



رأس الحمراء
RAS AL HAMRA
النادي
THE CLUB

January Newsletter 2020



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Main Committee Message - President

Dear RAHRC members, partners and friends,

On behalf of the RAHRC Main Committee and the management,

بسم الله الرحمن الرحيم
((يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ (27) ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً (28) مُرْضِيَةً فَانْخُلِي فِي عِبَادِي (29) وَأَنْخُلِي جَنَّتِي (30))

(سورة الفجر (الآيات 27-30)

I will start by the name of Allah the Merciful

(O' You Possessor of the Serene Soul (27), return to your Lord, contented and blessed (28), and enter among my servants (29) and enter My Paradise (30)).

(Verses 27-30) from Sura Fajr – The Holly Quran

Please accept our heartfelt condolences on the passing of His Majesty Sultan Qaboos Bin Said – May God Rest his soul in peace. He is still alive in our hearts and minds and through us, he lives on and surely will not be forgotten. Our thoughts and prayers are with the Royal Family, Government and the People of the Sultanate of Oman at this time of grief and sorrow.

Sultan Qaboos was a revered leader and a friend to all nations. His vision and determination shaped Oman into the prosperous, modern and peaceful state it is today, and his rule over the last half century has resulted in lasting and positive change in the Sultanate and the entire Middle East region.

Over the course of his reign, RAHRC also developed to what it is now: not only a great place for activities and BBQs but also a vibrant, caring, international community providing a sense of belonging. A Club by members for members. At difficult times such as these, communities show their strength and togetherness and provide support to those who need it. Please know our community shares your grief and hopefully the Club can be a place of solace.

As a community we would also like to wish His Majesty, Sultan Haitham bin Tariq Al Said wisdom and success to further guide the growth and progress of our beloved Oman and its nation.

I would like to repeat our safety note, that this time of the year the winds tend to come in from the North, which brings cooler weather onto our shores and heavier seas into the RAHRC bay. It is therefore not unusual to experience heavy rains lashing the coastal areas during the winter months. For this reason you are advised to take note of the Flags on the masts at the Boat Club; these are warning signs of a good or bad sea state and should therefore not be ignored.



Please adhere to the lifesaving rules and drive responsibly, as Safety is paramount – at work, at the Club, at home and on the roads. We want to ensure you return to your families safely.

Just a reminder, RAHRC is on Mourning until 20th of February 2020. Please enjoy the club facilities and the activities it offers (without any music), and remember to give your help and support when needed to make the club a better place for yourselves, your families and friends.

Regards,
On behalf of Main Committee
Adel Al Foory – President





Rugby Section



The PDO pirates sent a team to the Dubai rugby 7's tournament in December to fly the flag high for Oman, the Ras Al Hamra club and for PDO. The 7's is a major rugby event on the international calendar with over 200 teams attending. The pirates had been training months in advance for this full contact tournament and didn't shy away from contact as the team continued to make big hit after hit without picking up any major injuries. The overall outcome of the event was a success, all players were...

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Golf Section



RAHGC would like to wish everyone a very happy and New Year. 2020 promises to be another busy year and the schedule is already filling up with our weekly, monthly and annual events. On a weekly basis we have the Ladies Sunday Morning social golf, Wednesday evening social pairs (all members welcome), Monthly we have the Club Mistal Medals where golfers compete for the player of the year trophy and the eclectic prize in Ladies, Men's & junior categories. In March we host the Muscat Open, a 2 day event which is the oldest Amateur...

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Scuba Diving Section

RAH Sub Aqua Club (RAHSAC) is pleased to offer an evening of Try Dives on Wednesday 29 January 2019 at 7pm.

Open to all PDO Club members above 12 years old (under 18s to be accompanied by their parent). Come and meet us, learn the basics of SCUBA diving and try it out yourself.

We will soon offer a beginners training course and soon you can enjoy for yourself, the best of Oman's spectacular underwater world with us at RAHSAC.

WhatsApp us, details on the flyer below!
All photos from recent RAHSAC dives



SCUBA DIVING
Free Try Dives

Wed 29 January
7pm PDO Club

WhatsApp
9824 4189

Grab this opportunity!
Start your discovery
of Oman's amazing
Marine World

The poster features a collage of underwater images: a large shark at the top left, a group of black and white fish in the middle left, a clownfish on the bottom left, and a lionfish on the bottom right. The text is overlaid on these images.

Fitness Section



RAH FITNESS AND WELLNESS CHALLENGE 2020

The Wellness Challenge
OFFICIALLY BEGINS

Who Can Participate? This challenge is exclusive to Adult RAH members ONLY (Age 18+)

Challenge Dates AND Timings:
19th January 2020 – 27th February 2020
Sun to Thursday 12 to 1pm (flexy timing)

Rules and Regulations:

- Must be punctual
- Must attend at least 5 classes at **RAH fitness centre**
- Flexy timing: 8:30am-4:30pm (in case 12pm is not suitable)

Points Scoring:

- Attending the challenge program = 1 point per day
- Weekly challenge & outdoors = 3 points per challenge
- Participating in obstacle challenge = 2points

Fitness & Scoring Criteria:

- Reduced fat percentage
- Maintained or improved muscle mass
- Improved cardio capacity & flexibility
- Improved fitness

REGISTRATION AND FITNESS TESTING IS OPEN NOW UNTIL 17th OF JANUARY, HURRY AND GET TESTED BEFORE THE DEADLINE!

rahrc.fitness **RAHfitness@pdo.co.om** **26672974**

The poster includes an illustration of a diverse group of people in various fitness poses, such as running, jumping, and stretching.

Toastmasters and Gavel Section

To Register Please click the below link :

<https://docs.google.com/forms/d/e/1FAIpQLSdgHma6tmXXZvW7D-tQnZEXlhZnRELOXnsDST4Xm9198EfKLA/viewform>

BE BOLD.
BE HEARD.

RAHRC Toastmaster

Club No. 06727821; Area 07; Division D; District 105

Club Contest 2020

FALCON ROOM

FEBRUARY 22, 2020

2:30PM TO 7:00 PM

- Table Topic Contest
- Evaluation Speech Contest
- Humorous Speech Contest
- International Speech Contest

FOR REGISTRATION

<https://forms.gle/A8ySEJPAJaYMzJZd7>

VP Education: Daniel Appiah 97201228

TMC Chairman: R. G. Nayakam 92956887

<https://www.facebook.com/rahrctoastmasters/>



Ras Al Hamra Recreation Center

The Club

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PO Box 80, PC No 100

