

THE RAHRC

BULLETIN NOVEMBER 2017

A Night In
RIO

Ras Al Hamra Recreation Centre
31st December 2017
19:30 till late
RAHRC - Courtyard

Special Attractions:
Live Performances,
Band & DJ
from Brazil to keep
your toes moving!

RO 26/- Members
R.O. 28/- Guests
Incl. Dinner

Dress Code: Formal
Age: 21+

2018

Contents

Main Committee Message.

Outpost Oman.

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Karavan.

Arts Center.

Dive Section.

Fitness.

Main Committee Message



Winter is starting, the weather is great, and the RAHRC is bustling with activities. November had some great events, including the yearly fireworks for the celebration of the 47th National Day, which was attended by over 3000 people. Kids enjoyed a range of activities after which a fantastic show lit up the sky above the club. On the same weekend ORAC organized the Wahiba Challenge, this year the biggest ever with over 40 teams participating! Although some cars and/or teams did not make it to the finish line, the event was very well organized with great attention to safety. Further events included the Oktoberfest, which although traditionally a German event was organized by the Hispanic section to replicate the success of last year, which worked out brilliantly. For December, many events are being planned, including the RAHADs Pantomime 'Voyages of Sindbad' on 7-8-9 December, and the spectacular New Years' Eve party. For both events tickets are now on sale at the Front Office.

On November 22nd the RAHRC Annual General Meeting was held, in which the Main Committee reported out over the last year in terms of HSE, financials, section events, development activities etc, and last but not least the yearly awards. Of course we would like to extend a very big thanks to everyone that has contributed to the many section events, courses, sports activities, parties etc that make the club an exciting place to be, but we also took the opportunity to appreciate some sections specifically. The winners of this years' section awards for Sports (in order) are the Fitness, Swimming and ORAC sections. The winners of this years' Social Section awards are Dutch Night, the Arts & Crafts centre and the Pakistani section. Well done, big thanks, and we hope to see many more successful events in the future!

Another key message from the AGM is that many sections are in need of volunteers, either in the committee itself or as volunteer during events or activities. Hence if you would like to join or support, please contact the relevant section or the Front Office. Also please let us know if you would like to start a new section or activity! As part of the AGM the Main Committee has also been updated with the addition of two new members, Emma Goelema, who has now started as Project Secretary to assist with the club redevelopment, and Jane Alcock, who has taken over my role as General Secretary. I will be leaving Oman soon after over 6 years living here, and whilst my family and I will really miss Oman in general, we will absolutely miss RAHRC, as it played a very key role in our daily lives as a fantastic place to do all kinds of sports and parties, but mostly meet friends and make new ones. For the future, I would like to wish Emma and Jane loads of success in their new roles, and would like to thank the rest of the Main Committee for their great support.

With a lot of things to do the coming month: have fun, but please remember to stay safe, especially at the waterfront! Comments or feedback can be posted to RAHRC@pdo.co.om

On behalf of the Main Committee
Karen Thijs
General Secretary



OUTPOST MUSCAT

DECEMBER 2017



The Outpost Muscat Team

We are 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.

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!

Upcoming Events

Festive Coffee Morning

Tuesday 12th December, 9.00am—11.00am

Come celebrate the end of year with us and our community! There will be cakes, tea/coffee and lots of chatting. Please let us know if you'd like to showcase your baking skills and bring some sweet treats—we are open to discussion!



Outpost Muscat

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

Office hours: 08:15—11:15
Sundays, Tuesdays, Thursdays



OutpostMuscat

OutpostMuscat@pdo.co.om

muscat.globaloutpostservices.com

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



The group for trailing male spouses

Contribution for November Bulletin

The Group is pleased to announce a trip to the Omani Horse Race Meeting on Thursday 23 November at Wilayat Barka, Al Rahba Racecourse. Meet 1.30pm at RAHRC car park. Modest dress is required.

We also plan to attend the Camel Racing at Falling on Wednesday 10 January. More details later.

One of our members has kindly offered to host a BBQ dinner on Saturday 9 December. Families are warmly welcome.

We head to the Dimanyiat Islands on Monday 22 January to swim snorkel and also clear plastic and other litter from one of the beaches. This event is being organised in conjunction with the Oman Environment Society. We leave at 7.50 am and return by 5.30 approx.

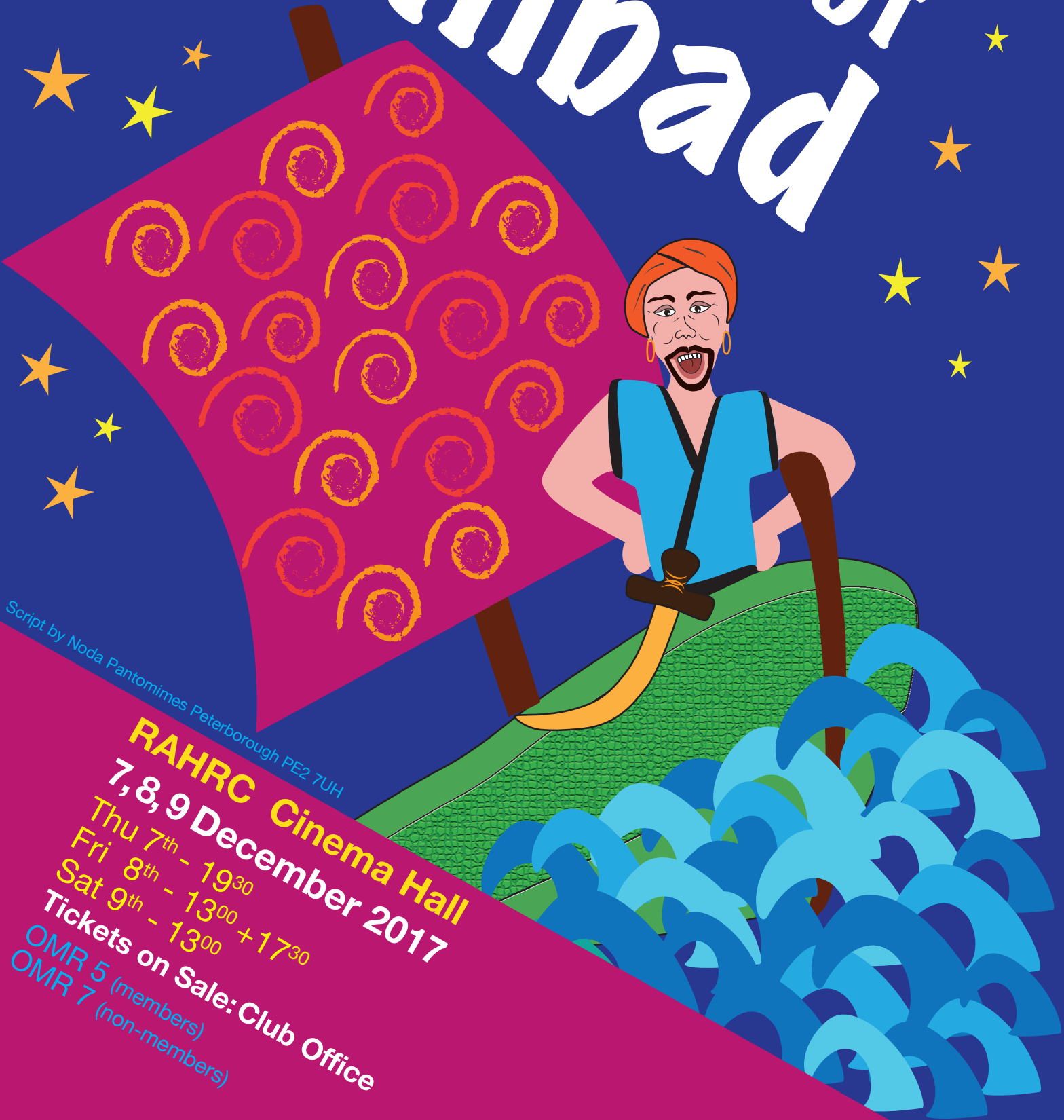
The ever popular Family Beach BBQ will take place on Thursday 14 December at 6pm.



RAHADS
Presents

The Pantomime by Bradford & Webster

Voyages of Sinbad



Script by Noda Pantomimes Peterborough PE2 7UH

RAHRC Cinema Hall
7, 8, 9 December 2017

Thu 7th - 19³⁰
Fri 8th - 13⁰⁰ +17³⁰
Sat 9th - 13⁰⁰

Tickets on Sale: Club Office
OMR 5 (members)
OMR 7 (non-members)

RAHRC LIBRARY

ARABIC LIBRARIAN

We need a volunteer to be our Arabic Librarian. The role involves the purchase of books for our Arabic section, preparing the books for the shelves and entering them into our computer system. We will train you and support you in this role. You can do the job by yourself or with another person.



RAHRC LIBRARY

ENGLISH LIBRARIAN

We need a volunteer to be our English Librarian. The role involves the purchase of books for our English section, preparing the books for the shelves and entering them into our computer system. We will train you and support you in this role. You can do the job by yourself or with another person.



RAHRC LIBRARY

NEW EMAIL

rahrclibrary@hotmail.com



Find us on
Facebook



RAHRC LIBRARY

VOLUNTEERS NEEDED

If you would like to help at the library we need volunteers
for:

Wednesday - 5pm to 7pm weekly

Thursday – 5pm to 7pm – about once a month

Saturday – 11am to 1pm – about once a month

If you are interested please:

Phone 2467 7307

Or Visit

Or email – rahrclibrary@hotmail.com

NEW BOOKS IN THE LIBRARY

Title	Author
Acceptable Time, An	L'Engle, Madeleine
Al Alam Wefqan to Bahjah	Rasha Al-Raisi
Al Raheb Al Lazze Ba'a Sayarataho Ferrari	Sharma, Robin
Al Rejal Men Al Mareekh	Gray, John
Al Tuffaha Al Akheerat	Boumad, Sonia
Alanna: The First Adventure	Pierce, Tamora
Animal Music	Julia Donaldson
Anne of the Island	Montgomery, L M
Anne's House of Dreams	Montgomery, L. M.
Arjook Eetany Be Oume	Shin, Kyung-Sook
Bad Kitty Gets a Bath	Bruel, Nick
Betejah Majrah Al Nahr	Byrne, Donn
Break, The	Keyes, Marian
Can I Eat That?	Stein, Joshua David
Cold Blood	Robert Bryndza
Comet in Moominland	Jansson, Tove
Daisy Jane, Best-Ever Flower Girl	McDonald, Megan
Designer, The	Gabriel, Marius
Dinosaur Roar!	Stickland, Henrietta
Ebnat Aamme Rachel	Du Maurier, Daphne
Ekhteeraat Wa Ekteeshafat	Mazen, Hussam Mohamad
Enjeel Barnaba	Hayek, Moonzer
Fairytale Hairdresser and the Little Mermaid, The	Longstaff, Abie
Frozen: Big Snowman, Little Snowman	

NEW BOOKS IN THE LIBRARY

Title	Author
Fun for the Secret Seven	Blyton, Enid
Genuine Fraud	Lockhart, E.
Giant Squid	Rohmann, Eric
Harry Potter and the Chamber of Secrets	Rowling, J K
Harry Potter and the Philosopher's Stone	Rowling, J. K.
Harry Potter and the Prisoner of Azkaban	Rowling J.k
Hekayate	Kazim, Mona
House at Pooh Corner, The	Milne, A. A.
How to Fight a Dragon's Fury	Cowell, Cressida
Howl's Moving Castle	Jones, Diana Wynne
I am Watching You	Driscoll, Teresa
Ketab Al Akdass	Hayek, Moonzer
Khayt Al Rouh	Rabih, Mubarak
Legacy of Spies, A	Carre, John le
Less You Know, the Sounder You Sleep, The	Butler, Juliet
Magic Tree House #55: Night of the Ninth Dragon	Osborne, Mary Pope
Many Waters	L'Engle, Madeleine
Midwinter Break	MacLaverly, Bernard
Millennium V	Lagercrantz, David
Moominvalley in November	Jansson, Tove
Moominpappa At Sea	Jansson, Tove
Mr & Mrs Mouse and Their Magical Alphabet House	Toms, Kate
Munich	Harris, Robert
My Absolute Darling	Tallent, Gabriel

NEW BOOKS IN THE LIBRARY

Title	Author
PEPPA PIG --PEPPA GOES ICE SKATING	
Pet for Pete, A	Dean, James
Pete the Cat and the Surprise Teacher	Dean, James
Pete the Cat: Pete's Big Lunch	Dean, James
Pete the Cat: Scuba-Cat	Dean, James
Pete the Cat: Sir Pete the Brave	Dean, James
Pete the Cat: Snow Daze	Dean, James
Pete the Cat: Too Cool for School	Dean, James
Pippi's Extraordinary Ordinary Day	Lindgren, Astrid
Protocolat Hukama'a Sahyoon	Abdel Hakim, Mansoor
Rainbow Valley	Montgomery, L. M.
Rocket's 100th Day of School	Hills, Tad
Ronia, the Robber's Daughter	Lindgren, Astrid
Sahra'a Al Tatar	Buzzati, Dino
School's First Day of School	Rex, Adam
Secret Seven, The: Book 1	Blyton, Enid
Spot Bakes a Cake	Hill, Eric
Spot Goes to the Park	Hill, Eric
STEP in to READING STEP 3	DIANE KREDENSOR
Step into READING STEP 1	ANNIE COBB
Stories of Mermaids	Punter, Russell
Story Path	MATOSO,MADALENA
Swan: The Life and Dance of Anna Pavlova	Snyder, Laurel
Swiftly Tilting Planet, A	L'Engle, Madeleine

NEW BOOKS IN THE LIBRARY

Title	Author
Taala Aiishak	Shahrazad
Test Book	
THE LAST STAR	RICK YANCEY
The Empire of a Thousand Planets	Christin, Pierre
Things we never said2017	Alexander, Nick
Tom's Midnight Garden Graphic Novel	Pearce, Philippa
Valerian: v. 1: City of the Shifting Waters	Christin, Pierre
Valerian: v. 3: Land without Stars	Christin, Pierre
Winnie-the-Pooh	Milne, A. A.
Winnie-the-Pooh: Return to the Hundred Acre Wood	Benedictus, David
Winnie-the-Pooh: Return to the Hundred Acre Wood	Benedictus, David
Zorba Al Barazeele	Amado, George

RAHRC LIBRARY CHILDREN'S BOOK READING

SUNDAY 6:15 PM – 6:45PM

Each week our librarian reads aloud books to children. All ages are welcome.

Parents must stay with their children.

The first edition of our monthly Juniors' this Friday, 3 November 2017, was a huge success!

97 young players delivered great tennis in 8 categories: girls U8, boys U8, girls and boys U9, girls and boys U10, girls U12 and up, boys U12, boys U14, boys U16. A total of 135 matches have been played. Well done all!

Special thanks to our sponsors MacDonald's, SupaSports and Pocari.

We would like to thank all parents for their availability, the volunteers for their commitment, the coaches for their assistance, the tennis committee and sub-committee for tournaments for the organization and last but not least all participants who delivered fantastic matches!!

Special congratulations to the winners of each category:

- Girls U8 Polina Brown, runner-up Milana Sayapova
- Boys U9 Aahil Anwar, runner-up Daniel Coronel
- Girls & boys U9 Aayra Malhotra, runner-up Aryamaan Kundu
- Girls & boys U10 Charlie Sennhauser, runner-up Juan Moreno
- Girls U12 Kira Malakhova, runner-up Kaavya Jayakumar
- Boys U12 Ali Al Busaidi, runner-up Noah Sennhauser
- Boys U14 Mathias van Begin, runner-up Roland Schuiling
- Boys U16 Ayvret van Waveren, runner-up Ayaan Malhotra



Last month RAHRC hosted the Intercon Ladies in a thrilling morning of competitive doubles.

The inter-club format is now in its third year with one Home and one Away match taking place during the season. Four doubles pairs represent each team and play each of their opposing teams pairs.

RAHRC have won all four previous tournaments against the Intercon and we were able to maintain this winning formula once again. Many congratulations to all the players.

RAHRCv Intercon as reported in The Week, 9 November



Team Tennis Tournament 2017

The Team Tennis Tournament finished successfully in the end of October. For the first time we had 10 groups, instead of the usual 8. 71 players participated (18 ladies and 53 men). Total matches played during the tournament was 115 matches as following formats men singles, ladies singles, men's doubles, and mixed doubles.

In the last day of the tournament, the Tennis Committee organized an excellent closure ceremony followed by a dinner for all the players.













RAS AL HAMRA BOAT CLUB – FISHING SECTION

Salim Khatri Clinch 2017 Angler of the year Title



Salim Khatri – 2017 Angler of the Year



Winners and participants with sponsor representatives and their prizes

The fourth round of 'The 2017 Angler of the Year PDO Recreation Club' competition was held on Saturday 11th Nov 2017 at Ras Al Hamra. This competition was generously sponsored by Yokogawa and was represented by Mr. Khalid Saleh, Senior Vice President, Corporate HRD, Administration and QHSE who presented the prizes. He was accompanied by Mr. Ebrahim Obaid, Assistant General Manager who is also an accomplished Arabic calligrapher. He prepared on the spot certificates with Arabic calligraphy which he presented to all the winners. This unique and unexpected gesture was greatly appreciated by all the participants.

Following the previous round in August where a huge total catch of 153 kilos, all competitors were keen and eager to get back into action. After all there was angler of the year title was still up for grab with close overall results after the third round. A total of seven teams participated which was one less than the last round. The sea conditions were not ideal with wind and moderate waves even though the temperature was a perfect 30 degrees

with fantastic cloud cover. This however did not deter the teams and the usual excitement and anticipation among competitors was evident at the boat centre as fisherman made their usual preparations before launching their boats.

By 6:10am a number of boats were already in the water with their engines rumbling and eager to start the sea hunt and waiting for competition to commence at 6:30. A week before captain Jamal caught an impressive catch of Hamoor, Cockpit, Bonitos, Small Tunas and Mahi Mahi and anticipation of good day fishing was running her among the participants. As usual the team at the boat centre performed an amazing job and ensured all boats were launched safely without any incident. Anglers were eager help each other to retrieve the trailers after launch with usual sense of humor and loudest laughs.

Before the competition ends time of 1230hrs boats could be seen heading back to Fahal bay with their The day prove to be tough with only 30kg of bottom fishing and 74kg of game fishing. The total catch was 104kg and was one of the lowest this season. The biggest catch of the day was 5.25 Mahi Mahi caught by Dr. Hakeem.

WINNERS

1st	Overall	Faisal Al Riyami
2nd	Overall	Salim Al Khatri
1st	Bottom	Raju Mathew
2nd	Bottom	Lixin Wang
3rd	Bottom	Said Al Harrasy
4th	Bottom	Sabri Barwani
1st	Game	Dr. Hakeem Hassan
2nd	Game	Suleiman Harthy
3nd	Game	Suleiman Al Hajri
4th	Game	Issa Al Hajry

Biggest Fish: Dr. Hakeem (5.25kg Mahi Mahi)

Congratulations to the winners, runners up and all the participating anglers on the successful final round fishing event. The team of Salim Al Khatri and Faisal Riyami are the overall winner of the angler of the year competition and based on the points achieved Salim Khatri is the 2017 angler of the year with Faisal Riyami as runners-up. There will be annual fishing section party planned in January where all the winners will be recognized. The fishing section would like to thank all the sponsors who have supported the four events that were run this year



Overall Round 4 winner and Angler of the Year- Faisal Riyami



Overall runner-up - Salim Al Khatri



1st Bottom- Raju Mathew



2nd Bottom -Lixin Wang



3rd Bottom- Said Harassy



4th Bottom – Sabri Barwani



1st Game- Dr. Hakim Hassan



2nd Game -Suleiman Al Harthy



3rd Game- Suleiman Al Hajry



4th Game- Issa Al Hajry



Captain Jamal with Mr. Khalid Saleh & Mr. Ibrahim Obeid

from Yokogawa



Dr. Hakeem and Suleiman with their 5.25kg Mahi Mahi



Weighing Masters – Faisal Riyami & Salim Khatri



Is your toddler bored at home?

COME JOIN US AT KARAVAAN!

The Karavaan Playgroup is a structured space designed for children between ages 2-3 to learn through play. A range of themes are linked and explored through art, craft, singing, stories, cooking and movement activities. Karavaan also helps children develop their social skills and independence, making a smoother transition to kindergarten.

REGISTRATION IS OPEN TO ALL MEMBERS OF RAHRC.
THERE ARE NO REGISTRATION OR ADMINISTRATION FEES
ASSOCIATED WITH KARAVAAN

For more information, kindly email:
karavaan.muscat@gmail.com or call:
Candice at 9785 0407

Our current opening hours are
Sundays, Tuesdays and
Thursdays from 9 am to 11 am.



ARTS CENTER

We would like to say THANK YOU to the Club management, Committee members and to the Front office team for supporting and helping us all the time!

So pleasure and honored to get this Award !

CONGRATULATIONS to all of us

Team&Instructors  ,

Looking forward to keep the good&interesting work !

We had many Celebrations this Month !

Halloween, Diwali and the National Day of Oman

! Least Celebrations and not last ... Looking for a Batik Instructor please email me

: claudesenior005@hotmail.com

Always welcoming to have Instructors for New Activities!

Claude Farhat ,
The chairlady





**RAS AL HAMRA RECREATION CENTER
SOCIAL SECTION AWARD**



SECOND PRIZE

awarded to

ART CENTRE

in recognition of your valuable contribution and effort in organising a number of events for all the members and the RAH Recreation Centre, for the year 2016 – 2017.

On behalf of RAHRC Management







DAY	CLASS	VENUE	TIME	INSTRUCTOR
Sunday	French Beginners	Yellow room	9AM – 10:30AM	Claude Farhat
	Needle Point	Yellow room	11AM – 3:00PM	Agatha Zwaan
	Spanish Beginners	Red room	10AM – 11:30AM	Arancha Franco
	Arabic beginners	Red room	1 pm to 2:30 pm	Nadine Dannam
	Batic	Green room	9:30AM-12 Noon	Mala Yagnesh
	Pottery Workshop	Turquoise room	9AM – 5:30PM	Donna Condon
	Painting Workshop	Blue room	10AM – 1:00PM	Gabriella Ibrahim
Monday	Beading	Yellow room	10AM – 11:30AM	Jeanette McDonald
	English	Yellow room	4:30PM -6PM	Patricia Burpee
	Ribbon Embroidery	Red room	9:30AM – 11:30AM	Neeta Rathore
	Mosaic	Green room	9AM – 12 Noon	Anne Marie De Jong
	Spannish Beginners	Green room	6PM -7:30PM	Mario Giraldo
	Fashion Workshop	Blue room	9:30AM - 11.30AM	Kate Ejiofor
	Arabic Advanced	Blue room	5:30 PM 7:00PM	Claude Farhat
Tuesday	English Advanced	Yellow room	10AM – 11:30AM	Jessica Williams
	Quilling for Children	Yellow room	4:30 PM -5:30PM	Meena Hiten
	Fabric Painting	Red room	9:30AM -11:30AM	Manju Singh
	Pot Painting	Red room	4:30PM – 6:30PM	Jinal Umang
	Drawing Skills	Green room	9:30AM -11:30AM	Dina Bernardine
	Dot painting for kids	Green room	4:00PM – 5:00 PM	Sheran Suarez
	Pottery Handbuild Beginners	Turquoise room	9:30AM – 12:30PM	Arleen Edwards
	Pottery Workshop Beginners	Turquoise room	1PM-4PM	Arleen Edwards
	Pottery Workshop Intermed	Turquoise room	6pm - 9pm	Jackie Maskall
	Fashion Beginners	Blue room	8AM – 11AM	Kate Ejiofor
	Stitching	Blue room	1PM – 3PM	Kate Ejiofor
	Arabic Beginners	Blue room	5:30PM -7PM	Claude Farhat
Wednesday	Quilling & Origami	Red room	9:30AM -11AM	Miriam Jimenez
	Scrapbooking	Red room	11AM -12 Noon	Miriam Jimenez
	Stained Glass	Orange room	9AM – 11:30AM	Marianne Staal
	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
	Paper Craft for Children	Green room	5PM -6PM	Irina Kubek
	Pottery Workshop	Turquoise room	9AM – 5:30PM	Donna Condon
	Quilting	Blue room	9AM -3PM	Lydia de Mooij
	Pot Painting	Red room	4:30PM-6:30PM	Jinal Umang
Thursday	Silver/Gold Smithing	Orange room	9AM-3PM	Elisabeth V/d Wouden
	Creative Arts	Green room	9AM -12 Noon	Anne Marie De Jong & Valentina Dolgopyatva
	Pottery Workshop Intermed	Turquoise room	9AM -4PM	Arleen Edwards
	Basic Patchwork & Quilting	Blue room	9AM – 12 Noon	Nieves Briceno

RJ

DIVE SECTION MONTHLY BULLETIN

November 2017



Contact Us:

Chairman:

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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

*All Divers Are
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 Tsiakkiros.



Contact Us:

Chairman:

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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

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

November News

Website Problems

Our website is still not well so we cannot use the forum to announce dives. As a short term measure we are using a Whatsapp group to keep people informed of planned dives.

So if you can't make it to the Wednesday DFP meeting you need to make sure we have your contact details so you get the weekly announcements – contact Jane to make sure we have all your up to date contact details.



Training News

Courses planned for the future include:

Boat Handling: Late 2017

Dive Leader: 2018

Sports Diver: End 2017

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



November News Continued

New Dive Leaders

Congratulations to Neil & Naaman our latest Dive Leaders who completed the final training for their Dive Leader qualification – which apparently included versions of the “Teapot Dance”.

Contact Us:

Chairman:

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Ian.Ford100@hotmail.com

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waynebry1@gmail.com

Treasurer:

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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



Dive Reports

As the weather cools we are still diving regularly as these reports show

3 November

Lovely clear, warm water and lots of fish. Today at Ray Bay and Eastside. Thank you Graham for marshalling.

14 October

Thank you acting marshal Naaman and Wayne for a lovely day out. Special thanks to Wayne who coxed and marshalled even though he had a cold and did not dive.

Great dives on Shallow Reef and Hamburger which had beautiful viz.



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s



November News Continued

35 @ 35

We are $\frac{3}{4}$ the way through our 35 at 35 initiative for our anniversary so we really need to get diving if we are going to complete our challenge. So come on get diving!

Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Wayne Bryant 94879856

waynebry1@gmail.com

Treasurer:

Rick Henson

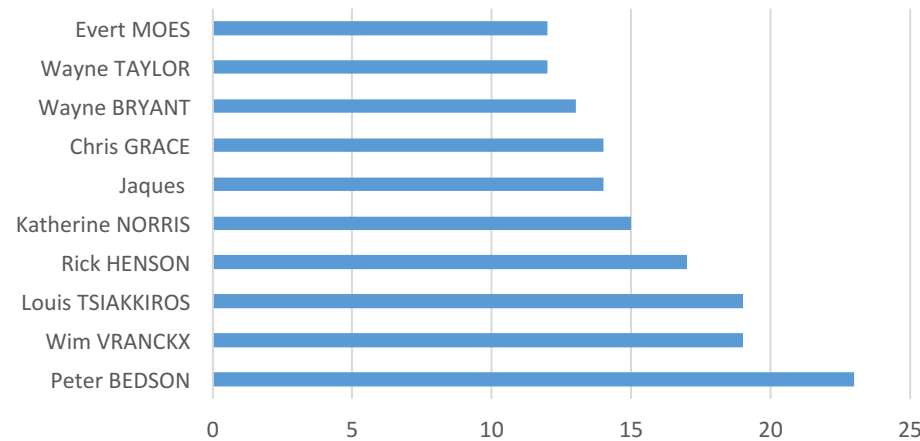
rickhenson@ymail.com

Diving Officer:

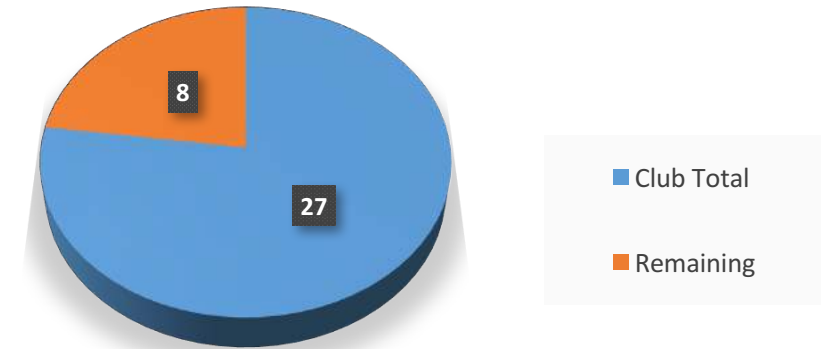
Evert Moes

Evert.moes@gmail.com

35@35 Dive Site Leaderboard



35 @ 35 Progress Chart OCTOBER 2017



Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

November News Continued



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Diving Officer:

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Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC



NOW HERE....



STRONG
BY ZUMBA™

STRONG by Zumba™ combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

LET IT SYNC IN™

With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

**“Every beat has a move.
Every move has a beat.”**

A STRONGER BODY

I WILL BE FITTER. I WILL BE FASTER.

**I WILL BE
STRONGER.**

We would like to extend our gratitude to the sports section for choosing us in this years award. Your support truly means a lot to us.

As always, a special thank you to all our members.





BALLROOM DANCE

Learn the art of Ballroom Dance with
former international competitor

Ksenija

For both men and women even
if you have no dancing
experience

Every Monday

From 7:15-8:15 PM

Bring your spouse
and make it a
date night

Quickstep

Rumba

Waltz

Jive

Foxtrot

Paso Doble

Samba

Cha-cha-cha

FAMILY BOXER-SIZE



KEEP FIT LIKE A BOXER

**Train with former
Olympic Boxer
Abdulla Barwani**

**Join Us Every Saturday
From 12:00-1:00 pm**

Ages 12+

"I have wrestled with an alligator, tussled with a whale; handcuffed lightning, thrown thunder in jail; only last week, I murdered a rock, injured a stone, hospitalized a brick; I'm so mean I make medicine sick." Muhammad Ali

Boxing Circuit

Ladies Only

Every Monday from

9:45-10:45 AM



MILITARY BOOT CAMP

**Combining
cardiovascular and
functional training
for optimal results**

EMBRACE THE PAIN

**LADIES ONLY –
TUESDAY 8:30-9:30 AM**

**MIXED –
WEDNESDAY 10:00-11:00 AM**