

THE RAHRC BULLETIN May 2017



Ramadan ★
Lareem

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Main Committee Message



Hallo everyone,

I continue to be amazed at the range and quality of activities on offer at the RAHRC - we are very fortunate. For example, the month of May included the annual Fahal Island swim, which was a big success despite some challenging conditions; a bridge tournament preceding the AGM; an indoor Cricket tournament; Golf competitions; an indoor Badminton tournament; the RAHADS Murder Mystery extravaganza; Sailing to the Shangri-La; the ongoing Snooker tournament; and the International Quiz and the Sargam Antakshari evenings organized by the Indian Section. Meanwhile there has been diverse range of new courses at the Arts Centre, new books in the Library, new films in the Video Store and some excellent performances by our favourite bands in the Boat Club bar.

One of the other important milestones this month was the Diving Section achieving 35 years of Diving at the RAHRC. Congratulations! They celebrated with a number of activities, including a 'Round the Island on one tank' challenge.

May is also the time in which most of the Sections have their Annual General Meetings and prepare budgets for the next year. It is concerning to note that some of the Sections are struggling to find people willing to act as Committee members. All of the Sections are run by volunteers and need your help: if you are not already a volunteer then please consider getting involved in running one of the Sections you enjoy.

We were impacted by some stormy weather during the last month, but fortunately damage and cancellation of activities was minimal. Members may also have noticed that there are more CCTV cameras being installed around the Club facilities, for the safety and security of the RAHRC property and members. After some unfortunate incidences of theft and vandalism recently, the Club is taking security very seriously.

For more information on what is happening at the Club, or an overview of activities and Club Sections including contact details, please visit our website: www.pdorc.com. If you have any comments, suggestions or feedback, please e-mail: rahrc@pdo.co.om.

I take this opportunity to wish members a blessed Ramadan as the holy month approaches. Stay safe and look after yourselves.

On behalf of the Main Committee
Paul Sanders
Sports Secretary



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.

News—Summer Office Hours

From 23 June until 17 August, our office will be open only on Tuesdays, 8.15am to 11.15am.

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

Facebook

Outpost Muscat is now on Facebook. Join our closed group of over 730 people to be updated on our news, events and share information about life in Muscat!



Outpost Muscat

Ras al Hamra Street, PDO Camp
 Apartment 149, Flat G05 (Khasab)
 +968 246 58 640 / 9368 8739

Office hours: 08:15—11:15 (Sun, Tue, Thu)
 Appointments outside of these times are available on request



OutpostMuscat

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RAHRC INDIAN SECTION BULLETIN FOR MAY 2017

COMMITTEE MEMBERS 2017-18

The new committee took over after AGM held on 11 April 2017.

- Vibhas Mangla – Chairperson
- Vikram Singh – Secretary
- Anwar Khan – Treasurer

Other committee members

- Arshiya Syed.
- Chabbi Parameshwarappa.
- Jogendra Rathore.
- Kaillash Gidwaaney.
- Suchita Shroff.
- Sudha Shashikant.

INTERNATIONAL QUIZ

19 MAY 2017 • FRIDAY • PDORC CINEMA

First event of the tenure 2017-18 was **International Quiz**. It was conducted with the help of Muscat Codex and was a grand success. Good participation across all age groups was observed.

Congratulations to all the winners and participants. Big thanks to the organizing committee for efforts in bringing this up to the club members in a short time. Big thanks to Muscat Codex team and audience prizes sponsors.

SARGAM ANTAKSHARI

20 MAY 2017 • SATURDAY • PDORC CINEMA

Second event **Sargam-Antakshari** was a fully in-house event based on Bollywood movies. This presented a good opportunity to sing. Good participation across all age groups was observed.

Congratulations to all the winners and participants. Big thanks to sponsors, Anchors, research and technical team and Organizing team for bringing this fully in-house presentation to the club members in a short time.

FORWARD LOOKING

Indian Section will continue to bring lot more entertainment and fun with more events in the coming months. We look forward to continued support. For current and future event details contact us on the email mentioned below or follow us on Twitter/ Facebook. Look out for **Diwali Mega Night**.





RAS AL HAMRA BOAT CLUB – FISHING SECTION

Captain Jamal is the Overall Champion of Round 2



Winners and participants with sponsor representative

The second round of 'The 2017 Angler of the Year PDO Recreation Club' competition was held on Saturday 20th May 2017. This competition was generously sponsored by Seven Seas Petroleum Oman represented by Mr. Sandeep who attended the prize giving ceremony and distributed prizes to the winners.

At dawn the RAH boat centre was buzzing with activities, the eager fishermen arrived with full vigor after a previous week cancelled event as a result of anticipated bad weather. The boats were launched smoothly and the new winch cable performed perfectly.

The competition started at 0600hrs due to onset of summer and boats were expected back at the bay by competition closing time at 1330hrs. A total of eight fishing boats were sea born with a total of 16 keen fishermen. The engines rumbled in the sea with anxious fishermen ready to start the sea hunt!

The event started with anglers speeding to different secret locations hoping to catch the heaviest bottom and game fishing categories. No one was seen at deeper depths of 140 to 200 meters deep. It appeared every one stayed in and around 85 to 120 meters reefs. Never the less the captain and his partner ventured towards weather buoy for Mahi Mahi but sadly without any luck. The sea condition was reasonably good but strong current and hot summer temperatures made it tough day fishing. The

main catch was few groupers, Andaq, red snappers, small Mahi Mahi and bonitos. There were large number of baby sharks being caught but these are never counted in the competition and are released back in the sea.

One boat developed engine problem and had to return back by 1030hrs. This was very unfortunate as the team already had a very promising game catch of over 10 kg. Due to tough conditions couple of boats was seen heading back to the bay by around 12pm well ahead of the competition end time of 1330hrs. One team was disqualified by using motorized reel. This was a tough decision for the captain to make as the team was apparently not aware of the competition rules that are in place.

After the event at 1330 hours the anglers returned with a number of different fish species including the famous groupers with sizes ranging from 1 to 2 kg, red snappers and Andaq caught mainly at 85 meters reef, bonito, and a nice size Mahi Mahi.

The day proves to be a tough fishing day and that is reflected in the lower overall catch of 53.2kg. The team of Raju Mathew and Lixin Wang has the largest bottom catch of 13.1 kg that secures them 1st and 2nd place in bottom category while Salim Khatri and Faisal Riyami managed to catch 10.7kg of game fishing and a 1st and 2nd place in game category. The overall joint winner of the day was Captain Jamal Balushi with 14 points followed by Mundhir Riyami who also got 14 points but was piped by Captain Jamal on bottom category. The catch of the day was 2.85kg cockpit caught by Mundhir Riyami.



Biggest catch 2.85kg Cockpit - Mundhir Riyami

The winners of the day were:

1. Captain Jamal Balushi and Mundhir Riyami with the 1st and 2nd overall winners positions respectively.
2. Salim Khatri and Raju Mathew the winners of 1st game and 1st bottom fishing categories respectively
3. Faisal Riyami and Lixin Wang the runners up on game and bottom fishing categories.
4. Mundhir Al Riyami with the prize of the a biggest fish of the day a cockpit of 2.85kg

Congratulations to the winners, runners up and the anglers on the successful 2nd round fishing event. The angler of the year trophy is still open; the next fishing competition is planned in Sept after the summer break.

KAYAK

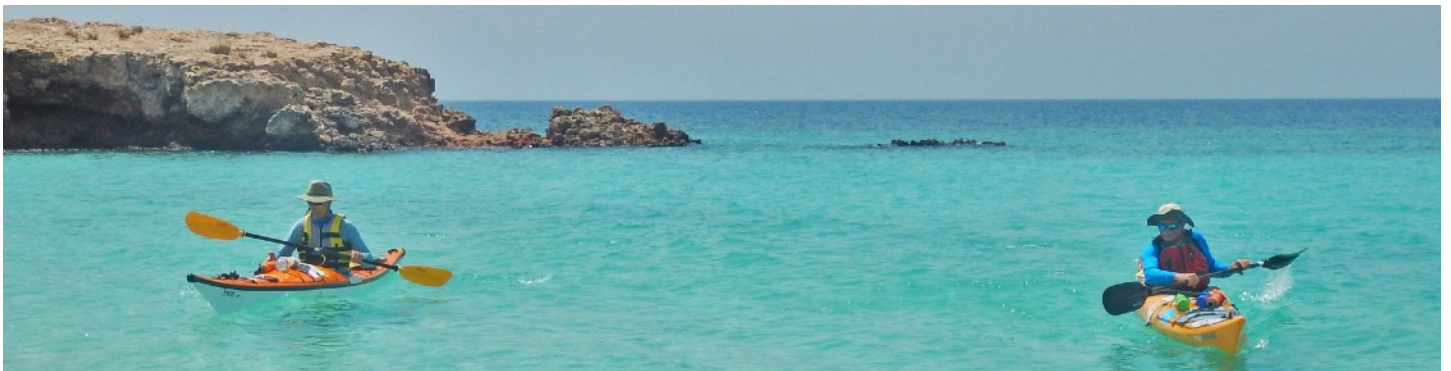
SECTION



Day Trip Central Daymaniyat Islands (Friday 28th April 2017)

On 28th April a group of 5 paddlers met at Manumah Beach for the 10mile /16km crossing to the Central Daymaniyat Islands.

With certain safety precautions in place, including the presence of 2 support boats for most of the trip, the group set off at 08:30, heading for the horizon, guided by a northerly compass heading. A modest NW breeze in the early morning kept the paddlers relatively cool although the associated waves required some effort and skill to negotiate. About half-way the support vessels caught up and then charged ahead to the islands which were slowly coming into view. After nearly 3 hours the group arrived at a picture-perfect beach, greeted by the 9 crew on both vessels.



KAYAK SECTION

The islands themselves have a certain Robinson Crusoe feeling to them, apart from a near-total lack of vegetation, some mangroves aside. The near-shore reefs and extreme clarity of the waters make this one of the world's premier dive spots (or perhaps due to the warm waters too?). We exchanged the kayaks for a place on-board and the whole group enjoyed a tour around the islands, dropping



anchor at a few places (carefully on sandy spots to avoid damaging the beautiful corals) for superb snorkelling and swimming.

With NE wind on the return leg, the return journey was completed in a little over 2 hours, again part-shepherded by the support vessels. A nice team dinner at the club completed an excellent day, worthy of a repeat later in the year!.

NOTE: an open water crossing by kayak requires extensive preparation and sea kayaking experience and should not be attempted by unprepared and inexperienced individuals.

The Daymaniyat Island nature reserve is closed from May till October.

After Work Paddle - Thursday Evening

If you wish to increase your paddling confidence, regular Thursday late afternoon paddles depart from the club beach. Meet at the kayak storage area. The departure time varies throughout the year according to sunset time. Contact Kayak Section for weekly e-mail notice and further information.



KAYAK SECTION

Kayak and SUP Equipment Storage

If you are a regular user and would like a locker contact Kayak Section (richardhallett@me.com) for an application form.

Club Kayaks

Five sit-on-top kayaks are available for general use. Two are double seaters and three are single seaters. They may be borrowed by club members who follow these rules.

B - Club Equipment

- (1) Club equipment (kayaks, paddles and/or buoyancy aids) are stored near the CSP (Club Safety Post) and must be signed-out in the CSP, leaving membership club card with the CSP personnel. **Parents must sign on behalf of their children.**
- (2) ***Club kayaks must NOT be taken outside RAHRC bay*** and must always be in sight of the CSP unless participating in organised events/activities.
- (3) A single kayak must only be paddled by a one kayaker and a double kayak must only be paddled by two kayakers.
- (4) Club equipment may only be borrowed when the CSP is open and must be returned before CSP is closed.
- (5) Guests may not borrow club kayaks unless accompanied on the water by a club member who shall be responsible for the safe return of the equipment.
- (6) Kayaks must be lifted or moved with trolley and not dragged on the ground/beach.
- (7) All equipment must be washed thoroughly with freshwater after use.
- (8) Equipment damage must be reported to the CSP personnel.
- (9) Kayaks should be returned to the club kayak rack near the CSP.

Kayak Section Committee

Richard - Chair richardhallett@me.com

Jan - Secretary johannes.js.stammeijer@pdo.co.om

Peter - Treasurer pjharrison@gmail.com



Silversmithing at the Arts Centre

Mondays 9.00 - 15.00

info: c.vanderwouden@hotmail.com

registration: vera_rijnvos@gmx.de

course fee applicable



the Arts Centre

AGM

May 8th

17.30

ARTS CENTRE SCHEDULE MAY 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8.30-12.00				Stained glass workshop Marianne/Gabriela	Stained glass Marianne/Gabriela
9.00-10.30	French beginners Claude Farhat				
9.00-11.30		Ribbon embroidery Mala Yagnesh	Fabric painting Manju Singh		
9.00-11.30		Mosaic beginners Anne-Marie de Jong	Fashion Kate Ejofor		
9.00-12.00	Batik Mala Yagnesh				Basic patchwork Nieves Briceno
9.00-14.00				Patchwork Lydia de Mooij	
9.00-15.00		Silversmithing Liesbeth van der Wouden			
9.00-16.00	Pottery Workshop Donna Condon		Pottery beginners Arleen Edwards	Pottery/intermediate Donna Condon	Pottery Workshop Arleen Edwards
9.30-11.30			Mixed Media Fiona Brooymans		
9.30-11.00				Quilling & origami Miriam Jimenez	
10.00-11.30	Basic jewelry Tariq al Bulushi	Beading for charity Jeanette McDonald	English Jessica Williams		
10.00-11.30	Spanish beginners Aranche Franco				
10.00-13.00	Acrylic&oil painting Beatrix Abiwu			Oil painting Heena Kothary	

10.00-15.00	Needlepoint Asatha Zwaan				
11.00-12.30				Scrapbooking Miriam Jimenez	
13.00-15.00			Fashion Shayfuha Khalifey	Acrylic painting Shaini Kumar	
16.00-17.00			Dot painting Sharan Suarez		
16.00-17.30		English beginners Patricia Burpee			
16.00-18.00				wire sculpture Sarna Mnsabi	
16.30-18.00		French intermediate Mala Wilson			French beginners Mala Wilson
16.30-17.30	The Art of recycling Sadi Millan		Quilling for children Meena Hiten		
17.00-18.00				Papercraft/children Irina Kubrak	
17.30-19.00		Arabic advanced Claude Farhat	Arabic beginners Claude Farhat		
18.00-19.30		Spanish intermediate Mario Gualdo			

Oh Man! Adventure Group

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



News from our Group

Logo and T Shirts

We proudly launched our new logo recently. Designed by our own member Ingmar, it depicts the unity of our members joining together to enjoy adventures in our host country Oman. Our grateful thanks to Ingmar for making this possible.

Tee Shirts

We wore our new tee shirts with pride at the **RAHRC Section Fayre** on 25th March and we had great support from a large number of members who promoted our group to the people who attended the event. We were ably supported by several spouses too. Our plans to use our new boating qualifications to offer trips around the bay were unfortunately abandoned by the poor weather.

Bandar al Karan

Our boating trips are always well supported and our next trip to Bandar Al Karan for snorkelling and a picnic on 19th May is fully subscribed. Our members are keen to use their new boating qualifications to support RAHRC in a number of ways and recently took a group of RAHRC members to Fahal Island for a swimming and snorkelling experience. They made an excellent video.

Fahal Swim Event

Our group was delighted to support this prestigious event by providing qualified boatmen to skipper a number of motor boats. Swimmers were transported to the island and then the boats patrolled the seas supporting swimmers and kayakers in their brave endeavours. One member photographed the event to add a visual record of the magnificent efforts of all concerned. They are available to view on the Fahal Swim FaceBook page.

New Treasurer

We welcome Chris Rusnak to the position as Oh Man! Adventure Group treasurer. We are grateful for your support Chris and look forward to benefitting from your services. Our very grateful thanks to Steve Moerman who did a fantastic job for us and now needs to focus on other priorities. Thanks Steven very much for all your help and support.

Membership

We continue to recruit new members and they join our distribution options of e mail, FaceBook, Whats App and word of mouth. At the same time we say a sad farewell to others who seek adventures elsewhere. In particular, we say a fond farewell to Steve Hendry who did so much to lead us into the wonderful mountains of Oman and show us so much of the beauty of our host country. We wish you well in your new adventures Steve.

AGM

This will be held on Sunday 27th August 10:00am at the Boat Club bar where we will present our budget and elect officers for the coming year. All welcome. In the meantime, safe travels wherever your adventures take you and hope to see you the other side of the summer.

Badminton Section

Newsletter for May-2017

Annual Badminton Tournament 2017 the last event of this year (2016-17) was held on 05 & 06-May-2017 under the following categories:

1. Children Team League
2. Mixed doubles
3. Men's Doubles
4. Women's Doubles

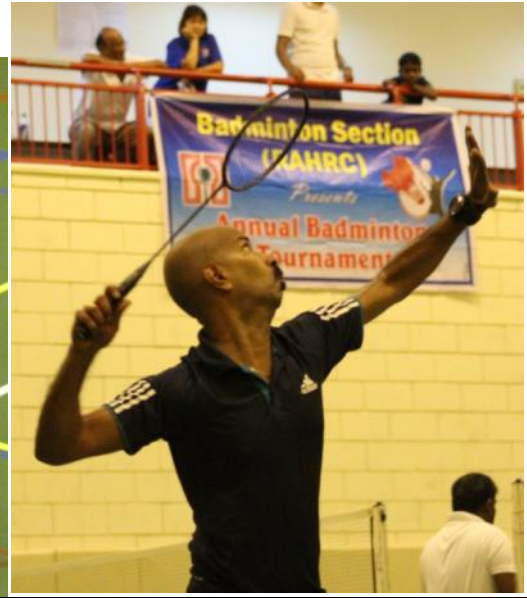
Nearly 90 members participated in the tournament in one or more above categories.

Children team league was newly introduced format to encourage the children with a mix of all skill level to play together with a team spirit and guidance of a senior adult player.

Winners were congratulated with medals & prizes.

Some of the event photos are as below:













JUNE 2017 TOP 10

<u>NO.</u>	<u>TITLE</u>	<u>CATEGORY</u>	<u>CAST 1</u>	<u>CAST 2</u>
1	ALLIED	ROM./THR	BRAD PITT	MARION COTILLARD
2	GIRL ON THE TRAIN	SUSP./THR.	EMILY BLUNT	HALEY BENNETT
3	ACCOUNTANT, THE	ACT./THR.	BEN AFFLECK	ANNA KENDRICK
4	INFERNO	THRILLER	TOM HANKS	FELICITY JONES
5	AMERICAN PASTORAL	DRAMA	EWAN MCGREGOR	JENNIFER CONNELLY
6	KEEPING UP WITH THE JONESES	COMEDY	ZACH GALIFIANAKIS	ISLA FISHER
7	ELENA OF AVALOR - READY TO RULE	CARTOON	V/O - AIMEE CARRERO	V/O - JENNA ORTEGA
8	MECHANIC - RESURRECTION	ACTION	JASON STATHAM	JESSICA ALBA
9	GUARDIANS OF OZ, THE	CARTOON	V/O - JORDAN ANCEL	V/O - DINO ANDRADE
10	WAR ON EVERYONE	COMEDY	ALEXANDER SKARSGARD	MICHAEL PENA



RAHRC Gavel and Toastmasters Section

(Public Speaking, Leadership and Communication)

➤ ***Toastmasters Section is conducting regular bi-weekly sessions to develop communication and leadership skills in Ras Al Hamra club.***

➤ ***If you want to Become a Great Speaker and transform yourself to a charismatic Leader! Join:***

○ **Toastmasters Club** for Adults (18+)

○ **Gavel Club** for Children (Age: 10+ up to 17)

(Regular Bi-weekly meetings in RAHRC Club)

NURTURING CONFIDENCE
FOSTERING LEADERSHIP



***For further details :
96042617, or 92956887***

DIVE SECTION MONTHLY BULLETIN

May 2017



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Wayne Bryant 94879856

waynebry1@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 Tsiakkiros.



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s



May News

AGM 2017

The RAHSAC AGM (Dive Section) was held on 26 April in the Palm Room at the Club. As well as a review of the year the meeting was a chance to thank those members who had contributed to the diving over the past year. Full minutes of the meeting can be downloaded from the Members' area of the Forum on the website.

The Committee for the next year is:

Chairman – Ian Ford	Diving Officer – Evert Moes
Secretary – Wayne Bryant	Treasurer – Rick Henson
Membership Secretary – Jane Alcock	Equipment Officer – Mal Stuart
Boat Officer – Jamie Stewart	Social Secretary – Elizabeth Arneson
Compressor Officer – Peter Wilson	Training Officer – Louis Tsiakkiros

Training News

Courses planned for the future include:

Boat Handling: Middle-End 2017

Dive Leader: 2018

Sports Diver: End 2017

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

Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

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waynebry1@gmail.com

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May News Continued

Round The Island Dive

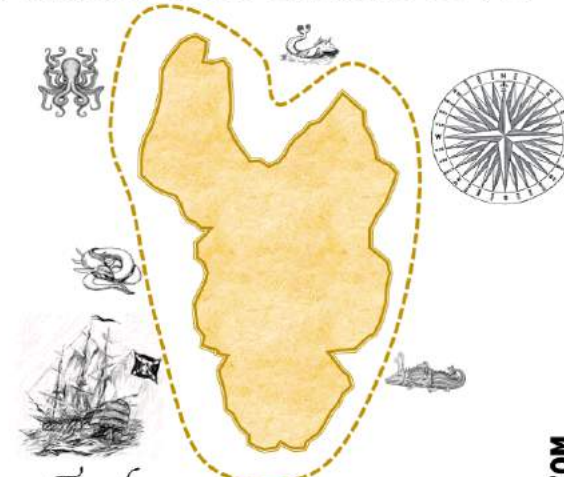
As part of the 35th Anniversary celebrations the round the island dive was held on 6 May – the day after the Fahal Swim – in ideal conditions. 18 divers took up the challenge starting from Hamburger and progressing clockwise around North Point, Ray Bay, East Side and South Point before heading back to Hamburger but only 4 successfully made it all the way around – congratulations to Mal & Julie (first pair home) and to Wim and Louis! Note that Mal and Julie did the dive on standard aluminium cylinders so deserve an even bigger round of applause.

Lots of divers made mistakes in navigation or went too deep and so there are plenty who want to have another crack at it – so if you couldn't make it watch this space.

Special thanks to Bop, Katherine and Evert for providing boat cover on the day.



35th Anniversary Round The Island Dive



*One Tank
One Dive
All the way - if you dare*

Save the date - 6 May 2017



WWW.DIVING.PDORC.COM



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

May News Continued

Round The Island Dive

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RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

May News Continued

Fahal Swim

The day before the Round The Island Dive saw the annual Fahal Swim, made more challenging by the relatively rough seas. We provided safety cover with both dive boats but our main clients were canoeists who found the conditions challenging (one canoe even managed to sink before leaving the bay) but fortunately the swim passed off without major incident.

Congratulations to all the swimmers!





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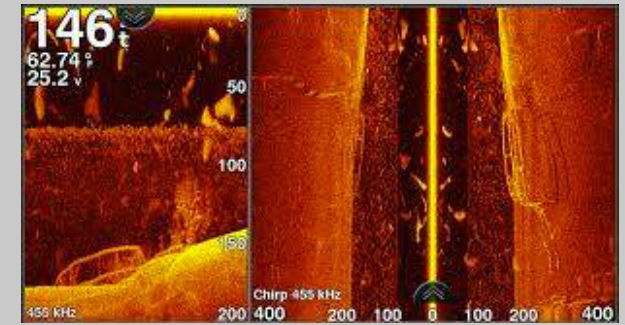
May News Continued

Boat News

Not only do the boats have new seats but we finally have a GPS/Side Scan Sonar unit fitted to AW to replace the old unit which was damaged beyond repair in mysterious circumstances late last year.

Thanks to Jamie for his hard work in getting this sorted out.

In line with the club safety policy, both dive boats now have VHF radios fitted – while these are “line of sight” and hence unable to call the Club from the far side of the island the amount of large ship traffic in the area that monitors the main channels means any real emergency is likely to be supported quickly and messages passed on. The radios were fitted in time for the Fahal Swim and proved invaluable in coordinating activities.



Side Scan Image – if we can get as good as this it will be a miracle!



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May News Continued

Sur Reconnaissance Trip

In late April our Expeditions Officer Wim accompanied by Peter ran a two day recon. trip in the Sur area in preparation for a club week-end later in the year. A total of 6 dive sites were explored in the Qalhat, Ras al Hadd and Sur areas using shore entries which proved to be occasionally extremely challenging. Watch out for details of our planned week-end trip soon.

Some nice sites were identified with the help of local divers Hamed, David and Abdullah – many thanks to them for guiding us and providing surface cover.



Gas fills were a long way away – Wim's car had just as many tanks!





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35th Anniversary Family Dhow Trip 20th May

We celebrated our 35th birthday in style with a fabulous afternoon on a dhow sailing from Bandar Al Rowdah to Bandar Khiran. A snorkel treasure hunt for adults and children was joined by at least 3 turtles and a large lacy moray. Thanks to Katherine for organizing as her "swan song" as Social Secretary and to Elizabeth the new Social Secretary for her assistance.





RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



Contact Us:

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Diving Officer:

Evert Moes

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC



35th Birthday Dive

We celebrated our exact birthday – 19 May with a special dive. Many thanks to everyone for taking part and helping with the sparkling grape juice and birthday cake. Thanks to Evert for the cake and juice – a great surprise after the dive.



RAHRC LIBRARY BOOK CLUB

Please join us at 11.30 at the Boat Club usually every third Tuesday of the month to enjoy discussing new books. Our goal is to build a community of readers of good literature connected to the PDO library.

Next bookclub: *The 15 Lives of Harry August* by Clare North on Tuesday 19 September at 11.30)

Please just come along, even if you have not read the book - everyone is welcome.

Bring lunch or order from the Boat Club. We look forward to seeing you then!

RAHRC LIBRARY JUNE OPENING HOURS

SUNDAY	OPEN	MONDAY	OPEN	WEDNESDAY	OPEN
4th June	6pm to 7:30pm	5th June	11:30am to 2:30pm	7th June	8:30am to 11:30am
11th June	6pm to 7:30pm	5th June	4:30pm to 6:30pm	14th June	8:30am to 11:30am
18th June	3pm to 6pm	12th June	8:30am to 11:30am	21st June	8:30am to 11:30am
25th June	3pm to 6pm	12th June	4:30pm to 6:30pm	28th June	8:30am to 11:30am
		19th June	8:30am to 11:30am		
		19th June	4:30pm to 6:30pm		
		26th June	8:30am to 11:30am		
		26th June	4:30pm to 6:30pm		

RAHRC LIBRARY



**Find us on
Facebook**

VOLUNTEERS NEEDED

*We would like to open the Library on Saturday
each week.*

*This is done with a group of volunteers who
take turns at opening the library.*

*For this we would need to have 4 to 6 volunteers
for:*

Saturday 11am to 1pm

If you are interested please email

alfahal2@omantel.net.om

or visit the library

Title	Author	Copies
All Our Wrong Todays	Mastai, Elan	1
Another Brooklyn	Woodson, Jacqueline	1
Arthur: The Dog Who Crossed the Jungle to Find a Home	Lindnord, Mikael	1
Baby Doll	Overton, Hollie	1
Black Water	Doughty, Louise	1
Boy Made of Blocks, A	Stuart, Keith	1
Chilbury Ladies' Choir, The	Ryan, Jennifer	1
Different Kind of Daughter, A: The Girl Who Hid from the Taliban in Plain Sight	Wazir, Maria Toorpakai	1
Echo in the Bone, An	Gabaldon, Diana	1
Fiery Cross, The	Gabaldon, Diana	1
Fix, The	Baldacci, David	1
Furious	Ragan, T. R.	1
Girl Before, The	Delaney, J. P.	1
Glass Sword	Aveyard, Victoria	1
I'm Travelling Alone	Bjork, Samuel	1
Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked	Alter, Adam	1
King's Hounds, The	Jensen, Martin	1
Left Beyond the Horizon: A Land Rover Odyssey	Many, Christopher	1
Lying in Wait	Nugent, Liz	1
Mad Girl	Gordon, Bryony	1
Man's Word, A	Jensen, Martin	1
Missing Ones, The: An Absolutely Gripping Thriller with a Jaw-Dropping Twist	Gibney, Patricia	1
More Moaning: The Return of the Enlightened One	Pilkington, Karl	1
On Two Feet and Wings	Kazerooni, Abbas	1
Quicksand	Persson Giolito, Malin	1
Ray & Joan : The Man Who Made the McDonald's Fortune and the Woman Who Gave It All Away	Napoli, Lisa	1
Ruby	Bond, Cynthia	1
Separation, A	Kitamura, Katie	1
Shadow Land, The	Kostova, Elizabeth	1
Sometimes I Lie	Feeney, Alice	1
The Heart's Invisible Furies	John Boyne	1
Thirst, The: A Harry Hole Thriller	Nesbo, Jo	1
Vegetarian & Vegan for Meat Lovers	Knowles, Nick	1
Wish Me Home	Bratt, Kay	1
You are Awful (but I Like You): Travels Through Unloved Britain	Moore, Tim	1

Aerobic Schedule

Ramadan 2017 (May 27th – June 22nd)

Time	Sun	Mon	Tues	Wed	Thur	Fri	Sat			
8:30-9:30	BOOTY BOOT CAMP Ladies (Laela) Old Studio	BODY PUMP Ladies (Sharee) Old Studio (No Class 29th)	BOOTY BOOT CAMP Ladies (Laela) Old Studio	RPM Ladies (Sharee) Old Studio	BODY BALANCE Ladies (Fatma) Old Studio (9:00- 10:00)	N O C L A S S E S	PANDA PAK Ages 8-12 (Peter) Old Studio (11:00-12:00)			
9:45-10:45		DANCE THERAPY Ladies (Sheran) New Studio		ATHLETIC STRETCHING / ABS Ladies (Laela) Old Studio						
16:30-17:30	RPM Mixed (Peter) Old Studio	GRITS Ladies (Fatma) New Studio	BODY PUMP Mixed (Peter) Old Studio	BOOTY BOOT CAMP Ladies (Laela) Old Studio (15:00-16:00)	BODY PUMP Ladies (Sharee) Old Studio (16:30-17:15)		CIRCUIT TRAINING Mixed (Alfredo) Sports Hall	RPM Mixed (Peter) Old Studio	CIRCUIT TRAINING Ladies (Fatma) New Studio	CIRCUIT TRAINING Mixed (Alfredo) Old Studio
								Mixed Martial Arts Mixed (Peter) Old Studio (17:40-19:00)		
21:30-22:30	CIRCUIT TRAINING Mixed (Alfredo) Old Studio	BODY BALANCE Mixed (Alfredo) Old Studio	Intermediate Yoga Mixed (Anna) Old Studio (19:45-20:45)	POWER PUMP Mixed (Alfredo) Old Studio	SPINNING Mixed (Alfredo) Old Studio		BODY PUMP Mixed (Peter) Old Studio (16:00-17:00)			