



Mums & Tots of Warsaw



A lot of hope

I hope that you all have had a nice winter break. Spring is not here yet, but hopefully it is just around the corner. In this month quite a few events are coming up. I hope you will be able to take part in some of them.

Spring is the perfect season to resume (or start) sightseeing Poland. We have compiled a number of suggestions. Marie has sent us a list of swimming courses, Aga sent a report on how **We Santas** made many children happy this Christmas. Thanks to both of you.

Finally we have some shopping tips. We hope you will enjoy. /Helle, Katia and Valerie

Activities

Monday

Mums and Tots weekly activities (see Schedule at the end of the newsletter)

The Toddler Play Group meets on Mondays from 10:00-12:00 at different mums' houses. The first Monday of every month it is held at The English Playhouse. Address: ul. Plycwińska 14 A (off Idzikowskiego).

Coordinator is Valerie Colloredo

Tuesday

The Tuesday Play Group meets in winter at:
HULAKULA. Ul. Dobra 56/66 (it is on the 1st floor) 10.00 – 12.00.

For more information contact Oonagh Yeo

Wednesday

Preschool Play Group: Afternoon playgroup for children between 3 and 5 years old. Venue: The English Playhouse; siblings are also welcome. From 3.30 pm – 5.30 pm. Address: ul. Plycwińska 14 A (off Idzikowskiego).

Organizer: Aga Strak

Baby Swim: at SGGW (College of Agriculture) - ul. Ciszewskiego 10, Ursynow. 10:00am - 11:30am. The price for mother & child is 21 PLN per hour.

Organizer: Marie Fahrenholz

Thursday

Mini music: Informal music playgroup in which mums take part.
Age: newborn to 3 years.
At 10 am – noon in different Mums Homes in Warsaw (see Schedule)

Organizer: Cornelia Preidelt

Friday

Bumps and babies. Age: Yet to be born to 18 months. In different Mums Homes in Warsaw (see Schedule). 10:00 - 12:00

Organizer: Katia Roman-Trzaska

Event

Mums night out – March 8

The March Mums' night out will take place at Castello, an Italian restaurant highly recommended by YOU!

The perfect winter combination: great company to warm up your heart, delicious Italian food to warm up your soul, and a fireplace to warm up your cheeks! This time you'll be able to choose your meal "a la carte" (suggested overall cost of your meal (incl. beverages and starters): 100zł), except for the starters, a choice of 4 starters has been offered to us for the special price of 27zł per person: spinach salad, focaccia (bread), caprese, a choice of Italian hams, salmon and avocado.

Come enjoy the ultimate Italian experience in Warsaw! Buono appetite!!

www.castello.pl
Ul. Wiernicza 96, Wilanow



RSVP by March 6

If you want to join please send Marie Fahrenholz an E-mail:
mcmeunier72@hotmail.com

Meeting

Committee meeting – March 21

Mums and Tots next committee meeting will be March 21 at Marjoleins' place.

The door is open from 11 on – meeting will start at 11.30. If you'd like to be more active with in M&T or have some ideas for activities, please come by all means. Let Marjolein know by e-mail or by giving her a call.

Party

AFW event – A Magical Ball'

You are invited to the American Friends of Warsaw 's charity ball - 'A Magical Ball' on Saturday 10 March at the Intercontinental. All details can be found in the poster in the end of the newsletter.

Please save the date - it should be a fun event!

Getaways

Weekend and holiday get away in Poland

Here are a few ideas for the long weekends and holidays to come if you are interested in sightseeing Poland. (* Be ware that some of the names are not spelt 100% correctly, because I do not have the polish fonts installed on my computer).

Kraskow near Wroclaw

Kraskow is a small village not far from Wroclaw. Hotel Kraskow is a Baroque palace with a beautiful location.

<http://www.hotel-palac-kraskow.com.pl>
rezerwacje@kraskow.pl

Castle of Ksiaz is about 45 km from Kraskow (30min by car).
You can also go to Swidnica (15km, 20 minutes by car) it's a beautiful small town with lot's great places like Church of Peace and museums.

Jelenia Gora Valley

The Paulinum Palace is located in the real heart of Jeleniogórska Valley. It is a beautiful and historic farm hotel. It is possible to rent bikes to go for a ride on specially created beautiful 100 km trail. They also offer some wellness treatment: Jacuzzi and a salt cave.

Palac Paulinum
ul. Nowowiejska 62
Jelenia Gora
www.paulinum.pl

Krakow

Krakow is a must. There are many hotels to choose from, but here are two very nice ones.

Paszkowka Palace is 30 minutes out of Krakow. The hotel have many offers for example special weekend packages for two.

Paszkowka Palace
Paszkowka Woj Malopolski, Krakow
www.paszkowka.pl

Hotel Copernicus is located in the centre of Krakow. It is very stylish and the rooms are all beautifully decorated.

Hotel Copernicus
Kanonicza 16
31-002 Krakow (Malopolska)
Tel. + 48 12 424 3400
www.hotel.com.pl/copernicus

Białowieża Forrest and National Park

Białowieża Forest is the last well preserved fragment of primeval European lowland and deciduous forests. It is located in the Northeastern part of Poland.

The National Park website:
http://www.bpn.com.pl/index_en.htm

There are several places to stay near Białowieza National Park. Here is one choice.

Pensjonat "Sioło Budy"
Budy 41. Białowieża
tel. 085-681-29-78
kom. 0698-664-496
<http://www.siolobudy.pl/>

North Coast

If you plan to go to the North coast Zamek Jan III Sobieski is a nice place to stay. It is a rebuilt Castle on the coast. Families are welcome and there is a playground and a play room for the children.

Zamek Jan III Sobieski
Rzucewo 6
Puck
www.zameksobieski.pl

Swimming

Swimming for children

Most children love to play in the water. And a good payoff is that they often sleep like a rock afterwards.

Here is a list that Marie made with addresses and contact data :

Swimming lessons

Le Soleil

Ul. Na uboczu 18. Ursynow/Natolin
022-649-00-87

Lessons for babies and small children
All lessons last 30 mins.
Sat. 13.00-14.30
Sun. 9.30-12.30

30zl each time or 125zl for 5 times (karnet)
Call a few days ahead to reserve a place.
www.lesoleil.pl

OSiR- Żoliborz

Ul. Potocka 1. Żoliborz
022-832-46-00

For children aged 0 to 2: Aqua Master organises the lessons.

www.aquamaster.met.pl
www.osir-zoliborz.waw.pl

Different schools (for older children) use these premises as well (see website)

Basen Delfin

Ul. Kasprzaka 1/3, next to Ul. Towarowa. Wola
022-424-71-40

For babies and children.
„Centrum Mama, tata i ja” organises the lessons there and in other swimming pools (see website), 022-498-34-90

Thurs. 17.00 and week-end
www.mamatataija.pl

SportGames also organises lessons at this same pool
Sunday

15.30-16.	1-2 year olds
16.-16.30	0-1
16.30-17.0	1-2
17.-17.30	0-1
17.30-18	2-4
18.-18.30	4+

Cost: 12 times 30 minutes, 260zl

Pingwin

Ul. Oławaska 3a. Bemowo

SportGames organises the lessons at following times:

Fri. 18-18.30 0-1 year olds

18.30-19 1-2

Sat. 10.-10.30 0-1

10.30-11 1-2

11-11.30 1-2

11.30-12 0-1

12-12.30 5+

12.30-13 2-4

13-13.30 2-4

13.30-14 4+

Sun. 9-9.30 1-2

9.30-10 0-1

10-10.30 2-4

Cost: 12 times 30 minutes, 260zl

www.sportgames.pl

SGGW Swimming pool

Ul. Ciszewskiego 10. Ursynow

022-593-12-83

Mrs Malgorzata Witmanowicz is in charge of organising the lessons. Her number is 608-500-069 (littre Engl.), her colleague Agnieszka Sikorska 603-200-006 speaks English (and also other instructors).

Wed-Thur-Fri 9.30-10.30, 15.00-15.30 0-2 years olds
15.30-17.00 older children

Sat 8.30-11.30 (many groups for different ages) Sun

9.30-11.30 (idem)

Next course starts March 19

300zl for 12 lessons

It's rather difficult to join in once the course has started.

Ul. Bukowinska 24A. Mokotow

022-847-49-80

Sat 16.45-17.15 (2 lessons)

30zl per individual lesson or 250zl for 10 times

Next course starts in February. Possibility of joining almost any time if there are places.

No English, but all exercises are clearly demonstrated.

I go there and love it.

Charity

Letter to Santa 2006

This year I distributed letters from 51 children:

31 - from Dom Dziecka –Orphanage in Pacanow,

20 - from children from very poor families in Pacanow.

In the end **Santas** organized even more presents because all children from poor families have many younger or an older siblings, so we tried to have something for them, too. They all got extra large parcels or even extra presents so at the end 84 children had a better Christmas.

34 Santas are mums from Mums and Tots .

A Big Thank You on behalf of all CHILDREN!!!!!!!!!!!!

Stefan (my husband) and our friends Ania and Sławek drove to Pacanow on Saturday the 06.01.2007. The 2 cars were full of presents.

The orphanage is run by nuns. Almost all the children who got our presents are victims of their parents' behavior. The children from the orphanages mostly still have parents but they are not able or willing to bring up their children. The orphanage in Pacanow is a real home for those children. Their rooms are very clean and tidy. The nuns are doing a fantastic job. The youngest boy is 3 years old the two oldest 18.

The children from poor families are in a worse material situation than the children from the orphanage. Many of them have only one proper meal at school, a home which doesn't look like a home, many of them permanently drunk parents. Some are from big families (up to 8 children) where the mum is thoughtfully trying her best - but in very poor conditions. One of these families has not had electricity for the past 3 years .

Like always the children were waiting very excitedly. There is always a very warm welcome in the orphanage with singing, tea and cake. Then all are helping to unload the car. Can you imagine all these children running and helping with carrying the parcels? Then in the dining room was the most exiting moment: giving out and opening the presents. The children were overwhelmed!

Once the first round of presents had been distributed, the Santas went upstairs to the younger children's section, where all the sick children were in their beds and waiting patiently for their presents. Also here cheerful eyes and glowing cheeks greeted Santa's helpers. And as downstairs Christmas carols were sung, and then the boxes were opened with enthusiasm.

It was the 5th time in Pacanow in orphanage and like always it was a very special day. Some of the children remembered the first time we had come, when they still would not believe that someone would think of them and come to this far-off place. As always it was hard to leave this place full of love and thankfulness without a tear in our eyes.

There is still money from Mums and Tots Christmas Bazaar - 3000 zł . Mums and Tots decided to give each of the 18-year old children : Ania Wojnowska and Marcin Zapart 1500zł. Both children who are leaving the orphanage this year will continue to attend school, what means they will receive welfare of 500 zł per month from which they have to pay for rent for a room, buy food, clothes ...everything they need.

Then Santas went to the school where the other children with their parents and siblings were waiting. The class room was full. Many of them are really poor children, often unwashed, dressed in old clothes. Many of them hadn't got anything for Christmas. Some families had come by car, one by horse cart, but most had walked the way to the school. At the beginning there was a short artistic program by the children. Then the distributing and opening the presents. I am sure they were in heaven!

We will definitely go again to Pacanow in spring with „**Shoes for summer holiday**”. We will get a list with all names and sizes. Everybody who wants to join us is welcome. And so are any other ideas or initiatives.

Aga Strojna -Rasche

Shopping

New shopping centre

The new shopping center Złoty Taras (The Golden Terraces) behind the Central Train station is finally open. Among all the usual stores one can find a few new brands for Poland: Mac and the Body Shop for cosmetics, Naf Naf and a special Hugo boss for clothes, and there is also a Hard Rock Cafe. There is a big Apple I spot for those interested.

There are also some new shops with clothes for children. Next have nice clothes for children and the French shop Petit Patapon have pretty dresses for girls and cool trousers for boys.

Online

Kalimba

Kalimba is Polish toy maker. Great design and quality mainly made of wood or natural materials. Many different items such as horse on a stick, crocodiles on wheels and funky soft toys.

The toys gained awards in the 'Child-friendly World' competitions for their functionality and design.

It is possible to buy the toys online at www.kalimba.pl - or in several shops in Warsaw (see website).

Shopping tip

There are two great organic food shops in the first part of Land shopping mall at Sluzew including an organic meat store. Also Land has the greatest little fruit market which, though small, has the greatest assortment of fruits and nuts of the best quality year round, plus lots of natural food items too! this might be due to the fact that there is a terrific sushi bar in the second part of Land.

/Siona

Polish artists from the Warsaw Fine Art Academy

For birth events or any family announcement, Polish artists from the Warsaw Fine Art Academy realize beautiful and dedicated work of art for your announcement cards.

Do not hesitate to send us your request or project by e-mail (grafart@hotmail.com) or contact us (kom : 0505 267 274) /Clarisse



Classified

The Classified section

If you have anything for sale or rent please remember the Classified section on our mums and tots website: <http://www.mumsandtots.com/classifieds.htm>

There are always good offers from other mums ect. Cars for sale, houses for rent and recommendations for a good babysitter or housekeeper. If you are looking for something specific it is also a good place to put a request. And it is very easy to use.

Ads



French Pre-School

First Private French Pre-School
in Warsaw (1994):

- for children aged 2-6
- lessons conducted exclusively in French
in accordance with the curriculum set by the
French National Education Ministry
- activities in small groups with focus
placed on each individual student

**We welcome all little Princesses
and Princes together with their parents
for a morning "Open House"
on Saturday, 24th of March, 2007
from 10:00 to 13:00**

(presentation of classrooms and curriculum, exhibition
of children's artwork, games, French breakfast,
sign up for a free week of classroom activities)

ul. Nobla 16
03-930 Warszawa
+48 (22) 616-14-99
+48 605-344-038

www.saint-exupery.pl
info@saint-exupery.pl

AMERICAN FRIENDS IN WARSAW
Annual Charity Event

Magical Ball
2007

Saturday, March 10, 2007
at
7:00 pm
at
INTERCONTINENTAL HOTEL
ul. Emilii Plater 49

Black Tie

Ticket Price (per person): 375 PLN
For information contact:
Paula Rewald - 0601 809 393 - prewald@gmail.com

In benefit of The Friends of Litewska Hospital Foundation

Schedule

Monday	<p>The Toddler Play Group - At 10 until noon</p> <p>5 March The English Playhouse</p> <p>12 March Kadri Keric</p> <p>19 March Marta Cross</p> <p>26 March Valerie Colloredo</p> <p>2 April The English Playhouse</p>
Tuesday	<p>The Tuesday Play Group in Hulakula From 10 until noon</p>
Wednesday	<p>Preschool Play Group</p> <p>The English Playhouse. From 3.30 pm – 5.30 pm</p>
Thursday	<p>Mini Music - At 10 until noon</p> <p>March 1 Sylvia Luebke</p> <p>March 8 Christina Eggers</p> <p>March 15 Catherine Hall</p> <p>March 22 Marija Vuk</p> <p>March 29 Janine Everitt</p>
Friday	<p>Bumps and babies - At 10:30 am - 12:30 pm</p> <p>March 2 – Mariselle</p> <p>March 9 – Helen</p> <p>March 16 – Katia</p> <p>March 23 – Ruta</p> <p>March 30 – host needed</p>



in English, French and Polish
www.littlechef.pl