



# **THE RAHRC**

## **BULLETIN SEPTEMBER 2016**



### **RAHRC FIREWORK CELEBRATIONS**

**FIREWORK DISPLAY WILL BE HELD ON FRIDAY 11/11/16**

**VENUE: RAHRC BOAT CLUB BEACH AREA**

**TIME: 18:30 HRS**



FOR SAFETY REASONS THE RAHRC SPORTS HALL AND BOTH GYMS WILL BE  
CLOSED ON 10<sup>TH</sup> & 11<sup>TH</sup> NOVEMBER, 2016  
NO SECTION EVENTS/PRIVATE PARTIES WILL BE ALLOWED.  
EVENT OPEN TO MEMBERS ONLY (NO GUESTS ALLOWED)

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## Main Committee Message



Winter is starting, the weather is getting better, and the RAHRC is bustling with activities. The season kicked off with our Eid Al Adh'ha celebration and a well-attended badminton tournament.

October had two major swimming activities; firstly the Beach-2-Beach swim organized by the Swim Section, where 150 adults and children swam from Marjan Beach to the Boat Club (1.2 km) with great support from our Dive and Kayak Sections. Secondly the Holland Committee organized the yearly 4-day swimming gala, in which over 90 children of diverse nationalities participated and earned a medal by swimming a minimum of 10 lanes for 4 days. A great event that helps build confidence for both beginning and more advanced swimmers!

The American Section organized their first Halloween party, aptly named 'Spooktacular'. A fantastic event for which the Sohar Garden had a full makeover to fit the theme, and almost all attendees dressed up accordingly. A lot of attention was given to detail, with spooky marshmallow ghost desserts, and great raffle games. Hopefully this will become a yearly event!

The upcoming month will be busy; next week is the Canadian Thanksgiving party, followed in the first week of November by the colorful Diwali Mela festival and the Oktoberfest (another first!) with a live Bavarian band. Tickets for these events can be bought at the Front Office. For sports lovers the Table Tennis tournament and Triathlon are coming up soon, as well as the Junior Tennis Tournament, which is reintroduced to give children the opportunity to compete.

The second weekend of November host two major events, firstly the Wahiba Challenge, organized by ORAC, and the RAHRC Fireworks (November 11<sup>th</sup>). Please note that RAHRC will close on the day of the fireworks at 13:00 hrs to re-open for members only at 15:00 hrs.

On November 15<sup>th</sup> the RAHRC will hold its Annual General Meeting at 16:30 hrs in the Marlin Hall; all members are invited to attend. At the AGM the 2016 Section Awards will be announced, as well as the winning photographs of the 'favorite memory' competition, which will feature on our new club cards that will be rolled out soon.

With this much to do the coming month: have fun, stay safe!

Comments or feedback can be posted to [RAHRC@pdo.co.om](mailto:RAHRC@pdo.co.om)

On behalf of the Main Committee

**Karen Thijs**

**Community Member/Social Sections**



## OUTPOST MUSCAT

November 2016



### 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 Information Mornings

Every month Outpost organises an Information Morning at the office (Ras al Hamra Street, Apt. 149, Flat G005) from 9:30am–10:30am. 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. These usually take place on the last Thursday of every month. The next one will be on **Thursday 24<sup>th</sup> November**.

### Upcoming Events

#### Tuesday 8<sup>th</sup> November Tour of The Grand Mosque

Join us for a guided tour of this wonderful Mosque. We will leave from the Outpost office by coach and be shown around by one of the female volunteers. Please note this trip is not suitable for children under the age of 10. The coach leaves at 8.30am and will be back by 11.00am. (Please email or come into the office to reserve your seat as places are limited)

#### Wednesday 16<sup>th</sup> November Oh Man Off Road trip

Come and join for an Off Road adventure lead by members of the Oh Man Group. The trip will be a full day, leaving at 8am and returning around 3.30-4pm. We will take a maximum of 6 cars and will follow a route from Muscat up to the Salmah Plateau, commonly known as the "Sea to Sky" route. Please let us know if you would be interested in coming along and whether you would be happy to drive (suitable for 4 wheel drive only) or would prefer to be a passenger. You will need to bring along a packed lunch and plenty of drinks for the day. Highlights of the trip will include:

- Majilis al Jinn
- An Omani elephant!
- Shiir/ Jaylah Beehive Tombs
- Bimmah Sinkhole
- Dramatic scenery and views

Please contact Outpost to sign up for this event.



### Outpost Muscat

Ras Al Hamra Street, PDO Camp  
Apartment 149, Flat G 005  
[+968] 246 58640 / 93688739

[outpostmuscat@pdo.co.om](mailto:outpostmuscat@pdo.co.om)  
[www.globaloutpostservices.com](http://www.globaloutpostservices.com)



OutpostMuscat

Office hours: Sun, Tue, Thu  
8.15-11.00

Appointments outside of these  
times are available on request.



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**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](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 of over 650 people today to see all our events and share information about life in Muscat!

## Beach 2 Beach Swim – 14<sup>th</sup> October

In good conditions and with great support from many volunteers, the kayak and diving sections, over 150 swimmers of all ages completed the 1.2 km swim from Majan Beach to PDO beach. The event was a great success, with all participants safely completing the challenge and then enjoying breakfast together at the boat club. With 45 swimmers under 14 years old, plus swimmers up to 60, the event showed that open water swimming is a fun activity for all ages and a great way to enjoy Oman's beautiful coastline

### Date for the diary:

5<sup>th</sup> May 2017 Fahal Island Swim .....please don't ask about registration yet, it won't open till March 2017 ☺



## Safety floats:

We have voluntarily started using swim floats and bags to improve our visibility whilst sea swimming. We feel that help us be more visible to the lifeguards, fishermen and jetskis. We are not going to place an order for these, however, we will help coordinate people to place an order to get the discount available on orders over 12 pieces. For details of the products: [www.chillswim.com](http://www.chillswim.com) or <http://www.swimsecure.co.uk/swimseureshop/>

Contact us on: [fahalswim@gmail.com](mailto:fahalswim@gmail.com)



# Oh Man! Adventure Group

Graham Speller: [grahamspeller@me.com](mailto:grahamspeller@me.com) 95378251  
Robert Velberg [pj.velberg@gmail.com](mailto:pj.velberg@gmail.com) 920423592  
Steven Moerman [moerman.steven@gmail.com](mailto:moerman.steven@gmail.com) 91732403

**Snorkelling Trip with Euro Divers.** This is a repeat of a previous successful trip. We will go with Euro Divers to a selected site with crystal clear waters to see the rich diverse sea life. Johan will liaise with Euro Divers and the provisional date is **Tuesday 11th October.**

**Wine Tasting Evening** Chris has kindly offered to host this opportunity to learn about the wines on offer from the Bulk Store. Steven and Hilde have generously offered to host the event at their home at 6, Amal St on **Tuesday 25th October at 7:30pm.** Spouses are most welcome to attend.

**Boat Training** There is a dedicated Oh Man Group for Boat Training. By taking part in these lessons you will be awarded your ticket which entitles you to use the RAHRC motor boats. Robert is the trainer and has spent much time and effort upgrading the current boats so they are safe and efficient. If you wish to be kept up to date with information about this group and in particular the training sessions please register your mobile phone with Robert who will enrol you in the Oh Man Boat Group on Whats App.

**An evening at the Mumtaz Indian Restaurant** This popular restaurant will host an evening of feasting arranged by Ingmar. This will take place on **Thursday 17th November** at 7:30pm.

**Wahiba Challenge:** Our members Ewald and Hil are taking part in this ultimate off road driving experience and wish to recruit members to join their team. If you have any interest in joining Ewald and Hil please contact them and discuss the criteria for participation.

**Off Road trip to Snake Gorge and hike through the canyon.** This event will take place at a time indicated by the right kind of weather. It will be a weekday. Everyone is welcome. You will need transport suitable for off road, a packed lunch, plenty of water, swimming trunks and a towel. Car sharing is possible. Please register your interest with Ingmar who will contact you once the circumstances allow.

**Next Meeting** This will take place on **Monday 5th December** 10:00am at the Boat Club in the back room.



**\*\*\* Pantomime 2016 Production Underway!! \*\*\***

This year's pantomime will be 'Snow White and the Seven Dwarfs.' With a cast and crew of over 50, this year's show should be as funny and family friendly as ever. Be sure to save the date! Performances are 1st, 2nd and 3rd December. Tickets will go on sale from 13th November at the Club Office. This show sells out fast!!

There are still opportunities to be involved backstage — doing make up, sets, and box office duties on show nights. Please get in touch at [rahads.oman@gmail.com](mailto:rahads.oman@gmail.com) or like us on Facebook for the latest information.

Jamie McLean  
RAHADS Chair

# KAYAK

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## S E C T I O N



### Beach to Beach Swim

The Beach to Beach swim took place on 14th October. A big thank you to the 26 paddlers, including two SUPers who supported the swim this year. We were able to support one kayaker for every six swimmers.

### Weekly Paddle

A early evening group paddle normally takes place every Thursday. Club kayaks may be borrowed. Get on the mailing list for further details.

### Mailing List

If you wish to be added to the mailing list please contact Kayak Section.

### Private Kayak and Standup Paddle Board Racks

Your craft must be registered with a Private Kayak Sticker and Sticker Number.

There is a shortage of storage space and a waiting list to use the racks. Therefore, if your craft is not in regular use you will be asked to remove it.

**IF YOUR KAYAK IS KEPT AT THE CLUB AND HAS NOT BEEN REGISTERED CONTACT KAYAK SECTION.**

## KAYAK SECTION

### ARE THESE UNREGISTERED BOATS YOURS?

There are unregistered kayaks that will be **DISPOSED, DONATED OR SOLD** if the owners are not found. Contact Kayak Section if these boats belong to you.

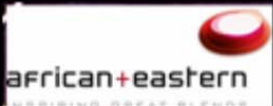


KAYAK SECTION CONTACT

[RICHARD.RH.HALLET@PDO.CO.OM](mailto:RICHARD.RH.HALLET@PDO.CO.OM) / [PAUL.PS.SANDERS@PDO.CO.OM](mailto:PAUL.PS.SANDERS@PDO.CO.OM)

2016 American Halloween

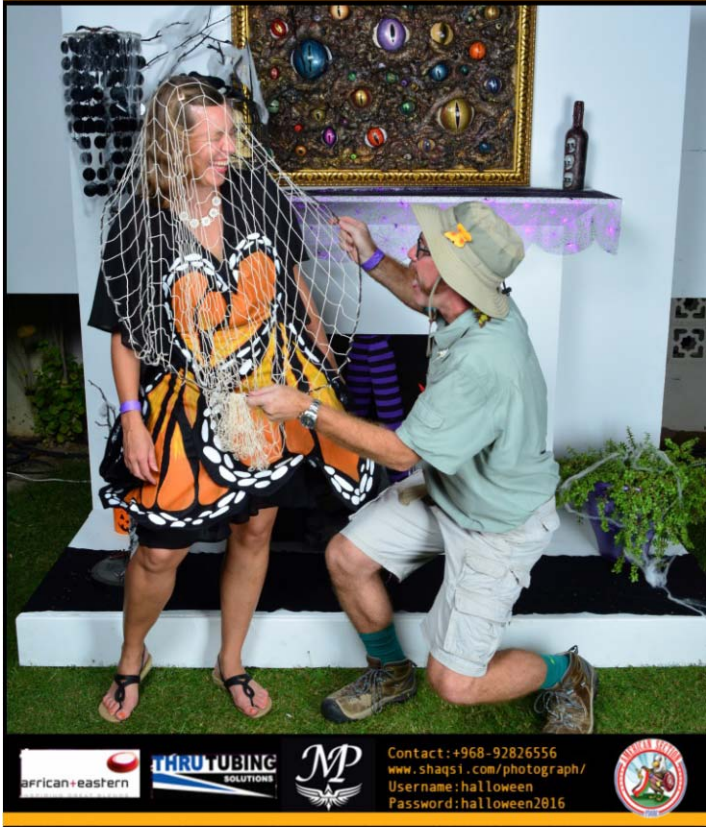
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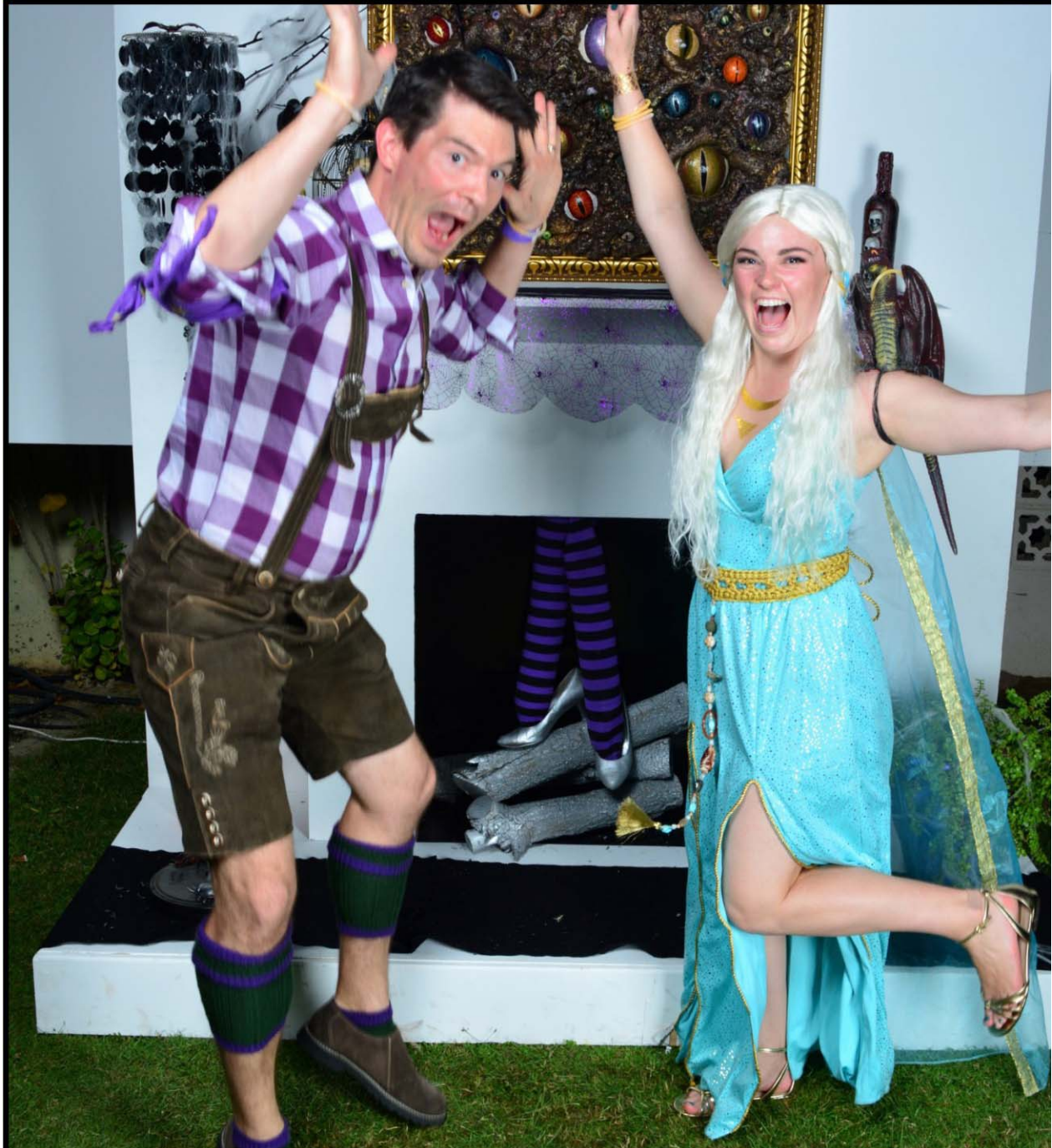
Contact: +968-92826556  
[www.shaqsi.com/photograph/](http://www.shaqsi.com/photograph/)  
Username: halloween  
Password: halloween2016



2016 American Halloween  
**SP**  **K**  **TACULAR**



2016 American Halloween  
**SPOOKTACULAR**



Contact: +968-92826556  
[www.shaqsi.com/photograph/](http://www.shaqsi.com/photograph/)  
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# RAHRC Tennis

- Weekly Social Tennis is being organized by the committee every Thursday at 7:00 pm. Great participation from the members. However, we are facing shortage of courts and players have to wait for up to 30 mins for a chance to play
- Coaches are doing a great job with TENNERCISE on Mondays (8:30 – 10:00 am) and Thursdays (7:00 – 8:30 pm). The focus is on improving fitness through different tennis drills while having fun
- Ladies mornings, Saturday camps, and Tots camps are being conducted regularly
- Two courts at MAF camp will be ready for members to have extra playing options



## TENNERCISE

(CARDIO TENNIS)



*At RAHRC Tennis Club*

**Mon @ 8:30 - 10:00am**  
&  
**Thur @ 7:00 to 8:30 Pm**



**GET READY FOR MORE:  
FITNESS + FUN + INTENSE  
+ DRILLS**

90 Min. Non  
Stop Action

FEE: RO 6 Per Person, 6 – 10 Players per court  
RESERVATIONS ONLY. TO REGISTER EMAIL DERON  
[RAHRC TENNIS COACH@GMAIL.COM](mailto:RAHRC TENNIS COACH@GMAIL.COM)

# ARTS CENTRE COURSE SCHEDULE SEPTEMBER 2016

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8.30-12.00				Stained glass Workshop Marianne/Gabriela	Stained glass Workshop Marianne/Gabriela
9.00-10.30	French beginners Claude Farhat				
9.00-11.00			Fabric painting Manju Singh Fashion Vera Rijnvos		
9.00-11.00			Dot painting Sheran Suarez		
9.00-11.30		Ribbon embroidery Mala Yagnesh			Creative arts Valentina Dolgo
9.00-11.30		Mosaic for beginners Anne-Marie de Jong			
9.00-12.00					Basic patchwork Nieves Briceno
9.00-14.00				Patchwork Workshop Lydia de Mooij	
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		

9.30-12.00				Quilling & origami W Miriam Jimenez	
10.00-11.30	Basic jewelry Tariq	Beading for charity Jeanette McDonald			
10.00-12.00				English Jessica Williams	
10.00-13.00	Acrylic&oil painting W Beatrix Abiwu			Oil painting Heena Kothary	
11.00-13.00				Scrapbooking Miriam Jimenez	
11.30-15.00		Bud design Miriam Jimenez			
13.00-15.00			Fashion Vera Rijnvos	Mosaïc Workshop Mary Beyrouy	
13.00-17.00					wire sculpture Sarrah Mrabti
13.30-15.30		Mosaïc for beginners Anne-Marie de Jong			
16.00-17.00			Dot painting Sheran Suarez		
16.30-18.00			French intermediate Maïa Willson		French beginners Maïa Willson
16.30-17.30	the Art of recylcing Esti Millan		Quilling for children Meena Hiten		
17.00-18.00				Papercraft for children Irina Kubrak	
17.30-19.00		Arabic advanced Claude Farhat	Arabic beginners Claude Farhat		
18.00-19.30	Spanish beginners Mario Giraldo	Spanish intermediate Ricardo Calderon			



# **fabric painting**

**Tuesdays 9.00 - 11.00**

**at the Arts Centre**

**registration: [vera\\_rijnvos@gmx.de](mailto:vera_rijnvos@gmx.de)**

**info: [ms.sk98@gmail.com](mailto:ms.sk98@gmail.com)**



# scrapbooking

at the Arts Centre

**Wednesdays 11.00-12.30**

**registration: [vera\\_rijnvos@gmx.de](mailto:vera_rijnvos@gmx.de)**

info: [mamita954@hotmail.com](mailto:mamita954@hotmail.com)

# HAVE YOU MET THE COACHES OF RAHRC

Laela



- Bachelors of Science (MTSU)
- Personal Trainer (NCCPT)
- Bootcamp (NCCPT)
- Group Exercise Leader (NCCPT)
- Insanity (Beachbody)

Alfredo



- Licensed Physical Therapist
- Personal Trainer (SWI)
- Cable (Circuit) Training Specialist (HumanSports)
- Spin Phase I and II (HumanSports)
- Body Balance (LesMills)
- Group Exercise Leader (MeFitPro)

Femie



- Fitness Instructor since 1982
- Group Exercise Leader (MeFitPro)
- Body Pump (LesMills)
- RPM (LesMills)
- Body Sculpt

Peter



- BodyPump (Les Mills)
- RPM (Les Mills)
- Cable (Circuit) Training Specialist (Human Sport)
- Group Exercise Leader (Les Mills)
- Karate, Judo & Jujitsu Black Belt
- Bodybuilding Champion
- Spinning (Mad Dog)

Fatma



- Personal Trainer (ACE)
- Group Exercise Leader (MeFitPro)
- Body Balance(LesMills)
- Grits Series (LesMills)
- Swiss Ball &Body Bar (ACI)
- Spinning (ACI)

LET US HELP YOU TAKE YOUR FITNESS TO THE NEXT LEVEL

# Come to the RAH Fitness Center to schedule your complementary InBody Test and Vibro Training Session with any one of your coaches

**InBody Testing will provide a comprehensive view of your body composition including water, proteins, minerals, muscle, and fat.**

**The Vibro machine stimulates muscle contraction as you perform simple exercise on a vibrating plate.**

Alfredo



Peter



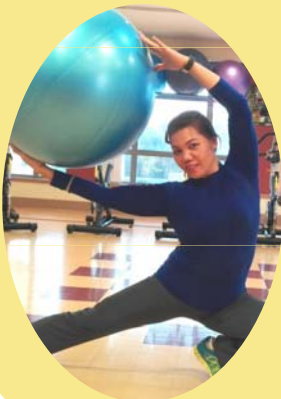
Fatma



Laela



Femie





### 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.
  - TUESDAY 15 NOVEMBER - *AN OFFICER AND A SPY* BY ROBERT HARRIS
  - TUESDAY 13 DECEMBER - *A PLACE CALLED WINTER* BY PATRICK GALE
  - PLEASE JUST COME ALONG, EVEN IF YOU HAVE NOT READ THE BOOK.
    - BRING LUNCH OR ORDER FROM THE BOAT CLUB.

WE LOOK FORWARD TO SEEING YOU THEN!

# CHILDREN'S BOOK READING

## RAHRC LIBRARY

Children's books are read aloud by our librarian. All children are welcome.

Parents must stay with their children.



Sunday  
6.30pm - 7pm  
**English**

Monday  
5:30pm – 6pm  
**Arabic**

# NEW BOOKS

**The Perfect Neighbors by Sarah Pekkanen** – How well do you ever really know the family next door?

**Thief: A Robin Monarch Novel by Mark Sullivan** – In Mark Sullivan's *Thief*, Robin Monarch is a man with a complicated past and dangerous present.

**The Year We Turned Forty by Liz Fenton** – *If you could repeat one year of your life, what would you do differently?*

**All My Puny Sorrows by Miriam Toews**  
A story that is as much a comedy as it is a tragedy, a goodbye grin from the friend who taught you how to live.

**This Must Be the Place By Maggie O'Farrell**  
An irresistible love story, an unforgettable family.

**End of Watch by Stephen King** – The cell rings twice, and then his old partner in his ear... I'm at the scene of what appears to be a murder-suicide.

**Some Women by Emily Liebert** – An engrossing novel that examines the intricacies of marriage, friendship, and the power of unexpected connections...

**Five Rivers Met on a Wooded Plain by Barney Norris** – *There exists in all of us a song waiting to be sung which is as heart-stopping and vertiginous as the peak of the cathedral.*

# NEW BOOKS

**The Unexpected Inheritance of Inspector Chopra by Vaseem Khan** – On the day he retires, Inspector Ashwin Chopra inherits two unexpected mysteries.

**The Girls by Ema Cline** – In the dying days of a floundering counter-culture a young girl is unwittingly caught up in unthinkable violence, and a decision made at this moment, on the cusp of adulthood, will shape her life...

**The Assistants by Camille Perri**  
Rule #1: All important men have assistants. Rule #2: Men rule the world. Still. Rule #3: There is enough money. There is so much money.

**Shtum by Jem Lester** – Ben Jewell has hit breaking point.

**The Golden Son by Shilpi Somaya Gowda** – Tender and bittersweet, *The Golden Son* illuminates the ambivalence of people caught between past and present, tradition and modernity, duty and choice

**Fellside by M R Carey**  
A haunting and heartbreaking thriller

**The House of Hidden Mothers**  
By Meera Syal  
The timely but underexplored issue of India's booming surrogacy industry.

# NEW BOOKS

## **The Nest by Cynthia D'Aprix Sweeney**

A warm, funny and acutely perceptive debut novel about four adult siblings and the fate of the shared inheritance that has shaped their choices and their lives.

## **The Mother by Yvonne Edwards**

a provocative and timely novel about an emotionally devastated mother's struggle to understand her teenage son's death, and her search for meaning and hope in the wake of incomprehensible loss.

## **Work Like Any Other by Virginia Reeves**

In this astonishingly accomplished, morally complicated, "exceptional and starkly beautiful debut"

## **To the Bright Edge of the World by Eowyn Ivey**

An atmospheric, transporting tale of adventure, love, and survival from the bestselling author of *The Snow Child*, finalist for the Pulitzer Prize.

## **Heroes of the Frontier by Dave Eggers**

A captivating, often hilarious novel of family and wilderness from the bestselling author of *The Circle*, this is a powerful examination of our contemporary life and a rousing story of adventure.

## **Truly Madly Guilty by Liane Moriarty**

Six responsible adults. Three cute kids. One small dog. It's just a normal weekend. What could possibly go wrong?

# NEW BOOKS

## **The Gustav Sonata by Rose Tremain**

A breathtakingly radiant story of an unlikely childhood friendship that survives the test of time.

## **Imagine Me gone by Adam Haslett**

When Margaret's fiancé, John, is hospitalized for depression in 1960s London, she faces a choice: carry on with their plans despite what she now knows of his condition, or back away from the suffering it may bring her.

## **The Lauras by Sara Taylor**

I didn't realise my mother was a person until I was thirteen years old and she pulled me out of bed, put me in the back of her car, and we left home and my dad with no explanations.

## **The Memory Stones by Caroline Brothers**

Buenos Aires, 1976. Osvaldo Ferrero and his wife Yolanda escape the city's heat with their daughters, sensible Julieta and wilful Graciela, who is nineteen and madly in love. They will be the last days the family ever spends together.

## **Britt-Marie Was Here By Fredrik Backman**

The bestselling author of *A Man Called Ove* and *My Grandmother Asked Me to Tell You She's Sorry* returns with an irresistible novel about finding love and second chances in the most unlikely of places.

## **Bay of Sighs (Guardians Trilogy)**

**By Nora Roberts**

The second novel in the Guardians Trilogy

# RAHRC LIBRARY

## OPENING HOURS



SUNDAY	3PM – 7.30PM
MONDAY	8.30AM – 6.30PM
WEDNESDAY	8.30AM – 7PM
THURSDAY	5PM – 7PM

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