



# Mums & Tots of Warsaw

FEBRUARY 2009

LUTY 2009



Go to page 3 for How & Where to Recycle in WAW



Mum & Dad's Night Out

Friday 13th February



Please read your M&T emails. Ambra is doing her best to send only the important ones. If you think you have not received an email and others have, then contact the Postmaster.



PANCAKE DAY

Tuesday 24th

Editor: Gill Boelman

Email: gilly@xs4all.nl

## NEWS LETTER

### Resolutions: Going Green(ish) in Warsaw????

Dear Mums,

It's the start of another New Year, and after feeling quite proud of myself for buying Abigail a relatively small present, and waiting until the sales to make my money go further for the 'Letter to Santa' action, it hit me that I am still getting confused as to what is really important in life and the future for Abigail and our society? It sounds very morbid and I most definitely do not want to preach, but everyday we seem to be bombarded by reports of 'Climate change, starving children around the world, corruption, financial chaos and War. It all leads to me feeling quite depressed and helpless. Well, that was until I got my January edition of

'Vogue' and read an article on Women during the World Wars. During extreme conditions in World War I and II, women managed to produce great initiative, productivity and creativity whilst still remembering to put on their lipstick! It made me think that during hard times we really should prioritize and be more creative.



Therefore, I chose a few key words for my 'New Year' resolutions: REDUCE, REUSE and RECYCLE. I hasten to say my husbands first reaction was to burst out laughing! 'What, no more shoes then?' were his exact words! He continued by being incredibly pessimistic over the issue of recycling - especially in Poland! Well I shall ignore his pessimism and attempt to do my little bit to make the world a better and cleaner place - and with regard to the purchasing of shoes,

clothes and bags etc. I intend to buy one and give one away. That's keeping the economy going AND doing the recycling bit!

I hope you enjoy this month's newsletter and if you are not recycling all ready, then maybe it will get you in the mood!



Or maybe, before spending a fortune on that designer bag, you might think to checkout the second hand shops I have recommended on page 5.

Have a fun February.

Gill

## February Happy Birthday's Tlusty Czwartek



- 4th Nathalie Strak
- 4th Natasha Mills
- 5th Fleurine van Scherpenzeel
- 6th Stanislav Ardytskaya
- 7th Valerie van Scherpenzeel
- 8th Issei Leska
- 8th Teodor Gauvin
- 9th Francesca Koegl
- 11th Ben Richardson
- 12th Maximillian Kloss-Tullius
- 13th Dominic Grabiec
- 13th Nicolas de la Rua
- 14th Alex Byrne

- 15th Parker Gottlieb
- 21st Vincent Stronja Rasche
- 22nd Caleb Tiuson Yao
- 22nd Tommy Bulman
- 24th Kamilla Knudsen
- 24th Valentin Krenn
- 24th Samuel Conner
- 26th Alex Bajenski
- 26th Benjamin Arendt
- 27th Mikayla Guertin
- 27th Miguel Oliveira Lopes
- 28th Antos Gauvin
- 28th Oscar Hunaut

Thursday 19th February. Don't be alarmed when you wake up on this day and find queues of people winding their way round the streets toward the nearest and freshest bakery! This is Poland on Tlusty Czwartek. (Fat Thursday not to be confused with Fat Tuesday Pancake Day), the last Thursday before Lent. The tradition is that Paczki (Polish Doughnuts) were made to use up all the Lard, Sugar, Fruit and Eggs. All of which were forbidden during Lent. Lent (Popielec) begins on Ash Wednesday 25th February and continues for 40 days until Easter begins.





Once again this action has proven to be a great success. All thanks go to the organizers, Alia and Aga and to the families that took all the gifts down to Pacanow. The photos are wonderful memories of what looked like an emotional day and you should all be very proud of yourselves for your extra effort to make a lot of children have a really special Christmas. Well done and lets hope we can keep up this annual M&T tradition for many years to come.



#### MESSAGE FROM ALIA:

I am collecting second hand things for this orphanage and Pacanow families, deliveries will be on a regular basis. If people wish to help by any means, please contact me at any time. Tel 022 886 9767  
email  
alia.radford@neostrada.pl

# Letter to Santa Success by Anne Alexander

I did not know what to expect. For the past two years, I had donated a present to a boy named Damien at the Pacanow dom dziecko for Christmas, but this year was the first year that I volunteered for the actual trip. I decided to take my six year old son Kazio along. He is forever daydreaming about all the things his parents can buy for him. So I thought it would be beneficial for him to see kids who get by with a lot less. Driving up to a low, brown building, seemingly in the middle of nowhere and on such a cold grey day, I thought, „Aha, this is just the thing to make Kazio cherish his twin sisters (who he constantly fights with), our cozy house and the mountains of toys in his room.” But, inside, the sisters and the children were so warm and welcoming that I think the trip left the opposite impression!

This dom dziecko was brimming with smiles, love, and warmth inside. Christmas lights twinkled on trees covered with handmade ornaments. We enjoyed a lovely lunch and then the children performed their traditional Christmas pageant, singing Polish Christmas songs. Alia handed out the presents, one by one, calling each child's name. Big huge boxes, bags taped tightly shut. Ikea bags stuffed to the brim with presents. All sizes and shapes, all holding wonderful delicious secrets inside. And, the children, big and small, so patiently waiting...until it was time to open their gifts. Then, a deafening roar of paper being ripped, tape being snipped, boxes torn open, and ohhs and ahhs, clothes being tried on, cars being filled with batteries and then lights flashing, rollerblades examined, new trains put on new tracks. What a delight! And, candy so generously shared between children, lollipops and chocolates, sweets galore. And, then „Co dostalasz?” (what did you get?) the children shared their loot and took it to their rooms. The nuns led a chorus of „Dziękujemy! Dziękujemy! Dziękujemy! Dziękujemy!” (we thank you)



The children gave each of us cards and handmade angels. My son asked me to read the message inside, but I was holding back tears and couldn't respond right then. I'm not sure exactly what he learned from the trip, but for me the message was clear. We have so much to be grateful for – for our own comfortable life, of course, but also that the world is filled each day with the kindness of these nuns and the smiles and laughter of these children. Dziękujemy, indeed.

## A message from Aga in Prague:

I would like to say „Thank You” to all people participating in the action Letter to Santa 2008. Thank you for spending your time and money, for opening your hearts and your minds and preparing such fantastic, special presents for these lovely children from far away Pacanow .

A special thank you to Alia Radford who ran this all and did a really great job. She spent 2 whole months working on this event at the cost of her free time for her family. Thank you for all who supported her with finding other Santa's, collecting and bringing presents, and of course for all who spent this special day driving to Pacanow and giving your free time to those children.

I am so glad that somebody has continued the action that I began 5 years ago. Best greetings and wishes from Prague (Czech Republic)

## The Facts by Alia Radford



Thanks to M&T's a total of 76 children had a happier Christmas.

27 of those were from the Orphanage, 40 were from poor families and 9 from a large family with 5 adopted children.

45 of our M&T members participated in this action and 11 friends.

The Santa presents were a great success. Four mums Barbara Swan, Christine Koegl, Anne Alexander and Alia Radford with friends and families travelled down to Pacanow on Saturday 10<sup>th</sup> January in four very laden cars. Many of you will know that Pacanow is known for the fairy tale about Goat Matolek, quite often shown on Mini Mini channel. Whilst Pacanow will benefit from a new European Centre of Fairy Tales, currently being constructed, it otherwise is a small Polish village with traditional economic activity.

We started at the Dom Ojca Gwidona orphanage. We were given a warm welcome by Sister Adwenia and all of the nuns. All of the children were excited to see us but were very polite and well behaved. It is clear that the nuns work very hard to provide a loving caring environment for the children and deserve our support.

After lunch we were treated to a fine performance of the Nativity by all children. We then distributed gifts to all excited children who then opened everything together.

During the visit we also provided Sister Adwenia, the director of the orphanage, with proceeds of our Christmas Bazar PLN 3400. These will be used to help teenagers who have to leave the orphanage when they reach 18. We also left the many second hand items for the needy children and families of the village.

Afterwards we visited the Secondary School in Pacanow and were welcomed by Malgorzata Stanczyk the School Principal with many families. Here we also distributed gifts individually to all excited children and families.

You can find pictures of the visit on the following link: <http://www.flickr.com/gp/72511383@N00/7B6Jjp>

The photo above right is a 'Thank You' card from all the children .

# My Baby steps to Recycling in Warsaw



Our children are never too young to know about the planet.



## RECYCLE HOME APPLIANCES

**MOKOTOW:** Parking by ul. Blacharskiej and ul. Lotnikow

**WILANOW:** By Urzedzie Dzielniczy, ul. Stanisława Kostki Po-tockiego I I

**CENTRE:** ul. Mysliwiecka, parking pomiedzy ul. Lazienkowska a ul. Janusza Kuso-cinskiego by kortach legii opposite Polish Radio building.

**ZOLIBORZ:** ul. Powazkowska by Cmentarzu Komunalnym na petli autobusowej.

**URSYNOW:** Parking next to ul. Gandhi by Kortach

**PRAGA:** Stena S.P., ul. Chelmszyska 180, 04-464 Praga, Polnoc, Open 24hr 7 days a week Tel: 022-5875816 or email: logistyka@stena.pl

**EKOTECHNIKA:** This is a company that collects your home appliances (computers, lamps, televisions, radios, dishwashers, washer/dryers, microwaves, ovens and vacuum cleaners etc.) at a small cost of 30zł (+10zł for very large items). Saturday 9am - 3pm Tel: 022-3748762



**GLASS - SZKLO** Some of you may be lucky and live in an apartment block that has a separate recycling container. If not then to recycle glass you will have to look round your local area for the designated containers. If these are not in walking distance then it is best to put them in the car and take them with you on your next visit to the supermarket. Often containers are placed near shopping

**PAPER - PAPIER** My first suggestion is to re-use all the boxes, paper and card that you acquire. For example, Christmas cards can be used as gift tags on presents next year or use it as a material for your child to paint, colour, or learn how to use scissors by chopping away at the paper and making a collage. When you have made full use of the paper take it to the local paper recycle container.

**CLOTHES - UBRANIE** Never throw any unwanted clothes, shoes or accessories in the normal rubbish. If it has a stain try to get it out (check tips on page 7) if it is too small/big or old then put it in one of the large white containers marked for clothing. These can be found on almost every street corner in Warsaw. If you are bored with your clothes. Store them for 1 year in a box. If you have not thought about them in that time then it's time to pass them on to someone in need.

**PLASTIC - PLASTIK** This is my real pet hate. Plastic! Bottles and bags. We buy masses of water in bottles and I always forget my canvas shopping bag and end up buying new plastic ones. My resolution to remember my CANVAS bag and also to buy a refillable and washable water bottle for day trips. You can also cut in half the bottles and let your children paint and use them as pen or accessory holders. Your children will have an activity and an end product.. Containers are available for recycling.

**BATTERIES - BATERIE** Buy rechargeable. Don't throw them in normal rubbish. Take them to the large Electrical Stores. Ie Saturn. Most of these stores have battery recycle bins by the exits.

**ALUMINIUM & CANS - METAL** This one leaves me stumped. There are very few containers for this material. Best is to avoid buying if at all possible. That's hard though if like me you love soups and baked beans!

## Things to do during Warsaw's White Winter Blues! Thank You Marie F for your tips.

### Go Sledging/Sliding?

#### IF THE SNOW COMES BACK!

Try Park Morskie Oko, between Ul.

Pulawska and Belwederska in Old

Mokotow, great hill accessible to all

ages, entrance between Ul. Dabrowskiego and Ul. Madalinskiego, East side of Ul. Pulawska. Free and fun for all.



Ordynca Park has a great mini-hill for the children to slide down on their own. It can get a bit busy but everyone gets a go.

Also the park next to the Zoo has a decent slope that is good for eager slider's.

If you live in town then go for a slide near apartments Holland Park on Ksiazeca. There is a great hill that is quiet.

### Stay indoors!

#### Make Playdough!

2 cups flour

2 cups warm water

1 cup salt

2 Tablespoons vegetable oil

1 Tablespoon cream of tartar (optional for improved elasticity)

Food colouring (optional)

Mix all ingredients, and warm up in microwave for 10 seconds before each use

Keep in an air-tight container for a few weeks



### High School Musical on Ice

If you can't skate but love to watch, then why not get tickets and go see your favourite scenes and characters from the movie played out on ice. Prepared by world famous choreographer Kenny Ortega, the show is full of singing, dancing and technical wizardry - a treat for all the family.

Spectacle starts:

25 Feb at 19:00,

26-27 Feb at 12:00 and 19:00,

28 Feb at 12:00, 15:30, 19:00,

01 March at 11:00, 14:30 and 18:00.

**Tickets 55-110zł.**

[www.ticketpro.pl](http://www.ticketpro.pl) and

[www.eventim.pl](http://www.eventim.pl).

'Experience The Wildcat frenzy and rock the house'

and if that statement means anything to you then I'm sure you're going to love this show!

where - Torwar, ul. Lazienkowska 6A



### Go Skating!

Shopping Mall Zloty Terasy

(Outdoor)

Mon-Sat 10.00-22.00 Sunday 10.00-20.00

Cost of skates rental (First hour) 10zł.

Every following 30 mins 5zł.

Lodowisko Stegny (Big Outdoor)

Mon-Fri 17.30-19.00 and 19.30-21.00

Sat and Sun. 12.00-14.00, 15.00-17.00, 18.00-20.00

Cost 5-8zł for 90 mins

Skates rental 5zł per hour

At the end of Ul. Inspektow

(off Ul. Idzikowskiego)

Palace of Culture and Science

(outdoor), Ul. Swietokrzyska

Free if you have your own skates

Monday to Friday, 8.00-20.00

Friday to Sunday 8.00-21.00

Skates rental: 7zł per hour,

5zł for each next hour.



### FAMILY THEATRE

Teatr Rampa

presents:

#### Pinokio

11.00am



2nd, 3rd, 4th & 5th Feb

#### Doctor Dolittle

10am



17th, 18th & 19th Feb

Performances i+/- 1.30 hr and are spoken in Polish only.



Ul. Kolowa 11

Tel: 022 6795051 / 52

[Www.teatr-rampa.pl](http://Www.teatr-rampa.pl)

### FAMILY CLASSICAL CONCERT - FREE

Sunday 8th February 11.00am

Centrum Lowicka, Mokotow, Ul. Lowicka

21, Tel: 022 845 5675

If you have nothing to do on this Sunday morning, why not pop along to the recently renovated and modernized Centrum Lowicka. A classical concert will be taking place from 11.00 and entrance is free. The concert is about an hour long and the whole family is welcome to come along. Please note there is not seating for everyone and it may get busy.



### EXHIBITION - Muzeum Historii Polski,

Open until 1st March 2009

Several of our members have ventured to this exhibition and recommend it to both the history buff or anyone who is interested in knowing how Poland and Warsaw developed before and after the two World Wars. The museum is in the Old Town Castle which is a delight in itself if you have the time





# MUM & DAD'S NIGHT OUT

Le MERIDIEN  
BRISTOL, WARSAW

Lisa has really done us proud by getting this great deal at the fabulous Le Meridien Bristol Hotel in the heart of Warsaw. Sign up NOW to guarantee your place. Both Mum and Dad or just Mum or just Dad can come along for an elegant night out on the town. Check your email for more information.

Where: Le Meridien Bristol, ul. Krakowskie Przedmiescie 42/44

When: Friday 13th February at 20.00, Early bird drink at the Column Bar from 19.00

Cost: 125zł This includes a 4 course menu and a bottle of wine per couple - Wow!

RSVP: No later than Friday 5th February to lisajamesdesign@yahoo.com



## Restaurant OLIWKA

Al. Ken 36a, Local 1, Ursynow

Entrance from ul. Raabego, behind Galeria Ursynow)



tel: 022 649 1736 www.oliwka.eu

### A lovely child friendly restaurant Mediterranean/Italian menu

Thank you Helen Maguire for your great tip:

This was recommended by a Polish friend as a lovely little place to go where the kids can play happily while parents relax and all enjoy good food - and she was so right!

Apart from the simple but delicious Mediterranean food, and cosy Italian family-style atmosphere, the highlight was the really cool playroom which is painted like a little house, complete with upstairs and kitchen. It has a great kids menu, plus gluten and milk-free menus, and the main menu has tasty bits like yummy focaccia with tzatziki dip, and wholesome pastas, pizzas and mains. The clean bathroom is even equipped with nappies, wipes, creams, potties, you name it!



The downside, it is pretty small and very popular so you have to book in advance, and its location in Ursynow, which is not handy for everyone, but it is close to Natolin metro station.

## Restaurant & Bistro Sketch

Foksal 19, www.sketch.pl



This place has been tipped as a 'Hot Find' by both the Warsaw Insider and our M&T member Mary P. Quote "a bit chic, a bit quirky, a bit stylish, a bit whatever..." Central location is good for a bit of shopping before or after. The bistro is open daily from 10.00-13.00. Restaurant from 17.00-1.00. Not much for kids except food. Good for mummies!

## SECOND HAND SHOPPING

Don't knock it till you try it!

OK, I know we are not in Britain, where every high street has a good quality second hand shop, and better still with all proceeds going to charity.

No, here in Poland, second hand, is none too attractive to us expats. Lets face it, what's on offer here at full price is dismal, so what can we expect in a second hand shop?

Well let me tell you, more than you think, but you have to be prepared to drive around to the good addresses and sift through some 80's glam. Your reward's can be, real designer and vintage bargains. Anything from Burberry handbags to Chanel sunglasses.

Here are a few addresses that I have tried, tested and succeeded in finding a great buy.



MUFKA, Ul. Solec 101, City Center  
www.mufka.pl

Bit chicer than a thrift store. Has a good selection on original brands. Clothes for adults and children, plus accessories : handbags, jewellery etc.

VIRGO, Ul. Ordynacka 10/12

Great thrift shop close to Nowy Swiat. Good quality adult and children's clothing plus good toys and books. Also good bags. Good prices.

MOKOTOW, corner of Ul. Baluckiego & Dabrowskiego,  
Tel: 0604 912797

Owner Malgorzata Koscielska speaks Polish/French.  
Great designer/vintage bargains. Clothes and accessories. Prices are higher than your average thrift store due to their quality. It's always worth trying to negotiate the price a bit. Good place for a cocktail dress or funky bag.

# FEBRUARY TOP 'Greenish' TIPS



Each month it would be really nice to have a top book, top recipe a top shop and a top web tip. Please send me any details of a good book worth recommending, a website or your favourite shop or recipe. So get shopping, surfing, reading and cooking :-)



## ORGANIC

**Shop:** Viva Natura



Looking for salt and sugar free peanut butter? A new organic shop has opened in my building block with many organic products - fresh and packaged. I am happy to find peanut butter and other nut butters that are organically produced and free of the usual sugar and salt additives. They also carry some fresh baked goods and the Weleda line of skin care creams. For those still changing nappies, I have used the Calendula cream for diaper rash and see results immediately. Sklep Viva Natura is at ul. Wielicka 36. Tel 0 22 899 00 02 . Thank You Trina Roll.

[www.vivanatura.pl](http://www.vivanatura.pl)

## Honey Power:

New research by the University of Auckland has confirmed that honey can be beneficial for the treatment of mild burns. Mild burns treated with honey took less time to heal than the conventional medical dressings. It's thought that the antibacterial properties, thickness and stickiness help to prevent wound infection. We already know how good honey is for soothing a sore, dry throat and now there is more reason to pop a pot of honey in your first aid kit!



## Website:


[dothegreenthing.com](http://dothegreenthing.com)

This is a free and very easy way to get up to date on eco-living tips online. Sign up, and as a member you will receive a monthly newsletter full of advice and suggestions. The information is produced in a fun and non-preaching way. Some tips are common sense, but the monthly newsletter helps as a reminder and to give that oh so needed encouragement to do our bit.



## Get rid of that Stain:

If you like me and hide clothes with a stain at the bottom of the wash basket or worse still throw them away, then these tips are for you.

<b>Protein based Stain</b> 	<b>Milk, Mud, Blood, Fruit Juice, tea, chocolate</b>	Use a detergent or stain remover with enzymes. Heat sets these stains, so choose a colder wash
<b>Dye Stains</b> 	<b>Fruit, Jam, Mustard, Grass</b>	Soak the stained area repeatedly in very hot water and use a good stain remover. Leave on for a long time.
<b>Mixed Stains (oil and colour)</b> 	<b>Lipstick, gravy, tomato</b>	Remove as much product as possible and rinse from the back of stain forcing excess away from fabric. Rub detergent into the stain and wash with a biological detergent.
<b>Tannin Stains</b> 	<b>Alcohol, tea, ink, berries</b>	Run fresh stains under cold water, then wash in as hot water as the fabric will allow. Rub liquid detergent into older stains and leave for 15/20 mins before rinsing and machine washing.
<b>Grease Stains</b> 	<b>Cooking Oil, Butter, bike oil and car oil</b>	Soak the stain in biological detergent, then wash. Check the stain is gone before the garment is dry: if not, treat again.

## Borrow - don't buy a Book! Go to the Library



Thank you to our Postmaster, Ambra, for this tip

I recently went to the Wilanowska Public Library (ul. Radosna 11) and was surprised to see several shelves of English-language books. Although the adult section is dominated by the classics of the War & Peace sort (for casual reading in between diaper changes), there are also many English books for children and young adults (and a huge kids section if you happen to speak Polish). The librarians don't speak English, but with basic Polish you can get by and all that is needed to get a library card is a government-issued proof of address in Poland. Highly recommended for an afternoon outing to explore the neighbourhood library!

## All Seasons Holiday Tip

Book early and enjoy discounts.

Kinder Hotels:

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

Last summer we discovered this chain of hotels (we stayed in one for one week) when we were in Austria, and I must say I can't wait to use them again! Check out the website for your next winter or summer holidays. Definitely worth it!! They seem to be geared up for pretty much every need a family with small children might have (bibs, milk, baby phones etc).

Thank you Marie for this great tip.



# MUMS' & DADS' RECOMMENDATION'S

R  
E  
C  
O  
M  
M  
E  
N  
D  
A  
T  
I  
O  
N  
S

What would YOU rather do? GIVE TO CHARITY OR GIVE TO THE TAX MAN? Now there is a question we all will be giving the same answer to, well unless you are a tax man maybe! Please read the email sent to you from Alia Radford. Our tax returns have to be in by end April and by putting one little tick in a certain box you can give 1% of your hard earned money to a charity of your choice. Contact Alia Radford if you have any further questions regarding this opportunity. [alia.radford@neostrada.pl](mailto:alia.radford@neostrada.pl)



**Fruit & Vegetables**

Are you willing to party?  
Join us for our Vegetables  
**Carnival Party.**

It will be on the  
**7th of February**  
at **8.00pm**  
at **Intercontinental Warsaw**  
in **Grand Opera Ballroom.**

Price per person aged  
Including:  
Dinner  
Cocktail Bar  
and lots of different activities.  
There will be prizes for the most creative,  
funniest, most elegant and  
original costume.

Costume optional  
CALL FRANCESCA LAURSEN  
663 738 284 for tickets  
**Fruit & Vegetables!!!**

**Arts + Crafts**

**CONTINUED**

Arts and Crafts is still ongoing  
for mums and their tots ages 0 - 5 years  
every Tuesday at 3.30 - 5.30 pm  
at the English Playhouse, ul. Płycwianska 14A  
For more infos see mums & tots website.

## Give to Charity:

*'Give away don't throw away'*



Do you have any unwanted clothes, toys, furniture, sports equipment, household goods, baby items, bedding etc. Then please think about giving it to one of the organizations below. You can also contact Alia Radford who is collecting throughout the year for the children and families of Pacanow.

Warsaw Volunteer Mission

[www.wvm.org.pl](http://www.wvm.org.pl)

Warsaw Women's Shelter

Contact Janice Rzycki 0505 131 685

Talizman Foundation

Contact Dominik Granada 0668 031 667

[www.talizman.org](http://www.talizman.org)

Sue Ryder Foundation

Shop Ul. Bagatella 15, 022 646 5855

[www.sueryder.pl](http://www.sueryder.pl)

Email [sueryder@neostrada.pl](mailto:sueryder@neostrada.pl)

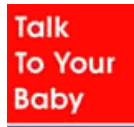
## BUYING A BUGGY?

Sissi K recommends you check out this website before your purchase.



[www.literacytrust.org.uk/talktoyourbaby](http://www.literacytrust.org.uk/talktoyourbaby)

They have lots of information on how and why talking to your baby/toddler in a buggy that is facing you is hugely beneficial to thier language and social development.



Please see Host dates below. For all other scheduled M&T activities please check out the M&T website. [www.mumsandtots.com](http://www.mumsandtots.com)

Schedule of Events

# FEBRUARY 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7 Carnival Party	8 Classic Concert
9	10	11	12	13 M&D Night Out	14 Valentine Day	15
16	17	18	19 Tlusty Czwartek	20 Pet Day	21	22
23	24 Pancake-Day	25 Ash Wednesday	26	27	28	

IF YOU HAVE ANY DATES OF INTEREST FOR THE M&T CALENDAR PLEASE LET ME KNOW .

7th Fruit & Veg. Carnival Party at Intercontinental Hotel. Contact Francesca Laursen, at 663 738 284 - check your email for more information.

8th Classical Concert for Family at Centrum Lowicka (page 4)



13th Mum & Dad Night Out



14th Valentines Day

19th Tlusty Czwartek

20th Pet Day

24th Shrove Tuesday or Pancake day.

25th Ash Wednesday (The beginning of Lent)

25th - 1st March High School Musical on Ice (page 4)



Please consider hosting a M&T group. Its always less work and more fun than you think :-)

[www.mumsandtots.com](http://www.mumsandtots.com) for all other fun activities

MONDAY TODDLER GROUP	THURSDAY MINI MUSIC Under 2yrs	THURSDAY MINI MUSIC 2 yrs plus	FRIDAY MUMS & BUMPS
2nd Vanessa Schaumloeffel	5th Heide Matschke	5th Helen Maguire	6th Imane Foudala
9th Ceclia Pozzocco	12th Patricia Calcara	12th Marie Fahrenholz	13th Jantine Sels
16th HOST NEEDED	19th Veronika Harvey	19th Tomoko Taninai	20th Veronika Harvey
23rd Aleksandra Shea	26th Siona Neale Majewska	26th HOST NEEDED	27th HOST NEEDED