



THE RAHRC BULLETIN

JANUARY 2015

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

~ PIRATES ~
ARE COMING TO MUSCAT

Kinderfeest 2015



February 7th, 13:00 – 17:00

For children from 3 till 12 years old.



Ras Al Hamra Recreational Club (members and invitees only)

If you would like to volunteer please contact us.
E-mail: kinderfeest2015@gmail.com

Contents

Presidents Message

Astronomy Section

News from Golf Club

PDO Toastmaster

Canadian Section

Pakistan Section

Top Ten Videos

Squash Tournament

RAHRC Library

Sub Aqua Club

Woman Awareness Club

3 on 3 Basketball Tournament

Mardi Gras 2015

RAHADS Section

Aerobic Schedule

Kinderfeest 2015

Matonya & Skylight Band

Canadian Stampede 2015

President's Message



Happy New Year to you all.

Well 2014 came and went. We are now at the end of the first month of the New Year. I hope you all had a wonderful start to 2015. The farewell to 2014 at the club was a wonderful event. The stage, the music and the band all were wonderful. The food was excellent and last year's experience was taken into account and the food was delicious, the choice was excellent it did not turn cold by the time you reach the table. I would like to acknowledge the team who put this event together. Well done. I know a lot of the club members chose to travel to be with the families and some go to their special place to say farewell to the year, well where ever you all selected to say farewell to 2014, I hope you all had a wonderful time.

HSE & Security

There has been a lot of improvement in the HSE in the club. Let's say that the disciplinary committee did not meet for some time. This is one of the indicators. I would still like to ask you all to remember that this is a joint responsibility. All the HSE life saving rules that apply in PDO applies in the club.

Ras Al Hamrah Club

The Taarab Night was well attended on 16th Jan 2015 and the combination of music was appreciated by many members. The Pakistan section had an event, which was a Tribute 'Quaid e Azam' was also a successful event held on 22nd Jan 2015. This month we have a number of events starting with the Staff party on 2nd Feb 2015 for the entire club staff who is the backbone of this club for making this club as it should be. The Dutch section presenting with the Kinderfeest on the 7th Feb 2015, followed by Mardi Gras Party on the 20th Feb 2015. The Matonya & Skylight band group event to be held on 13th Feb 2015.

The identity of the club is its members and the sections. These sections organise a number of events for the benefit of the members. They are constantly looking for support and volunteers. I would encourage providing them all the support and coming forward and volunteer. There were a number of activities planned in last quarter of the 2014 in the boat club and different cultural functions. In 2015, there are a number of events planned and the one to look out for is the Kinderfeest. The event is well attended and offers fun filled activities for children of all ages.

The Golf Club is seeing a lot of activities and is recognised as a very nicely built course. Friday the 30th of Jan, saw the inaugural tournament which was sponsored by TOCO. They have been sponsoring events in the golf club for a very long time. It was well attended.

RAH Recreation Club Development Engagement

Work on the RAH Development Project is going on. The project team organises engagement sessions. Please attend them for the updates.

For more information on what is going on at the club, please visit the club website at: www.pdorc.com and any comments or feedback can be posted to rahrc@pdo.co.om.

Enjoy the rest of the cool weather and remember to give your help and support to make RAH a better place for our friends and families.

Khalid Jawad Al Khabouri.
President

RAS AL-HAMRA ASTRONOMY SECTION (RAHAS)

Background

The Astronomy section of the PDO Recreation Centre was founded in November 1996 by a small group of enthusiasts, including the current Chief Astronomer, Randall Penney (XGL/31). Initially conceived as an informal group of star gazers, the section's launch proved unexpectedly popular, filling Cinema Hall at its inaugural meeting. From then onwards there has been no turning back with the continuing popularity of its activities.

Who We Are?

Current Committee Members:

Chairman/Equipment Officer: Mohamed Lamki UWB6

Treasurer: Jaqueline Spence, UEO113A

Chief Astronomer/Secretary: Randall Penney XGL31

Chief Equipment Officer: Cameron Stokes

Equipment Officer: Adrian Woodcock

Equipment Officer: Karan Christopher ONPL22

Planetarium Director: Sulaiman Busaidi EAS5

Goals

The chief aims of the Astronomy Group are:

- foster an interest and awareness in astronomy
- give its members the opportunity to experience the wonders of the universe first hand through observation activities
- transfer knowledge on astronomical matters to its members through its camps, lecture meetings and shows in collaboration with PDO Planetarium

Activities

The section has two main activities.

- Weekend star observation camps at dark sites in the North Oman Mountains in summer and to lowland sites in the interior in winter. RAHAS possesses a number of large telescopes and accessory equipment for use of members on these outings. These camps have proved especially popular for families with children.
- Lectures (in conjunction with PDO Planetarium) by astronomical experts invited from various institutions in the Middle East Region and also knowledgeable RAHAS members on astronomical and related topics

held at PDO Oil & Gas centre through the winter period.

There are also ad-hoc sky watches organised for special events, such as comets or lunar and solar eclipses.



Committee Vacancies Available

If you have an interest in astronomy and/or scientific instruments or possess IT/secretarial abilities, RAHAS has a number of committee vacancies, especially for equipment officers. If you have ever dreamt of the opportunity to operate a large astronomical telescope this could be just the opening for you! On the job training is provided. For more details please email Randall Penney XGL/31.

Proposed Weekend Astronomy Observation Trips 2014-16: subject to final confirmation closer to the event.

RAS AL-HAMRA ASTRONOMY SECTION (RAHAS)

Calendar 2014-2016 *

Date	Activity
26/09/2014	Jabel Akhdar, astronomy camp
24/10/2014	Ibra Tombs, astronomy camp
21/11/2014	Afar-1H1 Area, astronomy camp
16/01/2015	Wahiba Sands, astro. camp
17/04/2015	Selma Plateau/Sur Area astronomy camp
15/05/2015	Jabel Shams Plateau, astronomy camp
11/09/2015	Jabel Akhdar, astronomy camp
09/10/2015	Ibra Tombs, astronomy camp
06/11/2015	Afar-1H1 Area, astronomy camp
08/01/2016	Wahiba Sands, astronomy camp

Four to five Astronomy talks will be announced through RAHAS mailing list when their details have been finalised

*Not all these camps are confirmed yet, especially anything scheduled 6 or more months ahead. For more information please e-mail Randall Penney on: Randall.RA.Penney@pdo.co.om

Ask Randall to add your address to the RAHAS mailing list.

Ras Al Hamra Golf Club

Have you stopped by the golf club yet for a golf course tour? The golf club has enjoyed great reviews from our members and their guests alike. Please feel free to come by and we can show you how nice our new course is!

Our Head Golf Professional will be arriving very soon and we will then shortly thereafter we will unveil all of our coaching opportunities for beginners and established golfers alike. Stay tuned for more information regarding learning and improving your golf game.

Hey Ladies, why not start the work week here at the golf club. Every Sunday at 8:30am we tee off a fun social golf morning consisting of 8 holes of golf with coffee, cakes and conversation afterwards. Each Tuesday, we host a Winner Take All Competition for the ladies; please contact the golf shop for tee-times.

Congratulations to the top finishers in the annual TOCO Trophy on Friday, 30th January. 68 golfers competed in an 18 Hole better ball pairs stableford in our longest running sponsor's tournament which dates all the way back to 1973:

1st Place	Score
John Prescott	46
Ans Goossens	

2nd Place	Score
Recep Kazdal	43*
Craig McMeekin	

3rd Place	Score
David Oliphant	43*
Peter Goossens	

*countback with a total of four 43 point teams

Long Drive Men - Hole #18	Hamood Al Harthy
Long Drive Ladies - Hole #10	Susanne Solberg

Closest To Pin Men - Hole #13	Hakeem Alao
Closest To Pin Ladies - Hole #11	Shirley Prescott

Our upcoming GAC Monthly Medal is Saturday, 7th February. Our monthly medals are open to all Ras Al Hamra Golf Members with a valid OGC Handicap. Stop by the golf shop, email us at rasalhamragolf@outlook.com or call us at 9910 6039 to sign up today.

The Race to Ras Al Hamra is in full swing and recently kicked off with the first of 3 qualifying rounds at Ghala Valley Golf Club on the 24th of January. A total of 98 golfers competed for 20 spots and raised monies for the Oman Cancer Association's Dar Al Hamra home for children (and their families) receiving cancer treatment here in Muscat. We had 8 qualifiers from Ras Al Hamra so kudos go out to: Karen

D'Amours, Hussain Dad, Martin Wright, Tore Solberg, Shirley Prescott, Nelly & Thomas Materna and Raoul Restucci. The Race to Ras Al Hamra is a charity golf series taking place at all golf clubs in Muscat over a four month period, culminating in the final and grand opening of Ras Al Hamra Golf Club on the 17th of April. Your next opportunity to qualify for the final is 14th February at Muscat Hills followed the final qualifier on 27th March at Almouj Golf at The Wave. We look forward to seeing you here at the final.

Our 42nd Annual Muscat Open will take place on Friday and Saturday February 27th and 28th. We are finalizing details for the event and will look forward to taking signups shortly. We are very excited to have the tournament come home to Ras Al Hamra Golf Club for the first time at our new facility. Signups will begin very soon by calling the golf shop.



PDO Toastmasters conducted two major events in January 2015:-

1-Conducted first Gavel club contest in RAHRC Marlin Hall on 6th January 2015. The winners will represent PDO Gavel club in the Oman Gavel club Semi- finals at Muscat on Saturday, 24th January 2015. There are total 31 Gavel club in Muscat.

2- Conducted Toastmasters Demonstration meeting for Fahud community. A demonstration meeting is an opportunity to show prospective members how a Toastmasters Club meeting run and help in building new Toastmasters group.

Regards
Yahya Al-Maimani.
PDO Toastmasters



Canadian Section

Mark your calendars for the Canadian Stampede party on Friday March 6th. Tickets will be sold through the RAHRC office and a notice will go out when they go on sale. Get yours early as they usually sell out quickly!

Tom Moffat
Canadian Section Chairman

RAHRC Pakistan Section Update- Jan'15

A new management committee was elected by the members in December 2014 to manage the Pakistan Section. The new committee has been active in making improvements in Section operations. This includes development of Section's Mission, Objective and Constitution. Community Feedback has also been given importance and consistent communication with the community is being established.

Above all is the development of Pakistan Section Event Programme for year 2015. This includes a very exciting list of events ranging from community/cultural events to mega events. As part of the programme Pakistan Section had already organized an event "A tribute to Quaid-e Azam" on 22-Jan-2015. The event included presentation of an international movie, kids quiz and buffet dinner for the families at Sohar Garden. The event flyer is attached for use.

Pakistan Section has now started preparing for its Mega Event "Spring Festival 2015". The event is planned to be organised in April'2015, which will including exciting activities for kids, adults and families.



The flyer is a collage of images and text. It features a portrait of Quaid-e-Azam, a quote by Professor Stanley Wolpert, and details about the event including ticket prices, movie information, and venue.

Ticket (Available at RAHRC Front Office):
Members: OMR 4.0
Non-Members: OMR 6.0
Kids Under 6 Years: Free

Buffet Dinner Included (Pakistani Cuisine)

*"Few individuals significantly alter the course of history."
"Fewer still modify the map of the world."
"Hardly anyone can be credited with creating a nation-state."
"Muhammad Ali Jinnah did all three."*

Professor Stanley Wolpert

Unity, Discipline, Faith.
Muhammad Ali Jinnah

"Jinnah" Movie in English Production: Global Films – United Kingdom
Auto-biography of one of the greatest leaders of the sub-continent
Cast: **Hollywood** (Christopher Lee, James Fox, Robert Ashby),
Bollywood (Shashi Kapoor, Indira Varma)
Lollywood (Shirin Shah, Shakeel, Vaneeza, Khayyam Sarhadi)

Quiz for Kids (Gifts for Quiz Winners)

Venue: Sohar Garden, RAHRC
Date: January 22, 2015
Time: 06:00 pm – 09:30 pm

A Tribute to Quaid-e-Azam
In view of his **138th Birthday**
Presented by: RAHRC Pakistan Section

TOP TEN VIDEOS

No.	TITLE	CATEGORY	<u>CAST 1</u>	<u>CAST 2</u>
1	JUDGE, THE	DRAMA	ROBERT DOWNEY Jr.	ROBERT DUVAL
2	EQUALIZER, THE	ACT./THR.	DENZEL WASHINGTON	MARTON CSOKAS
3	DROP, THE	CRI./DRA.	TOM HARDY	NOOMI RAPACE
4	MAZE RUNNER, THE	ACT./ADV.	DYLAN O'BRIEN	KAYA SCODELARIO
5	LET'S BE COPS	COMEDY	JAKE JOHNSON	DAMON WAYANS Jr.
6	DOLPHIN TALE 2	DRAMA	MORGAN FREEMAN	ASHLEY JUDD
7	LUCY	SCI-FI./ACT.	SCARLETT JOHANSSON	MORGAN FREEMAN
8	TEENAGE MUTANT NINJA TURTLES	ACT./ADV.	MEGAN FOX	WILL ARNETT
9	ANABELLE	HORROR	WARD HORTON	ANNABELLE WALLIS
10	DRIVE HARD	COM./ACT.	JOHN CUSACK	THOMAS JANE



Ras Al Hamra Recreation Centre



We are starting the year early with our first tournament for 2015 !

Sign in to our friendly tournament for RAHRC members and non members which will be held on **February 27 & 28.**

Send your contact details to haditannous@gmail.com if you wish to participate.
Don't forget to get your Tickets from the reception for 1 OMR(Members) 5 OMR (non members) Starting February 1st.

**Last day to sign in is 21 February,2015
Age limit : 15 Years and Above**



RAS AL HAMRA CLUB LIBRARY

Telephone: 246 77307 (during opening hours)

Email: alfahal2@omantel.net.om (checked on a weekly basis)

Frequently Asked Questions	Available for Loan
<ul style="list-style-type: none"> • How do I become a member? <i>The use of the Library is free to member of RAH Recreation Centre on completion of an application form.</i> • What can I borrow? <i>Eleven items plus an additional two books per child aged 3 years and above living in Oman.</i> • What is the loan period? <i>Members – 3 weeks, Library Volunteers – 6 weeks</i> • How do I extend the loan period? <i>In person or phone 246 77307 during opening hours.</i> • What happens if items are returned late? <i>A fine of 100 bz per day per item overdue will accrue on a daily basis. Fines will be charged to your club account via bar chit.</i> • How can I return items outside of opening hours? <i>There is a drop box at the Library should you wish to return items during closing hours.</i> • How do I request items that are not currently available? <i>Please speak to the Duty Librarian should have any specific requests for books or music.</i> 	<ul style="list-style-type: none"> • <i>English Books</i> • <i>Local Interest Books</i> • <i>Arabic Books</i> • <i>Dutch Books</i> • <i>Children’s Books</i> • <i>Magazines</i> • <i>Audio Books</i> • <i>Music CDs</i> • <i>Audio Books</i> • <i>CD Language Courses</i> • <i>Volunteers Always Welcome</i> <p><i>The Library is run by Volunteers and we are always in need of extra help. Beside the Committee Members, there are many Volunteers who man the desk during opening times on a regular basis. Don’t like the idea of being on the front line? Then join us on Mondays from 10:00 a.m. – noon to tidy the shelves or cover and catalogue new books. Besides a nice environment to work in, you’ll always be informed of new books and CDs and will have an opportunity to borrow them.</i></p>

Opening Hours

Sundays: 10:00 – 18:00

Mondays: 08:30 – 20:30

Wednesdays: 08:30 – 20:30

TITLE	DESCRIPTION
<p>The Wonder of All Things By Jason Mott</p>	<p>On the heels of his critically acclaimed and New York Times bestselling debut novel, <i>The Returned</i>, Jason Mott delivers a spellbinding love and sacrifice. On an ordinary day, at an air show like that in any small town across the country, a plane crashes into a crowd of soldiers and bleeding, and when Ava places her hands over him, his wounds disappear. Ava has an unusual gift: she can heal others of their ailments. Until the air show tragedy, her gift was a secret. Now the whole world knows, and suddenly people from all over the globe flock to her small town, looking for healing and eager to catch a glimpse of The Miracle Child. But Ava's unique ability comes at a price, and as she grows weaker with each healing, she soon finds herself having to decide just how much she's willing to give up in order to save the ones she loves most. Elegantly written, deeply intimate and emotionally astute, "The Wonder of All Things" is an unforgettable story, a poignant reminder of life's extraordinary gifts.</p>
<p>Hello from the Gillespies By Monica McInerney</p>	<p>For the past thirty-three years, Angela Gillespie has sent to friends and family around the world an end-of-the-year letter titled "Hello Gillespies." It's always been cheery and full of good news. This year, Angela surprises herself--she tells the truth.... The Gillespies are the perfect family that Angela has made them out to be. Her husband is coping badly with retirement. Her thirty-two-year-old twins having career meltdowns. Her third daughter, badly in debt, can't stop crying. And her ten-year-old son spends more time talking to imaginary friend than to real ones. Without Angela, the family would fall apart. But when Angela is taken away from them in a most unexpected manner, the Gillespies pull together--and pull themselves together--in wonderfully surprising ways... READERS GUIDE IN</p>
<p>Playing it My Way: My Autobiography By Sachin Tendulkar</p>	<p>The greatest run-scorer in the history of cricket, Sachin Tendulkar retired in 2013 after an astonishing 24 years at the top. The most celebrated Indian cricketer of all time, he received the Bharat Ratna Award - India's highest civilian honour - on the day of his retirement. Now Sachin Tendulkar tells his own remarkable story - from his first Test cap at the age of 16 to his 100th international century and the emotional farewell that brought his country to a standstill. When a boisterous Mumbai youngster's excess energies were channelled into cricket, the result was record-breaking schoolboy batting exploits that launched the career of a cricketing phenomenon. Before long Sachin Tendulkar became the cornerstone of India's batting line-up, his every move watched by a cricket-mad nation's devoted followers. Never has a cricketer been burdened with so many expectations; never has a cricketer performed at such a high level for so long and with such style - scoring runs and making more centuries than any other player, in both Tests and one-day games. And perhaps only one cricketer could have brought together a shocked nation by defiantly scoring a Test century shortly after terrorist attacks rocked Mumbai. His many achievements include winning the World Cup and topping the world Test rankings. Yet he has also known his fair share of frustration and failure - from injuries and early World Cup exits to stinging criticism from the press, especially during his unhappy tenure as captain. Despite his celebrity status, Sachin Tendulkar has always remained a very private man, devoted to his family and his country. Now, for the first time, he provides a fascinating insight into his personal life and gives a frank and revealing account of a sporting life like no other.</p>
<p>The Escape By David Baldacci</p>	<p>From the Sunday Times number one bestselling author, David Baldacci, <i>The Escape</i> is the third title in this fast-paced, breathtaking series. Military CID investigator John Puller has returned from his latest case to learn that his brother, Robert, once a major in the United States Army and an expert in nuclear weaponry and cyber-security, has escaped from the Army's most secure prison. Preliminary investigations show that Robert - convicted of treason - may have had help in his breakout. Now he's on the run, and he's the military's number one target. John Puller has a dilemma. Which comes first: loyalty to his country, or to his brother? Blood is thicker than water, but Robert has secrets which certain people will kill for. John does not know for sure the true nature of Robert's crimes, nor if he's even guilty. It quickly becomes clear, however, that his brother's responsibilities were powerful and far-reaching. With the help of US intelligence officer Veronica Korman, Puller and his brothers move closer to the truth from their opposing directions. As the case begins to force John Puller into a place he thought he'd never go - on the other side of the law - even his skills as an investigator, and his strength as a warrior, might not be enough to save him. Or his</p>
<p>End of Secrets By Ryan Quinn</p>	<p>Though her specialty is foreign cyberterrorism, CIA agent Kera Mersal finds herself plunged into a bizarre domestic case. Singers, writers, artists are disappearing, leaving no trace in a world where everyone leaves a digital footprint. Posing as a journalist, Kera attempts to track artists' last-known movements. On a hunt that takes her from the underground art scene to a rogue domestic spying program, Kera finds herself in a deadly collision course with ONE Corp., the world's largest multimedia conglomerate. As she is drawn deeper into investigation, she discovers that an enigmatic young ad exec, a wealthy playboy, and a mysterious website may connect the missing artists and ONE's growing power. And with each discovery comes confirmation of a terrifying truth: no one's secrets are safe. A smartly suspenseful and timely thriller, "End of Secrets" dives into the depths of our culture's two most relentless obsessions: entertainment and profit."</p>
<p>Unlucky 13: (Women's Murder Club 13) By James Patterson</p>	<p>When two dead bodies are found inside a wrecked car on the Golden Gate Bridge, Detective Lindsay Boxer doubts that it will be any simpler than the traffic accident. The scene is more gruesome than anything she has seen before. It definitely wasn't the crash that killed the people. While Lindsay starts to piece this case together, she gets a call she wasn't expecting. Sightings of her ex-colleague-turned-serial killer Mackie Morales have been reported. Wanted for three murders, Mackie has been in hiding since she escaped from custody. But she's ready to return to San Francisco and pay a visit to some old friends.</p>
<p>The Woman Who Stole My Life By Marian Keyes</p>	<p>Stella Sweeney is back in Dublin. After living the dream in New York for a year - touring her self-help book, appearing on talk shows all over the USA and living it up in her 10-room duplex on the Upper West Side - she's back to normality with a bang. And she's got writer's block. She wants a clean break as she didn't exactly leave New York on a high. Why is she back in Ireland so soon? Who is it who keeps calling? She wants to get back to being the woman she used to be. But can she? And should she?</p>
<p>Stone Mattress By Margaret Atwood</p>	<p>A recently widowed fantasy writer is guided through a stormy winter evening by the voice of her late husband. An elderly lady with a Bonnet syndrome comes to terms with the little people she keeps seeing, while a newly formed populist group gathers to burn down her retirement residence. A woman born with a genetic abnormality is mistaken for a vampire, and a crime committed long ago is re-examined via a 1.9 billion-year-old stromatolite. In these nine tales, Margaret Atwood ventures into the shadowland earlier explored by her and concoctors of dark yarns such as Robert Louis Stevenson, Daphne du Maurier and Arthur Conan Doyle - and also by herself, in her winning novel <i>Alias Grace</i>. In <i>Stone Mattress</i>, Margaret Atwood is at the top of her darkly humorous and seriously playful game.</p>
<p>Please Mr Postman By Alan Johnson</p>	<p>In July 1969, while the Rolling Stones played a free concert in Hyde Park, Alan Johnson and his young family left West London to start a new life. The Britwell Estate in Slough, apparently notorious among the locals, in fact came as a blessed relief after the tensions of Nottingham. The local community welcomed them with open arms. Alan had become a postman the previous year, and in order to support his family took on every bit of overtime he could, often working twelve-hour shifts six days a week. It was hard work, but not without its compensations - the crafty fag snatched in a country lane, the farmer's wife offering a hearty breakfast and even the mysterious lady on Road who appeared daily, topless, at her window as the postman passed by...Please, Mister Postman paints a vivid picture of England in the 1970s, where no celebration was complete without a Party Seven of Watney's Red Barrel, smoking was the norm rather than the exception, and Sunday lunchtime was about beer, bingo and cribbage. But as Alan's life appears to be settling down and his career in the Union</p>

Workers begins to take off, his close-knit family is struck once again by tragedy...Moving, hilarious and unforgettable, Please, Mister is another astonishing book from the award-winning author of This Boy.

The Sunrise By Victoria Hislop	In the summer of 1972, Famagusta in Cyprus is the most desirable resort in the Mediterranean, a city bathed in the glow of good for ambitious couple are about to open the island's most spectacular hotel, where Greek and Turkish Cypriots work in harmony. Two neighbouring families, the Georgious and the Ozkans, are among many who moved to Famagusta to escape the years of unrest and violence elsewhere on the island. But beneath the city's facade of glamour and success, tension is building. When a Greek coup plun island into chaos, Cyprus faces a disastrous conflict. Turkey invades to protect the Turkish Cypriot minority, and Famagusta is shelled thousand people seize their most precious possessions and flee from the advancing soldiers. In the deserted city, just two families re is their story
What If: Serious Scientific Answers to Absurd Hypothetical Questions By Randall Munroe	From the creator of the wildly popular xkcd.com, hilarious and informative answers to important questions you probably never thou ask. Millions visit xkcd.com each week to read Randall Munroe's iconic webcomic. Fans ask him a lot of strange questions: How fast is a speed bump, driving, and live? When (if ever) did the sun go down on the British Empire? When will Facebook contain more profil people than living? How many humans would a T Rex rampaging through New York need to eat a day? In pursuit of answers, Munro computer simulations, pores over stacks of declassified military research memos, solves differential equations and consults nuclear i operators. His responses are masterpieces of clarity and hilarity, complemented by comics. They often predict the complete annihila humankind, or at least a really big explosion.
The Amber Keeper By Freda Lightfoot	After her mother's suicide, Abbie Myers returns home to the Lake District with her young child and no wedding ring. Estranged from turbulent family for many years, Abbie is heartbroken when she hears that they blame her for this tragedy.Determined to uncover h s past, Abbie approaches her beloved grandmother, Millie, in search of answers. The old woman reveals the story of how she travell Russia in 1911 as a young governess and became caught up in the revolution.As Abbie struggles to reconcile with her family, and to herself and her child, she realizes that those long-ago events created aftershocks that threaten to upset the fragile peace she longs t create.Set against the backdrops of the English Lake District in the 1960s and the upheavals of revolutionary Russia, "The Amber Kee sweeping tale of jealousy and revenge, reconciliation and forgiveness."
The Daughter By Jane Shemilt	A Sunday Times top five bestseller and Richard & Judy Autumn Book Club pick. When a teenage girl goes missing her mother discove doesn't know her daughter as well as she thought in Jane Shemilt's haunting debut novel, Daughter. The night of the disappearance. to tell me everything. They have a picture. It'll help. But it doesn't show the way her hair shines so brightly it looks like sheets of gold tiny mole, just beneath her left eyebrow. She smells very faintly of lemons. She bites her nails. She never cries. She loves autumn, I w tell them. She collects leaves, like a child does. She is just a child. Find her. One year later. Naomi is still missing. Jenny is a mother on of obsession. The Malcolm family is in pieces. Is finding the truth about Naomi the only way to put them back together? Or is the tru thing that will finally tear them apart? Daughter by Jane Shemilt is an emotional and compelling story about how well you really kno you love most. While working as a GP, Jane Shemilt completed a post graduate diploma in Creative Writing at Bristol university and i study for the M.A in Creative writing at Bath Spa, gaining both with distinction. She was shortlisted for the Janklow and Nesbitt awar Lucy Cavendish fiction prize for Daughter, which is her first novel. She and her husband, a Professor of Neurosurgery, have five childi live in Bristol.
Euphoria By Lily King	It's that moment about two months in, when you think you've finally got a handle on the place. Suddenly it feels within your grasp .. entirely yours. It's the briefest, purest euphoria.' It is December 1932 and Andrew Bankson, isolated for several years whilst studying New Guinea, is increasingly frustrated by his research. Then on Christmas Eve, he meets Nell Stone, famous and controversial anthrc and her wry, mercurial husband, Fen. Enthralled by the magnetic couple, Bankson promises to take Nell and Fen to a new tribe they and within months the three are producing their best ever work. But this intense new environment is dangerous as well as invigorat soon Bankson has ignited a firestorm of fierce love and jealousy that burns out of control. Ultimately, their ground-breaking work wi history, but not without terrible sacrifice. Set between the wars in a landscape on the brink of massive and irreversible change, Euph captivating story of desire, possession and discovery inspired by real events in the life of Margaret Mead, a woman whose work cha way we understand our world.
Wild: From Lost to Found on the Pacific Crest Trail By Cheryl Strayed	#1 NATIONAL BESTSELLER SOON TO BE A MAJOR MOTION PICTURE At twenty-two, Cheryl Strayed thought she had lost everything. wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a tt miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State--and she would do it alon with suspense and style, sparkling with warmth and humor, "Wild" powerfully captures the terrors and pleasures of one young wor ahead against all odds on a journey that maddened, strengthened, and ultimately healed her. One of the Best Books of the Year: NP Boston Globe, "Entertainment Weekly, " "Vogue, "St. Louis Dispatch ""
The Wild Truth By Carine McCandless	The real story of Chris's life and his journey has not yet been told - until now. The missing pieces are finally revealed in The Wild Trut by Carine McCandless, Chris's beloved and trusted sister.
The Miniaturist By Jessie Burton	THE NUMBER ONE SUNDAY TIMES BESTSELLER There is nothing hidden that will not be revealed ...On an autumn day in 1686, eight old Nella Oortman knocks at the door of a grand house in the wealthiest quarter of Amsterdam. She has come from the country to b new life as the wife of illustrious merchant trader Johannes Brandt, but instead she is met by his sharp-tongued sister, Marin. Only le Johannes appear and present her with an extraordinary wedding gift: a cabinet-sized replica of their home. It is to be furnished by ar miniaturist, whose tiny creations mirror their real-life counterparts in unexpected ways ...Nella is at first mystified by the closed wor Brandt household, but as she uncovers its secrets she realizes the escalating dangers that await them all. Does the miniaturist hold t her hands? And will she be the key to their salvation or the architect of their downfall? Beautiful, intoxicating and filled with heart-pr suspense, Jessie Burton's magnificent debut novel The Miniaturist is a story of love and obsession, betrayal and retribution, appeara truth.
The Paying Guests By Sarah Waters	It is 1922, and London is tense. Ex-servicemen are disillusioned, the out-of-work and the hungry are demanding change. And in Sout in a genteel Camberwell villa, a large silent house now bereft of brothers, husband and even servants, life is about to be transforme impoverished widow Mrs Wray and her spinster daughter, Frances, are obliged to take in lodgers. For with the arrival of Lilian and Le Barber, a modern young couple of the 'clerk class', the routines of the house will be shaken up in unexpected ways. And as passions and frustration gathers, no one can foresee just how far-reaching, and how devastating, the disturbances will be. This is vintage Sara beautifully described with excruciating tension, real tenderness, believable characters, and surprises. It is above all, a wonderful, con story.
The Pearl That Broke its Shell By Nadia Hashimi	The entwined stories of two Afghan women separated by a century who find freedom in the tradition of bacha posh, which allows g dress and live as boys - until they are of marriageable age.
A History of Loneliness	Odran Yates enters Clonliffe Seminary in 1972 after his mother informs him that he has a vocation to the priesthood. He goes in full i

By John Boyne

ambition and hope, dedicated to his studies and keen to make friends. Forty years later, Odran's devotion has been challenged by the revelations that have shattered the Irish people's faith in the church. He has seen friends stand trial, colleagues jailed, the lives of young parishioners destroyed and has become nervous of venturing out in public for fear of disapproving stares and insulting remarks. But family tragedy opens wounds from his past, he is forced to confront the demons that have raged within a once respected institution and to recognise his own complicity in their propagation. It has taken John Boyne fifteen years and twelve novels to write about his home country of Ireland but he has done so now in his most powerful novel to date, a novel about blind dogma and moral courage, and about the distance where the two can meet. At once courageous and intensely personal, *A History of Loneliness* confirms Boyne as one of the most significant chroniclers of his generation.

Arabic Librarian Now Available at RAHC Library!

We are proud to announce that we now have an Arabic Librarian available to assist you! The Library has a nice collection of Arabic books for adults and children who are Arabic speakers. The new Librarian is available on Wednesdays from 8:30 to 11:30.

PDO Library Book Club Schedule 2014-

- ◆ 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 in the library if you want to receive e-mails. Dates may change to accommodate school holidays.

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

Oct. 21	<u>The Fault in our Stars</u> by John Green	http://www.amazon.com/The-Fault-Stars-John-Green/dp/014242417X
Nov. 18	<u>Necessary Lies</u> by Diane Chamberlain	http://www.barnesandnoble.com/w/necessary-lies-diane-chamberlain/1114258483?ean=9781250010698
Dec. 16	<u>The Art of Hearing Heartbeats</u> by Jan-Philipp Sendker	http://www.amazon.com/The-Hearing-Heartbeats-Jan-Philipp-Sendker/dp/1590514637
Jan. 20	<u>The Circle</u> by Dave Eggers	http://www.amazon.com/The-Circle-Dave-Eggers/dp/0345807294
Feb. 17		
Mar. 17		
Apr. 21		
May 19		
June 16		

NEW BOOKS IN THE LIBRARY**AUTHOR****TITLE***Rainbow Rowell**Landline*

Georgie McCool knows her marriage is in trouble. That it's been in trouble for a long time. She still loves her husband, Neal, and Neal still loves her, deeply--but that almost seems beside the point now. Maybe that was always beside the point. Two days before they're supposed to visit Neal's family in Omaha for Christmas, Georgie tells Neal that she can't go. She's a TV writer, and something's come up on her show; she has to stay in Los Angeles. She knows that Neal will be upset with her--Neal is always a little upset with Georgie--but she doesn't expect to him to pack up the kids and go without her. When her husband and the kids leave for the airport, Georgie wonders if she's finally done it. If she's ruined everything. That night, Georgie discovers a way to communicate with Neal in the past. It's not time travel, not exactly, but she feels like she's been given an opportunity to fix her marriage before it starts. . . . Is that what she's supposed to do? Or would Georgie and Neal be better off if their marriage never happened?

*Diane Chamberlain**The Silent Sister*

Riley MacPherson is returning to her childhood home in North Carolina. A place that holds cherished memories. While clearing out the house she finds a box of old newspaper articles - and a shocking family secret begins to unravel. Riley has spent her whole life believing that her older sister Lisa died tragically as a teenager. But now she's starting to uncover the truth: her life has been built on a foundation of lies, told by everyone she loved. Lisa is alive. Alive and living under a new identity. But why exactly was she on the run all those years ago, and what secrets are being kept now? As Riley tries to separate reality from fiction, her discoveries call into question everything she thought she knew about her family. Can she find the strength inside herself to decide her future.

*Lesley Kagen**The Resurrection of Tess Blessing*

After she's diagnosed with breast cancer, forty-nine-year-old Tess sets forth on a mission to complete her to-do list before, what she's sure is, her impending death. She needs to make peace with her estranged sister, Birdie, scatter her mother's long-kept ashes, rescue her daughter, Haddie, from the grip of an eating disorder, guide her teenage son, Henry, through a bumpy adolescence, and reignite the spark in her almost thirty-year marriage to her husband, Will. Tess is aided on her quest by narrator, Grace, who lends the story its most brilliant elements: subtle magical realism and deep psychological complexity. Is Grace an imaginary friend, guardian angel, or a part of Tess that knows better than she? The Resurrection of Tess Blessing is by turns poignant, gritty, spiritually uplifting, and hilarious as hell. Lesley Kagen has created an unforgettable, redemptive story about a middle-aged woman with the odds stacked against her, who discovers that in the end, love really does conquer all.

*Kristin Harmel**The Life Intended*

Kristin Harmel weaves a heart-wrenching tale that asks: what does it take to move forward in life without forgetting the past? After her husband's sudden death over ten years ago, Kate Waithman never expected to be lucky enough to find another love of her life. But now she's planning her second walk down the aisle to a perfectly nice man. So why isn't she more excited? At first, Kate blames her lack of sleep on stress. But when she starts seeing Patrick, her late husband, in her dreams, she begins to wonder if she's really ready to move on. Is Patrick trying to tell her something? Attempting to navigate between dreams and reality, Kate must uncover her husband's hidden message. Her quest leads her to a sign language class and into the New York City foster system, where she finds rewards greater than she could have imagined.

<i>Emma Healey</i>	<i>Elizabeth is Missing</i> Emma Healey's stunning debut novel, introduces a mystery, an unsolved crime and one of the most unforgettable characters since Mark Haddon's Christopher. Meet Maud ...'Elizabeth is missing', reads the note in Maud's pocket in her own handwriting. Lately, Maud's been getting forgetful. She keeps buying peach slices when she has a cupboard full, forgets to drink the cups of tea she's made and writes notes to remind herself of things. But Maud is determined to discover what has happened to her friend, Elizabeth, and what it has to do with the unsolved disappearance of her sister Sukey, years back, just after the war. A fast-paced mystery with a wonderful leading character: Maud will make you laugh and cry, but she certainly won't be forgotten.
<i>David Greene</i>	<i>Midnight in Siberia: A Train Journey into the Heart of Russia</i> Midnight in Siberia chronicles David Greene s journey on the Trans-Siberian Railway, a 6,000-mile cross-country trip from Moscow to the Pacific port of Vladivostok. In quadruple-bunked cabins and stopover towns sprinkled across the country s snowy landscape, Greene speaks with ordinary Russians about how their lives have changed in the post-Soviet years. These travels offer a glimpse of the new Russia a nation that boasts open elections and newfound prosperity but continues to endure oppression, corruption, a dwindling population, and stark inequality. We follow Greene as he finds opportunity and hardship embodied in his fellow train travelers and in conversations with residents of towns throughout Siberia.
<i>Conn Iggulden</i>	<i>Wars of the Roses: Stormbird (War of the Roses Book 1)</i> King Henry V - the great Lion of England - is long dead. In 1437 his gentle son comes of age and takes the throne. Frail in body and mind, King Henry VI is dependent on his supporters to run his kingdom. Richard, Duke of York, however, believes that without a strong king England will fall. His fears seem justified as English power comes under threat from France, and discontent and rebellion spread at home. On the counsel of his advisers, Henry marries the young princess Margaret of Anjou, in order to forge an alliance with France - but is it too late? As the storm clouds gather, King Henry and his queen are besieged abroad and at home. Who can save the throne? Who will save the kingdom?
<i>Josae Saramago</i>	<i>Skylight</i> Called 'the book lost and found in time' by its author, Skylight is one of Saramago's earliest novels. The manuscript was lost in the publishers' offices in Lisbon for decades, and is only now being published in English. Lisbon, late-1940s. The inhabitants of an old apartment block are struggling to make ends meet. There's the elderly shoemaker and his wife who take in a solitary young lodger; the woman who sells herself for money, clothes and jewellery; the cultivated family come down in the world, who live only for each other and for music; and the beautiful typist whose boss can't keep his eyes off her. Poisonous relationships, happy marriages, jealousy, gossip and love - Skylight brings together all the joys and grief of ordinary people.
<i>George M. Taber</i>	<i>Chasing Gold</i> The story of how the Nazis attempted to grab Europe's gold to finance history's bloodiest war. It reveals the integral role this precious metal played in WWII, from its influence on the Nazi war machine to the ultimate triumph by the Allies and the fall of Berlin.

elle Steel

Pegasus

This is the evocative story of two families who were never meant to stay apart and the powerful bond that will unite them forever. In the German countryside, on the cusp of World War II, everything is about to change for two life-long friends. As widowers, the two men are raising their children alone - Nicolas' two lively boys and Alex's adored teenage daughter - but lead contented, peaceful lives. Until a long-buried secret about Nicolas' ancestry threatens his family's safety. To survive, they must flee to America. The only treasures Nicholas and his sons can take are eight purebred horses, two of them dazzling Lipizzaners - gifts from Alex. These magnificent creatures are their ticket to a new life, securing Nicolas a job with the famous Ringling Brothers Circus. There, he and the white stallion, Pegasus, become the centrepiece of the show, and a graceful young high-wire walker soon steals his heart. But as the years of war take their toll, Nicolas struggles to adapt to their new life while Alex and his daughter face escalating danger in Europe. When tragedy strikes on both sides of the ocean, what will become of each family when their happiness rests in the hands of fate?

David Wood

Icefall

When the bones of the Magi are stolen from their resting place in a German cathedral, the whispered words of a dying priest catapult Dane Maddock and Bones Bonebrake into the midst of a deadly race to solve a centuries-old conspiracy. Danger lurks at every turn and no one knows where the clues will lead... or what they will uncover. From ancient cathedrals, to hidden temples, to icy mountain peaks, Dane and Bones must outrun and outwit their enemies in the thrilling adventure- Icefall! "If you're after a fast-paced read, David Wood's wise-cracking heroes Maddock and Bones will take you on a winter romp through snow-covered cathedrals, ice caves, pagan temples and Christian myth in search of the skulls of the Magi

Elizabeth Kolbert

The Sixth Extinction: An Unnatural History

Over the last half a billion years, there have been five mass extinctions of life on earth. Scientists around the world are currently monitoring the sixth, predicted to be the most devastating extinction event since the asteroid impact that wiped out the dinosaurs. Elizabeth Kolbert combines brilliant field reporting, the history of ideas and the work of geologists, botanists and marine biologists to tell the gripping stories of a dozen species - including the Panamanian golden frog and the Sumatran rhino - some already gone, others at the point of vanishing. The sixth extinction is likely to be mankind's most lasting legacy and Elizabeth Kolbert's book urgently compels us to rethink the fundamental question of what it means to be human.

David L Robbins

The Empty Quarter

Every member of the Special Ops US Air Force pararescue jumpers, the PJs, swears by the motto That Others May Live. A top-secret mission to save a kidnapped Saudi princess will put that oath to the ultimate test. With a force of armed men, a former mujahideen chases across the desert of Yemen to recover his Saudi wife, kidnapped by her powerful father, a prince of the Kingdom. The kidnapping turns violent, she is badly wounded, and the PJs are dropped into the vast sere badlands to rescue the princess and a young American diplomat swept up in the plot. The mission becomes a minute-by-minute race between the pursuing husband's band of tribal allies and the PJs rushing to the rescue, as the princess's life seeps away.

Marlon James

A Brief History of Seven Killings

On 3 December 1976, just weeks before the general election and two days before Bob Marley was to play the Smile Jamaica Concert to ease political tensions, seven gunmen from West Kingston stormed his house with machine guns blazing. Marley survived and went on to perform at the free concert, but the next day he left the country, and didn't return for two years. Not a lot was recorded about the fate of the seven gunmen, but much has been said, whispered and sung about in the streets of West Kingston, with information surfacing at odd times, only to sink into rumour and misinformation. Inspired by this near-mythic event, *A Brief History of Seven Killings* takes the form of an imagined oral biography, told by ghosts, witnesses, killers, members of parliament, drug dealers, conmen, beauty queens, FBI and CIA agents, reporters, journalists, and even Keith Richards' drug dealer. Marlon James's bold undertaking traverses strange landscapes and shady characters, as motivations are examined - and questions asked - in this compelling novel of monumental scope and ambition.

Scott Benner

Life is Short, Laundry is Eternal

Ever wonder about stay-at-home dads? What in the name of testosterone do they DO all day with those kids? I mean, are they really men at all, or are they some strange, invasive alien species, sent to Earth to defy and destroy all gender stereotypes? WOMEN: Ever dream about stay-at-home dads? Do they really wash clothes, pick up after themselves, take great care of your kids, and have dinner waiting for you when you get home? There must be horrible, secret downside that they don't warn you about, right? *Life Is Short, Laundry Is Eternal* provides a rare glimpse into the natural habitat of this most mysterious and splendid of creatures, the North American Stay-at-Home Father (*Paternus domesticus*). Learn what motivates a man to pursue this noble occupation. Discover the countless joys and periodic sorrows that come with raising a family. Witness the life and family of Scott Benner, author, activist, humorist, and 12-year stay-at-home dad. When Scott's daughter, Arden, was diagnosed with type 1 diabetes at the age of two, his world took a sharp turn, but his positive outlook on life did not waver. Scott's colloquial wisdom will warm your heart while it challenges your ideas about parenting and gender roles in today's household. Written from a truly unique point of view in a style both poignant and playful, *Life Is Short, Laundry Is Eternal* is an honest portrait of the modern family.

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S

Dive Section Monthly Bulletin January 2015



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer & Acting Chairman:

Paul Vledder, 93361698

vledderpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

RAS AL HAMRA SUB
AQUA CLUB
BSAC BRANCH 1299S

Check out our website & forum

<http://diving.pdorc.com/>

[index.php](#)

Join Us On Facebook

[https://www.facebook.com/](https://www.facebook.com/RAHSAC?fref=ts)

[RAHSAC?fref=ts](#)



Join us exploring Oman underwater. We are a very friendly and active section of the Ras Al Hamra Recreation Club with around 90 members...despite the cool weather we often see exotic visitors as the seasons change. We dive every week-end so why not join us for worldclass diving right on your door step?

COME AND MEET US AT OUR REGULAR WEDNESDAY
PLANNING MEETING IN THE BOAT CLUB BAR AT 8.00PM

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—Alan McDonald (99112499) - or come along to our weekly planning meeting on a Wednesday evening to find out more.

Want to Learn to Dive?

We offer regular courses to club members, starting from Ocean Diver (the entry level qualification) upwards. A beginner course is just finishing so it may be a few months before the next one and 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 Tsiakkios.

[More ►►](#)

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer & Acting Chairman:

Paul Vledger, 93361698

vledgerpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

RAS AL HAMRA SUB
AQUA CLUB
BSAC BRANCH 1299S

Check out our website & forum

<http://diving.pdorc.com/>

[index.php](#)

Join Us On Facebook



[https://www.facebook.com/](https://www.facebook.com/RAHSAC?fref=ts)

[RAHSAC?fref=ts](#)

January News

SPORTS DIVER TRAINING ANNOUNCED

All you Ocean Divers who are fed up with swimming around at 20m now have the opportunity to advance to Sports Diver.

This grade brings a huge number of benefits—it adds rescue skills to your skill set and gets you ready for deeper and more adventurous dives: Sports Divers can increase their depth rating to 35m gradually and are trained to carry out dives requiring decompression stops and to use Nitrox up to 36% O₂. The course comprises 6 theory sessions, a couple of pool sessions and 5 open water dives. Many of the most rewarding dives in Oman can be found between 20 and 35m—so this will really open up new horizons. If you trained with another agency (PADI, SSI etc.) you will need to do a very short “crossover” course as part of the training. The course will start in early February so sign up now by emailing Louis our Training Officer on louis_tuw@hotmail.com—don't forget to say if your qualification is from another agency.

[More >>](#)

Training News

Almost all our Ocean Diver trainees have now completed their courses! Only a few are now left to complete their final open water lessons when they get to put all their hard work into practice in the sea and get to see some fish too!

In parallel with the Ocean Divers' course we have a number of more experienced divers undergoing training for the Dive Leader



qualification which will allow them to lead club dives in familiar locations. [More >>](#)

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer & Acting Chairman:

Paul Vledger, 93361698

vledgerpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

RAS AL HAMRA SUB
AQUA CLUB
BSAC BRANCH 1299S

Check out our website & forum

[http://diving.pdorc.com/
index.php](http://diving.pdorc.com/index.php)

Join Us On Facebook

[https://www.facebook.com/
RAHSAC?fref=ts](https://www.facebook.com/RAHSAC?fref=ts)



CALLING ALL VIDEO STARS

RAHSAC will submit a video for the BSAC annual club video competition—the prizes include a substantial grant for equipment and of course world-wide fame and admiration! Matt Angelatos is editing it from exile in Miri but there is still time to contribute your GoPro and video footage to make it even better. We have set up a special Dropbox account for this—details of how to access this are on the website.

MULLED WINE AND MINCE PIES

Our Social Secretary Suzanne organized a festive “Mulled Wine and Mince Pies” evening on 10th December instead of our normal weekly DFP meeting. Lots of members turned up to sample the festive fare and a few even managed to sign up for the special Christmas dives—see elsewhere in this newsletter for details.

[More >>](#)

Training News—Continued...

As announced elsewhere in the newsletter, a Sports Diver course will start in early February to extend the experience and training of some of our Ocean Divers.

All of this is likely to keep our instructors extremely busy until later in the year but if you are interested in training—either as an Ocean Diver or to extend your diving skills and experience call in on one of our regular Wednesday meetings to get the low-down from our Training Officer—Louis Tsiakkios.



RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer & Acting Chairman:

Paul Vledger, 93361698

vledgerpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com

Watch the website for more details!

Lots of exciting things are happening.

[More ►►](#)



Christmas Diver

RAS AL HAMRA SUB AQUA
CLUB
BSAC BRANCH 1299S

Check out our website & forum

[http://diving.pdor.com/
index.php](http://diving.pdor.com/index.php)

Join Us On Facebook



[https://www.facebook.com/
RAHSAC?fref=ts](https://www.facebook.com/RAHSAC?fref=ts)

Recent Dive Reports

We have been getting out to dive regularly over the last month or so as these reports show:

20 December

Christmas dive - together with silly hats mince pies and tinsel! A really early start 0630 to avoid one of the lowest tides of the year. Thanks to Alan Hart for marshalling - great to see some new faces on the boat today!

27 December

Christmas Dive on 27 December - Neil and Angie are back—but only for a few days!!! Visibility left a bit to be desired ("like diving in a green snowstorm")

16 January

Dives on Deep Reef and Purple Reef with good viz and lots of fish—great day diving

17 January

Turtle action with Ian Ford 17th Jan. on Fa-hal. Great vis. & a 3 tank dive, calm seas and a very enjoyable day out.

[More ►►](#)

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299S



Contact Us

Secretary:

Peter Bedson, 96017044

Peterz.bedson@gmail.com

Treasurer & Acting Chairman:

Paul Vledder, 93361698

vledderpaul@gmail.com

Diving Officer:

Evert Moes

evert.moes@gmail.com



Christmas Divers

Recent Dive Reports Continued...

Turtle Action



RAS AL HAMRA SUB AQUA
CLUB
BSAC BRANCH 1299S

Check out our website & forum

[http://diving.pdorc.com/
index.php](http://diving.pdorc.com/index.php)

Join Us On Facebook



[https://www.facebook.com/
RAHSAC?ref=ts](https://www.facebook.com/RAHSAC?ref=ts)



RAH Women Awareness Club



For registration and queries
please write to rahrc@pdo.co.om

- 15.01.2015
 - Intro / Hands Hold Reversals
- 22.01.2015
 - Body Grab & Bear Hugs
- 29.01.2015
 - Ground Techniques
- 05.02.2015
 - R P techniques

All sessions are 1h 30 minutes starting
from 16.30 to 18.00 hrs .
Dress code: Sports trouser with T shirts
and sports shoes

3 on 3 Basketball Tournament

Saturday Feb 20th 2015- RAH Recreational Center

Volleyball Court

8 AM – 6 PM

- Open to all
- Three divisions:
 - Boys (18 yrs & below)
 - Ladies (13 yrs & Above)
 - Men (19 yrs & Above)
- Teams of 4 Players
- Wonderful Prizes to be won!
- 20 RO per team
- Registration date:
 - Open till Feb10th



For any further queries, clarifications, registrations, etc, please contact:

Sabah Fadhil – 99364656

Vinu Mathew – 99335292

To contact via e-mail

sabah1982@hotmail.com

vinu@assarain.com



Basketball Coaching

Every Friday Morning from 10:00 AM – 12:00 noon
Sports hall

- Are you interested in learning how to play Basketball
- Are you looking to improve your basketball skills?
- The basketball Committee has got just what you need.
- Introducing Alan (England Basketball National League Coach & Referee - recently joined the committee as Coach
- Open to ages 12 & Above



For more info, you can contact

Sabah Fadhil – 99364656

Alan Gray - 94282624

To contact via e-mail

sabah1982@hotmail.com

alan.gray@ia-muscat.com



Mardi Gras Party!

New Orleans style
Mardi Gras with
Cajun/Creole Food,
New Orleans Music
and a Great Party!

Exciting prizes from InterContinental,
Al Bustan Palace and more!

New Date!

Feb 20, 2015
7.00pm



RAHRC Sohar Gardens

Tickets available at RAHRC
front office!



THRU TUBING
SOLUTIONS

Admission:

RO13 RAHRC Members

RO15 Non-Members

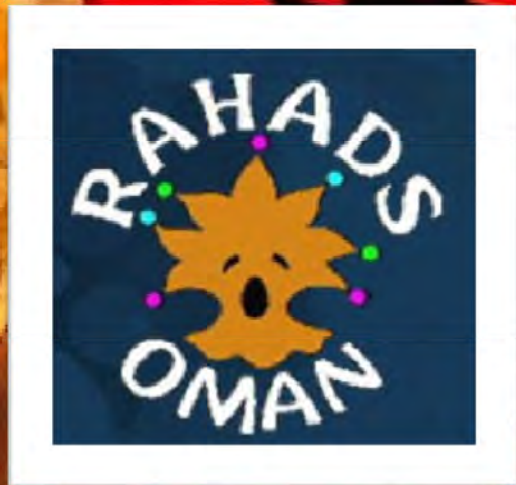
Tickets at RAH Club Front Office

or call: 98016712



Following the fantastic success of the panto “Jack and the Beanstalk” 2015 will offer:

- 26–28 March – Departures & Arrivals, a light comedy by Carol Shields; directed by Julian Masters
- 17 April – **CELEBRATION PARTY** in honour of being awarded the best social section in RAHRC in 2014
- 19 April – RAHADS AGM – Committee members needed!



Aerobic Classes from 18th - 31st March 2015

TIME	Sun	Mon	Tue	Wed	Thurs	Sat
08:30 to 09:30	Circuit Training Ladies (Fatma) Old studio	Body pump Ladies (Femie)	Swiss ball Ladies (Fatma) Old Studio	Indoor cycling/LBT Ladies (Femie) Old studio	Circuit Training Ladies (Fatma) Old studio	ZUMBA Ladies (Arshiya) Old studio 09:00-10.00
09:45 to 10:45	Pilates Ladies (Noreen) New studio	Body Balance Ladies (Fatma) Old Studio	Yoga Meditation Ladies (Marianne) New studio	Body and Soul Ladies (Agnieszka) New Studio	Pilates Ladies (Andrea) New studio	Body Pump Mixed (Peter) Old studio 16:00 to 17:00
12:00 to 13:00	Fitness/Wellness Challenges (Ladies)	ZUMBA Ladies (Arshiya) New studio	Fitness/Wellness Challenges (Ladies)	Fitness/Wellness Challenges (Ladies)	Fitness/Wellness Challenges (Ladies)	
	Fitness/Wellness Challenges (Gents)	Fitness/Wellness Challenges (Ladies)	Fitness/Wellness Challenges (Gents)	Fitness/Wellness Challenges (Gents)	Fitness/Wellness Challenges (Gents)	
16:30 to 17:30	Zumba Fitness Ladies (Asya) Old Studio	Circuit Training Ladies (Fatma) New Studio	Zumba Step Ladies (Asya) Old Studio <i>27th Jan, 24th Feb & 3rd March no Zumba</i>	Zumba Ladies (Lila) New studio	Pilates Ladies (Noreen) New studio	
	Body Combat Mixed (Shahab) Sports hall	Body Pump Mixed (Peter) Old studio <i>16:45 to 17:45</i>	Body Combat Mixed (Shahab) Sports hall	Indoor Cycling Mixed (Andy) Old studio	Body Combat Mixed (Shahab) Old studio	
18:00 to 19:30	Body Pump Mixed (Dr Hakim) Old studio	Indoor cycling Mixed (Andy) Old studio	Body Pump Mixed (Dr Hakim) Old studio	Body balance Mixed (Alfredo) Old Studio	Circuit training Mixed (Alfredo) Old studio	

~ PIRATES ~ ARE COMING TO MUSCAT

Kinderfeest 2015



February 7th, 13:00 – 17:00

For children from 3 till 12 years old.



Ras Al Hamra Recreational Club (members and invitees only)

If you would like to volunteer please contact us.
E-mail: kinderfeest2015@gmail.com

RAS AL HAMRA RECREATION CENTRE
Presents...

MATONYA

&
SKYLIGHT

Band

13 Feb'15
8 PM Onwards
@ RAHRC

Sohar Garden

Tickets available at
Front Office :

OMR 10/- Members

OMR 12/- Non-Members

(Dinner Included)

Including DJ CHOZ





Come sit in the saddle at
the 22nd Annual...

CANADIAN STAMPEDE PARTY

Friday, March
6, 2015

TICKET SALES

Feb 3, 10 a.m. at the
RAH Club office

TICKET PRICE

Members OMR 23

Non Members OMR 25

Adults only event (Over 21)