



# THE RAHRC BULLETIN AUGUST 2017

## Ras Al Hamra Recreation Centre

7<sup>th</sup> September 2017

@ Sohar Garden

07:30 pm onwards

*Ticket Price:*

OMR 5/- Members

OMR 7/- Non-Members

*(Mongolian Dinner Included)*

**DJ CHOZ**

**Live Band**

**Rock Hard**

**50 DEGREES**

*...and you thought it wouldn't happen*

**MUSCAT'S HOTTEST BAND**



*Dress Code: Formal  
Age 21 & above*

## Main Committee Message



The two popular months (July & August) for holidays are over and now it is time we are welcoming back our members and their families from their holidays to continue enjoying the club facilities as planned. We hope you had a fantastic vacation.

While we experienced hot weather during the past 2 month, there had been fewer activities in the club “mainly indoors with Arts Center activities” and the monthly sailing section with their team racing and monthly Mug.

The weather seems to be improving towards the end of this month with temperatures ranging from 32 to 35 degrees. So, let’s hope the winter gets in early this year.

We shall start to experience more activities in the month of September starting with DJ Choz on the second day of Eid, followed by party on the 7<sup>th</sup> September at the Sohar garden and shall continue with another activity “RAHADS Cabaret” which will be on the 15th Sept. We will also continue with entertainments during our weekends at the boat club with live band every Thursdays while our famous DJ CHOZ shall continue with cool music every Fridays.

The committee would also like to update you on the plans for restaurant operations at Ras Al Hamra Recreation Club:

You must have noticed that from 15th August 2017 the main restaurant has been closed. This has been operated by catering services LLC for many years as part of the UIB contract which provides catering for MAF camp and the HLD. They have relocated into their own off site kitchens.

The RAHRC management thanks them for their many years of service.

The new clubhouse which has been built next to the arts and craft center will be opened in the month of September offering three new outlets for food and beverages. In the interim the coffee shop by the main pool will continue in operation until the new facility is up and running.

Thank you for your patience during this period of transition.

We also encourage you to go through club access and other published rules through this link: [CLUB RULES](#)

For more information and details about upcoming events, your memberships, as well as contact details of each Section, please visit our website at [www.pdorc.com](http://www.pdorc.com).

For general comments and suggestions please use this email address: [rahrc@pdo.co.om](mailto:rahrc@pdo.co.om).

As always, a reminder to stay safe and parents should take full responsibility of their kids at the swimming pool and the sea.

I take this opportunity to wish members Eid Mubarak

**On behalf of the Main Committee**  
**Hamood Al Shaqsi club Social Secretary**

## Judo Section

The 2 month summer vacation seems to have gone so fast and very shortly we will be restarting our usual training sessions. Thursday 24<sup>th</sup> August is our first night back at our usual time of 5-00 pm. As always, new members are welcome to participate and try judo as a sport. At the moment, we remain with a junior session of 7 year olds upwards, but we are attempting to provide a senior session if we are able to maintain a suitable number of players and arrange an opportunity to train.

We ended our pre-summer training sessions with the exams (called 'gradings') for players to acquire their next coloured belts. It always gives me such great pleasure to announce the success of every player participating being awarded their next colour belt. The effort, hard work and determination of each player is to be applauded as these 'gradings' are not easy and follow the International Judo Federation syllabus. With each grade, the degree of difficulty and technical complexity increases and demands a real ability from the player to demonstrate an almost perfectly executed technique. The higher the grade, the more techniques needed to be demonstrated, therefore increasing the players ability and skill.

The following photos show the players being awarded their next well deserved coloured belts.





For each of the instructors, this is one of the most rewarding parts of their role. Even for us as instructors, we remember being awarded our grades in the same way.

The club is remarkably successful and I personally would like to thank our two other instructors, Gloria and Jasper. Their skill, knowledge and experience ensure that the level of instruction is extremely high and together with never ending patience, allows all players the opportunity to learn and practice at the pace and level that suits them individually. I also take this opportunity to thank our high senior grades who also participate in instructing a number of the grades in honing their skills and techniques.

And so, we start our upcoming sessions with the higher grades practicing for their forthcoming grading in October, and the lower grades learning the techniques necessary for them to be successful in their next grading in December/January.

Enrolment to the sessions is continuous throughout the year and we welcome all who wish to participate. For further information, I am available on the contact details below, and you are also welcome to come and visit us on every Thursday evening from 5-00 to 7-00 pm in the main sports hall.

Kevin Lockyer.

GSM: 92340736 email: [kevinlockyer467@gmail.com](mailto:kevinlockyer467@gmail.com)

## **Oh Man! Adventure Group**

Chair: Graham Speller: [grahamspeller@aol.com](mailto:grahamspeller@aol.com) 95378251  
Sec: Robert Velberg: [pj.velberg@gmail.com](mailto:pj.velberg@gmail.com) 92042359  
Treasurer: Chris Rusnak: [crusnak3@gmail.com](mailto:crusnak3@gmail.com) 98831607

A full programme of activities has been planned for the opening weeks of the new term We are arranging BBQs, Quiz Nights, and a range of snorkelling and diving activities.

We welcome new members and invite all training male spouses to join us in our varied and interesting programme. Please contact us using the information above.

# 2017-2018 RAHRC Tennis Calendar

July 2017						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2017						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2017						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Eid Holiday

Team Tennis Tournament

November 2017						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2017						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Doubles' League

January 2018						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2018						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Weekend Singles

Club Championship

March 2018						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2018						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Club Championship

\*Juniors' Weekend Tournament

\*\*Round Robin Social Tennis

Welcomes you to



# ONAM 2017

Experience the Magic of "God's Own Country"

08<sup>th</sup>, September 2017

10.00 am - 2.00 pm, RAHRC Cinema Hall



## EXOTIC ONAM SADHYA

(Traditional Kerala Feast Served on Banana Leaf)

Dance | Song | Fashion Show |

Tug of War & much more...!

Tickets : Members - 3 (OMR)

Non Members - 5 (OMR)

Children under 6 years free

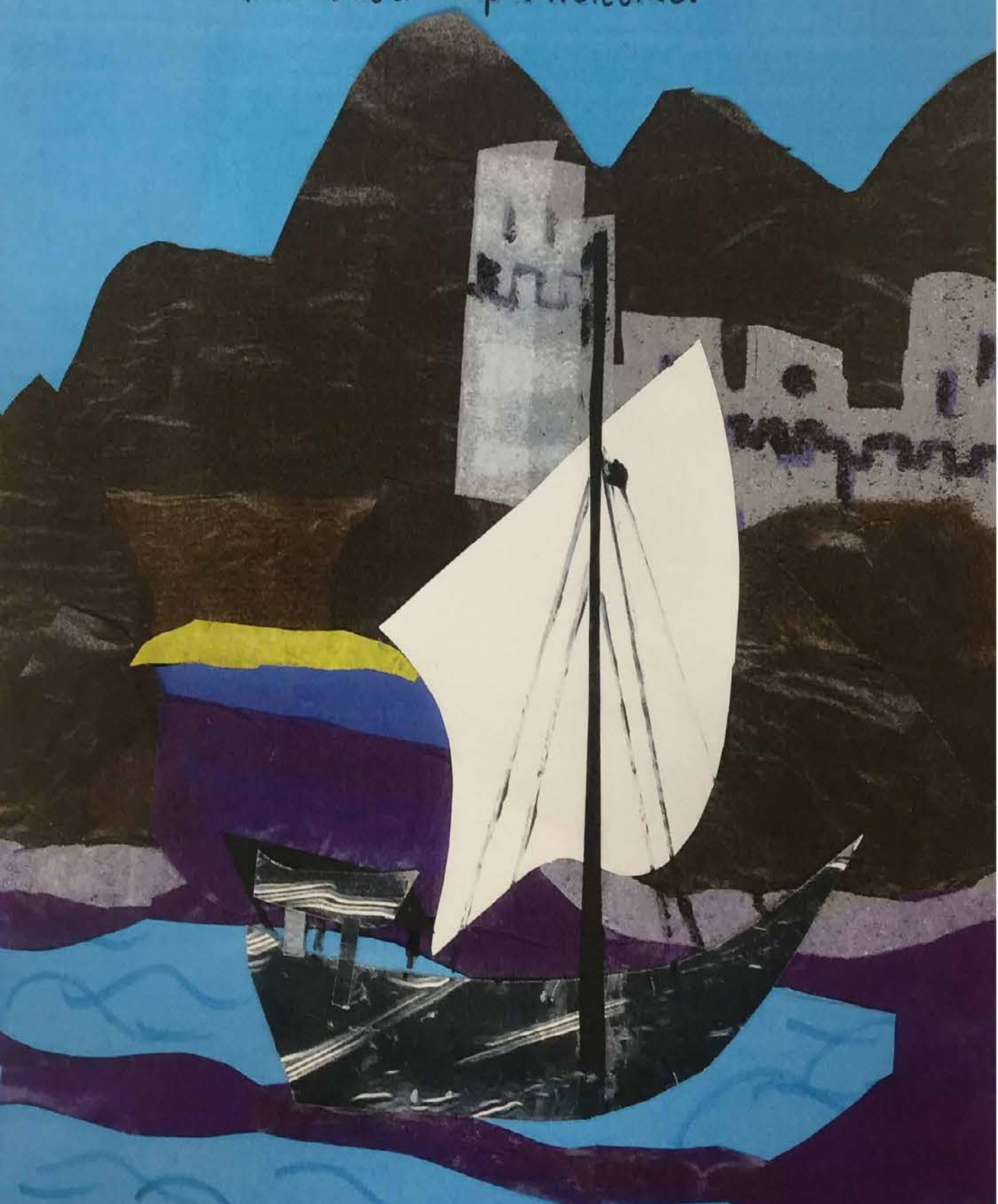


Tickets on sale  
at RAHRC  
front office

# RAHADS Pantomime:

## "The Voyage of Sindbad"

We especially need help with the lights, props, costumes and construction - but all help is welcome!



**Auditions will be on Monday 18<sup>th</sup> Sep & Wed 20<sup>th</sup> Sep 2017**

Auditions to be announced soon!

Any Questions please contact Rahads



<b>DAY</b>	<b>CLASS</b>	<b>VENUE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>	
Sunday	French Beginners	Yellow room	9AM – 10:30AM	Claude Farhat	
	Bead Jewellery	Orange room	9:30AM 11:30AM	Priya Rajan Babu	
	Needle Point	Yellow room	11AM – 3:00PM	Agatha Zwaan	
	Batic	Green room	9:30AM-12 Noon	Mala Yagnesh	
	Spanish Beginners	Red room	10AM – 11:30AM	Arancha Franco	
	Pottery Workshop	Turquoise room	9AM – 5:30PM	Donna Condon	
	Painting Workshop	Blue room	10AM – 1:00PM	Beatrix Abiwu	
	Monday	Mosaic	Green room	9AM – 12 Noon	Anne Marie De Jong
Ribbon Embroidery		Red room	9:30AM – 11:30AM	Neeta Rathore	
Beading		Yellow room	10AM – 11:30AM	Jeanette McDonald	
English		Yellow room	4:30PM -6PM	Patricia Burpee	
French Intermediate		Red room	4:30PM – 6:00 PM	Maia Willson	
Arabic Advanced		Blue room	5:30 PM 7:00PM	Claude Farhat	
Spanish Beginner		Green room	6PM -7:30PM	Mario Giraldo	
Tuesday		Fabric Painting	Red room	9:30AM -11:30AM	Manju Singh
	Mixed Media Workshop	Green room	9:30AM – 12 Noon	Fiona Brooymans	
	English Advanced	Yellow room	10AM – 11:30AM	Jessica Williams	
	Make Up	Blue room	11AM – 12:30PM	Salma Sabbagh Ramy	
	Stitching	Blue room	1PM – 3PM	Shagufta Khalfay	
	Quilling for Children	Yellow room	4:30 PM -5:30PM	Meena Hiten	
	Fashion	Blue room	8AM – 11AM	Kate Ejiofor	
	Pot Painting	Red room	4:30PM – 6:30PM	Jinal Umang	
	Dot painting for kids	Green room	4:00PM – 5:00 PM	Sheran Suarez	
	Pottery	Turquoise room	9:30AM – 4:30PM	Arleen Edwards	
	Pottery Workshop	Turquoise room	6PM – 9PM	Jackie Maskall	
	Arabic Beginner	Blue room	5:30PM -7PM	Claude Farhat	
	Wednesday	Quilting	Blue room	9AM -3PM	Lydia de Mooij
		Stained Glass	Orange room	9AM – 11:30AM	Marianne Staal
		Quilling & Origami	Red room	9:30AM -11AM	Miriam Jimenez
Stained Glass		Orange room	11:30AM -4PM	Gabriella Popescu	
Oil Painting		Green room	10AM – 12 Noon	Heena Kothari	
Acrylic Painting		Green room	1PM -3PM	Shalini Kumar	
Pottery		Turquoise room	9AM – 5:30PM	Donna Condon	
Scrapbooking		Red room	11AM -12 Noon	Miriam Jimenez	
Paper Craft for Children		Green room	5PM -6PM	Irina Kubek	
Thursday		Creative Arts	Green room	9AM -12 Noon	Anne Marie De Jong & Valentina Dolgopyatva
	Basic Patchwork & Quilting	Blue room	9AM – 12 Noon	Nieves Briceno	
	Silver/Gold Smithing	Orange room	9AM-3PM	Wlisabeth Van der Wouden	
	Pottery	Turquoise room	9:30AM -4:30PM	Arleen Edwards	

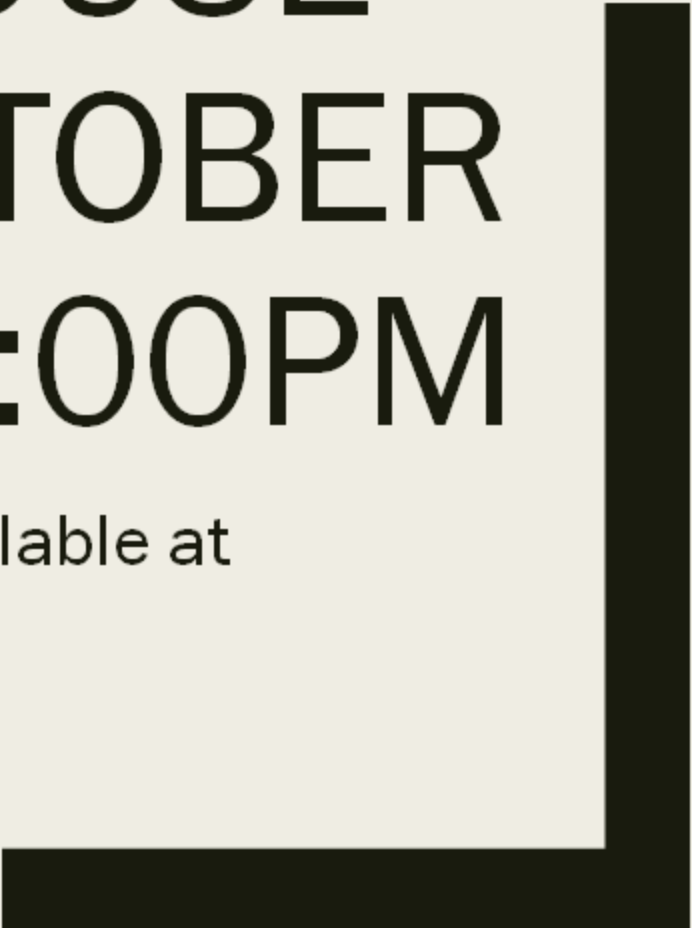
# Arts Centre Committee

**Chairlady:** Claude Farhat [claudesenior005@hotmail.com](mailto:claudesenior005@hotmail.com)  
**Treasurer:** Arleen Edwards [casaed@omantel.net.om](mailto:casaed@omantel.net.om)  
**Secretary:** Anne Paulsen [artsecrahrc@gmail.com](mailto:artsecrahrc@gmail.com)  
**General committee members:**  
Shalini Kumar [shalinirakesh@hotmail.com](mailto:shalinirakesh@hotmail.com)  
Priya Rajan-Babu [priya\\_6148@hotmail.com](mailto:priya_6148@hotmail.com)  
**Pottery coordinator:** Jackie Maskall [jmmaskall@hotmail.com](mailto:jmmaskall@hotmail.com)



ARTS CENTER  
OPEN HOUSE  
5<sup>TH</sup> OF OCTOBER  
9:00AM - 7:00PM

Signing up for all the activities available at  
the Arts Center





# RAHADS Annual Cabaret Night

## 15<sup>th</sup> September 2017

7:30pm

Cinema Hall, RAHRC

Cabaret Night is an evening of casual, live entertainment aimed at adults and older teens - songs, sketches, musical performances, dance routines, your 'party piece', whatever you would like to do.

If you have ever wanted to be on stage, Cabaret is a great way to perform to a friendly, supportive audience.

## A Night of Free Entertainment Be Part of the Fun!

If you would like to perform, please register your act by emailing [rahads.oman@gmail.com](mailto:rahads.oman@gmail.com)

If you would like to be in the audience, just turn up on the night!

The Dutch Committee presents:

# Proud to be Fout Kick off party

Thursday 14 September  
20:30 @ Sohar Garden RAHRC

50mr members, 70mr non-members RAHRC

info: [hollandcomite@gmail.com](mailto:hollandcomite@gmail.com)



# Ras Al Hamra Recreation Centre

7<sup>th</sup> September 2017

@ Sohar Garden

07:30 pm onwards

Ticket Price:

OMR 5/- Members

OMR 7/- Non-Members

(Mongolian Dinner Included)

## DJ CHOZ Live Band

Rock Hard

**50 DEGREES**

...and you thought it wouldn't happen

**MUSCAT'S HOTTEST BAND**



Dress Code: Formal  
Age 21 & above

# RAS AL HAMRA

# FITNESS

# CENTER SEPTEMBER 2017

	Sun	Mon	Tues	Wed	Thur	F	Sat				
<b>8:30-9:30</b>	<b>GRITS</b> Ladies (Fatma) Old Studio	<b>BODY PUMP</b> Ladies (Sharee) Old Studio	<b>CIRCUIT TRAINING</b> Ladies (Fatma) Old Studio	<b>SWISS BALL</b> Ladies (Fatma) Old Studio	<b>SPINNING</b> Ladies (Sharee) Old Studio						
<b>9:45-10:45</b>	<b>BOOTY BOOT CAMP</b> Ladies (Laela) Old Studio <b>(No Class 10<sup>th</sup>)</b>	<b>BODY BALANCE</b> Ladies (Fatma) Old Studio	<b>YOGA</b> Ladies (Sheena) Old Studio	<b>DANCE THERAPY</b> Ladies (Sheran) Old Studio	<b>PILATES</b> Ladies (Andrea) New Studio <b>(10:30-11:30)</b>		<b>GRITS</b> Ladies (Fatma) Old Studio <b>(9:30-10:30)</b>				
<b>12:00-1:00</b>	<b>BOXING CIRCUIT</b> Ladies (Femie / Laela) Old Studio	<b>CIRCUIT TRAINING</b> Men (Alfredo) Sports Hall	<b>ZUMBA</b> Ladies (Azza) New Studio	<b>SPINNING</b> Men (Alfredo) Old Studio	<b>BODY PUMP</b> Ladies (Femie) Old Studio	<b>STEPS / ABS ATTACK</b> Men (Alfredo) Sports Hall	<b>GRITS</b> Ladies (Fatma) New Studio	<b>POWER PUMP</b> Men (Alfredo) Old Studio	<b>RPM</b> Ladies (Femie / Laela) Old Studio	<b>BODY BALANCE</b> Men (Alfredo) Sports Hall	<b>N O</b>
<b>16:30-17:30</b>	<b>RPM</b> Mixed (Femie) Old Studio	<b>BODY COMBAT</b> Mixed (Shahab) Sports Hall <b>(No Class 10<sup>th</sup>)</b>	<b>BODY PUMP</b> Mixed (Femie) Old Studio	<b>BODY COMBAT</b> Mixed (Shahab) Sports Hall <b>(No Class 5<sup>th</sup>)</b>	<b>BOXER-CIZE</b> Mixed (Abdulla) Old Studio	<b>ZUMBA</b> Ladies (Azza) New Studio	<b>RPM</b> Mixed (Femie) Old Studio	<b>BODY COMBAT</b> Mixed (Shahab) Old Studio <b>(No Class 7<sup>th</sup>)</b>	<b>C L A S S E S</b>	<b>BODY BALANCE</b> Mixed (Fatma) Old Studio <b>(16:00-17:00)</b>	
<b>18:00-19:00</b>	<b>POWER PUMP</b> Mixed (Alfredo) Old Studio	<b>BODY BALANCE</b> Mixed (Alfredo) Old Studio	<b>CIRCUIT TRAINING</b> Mixed (Alfredo) Old Studio	<b>INTER-MEDIATE YOGA</b> Mixed (Anna) Old Studio <b>(19:30-20:30)</b>	<b>BODY BALANCE</b> Mixed (Alfredo) Old Studio	<b>CIRCUIT TRAINING</b> Mixed (Alfredo) Old Studio					

**GET FIT | GET HEALTHY | GET MOVING**