look forward to seeing you on the course soon.

Iain Liversage  
RAHGC Captain

# CAPTAINS SUMMER SERIES 2016



Date	Home Team v's Away Team
22-Jul-16	Ras Al Hamra Vs. Almouj Golf
22-Jul-16	Muscat Hills Vs. Ghala
5-Aug-16	Almouj Golf Vs. Ras Al Hamra
5-Aug-16	Ghala Vs. Muscat Hills
19-Aug-16	Ras Al Hamra Vs. Muscat Hills
19-Aug-16	Almouj Golf Vs. Ghala
2-Sep-16	Muscat Hills Vs. Ras Al Hamra
2-Sep-16	Ghala Vs. Almouj Golf
16-Sep-16	Ras Al Hamra Vs. Ghala
16-Sep-16	Almouj Golf Vs. Muscat Hills
30-Sep-16	Ghala Vs. Ras Al Hamra
30-Sep-16	Muscat Hills Vs. Almouj Golf

18 hole matchplay  
Teams of 10  
6 singles & 2 betterball matches

Dinner & presentation to be held at Ghala Golf Club on Friday 30th September



# June More Stableford

- **MEN'S DIV. 1 WINNER- DON GRAY 22PTS**
- **RUNNER UP- FRED PARK 21PTS**
- **MEN'S DIV.2- ANTONIO OJEDA 22PTS**
- **RUNNER UP- MITRANGSHU DUTTA 18PTS**
- **LADIES DIV. WINNER- JAMEELA DAUD 24PTS**
- **NEAREST TO THE PIN HOLE 4- JOHN GILBERT SPROAT**
- **STRAIGHTEST DRIVE HOLE 9- JOHN STARK**

# June Mistal Monthly Medal

- **BEST OVERALL GROSS- AZAAN AL RUMHY 74**
- **MEN'S DIV. 1 WINNER- CRAIG MCMEEKIN 68**
- **RUNNER UP- STEVE VAUGHAN 73**
- **MEN'S DIV. 2 WINNER- ANTONIO OJEDA 72**
- **RUNNER UP- ELLIOT BATTERSBY 72**
- **LADIES WINNER- JAMEELA DAUD 78**
- **NEAREST TO THE PIN HOLE 4- CRISTIAN SANDA**
- **NEAREST TO THE PIN HOLE 11- EDZARD VAN LOON**
- **STRAIGHTEST DRIVE HOLE 9- SALAH AL HARTHY**





رأس الحمراء  
RAS AL HAMRA

# Our Development Project News

## H.E. Undersecretary visit to PDO Medical Center

H.E Undersecretary of MOG Salim Al Aufi visited the new PDO Medical Center. He got acquainted with the complex and toured various sections including accident and emergency department, outpatient clinics, laboratory, pharmacy, physiotherapy and occupational health and safety departments. RAHDP Manager and Chief Medical Officer had a presentation on the construction project milestones and the Medical Center operational activities.



## Highlights

### Holy Month of Ramadan

H.E. Undersecretary visit to the PDO Medical Center

Query park opening in May



## HSE Statistics

LTIF for 2016 = 0  
MVIF for 2016=0  
More than 8.5 Million safe man hours



رمضان كريم  
Daily Iftar at Ras Al Hamra Mosque  
إفطار حائمه  
في مسجد رأس الحمراء  
رأس الحمراء  
RAS AL HAMRA

رمضان كريم  
RAMADAN KAREEM  
RAHDP team wishes you all the joy and blessings during the Holy Month of Ramadan.  
رأس الحمراء  
RAS AL HAMRA



The Quarry Park has been presented to Ras Al Hamra residents. The park consists of many spaces on different levels that can be used for outdoor entertainments and workshops. Two large shade structures and terrace garden can be used for community events, gatherings, school field trips and walking/jogging. The park features a variety of native plants with winding pigmented concrete pathways leading to the old quarry on top which looks spectacular when lit up at night. The Quarry park also marks the Phase 1 completion.



### **Key highlights from RAHRC Badminton Section (Jun-16)**

Badminton section successfully organized Annual Badminton Tournament 2016 for the below categories

- Children Doubles (Boys) – 7 Teams
- Children Doubles (Girls) - 3 Teams
- Women's Doubles – 5 Teams
- Men's Doubles – 18 Teams
- Mixed Doubles – 9 Teams

Total 71 members participated in the above categories and their family members & friends witnessed the day long event.

Winners from all categories honoured with customized trophies.

Special thanks to various sponsors who supported the event by the sponsorships & Bar Section (RAHRC) to have provided water & beverages.

### **Some of the event photos are :**











# The judo section

As the summer break is almost upon us, the only word that describes this year for the judo section is 'outstanding'. In all aspects the description accurately reflects: the recruitment of players where the average class size has risen from 22 to 50+ players per session, the ability of the players to be successful in their 'grading' (next colour belt), and that we have 3 additional instructors who are willing to commit their time, energy, knowledge and experience to the players.

On behalf of the instructors, I congratulate all those players who have been successful during the year in achieving their next colour belt. For this, each and every player must demonstrate a variety of techniques taken from a syllabus to the satisfaction of the examiner and are then assessed on the performance of those skills in a fighting practice situation. The higher the grade, the greater number of more complex and technically difficult techniques must be performed. The sequence of grades (belts) is: novice, white, red, yellow, orange, green, blue, brown, black.

It is therefore with immense pride that we claim 100% of the white belts who entered the grading in December/January were awarded their red belts. More recently, Irina Kobenko was awarded her yellow belt, Ivan Scheglova, Edward Regan, Jean Raingeonneau and Nickolas their orange belts, Jenny Sanders and Sia Jyoti – green belts, Rosie Sanders and Sasha Scheglova their blue belts, and Joe Reddy and Andrea Bogunovic - brown belts. A tremendous achievement by all players whose dedication, determination and hard work has been deservedly rewarded. If there was sound to this article – there would be applause!!



Sasha and Rosie



Joe





Irina



Jenny



Nickolas, Edward, Jean and Ivan

And so judo takes a short summer break and recommences on Thursday 25<sup>th</sup> August 2016 at the usual time of 5-00 to 7-00 pm in the main sports hall. Within the first few weeks we will be concentrating on grading's once again, with the white and red belts practicing the techniques

required for their next colour belt. And so the cycle continues with all grades attempting their grading and progression with the added excitement that 4 of our highest grades will, for the first time ever at the club, be attempting their black belt examinations.



Some of the many red belts who were successful in their grading



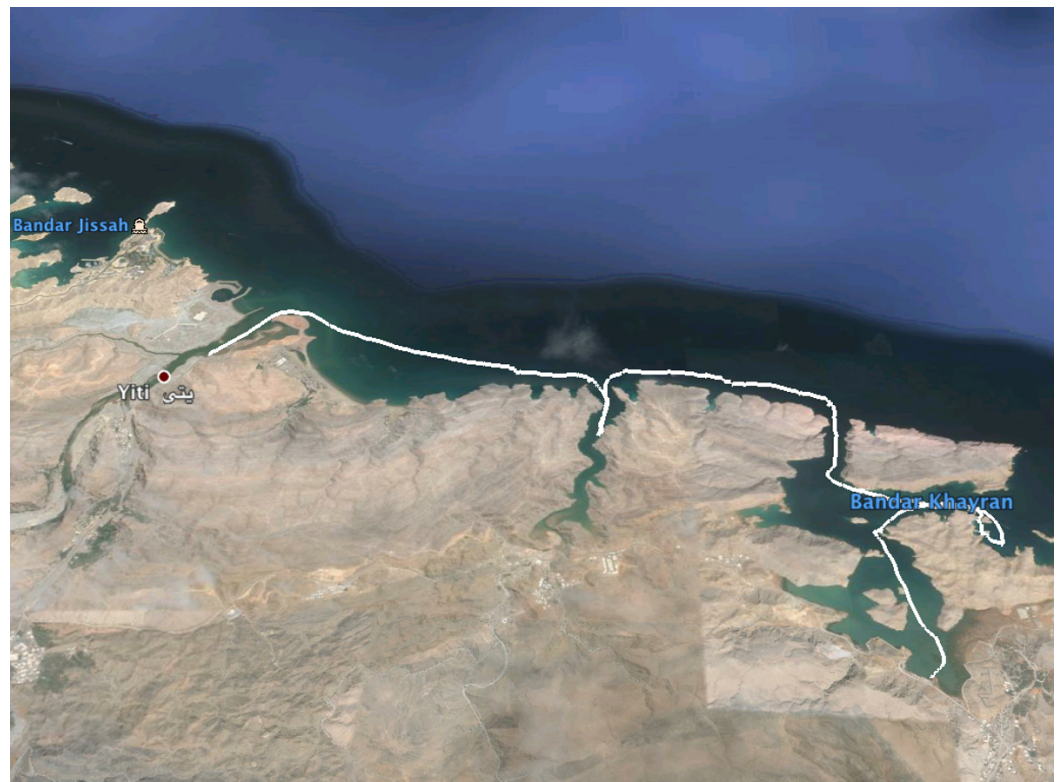


## Yiti to Bandar Kharan - a half-day sea kayak trip

On Friday 17th June, a group of seven sea kayakers made the trip from Yiti to Bandar Kharan. We started by leaving the boats and gear at Yiti before dropping the 'finish' cars at BK. On the water by 8.30, paddling out of Yiti Inlet we headed east along the coast. Five kilometres later, Yanket Inlet provided a welcome break from a northerly wind blowing force 2 to 3. Three kilometres later and two hours after departing Yiti, we entered Bandar Kharan.

The total distance was 14km and dolphins and turtles were seen along the way. The group experienced some challenging conditions along the coast that was finally rewarded with a super swimming stop on a sandy beach in BK. Afterwards, we explored through the islands and finally headed back to the vehicles at noon when the temperature started ramping up. Spectacular scenery and good fun, although it was rather warm.

*This trip was planned for experienced and capable kayakers and should not be attempted by inexperienced paddlers.*





# KAYAK SECTION





# KAYAK SECTION



## Private Kayak Racks

With thanks to the RAHBC management, we are pleased to announce that the storage rack area has been completely refurbished and is now ready for use again.

Part of the refurbishment has been to create slightly taller racks for the closed-cockpit (e.g. sea kayaks) and hybrid (e.g. paddle yak) kayaks.

Prior to the refurbishment, additional racks were built opposite the lockers specifically for the paddle boards.

The new rack allocation is indicated in the diagram below.

If your craft is registered (i.e. has a sticker), please feel free to bring it back to the racks and please make sure you put it in a space as designated.

The rules for use of the racks are as follows:

- Maximum of 3 craft per family
- All craft must be in regular use (average once per month)
- Registered craft only (registered craft have numbered stickers), in the correct slots (see below).
- Report any damage.
- Users must obey RAHBC rules (e.g. use of lifejackets, carry mobile phone, etc.).

Please note: Even with the additional racks for the paddle boards, we are already short of storage space and there is a waiting list to use the racks.

Therefore, if your craft is not in regular use you will be required to remove it.

To register your craft to use the storage racks, please contact:-

Richard  
([richard.rh.hallett@pdo.co.om](mailto:richard.rh.hallett@pdo.co.om))

or

Paul  
([paul.ps.sanders@pdo.co.om](mailto:paul.ps.sanders@pdo.co.om)).

We look forward to seeing you out on the water...

	LOCKERS											SEA			SEA			WALL
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
1																1		
2																2		
3																3		
4																4		
5																5		
FLOOR																6		

legend:	<span style="color:red">■</span>	Surfski
	<span style="color:orange">■</span>	Closed cockpit kayak/hybrid
	<span style="color:yellow">■</span>	Single Sit on Top (SOT)
	<span style="color:green">■</span>	Double SOT
	<span style="color:blue">■</span>	Stand-up PaddleBoard



At PDN we look back at a really successful year. We estimate PDN has facilitated a smashing 2000 hours of personal development this year! The activities undertaken by our members are a wide range and include academic research, writing a book, medical studies, photography studies, MBA studies, oenology studies and much more. But they all share that they are best undertaken in an environment that allows you to focus on the material, and that is why we come together. And off course we also enjoy the coffee breaks together.

Our sessions will now break for summer, but from the **21st of August** we are back in business. When you are looking for an environment that allows you to focus and concentrate on your development, don't hesitate to reach out to one of us, you are welcomed!

Steven Moerman  
Chris Rusnak  
Eveline van Kaam  
Femke van Wageningen

[personaldevelopmentnetw@gmail.com](mailto:personaldevelopmentnetw@gmail.com)



# RAHRC LIBRARY

## SUMMER OPENING HOURS

Starting 16<sup>th</sup> June until 31<sup>st</sup> August

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MONDAYS: 10 AM - 1 PM

WEDNESDAYS: 3 PM - 7 PM

*CLOSED FOR EID*

# DIVE SECTION MONTHLY BULLETIN

## JUNE 2015



### Contact Us:

Chairman:

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Peter Bedson 96017044

[peterzbedson@gmail.com](mailto:peterzbedson@gmail.com)

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Diving Officer:

Evert Moes

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Check out our website and forum:

[www.diving.pdorc.com](http://www.diving.pdorc.com)

Join us on Facebook:

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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 Tsiakkios.



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Evert Moes

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**RAS AL HAMRA SUB AQUA CLUB**  
BSAC BRANCH 1299S



**Ramadan Kareem**

The weather is hot but we are continuing to dive – however it is not a good idea for those who are fasting to dive. Dehydration is a known provocative factor for DCS so enjoy the break and we look forward to seeing you back on the boat after Eid.

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Diving Officer:

Evert Moes

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## RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s

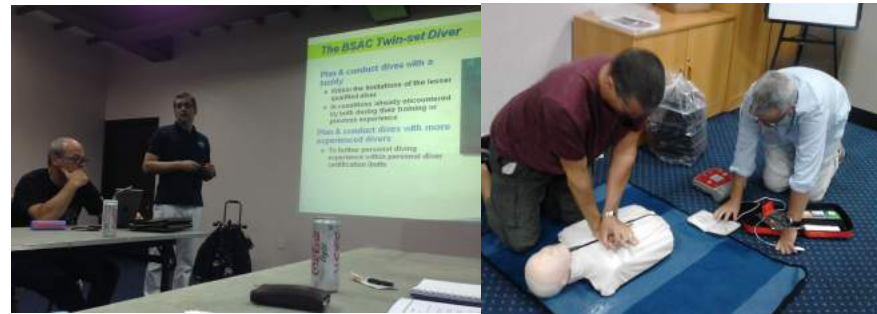
### June News

#### 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.



### 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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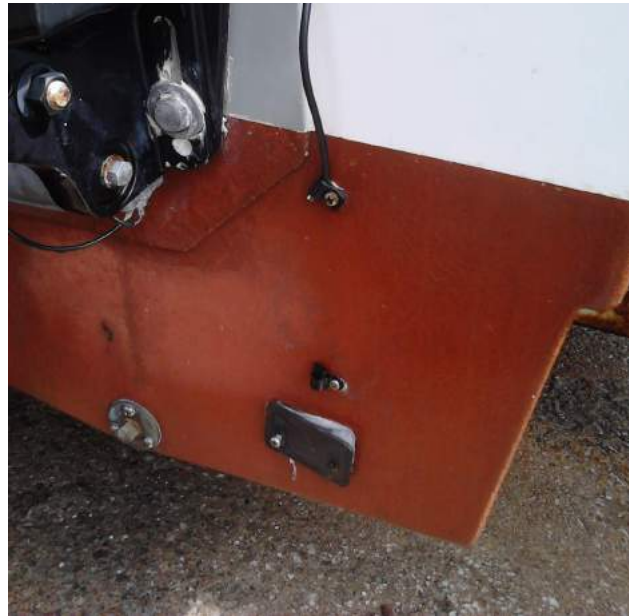
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## June News Continued

### More 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!



Many thanks to Jamie for all his hard work on this.

## Recent Dive Reports

Despite some boat problems we have still managed to keep diving as these reports show

*4 June*

Good days diversings, thanks to my buddy Naaman

*11 June*

A very rare thing was seen today deep in the waters of Fahal. Yes - it was Louis on a dive without a camera :). Soon to be corrected on the second dive though ...

Nice wall of Barrcuda

*15 June*

Interesting, enjoyable diving last weekend at fahal. Last dive with Jane - thanks for being such a relaxed buddy over the last few years! Despite the strange creatures in the coral the least seen as.' Louis without a camera'!



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## June News Continued

### More Boat Woes...

As we know keeping our boats running takes a lot of behind the scenes work with the innate hostility of the marine environment. RN suffered a further problem last week when a weld on the starboard fuel tank failed and allowed fuel to leak. The lack of boats sadly meant that we could not take as many divers out for a short period. We have now fixed this so we are back to running 2 boats so hopefully we can take everyone who wants to come – many thanks to Evert for his quick work in getting the tank fixed.



## Recent Dive Reports – Continued

*17 June*

Nice dive on the wreck, with a wee peek inside! The club may have a new wreck diver! Phil even emerged 'rust' free! And a so-so second dive had several interesting things! However the Millionaire Shortbread may have won the day! Thanks Elisabeth! and Mal for the coxing

*18 June*

Lovely day out today at the Dimaniyat islands. First dive on Clive's rock, second on Sira/ Mouse Trap and third on Aquarium. First two dives had great viz and lots of fish and turtles. Great to visit different sites and a fun three dive day. Thank you to Alan H for marshalling



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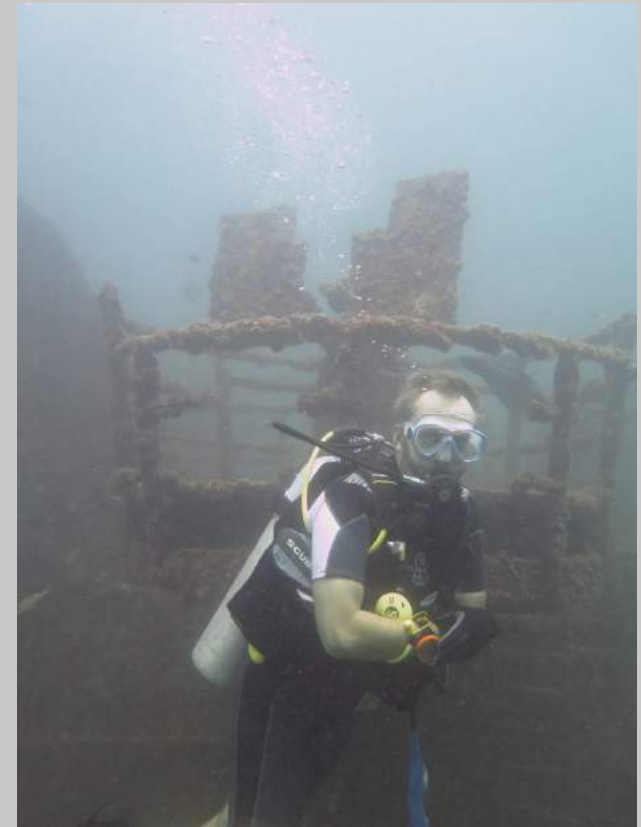
## News Continued

### AGM 2016

The 2016 AGM was held in the Marlin Hall on 27<sup>th</sup> April. We were able to celebrate a great year of diving and look forward to next years diving.

The new committee was elected with a small number of new members:

Chairman – Ian Ford	Diving Officer – Evert Moes
Secretary – Peter Bedson	Treasurer – Rick Henson
Training Officer – Louis Tsiakkiros	Expeditions & Environment Officer – Wim Vranckx
Boat Officer – Jamie Stewart	Equipment Officer – Mal Stuart
Social Secretary – Katherine Norris	Membership Secretary – Jane Alcock
Tanks Officer – Alan Hart	



Munassir Wreck 17 June