



# ***THE RAHRC BULLETIN*** ***OCTOBER 2015***

**THE NEWSLETTER FOR MEMBERS OF THE RAHRC**

## **RAHRC FIREWORKS**

**2015**

**FIREWORK DISPLAY WILL BE HELD ON FRIDAY 13/11/15**

**VENUE: RAHRC BOAT CLUB BEACH AREA**

**TIME: 18:30 HRS**

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## Main Committee Message



It is with great sadness that we announce a fatality that took place on the morning of Friday, October 23<sup>rd</sup> 2015 in the RAH club bay during the beach-2-beach swim. The victim was a 49-year old member of the Royal Air Force who suffered from a massive heart attack during the swim. Although the kayak support team, the organizers, RAH boatmen along with the RAH rescue boat and a few other participants did all they could to save the life of the victim, but it was of no avail. Our thoughts go out to the family of the deceased.

The yearly AGM of the RAH club will take place on Tuesday November 24<sup>th</sup> 2015 and we invite all our members to attend this meeting. We will provide an overview of the financial status of the club, a summary of all the activities that took place in the past year and we will present the yearly awards from the main committee to the most active and well organized sections. This is the 3<sup>rd</sup> time we will present these awards and we invite nominations to be sent in, the main committee will vote to determine the winner.

The BBQ's at the beach front are in great demand and we have indicated before that they cannot be reserved by putting your cool box there in the morning. It is a 1<sup>st</sup> come 1<sup>st</sup> serve system so if you want to use the BBQ's you will have to come early. Our security cameras have arrived and will be installed as soon as the rest of the required equipment is in the country which is expected to be at the start of November. These cameras will cover the whole club except the beach and will be a great help to determine the cause of small traffic accidents, damage to club property, etc.

Enjoy the use of the club now that the summer has finally come to an end.

**On behalf of the Main Committee,  
Bert Michels  
Vice President & Sports Secretary**



### The Outpost Muscat Team

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.

### Outpost Networking Mornings

Networking events are designed to provide spouses with the opportunity to meet new arrivals, network with other spouses and to ask Outpost questions. Our next Networking Morning will be advertised through our news email. Keep an eye on the date.

### Outpost Information Mornings

Every month Outpost organises an Information Morning at the office (5 Karim Flats) from 9:00–10:30. This morning focuses on new arrivals but all are welcome. Come in to get an Outpost publication, view the notice boards or exchange experiences. We will be there to answer your questions.

**Join us on Wednesday 11<sup>th</sup> November from 9.00 to 10.30 a.m.**

### Bus Orientation Tour

Once every two months, Outpost Muscat organises a Bus Orientation Tour for new arrivals, showing hospitals, schools, ROP-stations and shopping centres in the Muscat area. **The next Bus Tour will be on the 3<sup>rd</sup> December.** Contact us to book your seat on the bus.

### 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

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.

Outpost Muscat  
5 Karim Flats  
Ras Al Hamra Street, PDO Camp  
(+968) 246 58 640 or 9350 4139  
Emergency contact: 9368 8739  
(Mary's Mobile)  
[OutpostMuscat@oda.co.om](mailto:OutpostMuscat@oda.co.om)  
[outpostmuscat.com](http://outpostmuscat.com)  
[muscat.globaloutpostservices.com](http://muscat.globaloutpostservices.com)



Office hours: Sun, Tue, Thu  
08.15 – 11.00

Appointments outside of these times are available on request.



### Career and Development (C&D) for Spouses

We offer C&D assistance to spouses who would like to work or undertake some further studies. This assistance includes CV advice and information on study options.

### Talks & Workshops This Month

Join us to learn something new and meet some people at our talks this month. No need to register, just come along.

**Nutrition – 4<sup>th</sup> November** - 8.30-11.30 (PDO Club – Marlin Hall)

Nicole Wigny and Leila Pereira, both Nutritionists with a passion for promoting better health through the food we eat, present a talk, which includes a live preparation of a detox juice and smoothie.

**Third Culture Kids – Workshop – 30<sup>th</sup> November** – 8.15-11.15

Run by Gerde van Loon, this workshop focuses on the impact on cultural transition on teenagers in particular. What issues they face and how we help with kids living an expat life.

### First Aid Course

Jet Dekker is running a **beginner's practical First Aid course consisting of 3 sessions (including CPR training)** for expat spouses. Applicants are requested to sign-up for all 3 sessions. **The cost is RO 25 for 3 sessions.** Course dates: 23 Nov, 30 Nov, 14 Dec (8 a.m.-1 p.m.)

### 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](mailto:outpostmuscat@pdo.co.om)  
Newsletters can also be accessed online.

### Outpost Muscat website

Lots of information, including our Inside Guide and Key Documents are available on our new website

<http://muscat.globaloutpostservices.com>

To access all information, registration is required. Registration is possible with a PDO email address and computer-ID.

### Facebook

Outpost Muscat is now on Facebook. Join our closed group today to see all our events and share information about life in Muscat!

Outpost Muscat  
5 Karim Flats  
Ras Al Hamra Street, PDO Camp  
(+968) 246 58 640 or 9350 4139  
Emergency contact: 9368 8739  
(Mary's Mobile)  
[OutpostMuscat@pdo.co.om](mailto:OutpostMuscat@pdo.co.om)  
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Office hours: Sun, Tue, Thu  
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Appointments outside of these times are  
available on request.

# Oh Man! Adventure Group

Chair	Graham Speller	<a href="mailto:grahamspeller@aol.com">grahamspeller@aol.com</a>	95378251
Secretary	Robert Velberg	<a href="mailto:pj.velberg@gmail.com">pj.velberg@gmail.com</a>	92042359
Treasurer	Bruce Haupt	<a href="mailto:brucehaupt@gmail.com">brucehaupt@gmail.com</a>	92717080
OffRoad Trips	Steven Hendry		
Catering	Stacy Jones and Francisco Servigna		
Fishing and Snorkeklling	Robert Velberg		
Boat Training	Robert Velberg		
Photography	Hi van De Waal		

Date and Time	Event	Notes	Contact
Sunday 25 October 8:00-12:00	Short Wadi Trip	This is a short road trip designed to accommodate those with child care responsibilities though all are welcome. Meet 8:00 am in car park opposite club entrance. Destination to be confirmed.	Steven Hendry
Monday 2 November 9:00	Visit to the wetlands Nature Reserve	Meet at 9:00 am opposite the club entrance. Wear covered footwear and long trousers. Bring your own binoculars and cameras. Max number in a group is 8.	Gareth Measday
Thursday 5 November 8:00	Fishing	Meet at the Boat Club for a fishing trip. Max 6 min 4. Return by 12 noon.	Robert Velberg

Date and Time	Event	Notes	Contact
Monday 9th November	Outpost Trip to Wadi Abbiyan	This is an Outpost event organised by Steven Hendry on behalf of our group. All welcome. Meet in the car park opposite the club entrance at 8:00am	Steven Hendry
Friday 20 November 7:00pm	Family meal at Pava real Restaurant	Bring all the family for a lovely Mexican meal	Francisco Servigna Stacy Jones
Monday 30 November 8:00	Long Wadi Trip	Destination is Al Awabi Fort. Meet 8:00 in car park opposite the club entrance. This is an all day trip with a late return about 5:00pm depending on circumstances.	Steven Hendry
Monday 7 December	Quad Biking	Meet at 8:00 am in car park opposite the club entrance. Wear long trousers. Cost is 18-60 OMR depending on size of your vehicle and the number in the group to attract a discount.	Gareth Measday
Saturday 12 December 3:30pm	Next Planning Meeting	Meet in the room behind the bar on the Boat Club.	Graham Speller
Saturday 12 December 5:00pm	Family BBQ	The BBQ station at the Boat Club	Francisco Servigna and Stacy Jones.

#### Forthcoming Events

Date			
tbc	Snorkelling	A chance to take the whole family snorkelling in the beautiful waters of the Gulf. Places are limited.	Robert Velberg
tbc	Photography	A trip in the early morning to the Fish Souk at Muttrah to catch the light in the hour known as the magic hour	Hil van der Waal
tbc	Photography	This will probably be in the new year.	Hil van der Waal
tbc	Cultural trip to Muscat festival	A trip to experience all the best that there is in Oman	Steven Moreman

## Kayak Club update

On 3<sup>rd</sup> October, the kayak club organised a 'round the Island' Paddle Race with classes for different kayaks, surf skis and paddle boards. The weather conditions were great for this approx. 9.5km route and the first paddlers set off at 6.30am, with the safety boat in attendance. Given the enthusiastic responses from those who took part, we aim to make this a regular event – and now there are some times to try to beat next time!









No.	Name	Craft	Class	Total Time
3	Ramasubramanian Gomathi Nayakam Bharathi Ramachandran	Mission surge	DK3	1:49:41
6	Brian Wilson	Mission Eco Bezbig	K1	1:08:32
8	Loic Bazalgette	Paddleyak Swift	K1	1:08:42
1	Peter Harrison	Mirage 580	K1	1:09:33
12	David Alsop	Valley Aquanaut	K1	1:09:57
25	Mike Thrane	Necky Elaho	K1	1:28:34
2	Paul Sanders	Dag Midway	K2	1:09:50
21	Steve Jones	Mission 420	K2	1:16:33
24	Mike Reddy	Heritage Red fish	K2	1:20:33
16	Alberto Miotto	Perception 14	K2	1:23:18
9	Andy Rawlinson	Mission 420	K2	1:23:50
20	Miguel Serra	Mission 420	K2	1:31:16
14	Tim Regan	Mission Glide 390	K2	1:33:43
22	Jalood Tawqi	Mission flow	K3	1:40:45
17	Daniel Palmer	SUP, Starboard whopper	P1	1:53:34
18	Kristi Palmer	SUP, Starboard Drive	P1	1:55:36
10	Brad Holliday	Fenn	S1	0:51:52
13	Richard (Dick) Nero	Fenn Elite	S1	0:52:57
4	Paul Sherwood	EPIC V10S	S1	0:57:29
5	Richard (Dick) Hallett	Fenn XT	S1	0:58:16
23	Peter Wilson	Fenn	S1	1:03:24
15	Tom Whitehead	Fenn	S1	1:07:33



## PDO Fahud Toastmasters Club (New Club)

There are two groups of people who typically start a Toastmasters Club:

- 1) Existing Toastmasters who are personally motivated to share the benefits of Toastmasters and
- 2) Those that have heard about Toastmasters and want to start a club in their community or company.

We officially welcome our new PDO Fahud Toastmaster club in Fahud, in area 22 of toastmaster's international organization. PDO Fahud Toastmasters club chartered in May 2015 and it's in its process of club mentorship program by PDO Toastmasters Mina Al-Fahal club members.

Normally there are two club mentors are appointed to mentor any new club for six months of chartering date.

Opportunities are almost always available; please send your queries if you have a particular team in the organization want to start a Toastmasters group.



## RAH Golf Club

The wonderful winter season is upon us, so why not head down to Ras Al Hamra Golf Club and enjoy some golf under the lights. We are currently running an Autumn Special with green fees starting at 15 OMR for 9 holes and 25 OMR for 18 holes.

Head Golf Professional William Bruce has numerous lesson packages to help beginners and seasoned golfers to improve their game.

### INDIVIDUAL LESSONS

### HEAD GOLF PROFESSIONAL

#### *30 Minute Check-Up*

Golf Club Members:

19 OMR

Non-Members

22 OMR

#### *50 Minute Development Lesson*

Golf Club Members:

35 OMR

Non-Members

39 OMR

#### *9 Hole Playing Lesson*

Golf Club Members: :

70 OMR

Non-Members:

85 OMR

### DEVELOPMENT PACKAGES

#### Jebal (5 x 50 Minutes)

(One Month Range Access)

Golf Club Members:

165 OMR

Non-Members:

185 OMR

#### Wadi (8 x 50 Minutes)

(Two Month Range Access)

Golf Club Members:

256 OMR

Non-Members:

280 OMR

#### Fort (12 x 50 Minutes)

(Three Month Range Access)

Golf Club Members:

360 OMR

Non-Members:

396 OMR

**All development packages include:**

- **TrackMan Analysis**
- **Video Swing Analysis**
- **K-VEST - Precision measurement of swing efficiency and movement patterns**
- **Lesson duration of 50 minutes**
- **Access to the driving range for the duration of your lesson package (Non Golf Club Members).**

We are also encouraging ladies to join in Sunday mornings for Social 9 holes of golf starting at 8am. This is a great way to unwind from the school commute and meet some of our lady members. Fun and laughter is the only recipe to follow on these mornings.



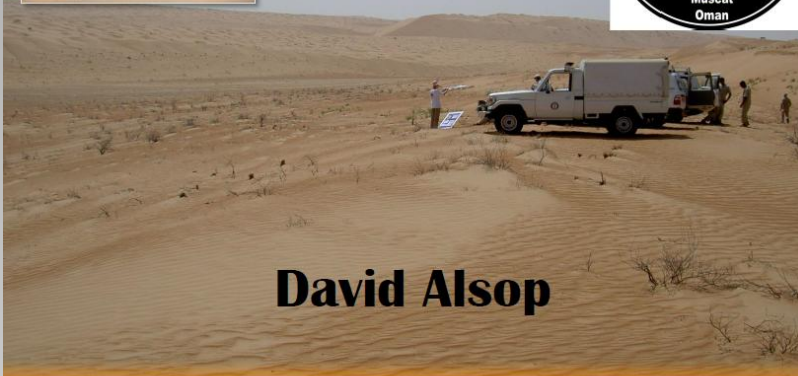
# October 2015 bulletin

- Wahiba Geology Talk
- Wahiba Training Events
  - Other Stuff
- Wheel Cover Competition
- Finland Osteopathy Offer
  - ORAC Event Calendar

# Wahiba Geology Talk



**Talk to ORAC  
presents**



**David Alsop**

## **The geological history of the Sharqiya (Wahiba) Sands**

**by D. Alsop, S.G. Fryberger, C. Hern and K.  
Glennie**

**Monday 19 October 2015 7PM  
Oil & Gas Exhibition Centre**

ORAC's talk on the geology of the Wahiba sands went down really well. With circa 70 attendees and great feedback received!

Thanks to David for preparing and presenting 😊

# Wahiba Practical Training



A huge thank you goes out to our Training Officers David and Ray who between them opened the booking web site and organized the teams requiring training in record time 😊  
David has even less hair now as many an hour was spent chopping and changing the teams/trainers at the last minute!!

## 93 New Drivers





# Wahiba Practical Training



ORAC chairman Fahim becomes increasingly concerned over the whereabouts of his trainees...

# Wahiba Practical Training



# Wahiba Practical Training



# Wahiba Practical Training



# Wahiba Practical Training



There is always something to learn, even for our trainers. Here is a classic shot of Alan, honing his cresting skills prior to taking out a new group of trainees. You can see by the number of tracks that he has had several failed attempts... (Thor was later reprimanded for not having a sand flag attached to his pole!)

# Wahiba Practical Training

ORAC ran two Sand Driving theory training sessions in late September and early October led by Ray Archer. Both sessions were held at the Oil and Gas Exhibition Centre and were well attended with 80-90 people in each session. In addition, four practical Sand Driver training sessions were held in the Wahibas over two weekends (9-10, 16-17<sup>th</sup> Oct) led by ORAC Committee members and "Friends of ORAC" who are all volunteers. The training was very successful with participants learning how to drive safely through the dunes and how to recover stuck vehicles. ORAC runs these sessions so that people wanting to participate in ORAC events such as the upcoming Wahiba Challenge, can do so safely. In total, 93 people completed the practical training in a mix of short and long wheel based cars ranging from light weight monster Jeeps to Land cruisers and Tundras. Many stories floated around by the end of each day by the excited but tired participants regarding stucks and going down big scary slip faces!

David Alsop (Training Officer)

# Wahiba Practical Training

At the end of the 2 weekends ORAC had successfully trained an additional 93 potential Wahiba Challenge drivers.

This could not have been done without the help of our committee and 'friends of ORAC' helpers...

## Thank you to:

- Paul
- Fahim
- Alan
- Jalood
- David
- Chris
- Chiara
- Zamzam
- Dirk
- Mario
- Issam
- Mark
- Manuel
- Dariusz
- Stephen
- Royk
- Alexey

## Other Stuff.....



Is your 4x4 broken ??? (mine is ☹)

Is the Wahiba Challenge not for you??

Don't worry ORAC haven't forgotten. See our calendar at the end of this bulletin for other events that may interest you.

There is always the chance that we will include more family trips so stay tuned.....



# WAHIBA 2015 WHEEL COVER COMPETITION

ORAC

Hereby declare that Hil Van Der Waal has won the award for the 2015 Wahiba Challenge wheel cover design competition.

**Well done Hil  
the trophy is on  
its way !!!**

# ORAC MEMBERS' OFFER

## 10% Discount for ORAC members

Wahiba Challenge done?

Feeling a bit worse for wear?

Not moving so smoothly?

Creaking sounds, here and there?

No, we don't mean your Jeep.....  
we mean YOU!

The Finland Osteopathy Clinic are offering *ORAC members and their families a 10% discount* on their services.

This offer lasts from 15<sup>th</sup> November (the day after the Challenge) up until 31<sup>st</sup> December 2015.

To make use of this offer, take with you to the clinic a print out of either the email or the ORAC bulletin containing this ad.

*Finland* request that you book any appointments with them in advance. This offer cannot be combined with any other deal or offer.



Finland Osteopathy Clinic LLC

العيادة الفنلندية لتقويم العظام والمفاصل

Spine & Joints Specialists

24481831 | 95202930

[www.osteopathy-oman.com](http://www.osteopathy-oman.com)

### Who are the Finland Osteopathy Clinic? Here's how they describe themselves:

We are the most prestigious clinic in the whole of Muscat for Osteopaths, Physiotherapists and Medical Strengthening Therapy. We have been successful since 2005 and are continuously developing as a clinic, starting with only one doctor and growing to a team of doctors and professionals. Together we have a combined experience of over 50 years of treating patients of all ages to better their health and healing process throughout life.

Our clinic is specialised in treating all kinds of joint and soft tissue problems i.e functional problems in your musculoskeletal system. We are large enough to serve your needs but we are small enough to retain our personal commitment to excellent individualized medical care.

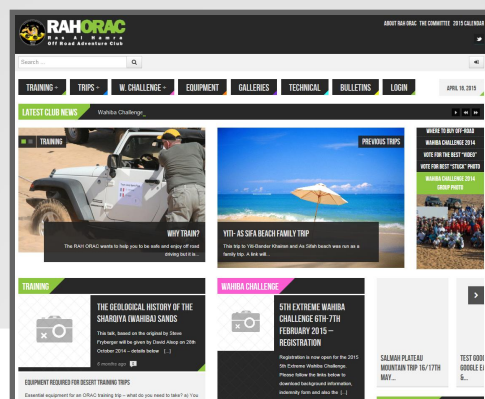
# ORAC Member Registration

To improve the way we manage our club, organize trips and to better serve our current members we will be introducing an online membership form when we come back from Summer hols.

As mentioned previously, it will require all current members and any new comers to register on line.

We will send a number of email reminders around September/October time to make sue we capture all of you who want to remain as members.

**We don't want you to miss out....!**



# ORAC Web Site

**Don't forget to check the Web Site**

You can feedback any suggestions to the club secretary who will forward to Ray our Training Advisor and Site Administrator

# ORAC Event Calendar 2015/16

- 12 November - 18th WAHIBA CHALLENGE 2015 evening meet. (Sharqiyah Sands)
- 13-14 November - 18th WAHIBA CHALLENGE 2015 crossing
- 23<sup>rd</sup> November – 18<sup>th</sup> Wahiba Challenge after event party
- 4 December - Family Desert Trip
- 11 December - Mountain Trip (to be confirmed)

## 2016

- 28 January -6<sup>th</sup> Extreme Wahiba Challenge 2016 evening meet.
- 29-30 January - 6<sup>th</sup> Extreme Wahiba Challenge 2016 crossing.
- 26-27 February – Star Dunes Desert Crossing
- 18 March – Mountain Trip (to be confirmed).

Other mountain and wadi events, not listed here, may take place over the next few months. Please look out for our notices on the Web Site, open and read our emails/bulletins when they arrive.

## Judo Section

After many, many years, pdo judo club has become a section. This is really welcome news and allows us to improve our activities and facilities considerably. For this, I would like to offer my sincere thanks to both Paul Sanders, our Chairperson, and to Bernardus Michels, RAHRC, who made it all happen. If you are interested in the club activities, then please take the opportunity to visit our Facebook page, 'Muscat judo' to see current photos and read the positive comments left by the 'likes' on the page. We haven't got quite as many as the celebrities – but we're getting there!

Even better news is that recruitment has really taken off since August and boasts an increase from 22 to 55 players each week. Our new beginners have got off to a flying start and have already learnt throws and hold-downs and eagerly practice hard at every opportunity. We remain fortunate to have kept our experienced higher grades who provide an excellent display of various technically difficult judo techniques. All players are at present studying the necessary techniques required to obtain their next colour belt (grading).



An added bonus for the club is the addition of two new instructors, Bryan Richards and Gloria Gil.

Bryan, a 1<sup>st</sup> Dan black belt trained with the Welsh Judo Team in Swansea in the 71kgs category (those that know him now may have trouble believing that!!). Like most of us, he started judo young and graduated through to senior grades eventually arriving at black belt in 1982. Having recently returned to the sport, he has become a welcome addition to the club as assistant instructor.

Another very welcome addition to the ranks of assistant instructor is Gloria. Gloria is also a 1<sup>st</sup> Dan black belt and provides an excellent and desperately needed female perspective to judo. Her contribution proves invaluable to all the players, especially the girls and the club is lucky to have such an experienced instructor.

Having the 3 instructors allows us to provide more individual attention to players and to concentrate on improving their techniques so as to enhance their progression more rapidly than before. It is our intention to raise the profile of the club - so look out for the club tee shirts and kids wearing medals!

For further information about the club and its activities, please contact: Kevin Lockyer, Senior Instructor on gsm: 92340736 or e mail: [kevinlockyer467@gmail.com](mailto:kevinlockyer467@gmail.com)

# Capt Suleiman, and Tariq the overall winners of Round Six Fishing competition

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The sixth round of The 2015 Angler of the Year PDO Recreation Club competition was held Saturday, 12<sup>th</sup> September 2015. This competition was generously sponsored by HONEYWELL.

A total of 21 eager fishermen in 10 fishing boats joined the event, hoping for the daily prizes and the end of year Fisherman title..

The summer vacation had just ended with the anglers returning from the summer break having ventured in various trips within and outside Oman. Majority seemed to be anxious to once again ride the sea and face up to the challenges of the fishing competition.

In the morning of the fishing competition, the sea was very calm. The waves were at 0.2 meters at the shore and the wind speeds of 5 knots. This, was just perfect for a day for the event!

At 0500 early in the morning, competitors with their rods started to roll in at the Ras Al Hamra Club. Preparations commenced with tuning of the boats engines and preparing rods reels and hooks. By 0600 in the morning all the power boats were afloat in the sea.

The whistle was blown, boats speed was smoothly ramped up, some were seen to be headed to the weather buoy East of Ras Al Hamra club, some headed to the Al fahal Island, and others headed 10 km directly north of the Al Fahal Island.

It is always fascinating to see the well focused and alert anglers in their boats. Fishing strategy counted what to catch first? Was it game fish or deep sea fish? How long will it take to allocate for the two categories, which hooks, rapalas would be used. All these mixed with the heat of the day were decisive for a successful fishing competition.

A week before the competition, the sea was overwhelmed with yellow fin tunas good size bonitoes, and mahi mahi's the anglers were confident somehow the game catch in this fishing event would be successful.

At the weather buoy East of the Al fahal Island, three boats made courage attempts to find and reel in mahi mahi, to everyone surprise, none of this game fish was around. Several attempts with various lure types and sizes were made with no success.

The three fishing boats moved away to other locations. At the horizon, Frans and wife Andrea were seen reeling in bonitoes, the couple are very professional in the game fish category, no one would doubt that a good catch will be managed by the end of the competition.

The weather suddenly changed! The waves picked up coupled with strong wind. Fishing was now more challenging. It took hard work to maintain the boats stability at the right reef.

At the weigh in, Faisal Riyami and Salim Al Khatri revealed the biggest catch of the bottom category at 17 kg, whilst captain Suleiman and Tariq Al hajri were the runners up at 13 kg.

As to the game category, Tariq and captain Suleiman managed to modestly score 1.25 kg, whilst Frans and Andrea Kohler team scored 1.15 kg. Two nice big fish were caught by captain Suleiman Al hajri and Faisal Riyami. A breem of 2.95 kg and a hamour weighing 2.00 kg. The total catch of the day stood at 43.93 kg. Another great day at the sea ended with lots of fun and so many varieties of fish being caught.

The champions of the day were:

Overall Winners

Capt Suleiman and Tariq Al hajri, 1st and second position with 17 points each

The Bottom class winners

Faisal Riyami and Salim Al Khatri at first and second positions with 10 and 9 points

The Game Class winners

Frans and Andrea Kohler at 18 and 7 points

The event ended with a great lunch at the boat club.



The Anglers with the biggest catch of the day



Capt Suleiman first overall



Tariq Al hajri second overall





Faisal Riyami 1<sup>st</sup> Bottom category



Salim Al Khatri Second bottom category



Frans and Andrea Kohler First and second game category





Anglers Family and friends

# Top 10 Videos

No.	TITLE	Category	Cast 1	Cast 2
1	MAD MAX - 4 : FURY ROAD	ACT./ADV.	TOM HARDY	CHARLIZE THERON
2	AVENGERS - AGE OF ULTRON	SCI-FI./ACT.	ROBERT DOWNEY JR.	CHRIS EVANS
3	FAR FROM THE MADDING CROWD	ROM./DRA.	CARREY MULLIGAN	MATHIAS SCHOENAERTS
4	SPY	COM./ACT.	MELISSA McCARTHY	JASON STATHAM
5	PIXIES	CARTOON	V/O - CHRISTOPHER PLUMMER	V/O ALEXA VEGA
6	GOOD KILL	DRA./THR.	ETHAN HAWKE	BRUCE GREENWOOD
7	GET HARD	COMEDY	KEVIN HART	WILL FERRELL
8	TAKEN - 3	ACT./THR.	LIAM NEESON	FOREST WHITAKER
9	ADULT BEGINNERS	COMEDY	ROSE BYRNE	NICK KROLL
10	UNFINISHED BUSINESS	COMEDY	VINCE VAUGHN	TOM WILKINSON

# RAHRC LIBRARY

## OPENING HOURS

SUNDAY 1PM TO 7.30PM  
MONDAY 8.30AM TO 8.30PM  
WEDNESDAY 8.30AM TO 7PM  
THURSDAY 5PM TO 7PM

MEMBERSHIP IS FREE AND FOR  
RAHRC MEMBERS ONLY

**VOLUNTEERS ARE WELCOME**



FICTION AND NON-FICTION BOOKS  
FOR ADULTS

FICTION AND NON-FICTION BOOKS  
FOR CHILDREN



AUDIOBOOKS AND MUSIC CD'S

ARABIC BOOKS FOR ADULTS AND  
CHILDREN

# CHILDREN'S BOOK READING

Sunday 6.30 - 7pm RAHRC Library

Children's book reading by our librarian  
(Parents please stay with your child)



<u>AUTHOR</u>	<u>TITLE (Click to follow link for details)</u>
Adam Johnson	<u><a href="#">Fortune Smiles: Stories</a></u>
Allen Eskens	<u><a href="#">The Life We Bury</a></u>
Annie Barrows	<u><a href="#">The Truth According to Us</a></u>
Ayana Mathis	<u><a href="#">The Twelve Tribes of Hattie</a></u>
Bill Clegg	<u><a href="#">Did You Ever Have A Family</a></u>
Brené Brown	<u><a href="#">Rising Strong</a></u>
Daniel Silva	<u><a href="#">The English Spy</a></u>
Elin Hilderbrand	<u><a href="#">The Rumor</a></u>
Elisabeth Egan	<u><a href="#">A Window Opens</a></u>
Emma Sky	<u><a href="#">The Unraveling: High Hopes and Missed Opportunities in Iraq</a></u>
Erika Swyler	<u><a href="#">The Book of Speculation</a></u>
Jane Smiley	<u><a href="#">Some Luck</a></u>
Jon Krakauer	<u><a href="#">Missoula: Rape and the Justice System in a College Town</a></u>
Jonathan Evison	<u><a href="#">This Is Your Life, Harriet Chance!</a></u>
Jonathan Franzen	<u><a href="#">Purity</a></u>
Kate Gross	<u><a href="#">Late Fragments: Everything I Want to Tell You (About This Magnificent Life)</a></u>
Katherine Arnup	<u><a href="#">I Don't Have Time for This!: A Compassionate Guide to Caring for Your Parents and Yourself</a></u>
Ken Follett	<u><a href="#">Edge of Eternity</a></u>

<u>AUTHOR</u>	<u>TITLE (Click to follow link for details)</u>
Kent Haruf	<u><a href="#">Our Souls at Night</a></u>
Laline Paull	<u><a href="#">The Bees</a></u>
Laura Dave	<u><a href="#">Eight Hundred Grapes</a></u>
Laura Vanderkam	<u><a href="#">I Know How She Does It: How Successful Women Make the Most of Their Time</a></u>
Lauren Groff	<u><a href="#">Fates and Furies</a></u>
Lisa Scottoline	<u><a href="#">Does This Beach Make Me Look Fat?: True Stories and Confessions</a></u>
Louisa Hall	<u><a href="#">Speak</a></u>
Niall Williams	<u><a href="#">A History of the Rain</a></u>
Nina George	<u><a href="#">The Little Paris Bookshop</a></u>
Nisid Hajari	<u><a href="#">Midnight's Furies: The Deadly Legacy of India's Partition</a></u>
Orhan Pamuk	<u><a href="#">A Strangeness in My Mind</a></u>
Paula McLain	<u><a href="#">Circling the Sun</a></u>
Petra Durst-Benning	<u><a href="#">The Glassblower</a></u>
Richard Coulson	<u><a href="#">A Corkscrew Life: Adventures of a Travelling Financier</a></u>
Sandra Brown	<u><a href="#">Friction</a></u>
Susanna Kearsley	<u><a href="#">A Desperate Fortune</a></u>
Ted Kosmatka	<u><a href="#">The Flicker Men</a></u>
Vanessa Diffenbaugh	<u><a href="#">The Language of Flowers</a></u>

## *PDO Library Book Club Schedule 2015-2016*

- ◆ Purpose: To build a community of readers of good literature ***connected*** to the PDO Library.
- ◆ Everyone welcome. You do not have to have read the books to enjoy the discourse. Books are in the library. Bring your lunch or order from the Coffee Shop. Add your name to the e-mail list if you want to be contacted.

### ***Third Tuesday (usually) of the month 11:30am PDO Boat Club***

Sept. 22	<b><i><u>Don't Lets Go to the Dogs Tonight, Cocktail Under the Tree of Forgetfulness, Leaving Before the Rains Come</u></i></b> by Alexandra Fuller	All in the PDO Library. Choose one to read.
Oct. 20	<b><i><u>This House of Grief</u></i></b> by Helen Garner (Helen)	
Nov. 17	<b><i><u>Empty Mansions</u></i></b> by Bill Dedman and Paul Clark Newel (Donna)	
Dec. 15	<b><i><u>The Gargoyle</u></i></b> by Andrew Davidson (Elizabeth)	
Jan. 19	<b><i><u>All the Light We Can Not See</u></i></b> by Anthony Doerr	
Feb. 16		
Mar. 15		
April 19		
May 17		
June 21		





# TEAM TENNIS TOURNAMENT

**When : Oct 4<sup>th</sup> to Nov 1<sup>st</sup> 2015**

**Venue: RAHRC Tennis Club**

**Time: 7PM to 9:30PM (Sat, Sun, Wed)**



## **EIGHT TEAMS**

- 1. VOLLEYERS**
- 2. SERVERS**
- 3. SMASHERS**
- 4. LOBBERS**
- 5. NET RUSHERS**
- 6. BASELINERS**
- 7. ATTACKERS**
- 8. ALL ROUNDERS**

**Entry Fee : RO 2.500**



**REGISTRATION DEADLINE: SEPTEMBER 30<sup>TH</sup>, 2015 - EACH TEAM PLAYS ONCE PER WEEK  
ALL TEAMS ARE SELECTED BY THE TOURNAMENT DIRECTOR**

## Team Tennis Tournament – Teams & Rules

**Days of play: Saturday, Sunday & Wednesday (and a special Monday)**

**Default condition: teams must be present with a minimum of 4 players at 6:45PM on the day of the tie, with 3 males and 1 female.** If this condition is not met the game will result in a default-win for the opponents. A team has a minimum of 4 players and a maximum of 8 players.

**Team order of play forms are exchanged** by the captains at 6:50PM. (Unless arranged beforehand, teams are permitted 5 minutes only to decide the order of play.) (A form is attached.)

Each match has **5 minutes warm-up** and is immediately followed by the toss and start of play.

**Start-time** for matches is 7PM.

**Matches are decided** by the first to reach (9) games (the “2-game-point difference” is not used), there is NO advantage scoring; the receiver chooses the side to receive serve at the “sudden death point”.

**Matches are scored by players** and players on the sidelines are kindly asked (urged!) to avoid making line calls.

**Tie-breaks** are only played at 8-8.

The first player to reach seven points wins the tie-break and the set. But if the score reaches six-points-all, the winner is the first player to win two points in a row.

The player whose turn it was to serve in the set serves the first point of the tie-break. Their opponent serves the next two points and after that the serve rotates after every two further points.

The players change ends after every six points, even if a player is between his two service points, and at the end of the tie-break.

**The order of matches** is as follows:

- 2 men's singles games followed by
- 1 ladies' singles game followed by
- 1 men's doubles and
- 1 mixed doubles

**Change overs** of players are made after the first game and then every other game thereafter.

**Drinks breaks** are between games (2 minutes maximum).

**After the round robin (group-) stage the top-2 teams move on** to the semi-final stage of the competition.

**Unsportsmanlike conduct** by individual players is not permitted and may result in disqualification; players are kindly asked to conduct themselves respectfully to the game, the other players, the Club, and the public.

Tournament director: Deron Grant, RAHRC Head of Tennis -  
[rahrctenniscoach@gmail.com](mailto:rahrctenniscoach@gmail.com) - 953 44 398



## Ras Al Hamra Recreation Center Tennis Club

### TEAM TENNIS TOURNAMENT

	<b>Team Name</b>	<b>Captain</b>	<b>Telephone number / email</b>
<b>1</b>	<b>VOLLEYERS</b>	Vincent S	9987 7494
<b>2</b>	<b>SERVERS</b>	Leonardo Marconi	9137 7080
<b>3</b>	<b>SMASHERS</b>	Nikhil Sampat	9934 6654
<b>4</b>	<b>LOBBERS</b>	Tariq Adeel	9329 8248
<b>5</b>	<b>NET RUSHERS</b>	Robert Sage	9562 1826
<b>6</b>	<b>BASELINERS</b>	Banjo Olowajare	9720 9195
<b>7</b>	<b>ATTACKERS</b>	Arjan Vos	9932 8368
<b>8</b>	<b>ALL ROUNDERS</b>	Johan van Waveren	9692 3619



# Ras Al Hamra Recreation Center Tennis Club

<b>GROUP A</b>	Baseliners	Servers	Net Rushers	Attackers	<b>TOTAL</b>
Baseliners	<b>GROUP A</b>	<b>Sat, 17 Oct</b>	<b>Sun, 25 Oct</b>	<b>Sun, 04 Oct</b>	
Servers		<b>GROUP A</b>	<b>Sat, 10 Oct</b>	<b>Tue, 27 Oct</b>	
Net Rushers			<b>GROUP A</b>	<b>Wed, 21 Oct</b>	
Attackers				<b>GROUP A</b>	

<b>GROUP B</b>	Lobbers	All Rounders	Smashers	Volleyers	<b>TOTAL</b>
Lobbers	<b>GROUP B</b>	<b>Sun, 18 Oct</b>	<b>Mon, 26 Oct</b>	<b>Wed, 07 Oct</b>	
All Rounders		<b>GROUP B</b>	<b>Sun, 11 Oct</b>	<b>Wed, 28 Oct</b>	
Smashers			<b>GROUP B</b>	<b>Sat, 24 Oct</b>	
Volleyers				<b>GROUP B</b>	

<b>Semi Finals # 1 and # 2</b>		
		<b>Fri, 30 Oct</b>
		<b>Sat, 31 Oct</b>

Semi Finals # 1 (winner Group A vs. Runner-Up Group B) and # 2 (winner Group B vs. Runner-Up Group A)

<b>FINAL – Sun, Nov 01st</b>	



## Ras Al Hamra Recreation Center Tennis Club

	Team Name	Captain	2	3	4	5	6	7	8
1	<b>VOLLEYERS</b>	Vincent S	Nenita Tulop	Ehab Ibrahim	Rafael Castiblanco	Paul Vledder			
2	<b>SERVERS</b>	Leonardo Marconi	Ayse Cobanogulu	Thangamali	Rudolf Fleisher	Kiumars Jeyrandour	Ahmed Gamal		
3	<b>SMASHERS</b>	Nikhil Sampat	Amani Ibrahim	Evert Versteeg	Vinay Sharma	Hisham Barwani	Richard Weng		
4	<b>LOBBERS</b>	Tariq Adeel	Hetty Schuiling	Wail Barwani	Paolo Soares	Mustafa Cobanogulu	Jacobien Haeser		
5	<b>NET RUSHERS</b>	Robert Sage	Marloon van Nistelrooy	Fawaz Mandahri	Recep Kadzal	Will Jorgensen			
6	<b>BASELINERS</b>	Banjo Olowajare	Jenny Wilson	Romeo Tulop	Abbas Haider	Brian Majoca	Shashikant Mahamane		
7	<b>ATTACKERS</b>	Arjan Vos	Ayse Kadzal	Carlos Moreno	Naaman Busaidy	Khamis Eissa	Sander Nijman		
8	<b>ALL ROUNDERS</b>	Johan van Waveren	Karen Thijs	Eladio	Joris van Nistelrooy	Sajid Khan			

The first green columns with (randomly placed team-) player names show the minimum team size requirement of 3 males & 1 female.

## **RAHRC Triathlon/Biathlon Section**

The RAHRC Triathlon/Biathlon section conducted its 26<sup>th</sup> Biathlon Event on September 11<sup>th</sup> 2015.

A record number of participants went to the start at 06:30 a.m. under choppy sea conditions but moderate outside temperatures.

The new RAHC-Kauther Road was included in the Running course so people could appreciate the quiet and beautiful environment.

All but one runner got the course right, we declared him the winner of the Special Short Cut race.

Brad Holliday won the LONG course in 41:25min with Asta Parker being the fastest Lady in 45:16 min.

Fastest male on the SHORT course was Andreas Zimmerscheid in 36:03 followed by Francesca Mollica in 36:52 as fastest Lady.

In the Team section, Susanne Hine & Don Broughton won the SHORT course in 33:53 min, Kiki Michels & Maysan won the LONG course in 46:23 min.

The JUNIOR TEAM section for the SHORT course was won by Archie and Bella Weetch in an amazing 25:55 min.

A big thank you to all the volunteers who make the events possible, especially the kayak support and the time keepers.

We can't do these events without volunteers

## Biathlon Sept 11 2015 / Results

Swim Distance (m)	450 m	Run Short (km)	4.5
Swim Long(m)	850 m	Run Long (km)	6
Time Delay (Short)	0:05:00		

### Team SHORT

#	Swimmer Name	Runner Name	Run Out/Swim In	Swim Time	Run In Time	Final Time	Run Time	Pace per km	Comment
129	Susanne Hine	Don Broughton	0:14:30	0:09:30	0:38:53	0:33:53	0:24:23	5:25	1st Team Short
103	Kiarash	Hossein Salehi	0:15:28	0:10:28	0:39:44	0:34:44	0:24:16	5:24	2nd Team Short
105	Mansour	Hamer Al Marooqi	0:18:08	0:13:08	0:46:17	0:41:17	0:28:09	6:15	3rd Team Short
133	Raoul	Rigel	0:18:31	0:13:31	0:46:51	0:41:51	0:28:20	6:18	
64	Brad Wright	Leigh de Bryn	0:14:40	0:09:40	0:48:37	0:43:37	0:33:57	7:33	
112	Bill Huguelet	Kim	0:17:01	0:12:01	0:49:08	0:44:08	0:32:07	7:08	
114	Susanne Korb	Helmut Korb	0:16:03	0:11:03	0:52:06	0:47:06	0:36:03	8:01	
127	Kim	Bhassara	0:16:23	0:11:23	0:55:42	0:50:42	0:39:19	8:44	

Note: 5 min have been deducted from "Swim In" time and Run In Time to get real swim time and Final Time due to later start of SHORT course

### Team LONG

#	Swimmer Name	Runner Name	Run Out/Swim In	Swim Time	Final Time	Run Time	Pace	Comment
130	Kiki Michels	Maysen	0:15:13	0:15:13	1:01:36	0:46:23	7:44	1st Team Long
128	Cor huibers	Salim Al Nasri	0:24:07	0:24:07	1:06:52	0:42:45	7:07	

### Team SHORT Junior

#	Swimmer Name	Runner Name	Run Out/Swim In	Swim Time	Run InTime	Final Time	Run Time	Pace	Comment
100	Archie Weetch	Bella	0:12:38	0:07:38	0:30:55	0:25:55	0:18:17	4:04	1st Short Junior
101	Mojan	Paniz	0:18:58	0:13:58	0:43:30	0:38:30	0:24:32	5:27	2nd Team Junior
106	Darcy Hunter	Olivia	0:19:02	0:14:02	0:55:07	0:50:07	0:36:05	8:01	3rd Team Junior

Note: 5 min have been deducted from "Swim In" time and Run In Time to get real swim time and Final Time due to later start of SHORT course

## Biathlon Sept 11 2015 / Results

Swim Distance (m)	400 m	Run Short (km)	4.5
Swim Long(m)	850 m	Run Long (km)	6
Time Delay (Short)	0:05:00		

### Biathlon Sept 11 2015 / Individual SHORT

#	Name	Run Out/Swim In	Actual Swim Time	Run In Time	Final Time	Run Time	Pace per km	Comment
75	Andreas Zimmerschied	0:17:11	0:12:11	0:41:03	0:36:03	0:23:52	0:05:18	1st Male Short
47	Francesca Mollica	0:15:37	0:10:37	0:41:52	0:36:52	0:26:15	0:05:50	1st Lady Short
72	Laura Rowlands	0:14:45	0:09:45	0:43:05	0:38:05	0:28:20	0:06:18	2nd Lady Short
91	Matt Tipton	0:14:58	0:09:58	0:45:00	0:40:00	0:30:02	0:06:40	2nd Male Short
69	Edward Black	0:17:20	0:12:20	0:45:32	0:40:32	0:28:12	0:06:16	
71	Tim Hine	0:15:42	0:10:42	0:45:51	0:40:51	0:30:09	0:06:42	
90	Peter Greenwood	0:14:52	0:09:52	0:45:52	0:40:52	0:31:00	0:06:53	
76	Zuhair Yaqoob ALZadjali	0:16:32	0:11:32	0:47:36	0:42:36	0:31:04	0:06:54	
66	Celeste Bickley	0:19:56	0:14:56	0:49:27	0:44:27	0:29:31	0:06:34	
67	Clive Hammond	0:14:39	0:09:39	0:49:32	0:44:32	0:34:53	0:07:45	
73	Åsa Holmes	0:17:20	0:12:20	0:49:37	0:44:37	0:32:17	0:07:10	
78	Ruth Hine	0:15:10	0:10:10	0:50:11	0:45:11	0:35:01	0:07:47	
65	Sunil R Deshpande	0:21:59	0:16:59	0:51:45	0:46:45	0:29:46	0:06:37	
70	Marius Wolmarans	0:19:10	0:14:10	0:52:49	0:47:49	0:33:39	0:07:29	
111	Bernhard Krupten	0:18:24	0:13:24	0:52:59	0:47:59	0:34:35	0:07:41	
88	Andrew Hunter	0:19:11	0:14:11	0:55:10	0:50:10	0:35:59	0:08:00	
87	Abbas Azarkish	0:18:18	0:13:18	0:56:34	0:51:34	0:38:16	0:08:30	
136	Garreth Britz	0:29:05	0:24:05	0:59:25	0:54:25	0:30:20	0:06:44	
138	Gerhard Bocumert	0:23:08	0:18:08	1:09:15	1:04:15	0:46:07	0:10:15	
86	Ayman Ibrahim	0:26:40	0:21:40	1:12:04	1:07:04	0:45:24	0:10:05	
104	Ricoun DeBeu	0:23:33	0:18:33	1:12:05	1:07:05	0:48:32	0:10:47	
92	Mitesh Panchal			0:48:12	0:43:12	0:48:12	0:10:43	Run Only
93	Mahesh waghela			0:43:12	0:38:12	0:43:12	0:09:36	Run Only
94	Debasish tikadar			0:51:32	0:46:32	0:51:32	0:11:27	Run Only

Note: 5 min have been deducted from "Swim In" time and Run In Time to get real swim time and Final Time due to later start of SHOR

### Biathlon Sept 11 2015 / Individual SHORT JUNIOR

#	Name	Run Out/Swim In	Actual Swim Time	Run In Time	Final Time	Run Time	Pace per km
96	James Black	0:18:58	0:13:58	0:45:31	0:40:31	0:26:33	0:05:54

Note: 5 min have been deducted from "Swim In" time to get real swim time due to later start of SHORT course



## Biathlon Sept 11 2015 / Results

Swim Distance (m)	450 m	Run Short (km)	4.5
Swim Long(m)	850 m	Run Long (km)	6
Time Delay (Short)	0:05:00		

### Team SHORT

#	Swimmer Name	Runner Name	Run Out/Swim In	Swim Time	Run In Time	Final Time	Run Time	Pace per km	Comment
129	Susanne Hine	Don Broughton	0:14:30	0:09:30	0:38:53	0:33:53	0:24:23	5:25	1st Team Short
103	Kiarash	Hossein Salehi	0:15:28	0:10:28	0:39:44	0:34:44	0:24:16	5:24	2nd Team Short
105	Mansour	Hamer Al Marooqi	0:18:08	0:13:08	0:46:17	0:41:17	0:28:09	6:15	3rd Team Short
133	Raoul	Rigel	0:18:31	0:13:31	0:46:51	0:41:51	0:28:20	6:18	
64	Brad Wright	Leigh de Bryn	0:14:40	0:09:40	0:48:37	0:43:37	0:33:57	7:33	
112	Bill Huguelet	Kim	0:17:01	0:12:01	0:49:08	0:44:08	0:32:07	7:08	
114	Susanne Korb	Helmut Korb	0:16:03	0:11:03	0:52:06	0:47:06	0:36:03	8:01	
127	Kim	Bhassara	0:16:23	0:11:23	0:55:42	0:50:42	0:39:19	8:44	

Note: 5 min have been deducted from "Swim In" time and Run In Time to get real swim time and Final Time due to later start of SHORT course

### Team LONG

#	Swimmer Name	Runner Name	Run Out/Swim In	Swim Time	Final Time	Run Time	Pace	Comment
130	Kiki Michels	Maysen	0:15:13	0:15:13	1:01:36	0:46:23	7:44	1st Team Long
128	Cor huibers	Salim Al Nasri	0:24:07	0:24:07	1:06:52	0:42:45	7:07	

### Team SHORT Junior

#	Swimmer Name	Runner Name	Run Out/Swim In	Swim Time	Run InTime	Final Time	Run Time	Pace	Comment
100	Archie Weetch	Bella	0:12:38	0:07:38	0:30:55	0:25:55	0:18:17	4:04	1st Short Junior
101	Mojan	Paniz	0:18:58	0:13:58	0:43:30	0:38:30	0:24:32	5:27	2nd Team Junior
106	Darcy Hunter	Olivia	0:19:02	0:14:02	0:55:07	0:50:07	0:36:05	8:01	3rd Team Junior

Note: 5 min have been deducted from "Swim In" time and Run In Time to get real swim time and Final Time due to later start of SHORT course

# Personal Development Network

*Working together to achieve our ambitions.*



## **Session hours: Sundays & Tuesdays mornings**

From 8:15, usually we stay until mid afternoon.

No need to register, just join. Open to all!

## **Office location**

At RAHRC, between volleyball court and front office  
(small building with sign 'Spouse Association')

## **Contact us**

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

[facebook.com/personaldevelopmentnet](https://facebook.com/personaldevelopmentnet)

### **We are...**

a group of adults working on their personal development through (online) studies, blogging, learning a language, research, job search, etc.

### **Our aim...**

is to encourage members and to provide facilities for studying and (net)working in the context of personal development.

### **Our sessions...**

are open to all club members, who bring their own laptop, books or whatever they need. Participants work independently, on any level, in any language. With a break for coffee and a chat.

### **We also...**

- Organize workshops
- Support & motivate each other
- Have fun events

RAHRC Cricket Committee Proudly Announces  
The much awaited event of the Year

**Fun Softball Inter Directorate  
Indoor Cricket Tournament 2015**

**FOCAL POINTS**

OSD – Adeel Tariq, OSET52

OND – Zeeshan Javaid,  
ONO24YI

FEED – Nasiruddin Shaikh,  
UEP1P23

GD – Gul Afghani, GGE32C /  
Nilesh Patel, GGE141

CPD – Suresh Ramachandran,  
CTQAG3

UEOD - Manikantan Kesavan,  
UEOC52S

UWD – Mudassar Kazi,  
UWOGRI

UIB/FD/Surplus – Gul Afghani,  
GGE32C

**At RAH Recreation Centre  
Indoor Sports Hall**

**Sat 07-11-2015**

**Rush your entries to  
Gul Afghani GGE32C  
By 31-10-2015**

**Open to all PDO Employees and  
their kids (age > 15)**

**For More information Contact  
Pradeep Venugopalan (GGE22L)**





*Indian Section of RAHRC announces  
its Mega Event of the year*



# DIWALI MELA 2015

*20<sup>th</sup> November 2015 (Friday)  
With Live DJ*

*Bollywood  
Dances &  
Flash mob*

*Kids  
Fashion  
Shows*

*Arts &  
Crafts*

*Indian  
Food  
Retreat*

*Games,  
Magic  
& Loads  
of fun*

*Surprise  
events &  
Raffle  
draws*

*We are inviting participants & Volunteers for the various Events. Kindly register your participation in the below link by 07<sup>th</sup> Oct 2015 (Wednesday)*

*<https://www.surveymonkey.com/r/CW3GKQL>*

*Tickets and other details - coming soon...*



**FIREWORK DISPLAY WILL BE HELD ON FRIDAY 13/11/15**

**VENUE: RAHRC BOAT CLUB BEACH AREA**

**TIME: 18:30 HRS**

**FOR SAFETY REASONS THE RAHRC SPORTS HALL AND BOTH GYMS WILL  
BE CLOSED ON 12<sup>TH</sup> & 13<sup>TH</sup> NOVEMBER, 2015**

**NO SECTION EVENTS/PRIVATE PARTIES WILL BE ALLOWED.**

**EVENT OPEN TO MEMBERS ONLY (NO GUESTS ALLOWED)**





MASTER CLASS

LES MILLS  
BODYBALANCE

Get lean, tone muscle, get fit



NOV 3<sup>rd</sup> 2015

4:30 - 6:30

SPORTS HALL

NO REGISTRATIONS, JUST JOIN IN



Presenters: Patma, Femie, Peter, Alfredo, Tumay, Frances