

WELCOME TO



SUZYCLUB

NEWSLETTER #2

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Our Newsletter #2

Since the outbreak, we did great activities via Zoom (conferencing software) so we can stay in touch and enjoy the activities together.

[Check our Calendar](#)





**INTERNATIONAL AND LOCAL SOCIAL IN
MUSCAT - JOIN US**

SuzyClub

Attend our events and activities to meet new people and extend your network of current friends. SuzyClub community is a great way to get out of the house and meet other expats and local. We also help the newcomers to Oman with advice on accommodation, schools, medical centres and hobbies.

And with your membership SuzyClub, you get discounts with our partners.

So join us and let's discover the best place to eat, drink and shop.

Suzclub is a community of expat and local in Oman. We create a trusted community where you :

- Connect with international and local
- Join exciting events to meet members
- Get tips and information
- Get discounts in restaurants and more.





NADINE ARNOUS

Founder of SuzyClub

As financial controller , I've grown my skills in evaluating and managing risk, analyzing financial data, ensuring compliance with regulations and coordinating auditing processes. From my Instagram profile and creative mindset, **I built a strong knowledge in social media and web analytics that lead me to be a digital marketing specialist.**

To accomplish this, I focus on key results, build amazing teams and quickly adapt to new insights. **I've successfully created, scale and optimize brand image and maintain a marketing campaign on social media platforms for my clients.**

My personal and professional experiences have taught me to be strategic, results oriented and reach my target.

I'm obsessed with staying organized and making everyone's life easier. And it's powerful to connect with people so I've created a unique concept in Oman.

It's a community of expat and local who live and work in Oman, SuzyClub offers networking opportunities, local events and discounts.

***Join us and enjoy
SuzyClub !***

***Follow me on
Instagram to explore
together Muscat***

***Contact me for any
social media
management.***



NadineArnous





HANDMADE NECKLACES

Creative and inspired, Suzanne has a collection of her handmade necklaces at incredible prices. Suzanne is a fashion designer that plans the aesthetics and functionality of different accessories.



HANDMADE BRACELET

Discover unique handmade bracelets by Suzanne a french designer based in Muscat.

Suzanne produces jewelry in extremely small quantities, which gives each item even greater exclusivity. She creates her accessories simple and chic. She has a beautiful collection of bracelet with different colour.



FASHION EARRING

We selected for you the newest design of handmade earring. Each earring is for 2 OMR.

The collection of earring is now available on the online shop of Suzyclub.com.

Treat yourself or buy a special gift !

Suzanne.Fashion  

ALWAN PLUS

AlwanPlus is a printing press and digital marketing company located in Muscat (Azaiba : Behind of Vasanta Bhavan Rest., Ghala). We offer a wide assortment of printed products such as flyers, brochures, bulk posters, business card, etc. All the customers benefit from low and transparent prices and the possibility to order.

NEW TREND

With a huge variety of decor wall stickers, it's perfect for decorating any room in your home. Quickly and easily, transform your home with one of a kind home wall sticker. Create a feature piece when decorating or to restyle an existing room by adding the perfect wall sticker.



Our highly professional team members who are dedicated to ensuring client satisfaction, reliability and value is ready for your request.

GET IN TOUCH WITH US

📞 +968 711 71 404

📞 +968 719 66 609

✉ info@alwanplus.com

DECOR WALL STICKERS WITH ALWAN PLUS

Choose or create a design and you'll get fully custom stickers with high definition printing for fantastic quality and colour.



DALGONA COFFEE

For the coffee lover, we decide to share with you this recipe of Dalgona coffee. Dalgona or ppopgi in Korean, means “honeycomb toffee”. It's is a whipped frothy coffee that's made from instant coffee, sugar and milk. It's called dalgona because the fluffy creamy coffee looks like dalgona candy, a candy from South Korea that's just like honeycomb toffee or sponge toffee.

Ingredients - Cold latte drink

- 2 Tablespoon Coffee powder
- 2 Tablespoon Hot water
- 2 Tablespoon Sugar
- Milk for serving
- Ice for serving

Preparation Time

- Prep | 5 m
- Ready in | 2 m
- Duration | 1 day



INSTRUCTIONS

1. In a medium bowl, add sugar, coffee, and hot water.
2. Whisk until mixture turns silky smooth and shiny, then continue whisking until it thickens and holds its lofty, foamy shape.
3. Fill a glass most of the way full with ice and milk,
4. Add the whipped coffee mixture on top,
5. Mixing before drinking, if desired.



Recipe by Linecooks



ARABIC ALPHABET

Arabic	Name	Translit
ا	Alif	A
ب	Baa	B
ت	Taa	T
ث	Thaa	Th
ج	Jeem	J
ح	Haa	H
خ	Khaa	Kh
د	Dal	d
ذ	Thal	ḏ
ر	Ra	r
ز	Zay	z
س	Sin	s
ش	Shin	sh
ص	Saad	ṣ

Arabic	Name	Translit
ض	Daad	A
ط	Taa'	B
ظ	(Th)aa	T
ع	Ayn	Th
غ	Ghayn	J
ف	Faa	H
ق	Qaaf	Kh
ك	Kaaf	d
ل	Laam	d
م	Meem	r
ن	Non	z
ه	Ha	s
و	Waaw	sh
ي	Yaa	s

The Arabic alphabet is written from right to left and includes 28 letters.


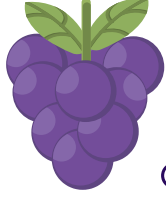
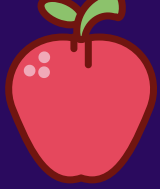
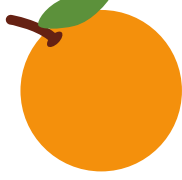
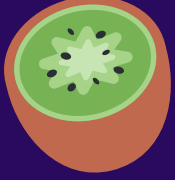
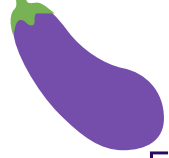
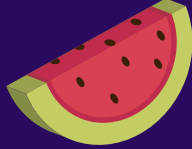


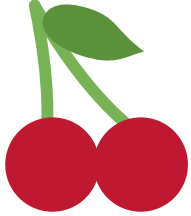

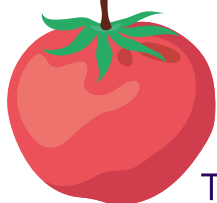
The letters change their shape according to their position in a word.

Note, though, that this page is not meant to replace more established courses.



VEGETABLES AND FRUITS

You can read the following vegetables and fruits in English - French - Arabic (written in English & Arabic)

 <p>Banana</p> <p>Banane</p> <p>موز Mawz</p>	 <p>Grape</p> <p>Raisin</p> <p>عنب Enab</p>	 <p>Apple</p> <p>Pomme</p> <p>تفاح Tofah</p>
 <p>Orange</p> <p>Orange</p> <p>برتقال Bortkal</p>	 <p>Kiwi</p> <p>Kiwi</p> <p>كيوي Kiwi</p>	 <p>Eggplant</p> <p>Aubergine</p> <p>باذنجان Bazengan</p>
 <p>Watermelon</p> <p>Pastèque</p> <p>بطيخ Batekh</p>	 <p>Peach</p> <p>Pêche</p> <p>خوخ Khoukh</p>	 <p>Lemon</p> <p>Citron</p> <p>ليمون Laymon</p>
 <p>Cherry</p> <p>Cerise</p> <p>كرز Karaz</p>	 <p>Pepper</p> <p>Poivron</p> <p>فلفل Felfel</p>	 <p>Tomato</p> <p>Tomate</p> <p>طماطم Tamatem</p>

FRENCH WORD LIST FOR CONVERSATION

French

Parlez-vous anglais ?

Comment vous appelez-vous ?

Je m'appelle Laure

Je ne comprends pas

Je ne sais pas

Où ?

Quand ?

Comment ?

Pourquoi ?

Qui ?

Lequel? / Laquelle?

Combien ?

Où est Laure?

Qu'est-ce que c'est ?

Voici

Voilà

C'est bon

English

Do you speak English ?

What is your name ?

My name is Laure

I don't understand

I don't know

Where ?

When ?

How ?

Why ?

Who ?

Which

How much / many ?

Where is Laure ?

What's that ?

Here are

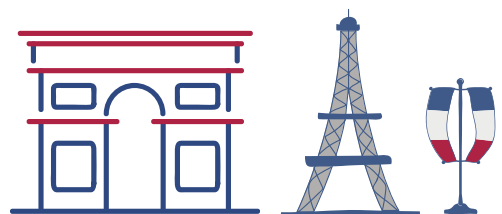
There is / are

That's fine

The longest French word has 27 letters and is “intergouvernementalisations”.

There's a French word that means both “hello” and “goodbye” so, if you learn the word “**salut**” you will be almost ready for your first conversation in French.

By Ask.Maya



FRENCH HOMOPHONES

Homophones are words that have the same pronunciation but different meanings and spellings. In French, they can be kind of pain but also pretty funny. Here are some few example of the most useful homophone sets in French.

un ver - worm	vain - empty, superficial
un verre - glass	le vin - wine
vers - towards	vingt - twenty
un vers - verse	je vins - 1st and 2nd person passé simple of <i>venir</i>
vert - green	il vint - 3rd person singular passé simple of <i>venir</i>

compte - an account	le poids - weight
un comte - a count (nobleman)	le pois - pea, dot
un conte - a strory	la poix - tar, pitch

cent - one hundred
sang - blood
je sens - 1st person singular of <i>sentir</i>
sans - without



un pair - a peer	la foi - faith	les pâtes - pasta
une paire - a pair	le foie - liver	la pâte - dough
un père - a father	une fois - a time	les pattes - paws



Gifts for Father's day



Say thank you to your dad by offering one of this cute baskets



For more info



9761 9900

S U D O K U

Complete the grid by filling in the empty boxes with the numbers from 1 to 9, so that a **number is never repeated in the same row, column or square**

2			6		1			5
1		9		7		8		4
			8		9			
	2	6				7	3	
7								6
	5	8				9	1	
			2		8			
8		2		6		1		9
6			3		5			7

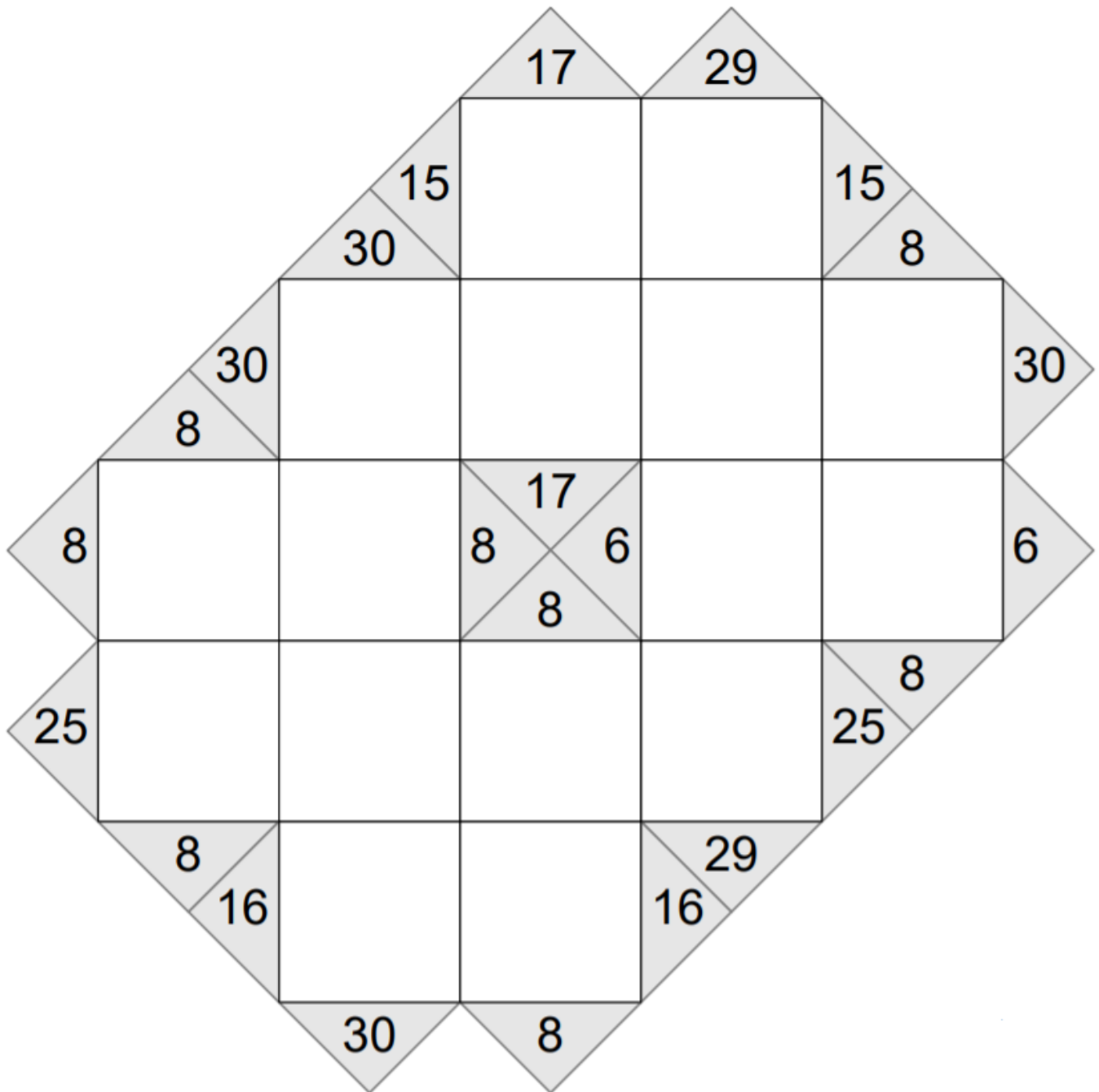
Playing sudoku is so popular in France. Many people make sudoku a part of their daily schedule as it refreshes them and allows them to meet the other commitments with renewed energy and vigor. And it might help your brain stay healthy.

Contact the printing press AlwanPlus on 71 17 14 04, they print and deliver.

Printing press - AlwanPlus.oman  

KAKURO

Fill all empty squares using numbers 1 to 9 so the sum of each horizontal block equals the clue on its left, and the sum of each vertical block equals the clue on its top. In addition, no number may be used in the same block more than once.



Kakuro is a Japanese game of logic. A kind of puzzle that is often referred to as a mathematical transliteration of the crossword

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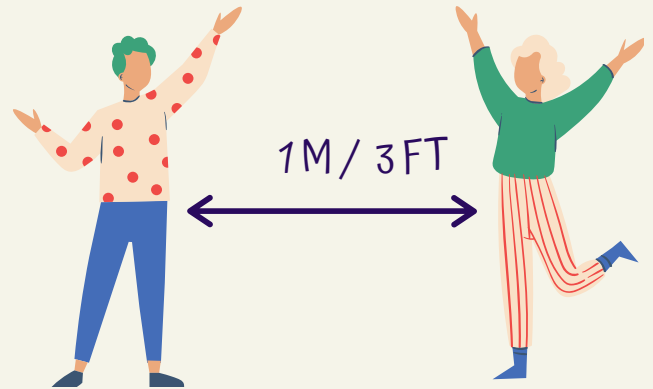
Printing press - AlwanPlus.oman  

STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



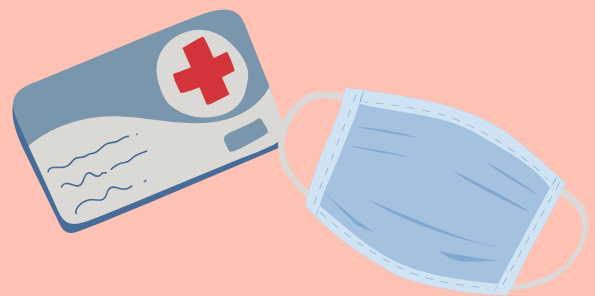
MAINTAIN PHYSICAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

STOP COVID-19 WITH ALWAN PLUS

Our range of signage allows businesses and retailers to promote social distancing rules following the outbreak of the COVID-19 Coronavirus. We supply products including self adhesive floor graphics, floor stickers, banners and signs that can be displayed in your business.

PLEASE WAIT HERE

PLEASE WAIT HERE

PLEASE WAIT HERE

PLEASE WAIT HERE

**PLEASE
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**PLEASE
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**PLEASE
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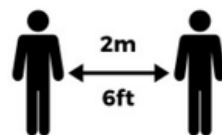
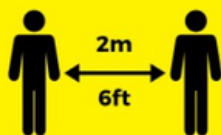
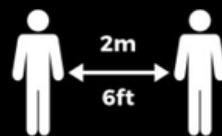
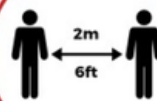
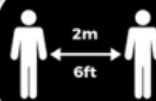
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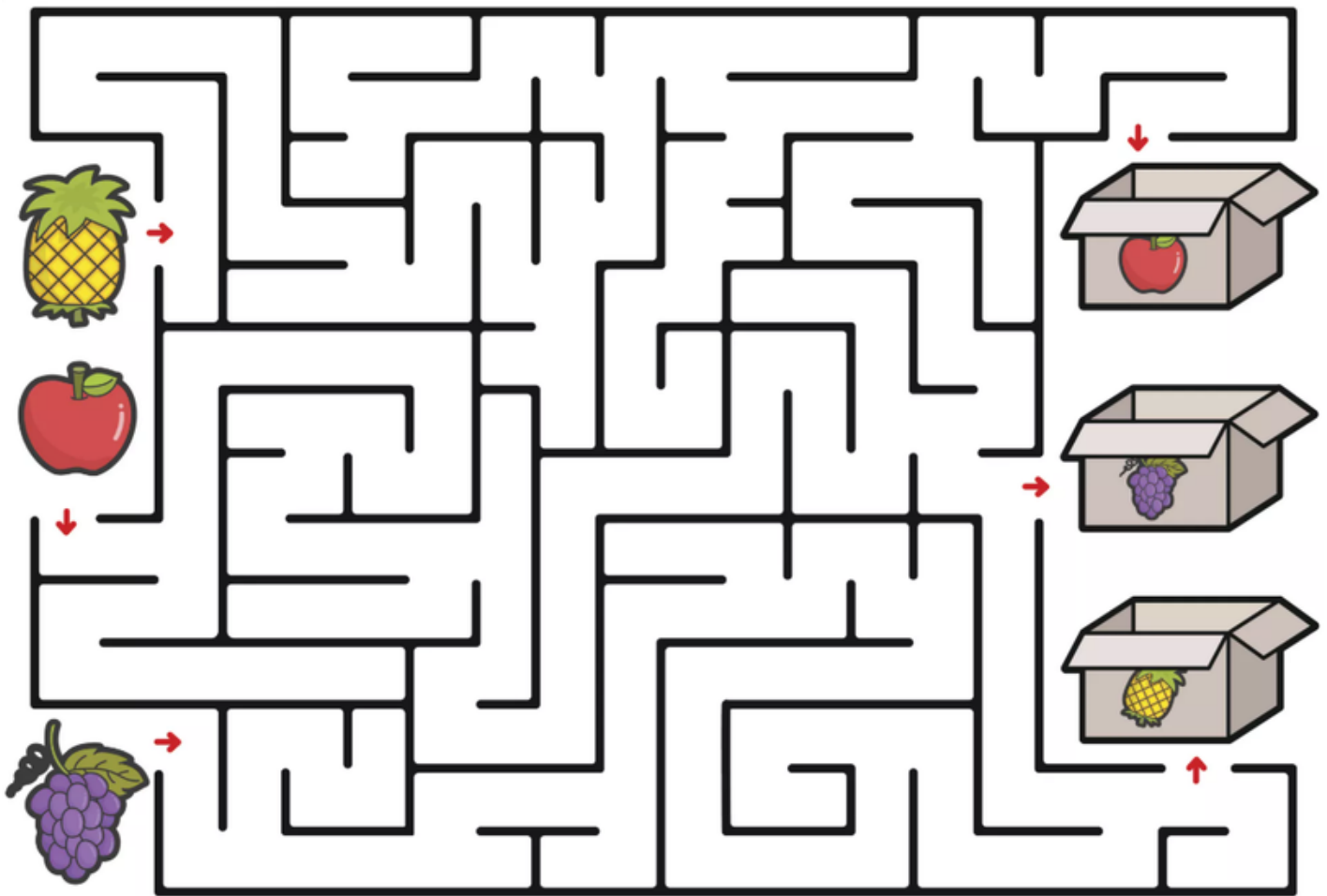
**PLEASE
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MAZES FOR KIDS

For children, completing mazes is a great way to boost their problem solving skills. Solving mazes also boosts their patience and persistence and teaches them about the rewards of work. Mazes can also help improve a child's cognitive thought processes.

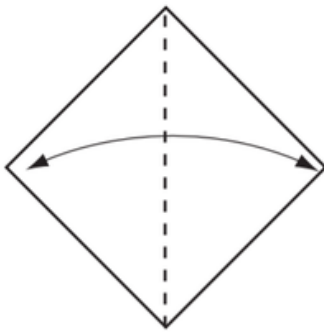


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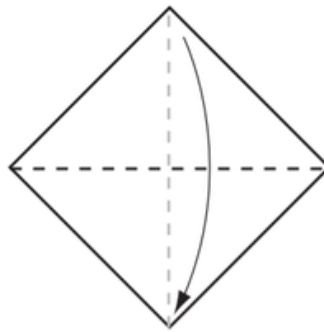
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ORIGAMI TALKING DOG

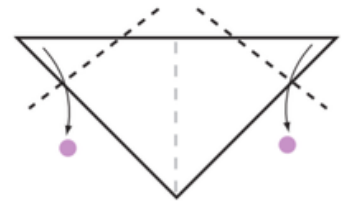
In modern usage, the word "origami" is used as an inclusive term for all folding practices, regardless of their culture of origin. The goal is to transform a flat square sheet of paper into a finished sculpture through folding and sculpting techniques.



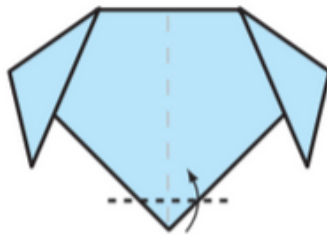
1. Start with your paper white side up. Fold in half then open.



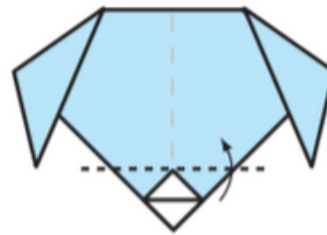
2. Fold the top corner down to the bottom corner.



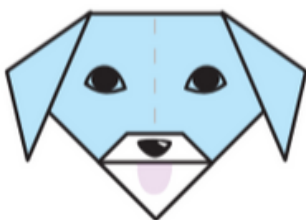
3. Fold the two top corners down to the points shown



4. Fold the uppermost layer of the bottom corner up a little way



5. Fold this layer up again, from the top of the triangle as shown



6. Add eyes and a nose to the dog's face. If you like you can even add a tongue!



To make your dog talk, hold the model by the ears and move back and forwards shown by the arrows.

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Printing press - AlwanPlus.oman  

INTERVIEW OF GHAYA BARWANI

I am a Gypsy Bedouin in a suit. I spent over 20 years in the Corporate World and I enjoyed ever part of my career in Finance and Business Development. When people ask me what I do, I used to say: "You know the Asterix in the advertisement that says (Terms and Conditions Apply) I was the one designing the terms and conditions. After I had my daughter, I decided I wanted to manage my time and my life a little differently and I got into training and development.

Today, I am a Corporate and Business Coach holding a Professional Certified Coach Credential from the International Coach Federation and I am a ThetaHealing Practitioner, Instructor and Master. My specialty is helping people who can't balance their work and family life find harmony so they can become the amazing change agents they are and achieve their unique purpose on this planet. I started free group healing sessions in March 2020 when the lock downs started. It was a way to help people realize that they are connected, loved and they make a difference in the world even in confinement. I use the ThetaHealing meditation technique to help people relax and get into a deep dream-like state the Theta Brainwave then we work together to send kind, loving protective energy to each of the participants in the group healing session and to the community at large. Now it is conducted 3 times a week for 30 minutes each session through Zoom in an open session.

Anyone can join in the session there are no age or gender or religious limitations – anyone of any age and of any faith can join in the sessions.



GROUP HEALING SESSION

Depending on the group's energy we add a few exercises in forgiveness, self-healing and general manifestation for what we want for ourselves. Most people come out of it feeling reenergized and ready to face the world.

Meditation and maintaining a positive energy is required at all times, specially during these trying times that we are going through. The exercises I go through during the session can be done by everyone at any time. They are our birth-right! Doing it with others helps us feel connect and sending out positive energy out into the world helps us feel like we are making a difference to the world around us.

Does it make a difference ? I can't speak about others, I can tell you that the positive energy I have put out into the world has opened up doors that I would never have seen without it (the doors were always there, me seeing them and going through them was the issue).

Whether you decide to join this healing session or any other mindful circle I know you will feel the sense of harmony, camaraderie and peace you need to make a difference in your life and the lives of all those that surround you.

EID MUBARAK

Eid Mubarak is an Arabic term that means “Blessed Feast”. Eid means "Feast", and Mubarak means "Blessed". Eid-ul-Fitr is one of the most important celebration for Muslims all over the globe. The day marks the end of the holy month of Ramadan, in which the Muslims fast from dusk to dawn.

This festival is celebrated with a lot of fervour and joy during 3 days. People worldwide greet each other, exchange gifts and feast on special delicacies.

The Islamic calendar is lunar which is why Eid al-Fitr falls on a different date of the Gregorian calendar each year. In accordance with tradition, the festivities cannot begin until a new moon has been observed, meaning that some parts of the world may celebrate Eid al-Fitr on a slightly different date to others.



As with Christmas, Eid al-Fitr is a time when Muslims can shower their loved ones with gifts. Children typically get most of the attention, although presents are liberally handed out between friends and relatives as well.



All Muslim people with the financial means are expected to pay Zakat al-Fitr, a special kind of alms-giving. It is a mandatory charitable contribution, often considered to be a tax. The system allows poorer to be included in lavish Eid al-Fitr banquets and encourages the wealthy to be more generous throughout the year.



A MUST TRY IF YOU
WANT SOMETHING
DIFFERENT,
SCRUMPTIOUS AND
DELIGHTFUL

Zaeem Food

We selected for you one of our favorite Indian restaurant that we highly recommend for their delicious variety of dishes. We ordered a variety of dishes including Butter Chicken, Tangdi Hara Dhania, Chicken Lollipop and Dum Biryani. Each and every item stood out for their exceptional taste and authentic flavors.

Tasty food so light and yummy

The team will serve you in a warm and convivial spirit that made you feel truly special.

Since the outbreak, they strive hard to deliver high-quality food and service, in time and on time consistently.

And you get an offer of 10 % discount with your SuzyClub Membership Card.

Text and photo by LineCooks



Weekly Schedule

JUNE 2020

M 8:30pm Arabic Class for beginners	T 5pm Healing Group Session <hr/> 6pm Yoga	W 8:30pm Arabic Class for advanced
	F 9:30am Pilate	
	Su 9:30pm Zumba Class <hr/> 6pm English Class for beginners	

NOTES

Some activities or classes may be
added or **deleted**



**“WE MAKE YOUR LIFE A GREAT
EXPERIENCE”**

Share the newsletter with your friends and family.

Contact us if you want to write an article on the next newsletter.

Or if you want to share your passion with the members.

That would be great ! Stay safe and Enjoy!

whatsapp only 97620022

www.suzyclub.com

@suzyclub

