



# Mums & Tots of Warsaw

# news

February 2006

## welcome

editors note

Greetings to all and Happy New Year! Welcome especially to all newcomers to M&T. Hope that you will be very happy here and make many good friends through the Mums & Tots network.

We hope to publicize the social commitment expressed by so many of you. In a week when lots of M&T members have been helping out by sorting clothing donations and being on hand to help give out goods, very generously donated by individuals and companies, the collapse of an exhibition hall in Chorzow has upset everyone. This disaster is yet another reminder of how precarious life is!

Thanks to everyone who helped with all the recent Talizman work. As is obvious from this edition many of our members are heavily involved and interested in helping Poland's neediest. Obviously we all have social problems in our own home countries, but it is wonderful to witness the interest and time given by M&T to those in their current host country. When you have young children yourself you seem to feel more attached and like to hope that other children can have the same opportunity to be loved, warm and well fed.

We hope to continue the goodwill and interest expressed by so many of you. We will be in touch, and thank you all very much. We would love to hear from you if you have any experience in the voluntary sector or have more ideas on as to how we can best go forward. Thank you all again.

Please note the few changes - *noted in magenta italics*. For more information on dates, co-ordinators, hosts and venues on the various activities see last page of newsletter. Full contact details of M&T members can be found in the M&T contact list. To obtain this list please contact [postmaster@mumsandtots.com](mailto:postmaster@mumsandtots.com)

Toddler Play Group meet on Mondays at 10h00 until 12h00 at different mums' houses. If you're interested and would like to host please contact Laura Spindler.

*The venue for Tuesday's play group has been changed to HULAKULA on ul. Dobra 56/66 (below the library of the Warsaw University) Starting at 10h00 till 12h00.*

*Hulakula had a very large play area with chairs and tables for Mums and you will be able to get coffee and food from about 11h00. It is more centrally located and also bigger, so we hope that more of you will join us. It is suitable for all babies and children up to 6 years old.*

*The play centre charges 12 PLN per child for the morning, which is excellent value.*

*There is an underground car park which costs 4PLN for the 1st hour and then 5PLN every hour after. You can also park on the road outside the library. Hope to see you there.*

*For more information contact coordinator Anne Long.*

"Hot Coffee day" takes place on the **first Wednesday** of every month. Meet up with other mums (with or without little ones) for a coffee and a chat at Coffee Heaven - Sadyba Best Mall from 09h00 onwards.

*Next "Hot Coffee Wednesdays" are on 1 February/1 March/5 April/10 April 2006*

*The location for mum and baby swim has been changed to SGGW (College of Agriculture) - ul. CISZEWSKIEGO 10, URSYNOW. It has a great new pool which is centrally located, so hopefully more people will join us.*

*It has very good facilities including a small baby pool plus a toddler pool where the little ones can stand up in.*

*The day has also changed, it will now be on WEDNESDAYS at 10h00 till 11h30*

*Cost per mother and child is 21 PLN per hour. There is also an option to buy a card for 10 sessions, which would reduce the cost by 4PLN per each session.*

*Please bring normal swim gear i.e. swim suit, towels, swimmers, swimming caps and appropriate footwear.*

*For more information please contact Oonagh Yeo.*

**Mini Music - GROUP 1 (18 months and YOUNGER) / GROUP 2 (OLDER than 18 months)**

Takes place in different mums' houses between 10h00 and 12h00 on a voluntary basis.

The group will continue to be split, but run on the same day and at the same time until further notice.

*Group 1 will be for children 18 months and younger and Group 2 will be for children older than 18 months.*

Please attend the group that is applicable to your child's age group in order to help ease the load on the hosts.

*Remember to be kind enough to volunteer to host, it is not a complicated event and it is a fun and gratifying way to meet new people. For further information contact Anja Fels.*

**Group for Bumps and Mums with Babies** (under 18 months old). *As from February Hedy Aigner has agreed to be the new co-ordinator. A big thank you to Lindsey for all her hard work it was appreciated by all.*

The group meets at a different mum's house each week between 10h30 and 12h30.

For more information and if you're interested in hosting please contact Hedy Aigner.

## activities

monday

tuesday

wednesday

wednesday

thursday

friday

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## news

mums & tots  
christmas party  
santa came to town!

On Tuesday 6 December 2006, Mums, tots, nannies and a dad crammed themselves in to every corner of Magic World waiting to meet Father Christmas. They were not disappointed! Father Christmas arrived with a huge sack load of goodies and made a lot of little people very happy!

After some Christmas art activities, the tots enjoyed their party treats; home made chocolate muffins & cakes, crisps and sweeties. Thanks to all those who contributed!. Also, a big thank you to George our Santa volunteer, Lindsey (Santa's helper and translator) and to Amy and Barbara for helping with the setting up.



upcoming event  
mums & tots  
carnival party

It's party time yet again! The theme is Carnival - fancy dress is optional! Children can do some art activities & join in party games (if any of the mums would like to help out with the games, it would be much appreciated). All you have to do is turn up at HULAKULA, ul. Dobra 56/66 on Tuesday 28 February from 10h00 till 12h00 with some party snacks. The play centre charges 12PLN per child. Mums can get coffee at Hulakula or from Coffee Heaven above the play centre. Hope to see you all there!

upcoming event  
mums & tots  
meeting

The next M&T meeting will take place at **Lisa Martin's** house on **Wednesday 01 March 2006** from **10h00 till 13h00**. Please support M&T by coming along and contributing your opinions and services. Absolutely everyone is welcome especially newcomers. **YOUR GROUP NEEDS YOU!**

Some changes have taken place in the M&T group, a few new mums have volunteered to help take over and help run the network - since we have not been able to finalise all the points we will be discussing them at the meeting and will then publish all the new mum's names and their "job titles" in the March edition.

mums & tots  
thank you note  
from  
morag milligan  
&  
family

*"I would like to personally thank you for the beautiful leaving gifts. The painting of Warsaw looks great above our fireplace. It is a lovely reminder of our time in Warsaw. We were only there for 18 months but we thoroughly enjoyed our time which was thanks to all you, mums and tots. We are all missing our friends. My daughter is missing the snow and is hoping it will snow in Edinburgh, snow no! But rain...oh yes! We have moved many times in the last 6 years but this has been our most tiring, as we have had to properly unpack and not just dump things into the spare room until we move again. All the furniture which fitted one flat or house, but no other, has finally been chucked. If you are ever in Edinburgh please come and look us up. Thank you again so much"*

upcoming event  
mum's night out

The Christmas Mums and Dad night was well attended and we enjoyed a great night at Kwai Restaurant. It was great to meet a few new faces and enjoy the festive season together.

Come along and join us **8 February** at **20h00** for Mums Night Out, brought forward a week so we can say farewell to Lindsey. Join us at **ALE GLORIA - Plac Trzech Krzyzy 3** - Tel.: 022 584 7080, in the same building where Ermenegildo Zegna and Burberry shops are. Please RSVP Loretta - [phil\\_lorettamolloy@yahoo.ca](mailto:phil_lorettamolloy@yahoo.ca)  
Hope to see you all there.

baby news

**Congratulations** to Mireille Pacholek on the birth of her son **Emmanuel Pacholek**, who was born ahead of schedule on the 16 November 2005 at 14h40. He weighed 3.1kg and measured 55 cm tall. Mirielle's labour and delivery went very well and has fully recovered.

**Congratulations** to Celia & David Pozzecco on the birth of their gorgeous new son (and little brother to Henry), **Oliver George Giovanni Pozzecco!**

Oliver was born on Sunday 27 November 2005 at 19h15. After an extremely fast labour, that almost saw him arrive in the car on the way to Zelazna hospital! Thankfully he managed to wait another 10 minutes and he arrived weighing 2.98kg and measuring 51cm.

farewell  
lindsey wislocki

We would like to extend our good-byes and best wishes to Lindsey Wislocki and family! Thank you for your constant support and contributions to the M&T group as postmaster, bumps & baby co-ordinator and in particular your dedication in running the website, it has helped improve the lives of many expats in Warsaw - your hard work has been very much appreciated. You will be always be remembered, as a dynamic, hard working and very dedicated mom and friend. You are an inspiration to many.  
M&T wish you, Peter, Anna and Oliver the very best for the future.

# Mums & Tots of Warsaw news

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news  
2005 santas  
thank you  
from  
the children

by aga rasche  
agastefanmv@yahoo.com

nakomiady

I would like to take the opportunity to **THANK YOU** all very much on behalf of all the children you supported and to the Pro Bono Foundation who initiated the idea "Letters to Santa"!

This year I managed to distribute 77 letters written by orphaned children, they were from;

**37 - Dom Dziecka w Pacanow,  
15 - primary school children in Pacanow,  
20 - children from Nakomiady - village in Mazury,  
5 - Dom Dziecka w Siennica**

In total 50 M&T members and friends donated more presents than requested, which was wonderful, as we were able to then distribute to those children who had younger siblings, in the end we managed to make a difference by making this Christmas very special to those less fortunate than us.

Most of all the children we supported are victims of abuse. Many still have parents who are unfit to provide and care for them. The orphanages offer them a warm home, with proper food and caring people (nuns). The children who live with their natural families, in their own homes are worse off. They live in degraded surroundings, with abusive, aggressive, often mentally disturb and alcoholic parents. Many of them have only one proper meal per day, that the school provides. They often come from very large families (up to 8 children) where the mother tries her best - with very little money, no employment and living in very poor conditions.

## Dom Dziecka w Siennica

A small orphanage run by nuns, who look after 20 girls. My friend went there to distribute the gifts and was positively impressed with atmosphere in the orphanage. This is a real home for 20 lovely girls. They all were very surprised and grateful for receiving such lovely presents.

## Nakomiady

This is a small village in Mazury area which has high unemployment and with all the common social issues associated with being poor. I received 20 letters from Piotr Cizek, he is presently trying to restore a beautiful palace in Nakomiady and improve the life of local people. Piotr dressed up as Santa and surprised the children and their siblings with beautiful gifts on Christmas Eve. Below is a snippet from Piotr's letter:

*"Dear Friends, for whom somebody else's life is not distant,  
We would like to say thank you for your giant contribution to the action Santa in Nakomiady. Independently if it was clothes, books, money, food or big bags- everything caused joy on children's faces and a smiles on their parents' faces and touching tears.  
All together we distributed more than 30 presents for children, young mothers and elderly people. Additional to that some 20 presents were prepared by you in response to the "Letters to Santa" which children had written in hope of fulfilment of their dreams ...Some of them for the first time in their lives unwrapped such beautiful gifts with such valuable contents. Many of them believed that if only you wish for something very hard, eventually it may come true.  
We thank you for your help and your understanding for the needs of children we try to share the emotions that came up when Santa appeared and the children received the objects of their dreams. It is an impression hard to describe - enough to say that when we left one of the houses we heard an unbelievable exclamation of happiness, not believing in the luck that they had received this very day. In our presence, the children were surprised and shy by the fact that at last, for the first time in their lives, they met such happiness.  
Once again cordially: May God reward you  
Joanna i Piotr Cizek - Palac Nakomiady"*

In June (latest) I will organise to bring to Dom Dziecka Paconow the action "Shoes for summer holiday". Anyone wanting to help, please can contact me. At the same time I will collect any second hand clothes and toys for ages 0-18 years and also items which can help 18 year old girls start a new life independently.

Lastly I appreciate and welcome any ideas, initiatives and mostly contributions to try and help make a difference in these children's lives. Thank you once again for your kindness and generosity.

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## news

### trip to pacanow

by oonagh yeo

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### dom dziecka w pacanow



### primary school



## news talizman



I went with my husband (Jarek) and my three children Saskia (6), Zenya (4) and Zac (16 months) together with Aga and her family, plus two of her friends, to help deliver the presents and second hand goods that had been collected by all M&T members and other generous people, to the Pacanow Orphanage and Primary School.

We arrived in Pacanow after a gruelling 3 ½ hour journey, and were warmly welcome by the nuns and the children. They were very excited to show us where their rooms were. I was pleasantly surprised - each room was newly painted in a different colour. They all had two or three beds, so everybody had a room mate, plus wardrobes and desks. The rooms were immaculate, with just a few cuddly toys and ornaments on show. I thought back to my own children's rooms and thought that they had so much more. What I noticed most however was there were no books.

Before long we all gathered in the main lounge area to distribute the presents. The children surprised us by singing beautiful songs and carols, I was deeply moved and this brought tears to my eyes. The presents were given out by Aga, who I have to say was fantastic, I couldn't think of anybody better to do such a job. The children rushed off with their gift to open them. There were lots of wow's and rushing around to the other rooms to show their friends what they had.

Soon after there was a ringing of a bell and everybody shouted "obiad" (lunch), whereupon we all were served a very nice traditional Polish lunch.

Afterwards we went and see the younger children upstairs (18 months to 4 years) and helped open their presents. They loved all the toys and clothes that we had sent them. I really enjoyed this as the language barrier didn't exist. It was wonderful to see that the nun who looked after the younger children was so sweet and loving towards them, they are much loved and well looked after.

Shortly after we left the orphanage and went to the village primary school, to distribute the remaining presents to the poor village children. We entered the school hall which looked very nice, with lots of children's work on the walls. The parents (mostly mothers) and children were waiting, but here the atmosphere was different to that of the orphanage, it was much heavier, more subdued and there was a very pungent smell (due to lack of cleanliness). I had assumed that the orphanage would have been like this, which is why I was pleasantly surprised it was not!

Aga once again did a grand job giving out the presents, in a very friendly, light hearted manner. The children could hardly believe this to be true, and were extremely grateful that someone thinks of them.

On our way back home, Jarek asked me if I had noticed one thing common to all children in the orphanage - they didn't smile...!

Now I often think about the children in Pacanow and about what they might be doing, especially in these arctic conditions. I can't imagine, for example, living without heating or electricity.

Everybody who gave can be very happy that their presents were well received and appreciated. It was worth every penny that you donated and for me it was a great privilege and pleasure to be a part of it. I would like to say a massive thank you to Aga for making it all possible. It is due to her that all those children had a little happiness in their very difficult lives.

The week of 23 til 28 February was hectic, challenging and extremely rewarding for a few of the M&T members that helped out in the **Talizman Foundation** at Platan Park. All our hard work was very much appreciated by Kim Reed, the founder of the foundation, but in particular, by everyone that belonged to a charity. There were 10 recipient charities - 4 orphanages and 6 homes for the handicapped and/or elderly.

The charities came from all over Poland to collect their goods. They took everything that we had sorted for each individual group and extra goods that they could pick out for themselves - they were in utter disbelief, shock and very surprised!

There were, in particular, two very nice young women, a psychologist and a teacher, from the orphanage in Zychlin (one of the poorest orphanages in Poland!). They were screaming with joy, just at the thought of the reaction from the children, when they got back to the orphanage with all the donated clothes, sanitary products, nappies etc.

From the smaller orphanage (a family of 10) came a father with one girl. He was in a state of shock! Being very shy, he felt totally overwhelmed with the aid that was given to him and his children. We truly think he didn't sleep for the next few nights, as he was so overcome by emotion.

The ladies from an old age home in Ozorkow said that the elderly had never had such colourful t-shirts before. These were a welcoming and warm addition, as they live in a grey building with so many sick people. They feel that they will be much happier, just because of all the wonderful colours of the t-shirts.

For most of them it was the first time they received something extra from a private fund - All M&T members that helped can be glad that they made a real difference in the lives of many poor and deprived children and elderly - you all did something very good. THANK YOU!

At the Platan Park warehouse there are still about 30 big boxes of clothes that need sorting, plus there will be more donations delivered in the next couple of months. More help will be needed again, we will keep you informed and if you are willing to help, please do, it is worth it and you will be making a huge difference.

# Mums & Tots of Warsaw news

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news



hash ball 2006

by marie whelan

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Each year the **Warsaw Hash** hosts a Charity Ball with the aim of raising money to support worthwhile causes within the Polish community. In 2005 it was held on the 3 December at the Hyatt Hotel. The night was a spectacular event and very much enjoyed by all. We sold 130 tickets, raising a total of **52,427.14 PLN** which was donated to two charities. They were; **The Foundation of Saint John of Jerusalem** - who aid disadvantaged children and their families within the Warsaw area and **Talizman Foundation** - who focus on supporting the poorest orphanages, homes for the elderly, disabled and mentally retarded and other needy people throughout the rural areas of Poland.

Many individuals and generous companies helped make the evening memorable, by contributing many marvelous prizes towards the Raffle, this made the task of selling tickets on the evening a very enjoyable and profitable one, this alone raised over 10,000 PLN.

Adding all the income from tickets, raffle sales and various other tasks, we were delighted that this was the most successful Hash Ball to date, not only with the grand amount we raised for our chosen charities, but everyone who was there talked about what a fantastic night they had.

If you are keen in getting involved in the Hash Charity Ball and are willing to give up some time this year, it will certainly make you feel like you are helping change the lives of less fortunate children in Poland, then my advice is create a team, treat it like a project and look through the files we have left for help on where to start for the Hash Ball in 2006! For more information contact Marie Whelan.

- Recently we took some visitors on a **SLEIGH RIDE** through the **KAMPINOS FOREST**. It was great fun, lovely scenery and of course the stop, half way for some mulled wine, went down very nicely too! Afterwards we enjoyed a great Polish lunch at the restaurant. See website [www.kampinowka.pl](http://www.kampinowka.pl) for further information... *Loretta Molloy*

- If your travels take you to northern **ITALY** I can recommend a B&B in the small town of **VILLA DI TIRANO** - [www.bbtirano.it](http://www.bbtirano.it) - Tucked away between the mountains, in the valley between Sondrio and Tirano this is a lovely part of the world. Great base for skiing or for a train trip up to St. Moritz... *Loretta Molloy*

- Near Galeria Mokotow on ul. Postepu 4 - you will find a discount shop for **GLASSWARE**. There are no obvious signs to follow but if you walk behind the barrier and on your lefthand side, behind the building, you will see a door with some great glassware at knock down prices... *Sinead Dunne*

- As its almost too cold to venture out perhaps these websites will help to warm you up! The British grocery store **WAITROSE** have a fabulous site at [www.waitrose.co.uk](http://www.waitrose.co.uk) - There is a recipe search to find recipes to suit your needs. For example when the main ingredient in my cupboards was tuna the site unearthed 47 potential recipes. You can also browse cook books for inspiration and there is another section with recipes using the best of the season's produce. And to get your evenings going with a swing the website contains 146 cocktail recipes!... *Sinead Dunne*

- The daily **BRITISH TIMES** newspaper at [www.timesonline.co.uk](http://www.timesonline.co.uk) is also worth a look. Just scroll down to food and drink and in the daily dishes section there is a full range of fabulous soups and starters, salads, snacks, vegetarian, fish, meat, puddings and cakes. Leading chefs have also contributed.

The Sunday newspaper The **OBSERVER** has a monthly food magazine with lots of interesting articles. Just go to [www.observer.co.uk](http://www.observer.co.uk) and on the lefthand side of the page you will find the monthly food magazine. I am sure that there are Polish, German, American etc websites with recipes so please share your favourites with us. We look forward to hearing from you... *Sinead Dunne*

- In the four years I have been in Warsaw local restaurants have come on in leaps in bounds! My new local is **LATAJACY KUFER** on ul. Grojecka 70 in the Ochota district. Thoughtfully they offer an English menu (disappointing to know that after four years I still need it) but please don't think that this is the only reason to visit. The food is fabulous! I can recommend the fish and the prices make a refreshing change. Perhaps you can recommend your local restaurant? We would love to hear about the culinary delights that await us in Praga or Konstancin... *Sinead Dunne*

- Clotilde Simoni has **LAUNCHED** a spectacular **VIRTUAL GALLERY** - [www.flyinggallery.com](http://www.flyinggallery.com) - Mobile 0504 071 688. "The Flying Gallery" is a virtual art gallery that promotes emerging Polish artists (paintings, sculptures, prints, installations and photographs). It organises art exhibitions and one-time artistic events for companies and business partners. It also offers the possibility to select and buy fine art online... *Clarisse Puharre*

- [www.lebkuchen-schmidt.com](http://www.lebkuchen-schmidt.com) - Nuremberg Lebkuchen gingerbread cookies and others.

- [www.erzgebirgskunst-shop.de](http://www.erzgebirgskunst-shop.de) - wooden art from Erzgebirge.

These two German websites (English as well) offer traditional Christmas goods and will ship internationally... *Iris Bogen*

information  
& top tips

sleigh rides  
holidays

shopping

on-line shopping

newspappers

restaurant

art

on-line shopping

# Mums & Tots of Warsaw news

February 2006

## farewell warsaw

by  
lindsey wislocki



It has been a memorable 6 years in this interesting country with many new experiences shared with what have become life long friends.

This is my first and hopefully not last expatriate experience. A little green on what being an ex-pat was all about, I agreed to come to Warsaw for one year. My husband worked for a London based Architectural practice and they were spreading their wings across Europe. They asked him to set up an office in Warsaw as part of this expansion programme. There was one problem in the way - the wife! I too am an Architect and had a reasonable job in a rival practice. After some negotiation, it was agreed that I would join Aukett's on a sabbatical from my company - hence the year was agreed!

The first year was filled with mixed emotions for me, a new job with a new company and basically setting up the business. This was a very rewarding challenge and spending 24/7 with my husband was also a big shock! (It would only work for some people!) But... it was also a lonely time, I knew hardly any English native speakers, I worked long hours and my life was my work.

One day Peter was annoyed with me, for sulking about the lack of social life and told me to do something about it - so I did, I joined the IWG. This was fantastic, I met a lot of interesting people (skiving off work for the odd coffee morning) many of whom I am still in touch with today.

Three years after arriving in Warsaw our next challenge was the arrival of our daughter in a Polish hospital - at the time only the Damiana was recommended for foreigners, who had a hopeless grasp of Polish - me! I have to say that generally, it was a pleasant experience.

I did return to work part-time and tried to do what so many Mum's do and juggle being a mum and working - I enjoyed it a lot and had a great nanny who felt like part of our family.

Last January Oliver arrived, this time at Zelazna - it seemed after some research that all the new foreign babies were popping out here! Magda Wietkiewicz would be highly recommended to any new mums thinking of delivering here!

The difference between the two hospitals? Well, financially, a lot! The Damiana was twice as expensive as the Zelazna or St. Sophia hospital. Medically, Zelazna is a safer bet since they have a fantastic intensive care area which the Damiana does not have. If you were having an elective caesarean I would probably choose the Damiana like a hotel! But with a regular birth, I think I would return to Zelazna if there was ever to be another one!

I have not returned to work since having Ollie, but have enjoyed time at home with the children. I feel very privileged to be able to do this, I think it was one of the best perks of being an ex-pat. I also leapt into and relished the Mums and Tots club. What an amazing group it is - I hope it is still in Warsaw for many, many years to come!

Well, I could go on and on about Warsaw, but I will finish on a high note. Warsaw gets in your bones!. The longer you are here the better it gets, you make such strong friendships with people from all over the world - a very, very special time for us Wislocki's! Keep in touch everyone.

## warsaw's top 5

by  
lindsey wislocki

- **Brunch at the Westin and Hyatt** - I love the food and the service in both, is outstanding.
- **Mariott 42nd Floor** - Panoramic view of Warsaw- Take the guests or just go there for a lazy evening sipping cocktails and admiring the view of Warsaw
- **Russian Market** - Although in the six years I have been here it has changed a lot, it is still worth a visit to collect CD's and DVD's - The best to go visit is on Saturdays early in the morning - Between 09h00 and 11h00. Take a shopping list of titles/artists
- A Walk through **Lazenki park** with the kids on a Sunday
- **Ceramika BMW** - [www.bmw.art.pl](http://www.bmw.art.pl) - This is a must do for anyone who likes modern ceramics, the artist has a changing display in his renovated barn about 40 minutes from centre of Warsaw. Absolutely worth the drive to see!
- Places to stay at outside Warsaw:
  - **Siedlisko Morena** - [www.siedliskomorena.pl](http://www.siedliskomorena.pl)
  - **Mlyn Klekotki** - [www.hotelmlynklekotki.pl](http://www.hotelmlynklekotki.pl)
  - **Villa Park Wesola** - [www.villaparkwesola.pl](http://www.villaparkwesola.pl) ( near Warsaw!)
  - **Two Moons** in Kazimierz Dolny

# Mums & Tots of Warsaw news

February 2006

ON the TOWN

events

key dates

14 February ..... **St. Valentine's Day**  
17 February ..... **British & American Schools** - Half Term Holiday re-opens 27 February  
23 February ..... **Thusty Czwartek** or Fat Thursday  
28 February ..... **Shrove Tuesday**  
28 February ..... **M&T Children's Carnival** at Hulakula

01 March ..... **Ash Wednesday** - beginning of Lent (40 days before Easter)  
**01 March** .... **M&T COMMITTEE MEETING** at Lisa Martin's house, 10h00 till 13h00  
26 March ..... **Mother's Day** - celebrated in the UK

25-28 May ..... You may be interested to learn that **Pope Benedict XVI will visit Poland**. The pilgrimage will begin in Warsaw and continue in Wadowice (the hometown of John Paul II), Czestochowa (Poland's largest centre of the Virgin Mary) and visit to Auschwitz and Cracow.

exhibitions

10-12 February. .... **Peter Pan on Ice** - Spectacular ice-skating show - Torwar ul. Lazienkowska 6  
[www.alterart.pl](http://www.alterart.pl)

concerts

[www.shortcut.pl](http://www.shortcut.pl)  
[www.ebilet.pl](http://www.ebilet.pl)

03 February ..... **Grace Jones** - The Congress Hall - [www.pkin.pl](http://www.pkin.pl)  
10 February ..... **Susheela Raman** - Fabryka Trzciny - [www.shortcut.pl](http://www.shortcut.pl)  
12 February ..... **EST Esbjorn Svensson Trio** - Fabryka Trzciny - [www.shortcut.pl](http://www.shortcut.pl)

17 March ..... **Chris Rea** - The Congress Hall - [www.pkin.pl](http://www.pkin.pl)  
26 March ..... **Gaelforce Dance** - Sala Kongresowa - [www.pkin.pl](http://www.pkin.pl)  
31 March ..... **Simple Minds** - Stodola - [www.shortcut.pl](http://www.shortcut.pl)

theatre

[www.teatr Wielki.pl](http://www.teatr Wielki.pl)  
[www.teatrroma.pl](http://www.teatrroma.pl)

03/05 February. .... **AIDA** Giuseppe Verdi - [www.teatr Wielki.pl](http://www.teatr Wielki.pl)  
09 February ..... **LA BAYADERE** Ludwig Minkus/John Lanchbery, Ballet - [www.teatr Wielki.pl](http://www.teatr Wielki.pl)  
18 February ..... **ROMEO & JULIETTE** Hector Berlioz, Dramatic Symphony - [www.teatr Wielki.pl](http://www.teatr Wielki.pl)  
19 February ..... **SPARTACUS** Aram Khachaturiani - [www.teatr Wielki.pl](http://www.teatr Wielki.pl)  
23 February ..... **MADAME BUTTERFLY** Giacomo Puccini

film  
showing

Bambi II

The British School plans to organise a viewing "**Bambi 2**" in English (Walt Disney production). It will be shown at **Galeria Mokotow** in Cinema City on **Sunday 5 February at 14h00**.

Tickets can be bought from both secretaries at The British Schools, on ul. Dabrowskiego and ul. Limanowskiego. On **19 February** the school will also try to organise the viewing of the film "**Nanny McPhee**" (starring Colin Firth and Emma Thompson) at **Multikino in Ursynow**.

- **Munich** - Factual Drama - Cast Eric Bana, Daniel Craig, Geoffrey Rush. Munich tells the dramatic story of the 1972 massacre. This Spielberg film guarantees to get you talking. Perhaps a tad long-winded, Steven Spielberg's Munich is a still a well-crafted, superbly acted film, centering on the aftermath following the shocking Israeli hostage crisis at the 1972 Munich Olympics.
- **Pride And Prejudice** - Romantic Drama - Cast Keira Knightley, Donald Sutherland, Matthew MacFayden. It's true Jane Austen's lush and romantic Pride and Prejudice has been adapted too many times to count, but this latest film version can take pride in being one of the best.
- **Prime** - Romantic Comedy - Cast Meryl Streep, Uma Thurman, Bryan Greenberg. With a charismatic leading lady and her equally captivating toy boy at the helm, Prime is an enjoyable look at a budding, albeit complicated, romance.
- **In Her Shoes** - Romantic Comedy - Cast Cameron Diaz, Shirley MacLaine - in a story about two estranged sisters who must overcome years of anger and resentment while reconnecting with a lost relative, In Her Shoes certainly aims for the touchy feely crowd. The film is warm, embracing and witty and definitely not just another chick-flick.
- **Kiss Kiss, Bang Bang** - Action Comedy - Cast Robert Downey Jr., Colin Farrell, Val Kilmer, Michelle Monaghan. As one of the best noir crime thrillers since L.A. Confidential, Kiss Kiss Bang Bang is also going to make you laugh and laugh.

# Mums & Tots of Warsaw news

Paczki

February 2006

## polish corner

carnival in poland  
23 - 28 / 02 / 2006

### CARNIVAL IN POLAND

In Poland the traditional way of celebrating Carnival is 'kulig', a horse-drawn sleigh ride through the snow-covered countryside. The Polish Carnival Season includes Fat Thursday 'Tłusty Czwartek' - a day for eating 'paczki' - and Shrove Tuesday (28 February) 'Śledziówka', or Herring Day - herring is a traditional Polish appetizer for drinking vodka.

The Fat Thursday 'Tłusty czwartek'(23 February) is a traditional Polish feast marking the last Thursday before Lent. It is similar to, but should not be confused with, the French festival of Mardi Gras ("Fat Tuesday"-Carnival Day 28 February). Traditionally it is a day of gluttony and belly-worship, when people meet in their homes or cafes with their friends and relatives and eat large quantities of sweets, cakes and all other meals forbidden during the lent. Among the most popular all-national dishes served on that day are 'paczki', and 'faworki', French dough fingers served with lots of powdered sugar.

The most popular tradition in Poland on Fat Thursday is the making and eating of 'paczki' - small sized donuts filled with marmalade, fried in fat.

Confectioners of the Blikle Café (the most famous café in Warsaw) sell an average of 10,000 paczki on a regular day. On Fat Thursday, they expect to sell about ten times more. Assuming that on Fat Thursday the average Pole will eat 2.5 paczki, they will consume over 96 million paczki's on this day.

So, before you decide to over indulge on these delicious cakes, stop and think for a moment that the average caloric value of a paczki is between 220-230 calories, depending on the filling, to burn this amount of calories off, you need to walk for 2 hours or run for over a half hour!

The following Tuesday, known as Fat Tuesday -28 February, the day before Ash Wednesday is what we commonly know as Carnival. It is celebrated throughout the world especially in Brazil, by dressing up in fancy dress and masquerading through the streets. As with many other western traditions the Polish have also adopted this one, the children in particular are the ones who enjoy this day the most as they get to dress up in their favourite costume for the entire day.

### CARNIVAL AROUND THE WORLD

The Carnival Season is a holiday period during the two weeks before the traditional Christian fast of Lent. Most commonly carnival last until Shrove Tuesday (Mardi Gras) the day before Ash Wednesday.

In ancient times, the festival was linked to the beginning of spring, and the idea behind Carnival was to scare evil spirits away. This is usually done with processions, where the participants wore horrible masks, and where everyone that could would make loud noises and music with whatever was available. Later on, the processions were devoted to Patron-saints, the two most prominent being the virgin Mary or the Saint the local church was christened to.

Happy masquerading!

### Ingredients:

- 1 ½ cups of milk
- 2 yeast cakes
- 1 tsp salt
- ½ cup sugar
- 3 eggs
- 1 tsp vanilla
- ½ tsp nutmeg
- ½ cup butter
- 4 ½ cups flour

### Method:

Scald milk and cool to lukewarm. Break yeast into the lukewarm milk. Beat sugar and butter until fluffy, add eggs, salt, and flavouring. Add flour and milk gradually, beating well. Let rise in a warm place until double in bulk, about 2 ½ hours. Punch down, knead and let rise again. Place dough on lightly floured board, stretch towards you and fill with thick filling - rose, apricot or peach jam. Fold over and cut into desired size and shape like a ball, place on lightly floured surface and let rise. Fry in deep hot oil, turning only once. Paczki should have a dark brown colour before turning, to ensure baking thoroughly. Drain on absorbent paper. Sprinkle with confectioner's sugar.



[www.polishtraditions.net](http://www.polishtraditions.net)

[www.newpoland.com/traditions.htm](http://www.newpoland.com/traditions.htm)

[www.en.wikipedia.org/Carnival](http://www.en.wikipedia.org/Carnival)

## recipe paczki





# Mums & Tots of Warsaw news

February 2006

## schedule

monday

**Toddler Playgroup** - 10h00 till 12h00

Organiser - **Laura Spindler** - [spindlers@neotrada.pl](mailto:spindlers@neotrada.pl)

- 6 February 2006 ..... Celia Pozzecco
- 13 February 2006 ..... Lianne Stepnoski
- 20 February 2006 ..... HOST NEEDED - British & American School Half term break
- 27 February 2006 ..... Ester Levy-Gedacht
- 6 March 2006 ..... Sarah Brett
- 13 March 2006 ..... Laura Spindler
- 20 March 2006 ..... Loretta Molloy
- 27 March 2006 ..... Sinead Dunne
- 3 April 2006 ..... Annie Krasinska
- 10 April 2006 ..... Ester Levy-Gedacht
- 17 April 2006 ..... NO MEETING - Easter Monday Holiday

tuesday

**Play Group** - 10h00 till 12h00 at **HULAKULA** - ul. Dobra 56/66 (below the library of the Warsaw University)

Organiser - **Anne Long** - [alex.anne.long@neotrada.pl](mailto:alex.anne.long@neotrada.pl)

wednesday

**Hot Coffee day** takes place on the **first Wednesday** of every month at Coffee Heaven - Sadyba Best Mall from 09h00 onwards. Next "**Hot Coffee Wednesdays**" are on **1 February/1 March/5 April/10 April 2006**

wednesday

**Baby swim** - 10h00 to 11h30 at **SGGW** (College of Agriculture) - ul. Ciszewskiego 10, Ursynow

Organiser - **Oonagh Yeo** - [oonaghYeo@yahoo.co.uk](mailto:oonaghYeo@yahoo.co.uk)

thursday

**Mini Music** - 10h00 till 12h00

Organiser - **Anja Fels** - [anjafels@gmx.de](mailto:anjafels@gmx.de)

### **GROUP 1 (18 MONTHS AND YOUNGER)**

- 2 February 2006 ..... Irina Kelekhsaeva
- 9 February 2006 ..... Christina Eggers
- 16 February 2006 ..... Hedy Aigner
- 23 February 2006 ..... Janine Everitt
- 2 March 2006 ..... Valerie Colloredo Taittinger
- 9 March 2006 ..... HOST NEEDED
- 16 March 2006 ..... Sinead Dunne
- 23 March 2006 ..... HOST NEEDED
- 30 March 2006 ..... HOST NEEDED

### **GROUP 2 (18 MONTHS AND OLDER)**

- 2 February 2006 ..... Anne Long
- 9 February 2006 ..... Laura Spindler
- 16 February 2006 ..... Katia Roman-Trzaska
- 23 February 2006 ..... Andrea Steel
- 2 March 2006 ..... Paula de la Rua
- 9 March 2006 ..... HOST NEEDED
- 16 March 2006 ..... HOST NEEDED
- 23 March 2006 ..... HOST NEEDED
- 30 March 2006 ..... HOST NEEDED

friday

**Bumps & Babies Group** - 10h30 till 12h30

Organiser - **Hedy Aigner** - [hedy.aigner@gmx.net](mailto:hedy.aigner@gmx.net)

- 3 February ..... Oonagh Yeo
- 10 February ..... Janine Everitt
- 17 February ..... Christina Eggers
- 24 February ..... Hedy Aigner

## contacts

Thank you to everyone and all the various co-ordinators who contributed to this month's Newsletter, and in particular to Aga, Oonagh, Lindsey, Loretta and Anne.

Please forward us anything that you think might be of interest to other mums, especially if you are a newcomer or perhaps something on your experience of Warsaw. Your input is always welcome.

**Sinead Dunne** - [sinead\\_dunnepl@yahoo.com](mailto:sinead_dunnepl@yahoo.com) ■ **Lisa Martin** - [lisa.martin@neotrada.pl](mailto:lisa.martin@neotrada.pl)  
[postmaster@mumsandtots.com](mailto:postmaster@mumsandtots.com)