



# AMERICAN WOMEN'S GROUP

*P.O. Box 393*

*Madinat Al Sultan Qaboos 115, Muscat*

## Letter from the President

Dear Members,

Welcome newcomers and returning members! This year's board is looking forward to an exciting year with AWG. We are a volunteer organization and with that in mind we ask that all members devote as little as one hour to half a day to volunteer for AWG. Think of all the good we could do for the organization and the community! I feel AWG does have an important role in welcoming new arrivals to Muscat, doing charity work, and promoting social and cultural interaction among our diverse community. As little as one hour helping sign in members, or decorating for a Halloween Party, or "working the door" at the Holiday Bazaar or other event would make it possible to have even more AWG events. If you could donate 3 – 5 hours you could host a coffee or a trip to a museum or a paintball morning – whatever you think would be fun to do! AWG would assist with the emailing and details. Thank you in advance!  
Cindy



**Cindy Lundburg – AWG President**

### IN THIS ISSUE...

- [\*New Board Members\*](#)
- [\*Upcoming Events\*](#)
- [\*Membership Signup/Renewal\*](#)
- [\*AWG Interest Groups\*](#)
- [\*AWG Business Partners\*](#)
- [\*Communications within AWG\*](#)

*Welcome Back from your 2009 Summer Holidays. Here's to a New Board, New Ideas and an Eventful New Membership Year.*

## New AWG Board Members

Board Volunteers for 2009/2010

[Back to Index](#)



**Michele LaVigne**  
**Business Coordinator**

Hi, my name is Michele LaVigne and I'm fairly new to Oman. I moved here in March 2009. Prior to moving here we were in Tripoli, Libya for 3 years. I

had a 6 year posting in Western Siberia, Russia and a short stay in Greece. I have 2 children, one who attends TAISM and a second who is in university in the US. I became a stay at home mom after my first child was born and have since volunteered in various areas including schools, PTA, athletic organizations and women's groups. I look forward to learning more about Oman, meeting many new faces, and an exciting year ahead.



**Cindy Lundburg**  
**AWG President**

I was last year's First Vice President of AWG. I've lived in Muscat for 5 years now. I have a BSME and worked for a NASA contractor in the US planning Space Station Assembly Missions prior

to changing careers. I went to chef training classes in the US and worked in restaurants before obtaining my Grand Diplome from Le Cordon Bleu – Paris. Since then, I've worked in restaurants, hotels, and bakeries in both savory foods and pastry. Now, I concentrate on the pastry side – working with chocolate, selling cakes and teaching cake decorating classes. I've enjoyed my time here in Oman and have taken Arabic language lessons. Please speak to me in Arabic if you can so I don't forget what little I've learned!



**Katie McManus**  
**2nd Vice President**

Hello Ladies, my name's Katie McManus. My husband and our two boys have been in Muscat for 15 months and are enjoying our time

here. I am originally from Washington State, but have travelled and lived in many states and across Europe. I have a BA in Sociology with AKD Honors from the University of Colorado. I am currently full time at home and part time with a local event company. I joined the AWG Board in the hopes of further expanding my experiences in Oman. As 2nd VP, I will be coordinating special interest groups and monthly activities. If you have any requests or ideas of things you'd like to do, please email me and I will do what I can to make it happen. [2ndvp@awgoman.com](mailto:2ndvp@awgoman.com)



**Jillian MacDuff**  
**Membership**

Hi All. My name is Jillian Macduff and I'm from sunny Scotland, Falkirk to be precise. I have lived in Muscat for just over 15 months and before this I was in Doha, Qatar for a year. I decided to join

the AWG to get involved in a group to help ex-pat women settle into a new country as we have all been there and know how scary it is at first. I will be doing the Memberships this year and have taken over for Kathy Mathis and I would like to thank Kathy for her great work last year. Looking forward to meeting everyone on the signup dates.



**Rani Rozario**  
**Treasurer**

Hi All. I'm Rani Rozario. I will be the Treasurer for this year. I have been in Muscat for just over a year. I am from Sydney Australia and our last posting of 4 years was in Kenya. I was an active member of the AWA Kenya and they

celebrated their 50 years in Kenya in 2008. It is good to be a member of a Women's group like AWG because it gives visitors and residents an opportunity to make new friends, share the experiences of a new country and take those friendships with you when you leave.

I just recently travelled in Europe for two months visiting friends I made over the years, going back to 1978 when I lived in London and meeting up with friends I made when we were living outside Sydney. Welcome to AWG and hope you will share your experiences with the rest of us.



**Charlynn Alderman**  
**Communications**

Hi, I am Charlynn Alderman and will be serving as this year's Communications Representative. I am new to the area, arriving in Muscat in July 2009 with my husband and three children. We are affiliated with the U.S. Embassy in Muscat

and look forward to a wonderful two years in the area. I have a BS in Mathematics (Purdue), a MA in Organizational Sciences (The George Washington University) and spent 14 years in the US Air Force before staying home full-time with my children. My two oldest children attend TAISM (KG and 2nd Grade) and I have a 2 year old who keeps me on my toes. I look forward to getting involved with AWG and spending time exploring the area during our time in Muscat. I hope to meet you

[Back to Index](#)



**Janette Gill**  
**Newcomers & Volunteers**

Hello, my name is Janette Gill and I am excited to be the AWG Newcomers Chair this year. I moved to Muscat 7 months ago with my husband and 2 children. We are originally from Houston, Texas in the U.S. but we have lived abroad for the past 5 years (Dubai for 3 years & Kazakhstan for 1 1/2 years).



**Margaret Haas**  
**Hurtado**  
**First Vice President**

Greetings to all new and returning members. I am Margaret Hurtado and am joining the AWG board this year as First Vice President. Cindy Lundberg was the previous 1st VP and has given me her wonderful history to continue arranging monthly meetings. I have been in Muscat one year, affiliated with the U.S. Embassy. My husband, Victor, and I have three children attending TAISM. We have spent the last 20 years with the State Department, 10 of those years in the Middle East. I have an administrative background with a degree in Business Communication and have worked at the various embassies where we have served. Prior to that I was a management analyst for the U.S. Department of Commerce. I look forward to meeting and volunteering with many of you on our terrific events this year. Come join us!



**Payal Khazanchi**  
**PR & Marketing**

Payal's write-up will be in the next edition



**Revati**  
**Sanzagiri**  
**Special Projects**

Arrived for her second stint in Oman in 2006 from Abu Dhabi where she worked as Event Manager. During earlier stay in Muscat was busy conducting summer/winter camps for children. Has a Master's degree in Auditing, Costing and Taxation. Certified Tax Consultant. Worked as Tax Consultant in India. Also as a college lecturer in India. First joined Spouse Association of PDORC in 2007 as The International Market Place(IMP) Co-ordinator and is the IMP Co-ordinator for 2008 as well. Interests include cooking (won awards for best recipes), badminton and relaxing with classical music. Her interest in children's activities prompted her to join BGIFC as a leader for Rainbows. Now joined AWG as a Special Project Incharge and Holiday Bazaar Chair woman.



**Diane Janse van Vuuren**  
**Webmaster**

Hi All, I'm back for another year. I'm currently redesigning the website and hope you'll find it more user friendly and aesthetically pleasing. I don't have any qualifications in web design and I'd like to thank AWG for affording me the opportunity to explore a different avenue and gain so much experience working on their website. My background is actually PA/Projects but I've always done extensive presentation and document design throughout my career as well as designing and upkeeping databases which has come in very handy in my voluntary work for the AWG. I would like remind all our members, business partners and charity organisations that submissions for the website Classifieds should be sent to [webmaster@awgoman.com](mailto:webmaster@awgoman.com) by the 20th of each month. As the holidays are over, there'll be much more updates now so please continue with your submissions



**Upcoming Events**

[Back to Index](#)

October 11, 2009 from 09:00am

**AWG General Meeting**  
**Bait Zubair Coffee Shop**

We will meet in the new coffee shop of Bait Al Zubair with refreshments and a short meeting (9:30am). We will introduce our new Honorary President, Sandra Schmierer, followed by a guided tour of the two museum buildings. Bait Al Zubair has one of the best and most complete collections of Omani and historical Royal Family artifacts. We can accommodate the first 40 respondents to this event. Cost is 5 OMR. Come join us! Please RSVP to First Vice President, Margaret Hurtado at [awg1stvp@gmail.com](mailto:awg1stvp@gmail.com).

**AWG GENERAL MEETING**

**11 October 2009**



October 14, 2009 from 08:00am—1:00pm  
**Meet the Chef**  
**Chef at Vue Restaurant**

Join us for a second class on Wednesday, October 14th from 8-1 to "Meet the Chef" including a seafood market tour, interactive cooking demonstration, and

delicious lunch at Vue Restaurant in the Al Bustan Hotel. Cost is 30 OMR per person and includes transportation to market, demonstration, lunch and wine/mineral water. Space is limited to 10 ladies, so book now! Contact [janette.gill@gmail.com](mailto:janette.gill@gmail.com) to sign up.

October 28, 2009 from 10am—12pm  
**Newcomers Coffee Morning hosted by Bait Muzna Gallery:**



Are you new to Muscat? Please join us for the 2nd Newcomers Coffee at Bait Muzna Gallery (map available during the first general meeting or via email).

Come meet new friends, discover all the activities/events AWG has in store this year, and get helpful advice on life in Muscat. You're welcome to bring a friend! Email [newcomers@awgoman.com](mailto:newcomers@awgoman.com) for more information.

November 13, 2009 from 1pm-5pm  
**Annual Holiday Bazaar 2009**  
**Al Noor Hall – MQ**

Revati Sanzagiri and her committee are putting together a wonderful event. It will be bigger and better than ever. Stall holders can sign up for tables on Monday September 28 from 6pm—8pm and Thursday October 15 10am—noon at the lower lobby of the Intercontinental.

**AWG Members' Exclusive**  
**New Clothing Boutique**

A new clothing boutique in Muscat will have an exclusive opening for AWG Members **ONLY!** Watch for a mailing and/or check the calendar at the website for more news.

**A BIG Thank You to all our Volunteers on September 13!!!**

Kathy Mathis, Charlynn Alderman, Yvonne Roeterink, Reshma Koshy, Alia Gulam, Michelle Geislinger, Mireya Ponce, Cory Moorhead, Victoria Wikes, Marion Withers, Karen Lowe, Billye Hammack, Fathiyah Al Hinai, Patricia Watkins, Sue Labella, Sylvie Thiel, Martine Berk-de Groot, Kellie Frew, Veronica Kurak, Peni Wilson, Wendy Stoltz, Susan Crosbie, Nadia McCarthy, and Ceci Matthews

*Annual Holiday Bazaar 2009*

**1pm - 5pm**  
**13 November 2009**  
**Al Noor Hall**  
**Madinat Qaboos**

<b>Members</b>	<b>2.000 RO</b>
<b>Non-Members</b>	<b>3.000 RO</b>
<b>Under 12's</b>	<b>FREE</b>



## Membership Signup/Renewal 2009/2010

[Back to Index](#)

We will have an evening sign up at the Intercontinental Hotel (Lower Lobby) on 28th September from 6pm - 8pm. An additional signup has been scheduled for 08 October at Costa Coffee—Seeb. Another opportunity to signup will be at the October 11 general meeting (Bait Zubair coffee shop) and tour of Bait Zubair. The next opportunities for sign up will be at the Intercon on Thursday, October 15, from 10 am - noon and at the Holiday Bazaar on November 13.

If you can print and fill out the membership form from the AWG website and bring it along on any of the Registration dates this would speed up the process. If you are having problems getting to any of the above dates then send me an email and we can work something out.

### MEMBERSHIP SIGNUP AND RENEWAL

28 September 2009  
08 October 2009  
15 October 2009  
13 November 2009

<http://www.awgoman.com>

## AWG INTEREST GROUPS

Welcome to our Interest Groups. The AWG invites you to participate in a variety of activities. We have new Interest Groups such as The Arts, Story Board and Canasta. Our Groups will commence in October and you can register for your choice of interest group at the AWG's Registration Days. **Each Group will have its own Group Coordinator, fully in charge for her own group.**

### A BIG Thank You to our Interest Group Co-ordinators

Thank you not just for the first day, but throughout the year to our Interest Group Coordinators who were able to come to the sign up meeting!!  
Michele LaVigne, Monika Enns, Angela Osborne, Sunita Rajvanshi, Alice Clark

#### AWG INTEREST GROUPS 2009-2010

Interest Group	Coordinators	Email	When	Where	1st Meeting
Arts	Sunita	<a href="mailto:sunita.rajevanshi@gmail.com">sunita.rajevanshi@gmail.com</a>	Every 3rd Wed		Sep 16
Canasta	Michele	<a href="mailto:michele.lavigne@hotmail.com">michele.lavigne@hotmail.com</a>	Mon, 9-12am	MEA in MQ	Sep 28
Story Board	Benita	<a href="mailto:benita@coachbenita.com">benita@coachbenita.com</a>			
Book Lovers	Veronica	<a href="mailto:vkurak@hotmail.com">vkurak@hotmail.com</a>	Sat, Once a month		Aug 30
Cooking	Sakina	<a href="mailto:framboise79@gmail.com">framboise79@gmail.com</a>	Sun, Once a month		
Meet the chef	Janette	<a href="mailto:janette.gill@gmail.com">janette.gill@gmail.com</a>	Every 2/3 months	Various places	
Mahjong	Monika	<a href="mailto:monikaeens@hotmail.com">monikaeens@hotmail.com</a>	Tue, 9am-2pm	MEA	Aug 31
Photography	Angela	<a href="mailto:amoclick@me.com">amoclick@me.com</a>	Every Month	Various places	Oct 21
Scrapbooking	Alice	<a href="mailto:fuzzclarkq8@hotmail.com">fuzzclarkq8@hotmail.com</a>	Wed, 10-12am	MEA	
Singles in Oman	Valerie	<a href="mailto:v_balboa@hotmail.com">v_balboa@hotmail.com</a>	Every 2nd Wed		

### BOOK LOVERS (Evenings)

We meet once a month (Saturdays) at each other's homes. We take a turn at hosting the meeting and a turn at selecting a book. Some of us have been with the group since its inception in 2007 and we currently have eleven members. We read all sorts of books and enjoy the opportunity to discuss them. The Book Lovers Group is a great way to make new friends and to foster your love of reading! Please contact Veronica at [vkurak@hotmail.com](mailto:vkurak@hotmail.com)



[Back to Index](#)

## Cooking Group

Do you like to cook and would you like to learn new recipes from different cuisines? Then this is the group for you! This year the Cooking Group will meet once a month to share culinary skills in a different member's home. We hope to collect our favorite recipes for a fundraising cook book for next year.



If you are interested in joining, please contact Sakina Boulal at [framboise79@gmail.com](mailto:framboise79@gmail.com)

## Scrapbooking

**Wednesday 10 -12am!**

Got photos? Join the AWG Scrapbooking group!

We meet twice a month at the MEA Club to assemble scrapbooks of photos and memorabilia in safe and creative ways so that future generations will know about us, and our worlds and concerns. All are welcome, whether your abilities are unchal-

lenged or experienced! Please phone or email the coordinators for more information. AWG Scrapbooking meets the 1<sup>st</sup> Wednesday and the 3<sup>rd</sup> Monday of every month.

Please contact Alice [fuzzclarkq8@hotmail.com](mailto:fuzzclarkq8@hotmail.com)

## AWG Photography Club

We are very proud to announce our desk-size charity calendar for 2010. It will be available for sale at the AWG General Meetings, the Al Madina Art Gallery, and all Turtles Bookstores for only RO 2!

We are a group of amateur photographers who enjoy learning about photography and exploring the beauty of Oman. With monthly photography themes, tips on improving your shots, and field trips to various parts of the country, we work on the concept that one becomes a better photographer by learning from their peers.



Please contact Angela on [amoclick@me.com](mailto:amoclick@me.com)

## STORY BOARD

### Evenings

It's time to unleash your dreams! Story Boarding is a creative process that allows you to unleash your imagination and tap into the depths of your intuition. Your intuition is an abundant source of inspiration, imagination and intelligence. So get ready to unleash your imagination during this session and create a picture of your future. A picture truly is worth a thousand words. You will need to bring some magazines to share with the group and a pair of scissors. We will be cutting pictures out of these magazines so do not bring anything you wish to keep. What does it mean? Come to a session to find out. Please contact Benita at [benita@coachbenita.com](mailto:benita@coachbenita.com)



### Arts

**Every 2nd Tuesday of the month 10am-1pm**

Join The Arts group with Sunita and learn more about the arts by visiting art exhibitions, galleries and museums in Oman. Sunita is a mature artist who experiments with oils, acrylics and multimedia in her paintings. The Arts group will meet every 2nd Tuesday of the month at a different location.

Please contact Sunita at [sunita.rajvanshi@gmail.com](mailto:sunita.rajvanshi@gmail.com)



### Mahjong

**Tuesday from 9-2pm**

Mahjong is a Chinese tile game that is engrossing, fast moving, mentally stimulating and lots of fun to play. The AWG Mahjong group meets weekly in the MQ area. The players are all different levels, from beginners to advanced. We have very simple rules and you do not have to commit weekly. Please come out and join us!



Please contact Monika Enns [monikaenns@hotmail.com](mailto:monikaenns@hotmail.com)

### Canasta group

**Mondays from 9 -12!**

Canasta can be played in single tables of 2's and 3's or with partners in groups of 4's or 6's. Each table plays with 4 decks of cards including jokers for wild cards. The object is to make melds of like cards, such as kings or 5's. Once 7 of these have been played then you have a Canasta. You can also make melds with a run of cards in the same suit, such as in the hearts suit, 7,8,9,10, jack, queen, king. This is a Canasta. An individual or team can go out once they have played their hand, their foot (an extra hand) and have at least 2



Canastas. At the end of each hand points are tallied and the first team/individual to 3000 wins. Canasta is an easy game to learn and play so come join the fun!

Please contact [michele.lavigne@hotmail.com](mailto:michele.lavigne@hotmail.com)

[Back to Index](#)

## AWG BUSINESS PARTNERS

The latest issue of our Business Partners' Directory can be found on the [website](#)

### AWG proudly announces New Business Partners

Grand Hyatt-24641234

15% discount Restaurants & Bars, including Membership Club  
Olympus Health & Spa

Al Maza Bowling-24693312

15% discount

Oasis tour-24499922

10% on cash sales

Movie time-99664338

20% scheme 2 (RO 50 for 70 movies)  
10% scheme (RO 30 for 40 movies)

Beauty Today-24568991

15% discount for all services, not product

West Al Balad Restaurant-24613190

10% discount

Crystal City-96119398

10% of Japanese jewelry

### A BIG Thank You to our Business Partners who contributed the Lucky Draw Gifts!

New this summer: Salubrious (Shati Complex)

One of our Top 5 Favorite Business Partners:

#### Essence Spa

Long time Business Partner at signup for the convenience of our members: **Family Bookstore**

### AWG Member's favourite places

Results from August 2009 Top 5 favourite places survey

#### Beauty & Salon

Ayana spa	10% on service, cash, Sunday & Monday	24693435
Essence spa	10% discount on any Essence treatment	24603225
Muscat beauty	10% off on services, cash only	23562541

#### Retails

Al mardina art gallery	10% off framing & selected items	24691380
Family bookstore	10% off cash	24786461
Patchi	15% off on gift sets	24562854

#### Restaurants

Beilla Italians	20% off, cash only	24558451
Blue Marlin restaurant	10% off, cash only	24737288
Cargeens	10% off, cash only	24699055
Chillis	10% off, cash only	24545815
Grill House	10% off not on delivery	24603660
Mumtaz Mahal	15% off aia carte & beverages	24605607
Noodle house	10% off	24558412
O Solo Moi Italians	10% off cash only	24601343
Papa John Pizza	15% off cash only, not on delivery	24697220
Pavo Real	10% off, not on night themes	24602603
Silk Route	10% off	24696967
Tuscany, Grand Hyatt	15% off	24641234
Woodlands	10% off	24700192

#### Bar & Pub

John Barry Bar, Grand Hyatt	15% off	24641234
Left bank	10% off on food	24693699

AWG has more than 140 business partners!! For other places please see the AWG discount list on the [www.awgoman.com](http://www.awgoman.com)

### Communications within AWG

Our newsletter is going to a bi-monthly format this year. We will cover upcoming events for a two month time frame. Our first, newsletter will be

Sept./Oct. , then Nov./Dec. and so on. We will be reducing the number of emailings. All commercial announcements should be submitted to the Classified section of our website according to the instructions at [www.awgoman.com](http://www.awgoman.com). Diane (our webmaster) is developing a Community News section for the website – so please be on the lookout for that. Our website and emailings are for business partners (businesses on the discount list), members, and charity new/events. All other submissions will be considered on a case by case basis.



**AMERICAN WOMEN'S GROUP**

P.O. Box 393

Madinat Al Sultan Qaboos 115, Muscat  
Sultanate of Oman

[www.awgoman.com](http://www.awgoman.com)