



Mums & Tots of Warsaw news

June 2005

WELCOME

A warm hello to everyone, in particular to all newcomers to Warsaw. We hope you'll be very happy here and make many good friends through the Mums & Tots group. A big thank you to all of you who have volunteered for the various positions in the Mums & Tots group – we know you'll enjoy it. Also enjoy this gorgeous weather we hope it's going to last! There are a few changes to the Mums & Tots schedule this month. *Please read carefully, anything new about the various activities is highlighted magenta and in Italics*

ACTIVITIES

monday play group

Play Group at the Pre-Nursery at the British School (on ul. Dąbrowskiego 84/90) from 13h30 until 15h30. *The session at the British School will soon be coming to an end – please note that the last play group is on the 3rd of July.*

hot coffee monday

Every second Monday of the month, meet up with other mums (with or without little ones) for a coffee and a chat at Coffee Heaven - Sadyba Best Mall from 9h00 onwards. Mums of older children also welcome. *Next "Hot Coffee Monday" 13 June 2005*

baby music

Baby Music occurs every 1st and 3rd and sometimes 5th Monday of the month at different mums' houses.

baby swimming

New activity for babies (0 to 24 months)! Every 2nd and 4th Monday of the month from 11h30 till 12h30 there will be baby swimming at Aqua Relax, Ursynow – Kabaty, ul. Wilczy Dol 4 (entrance from ul. Pod Strzecha). It's very informal with no teacher, just buy your ticket and meet everyone in the pool. Please bring a swimming hat.

Oonagh Yeo has now replaced Dora Rechnitzer as organiser for the Monday baby group. A big thank you to Dora for all her efforts.

tuesday play centres & play grounds

There are two indoor options, with Kangurek being the most popular, but from May onwards we have decided to move outside on Tuesdays. Depending on the weather, we'll meet on cold or rainy days at Kangurek/Stonoga (see details below) or on sunny days at the larger play ground, **Park Dreszera on ul. Odynca**, entrance from Al. Niepodleglosci. The play facilities for children are great and there is a new coffee room.

- **Kangurek play centre**, Stara Papiernia -Konstancin from 10h00 till 12h00. Open to all ages. Part of the morning is dedicated to singing, arts & crafts. Aga Strojna-Rasche is our coordinator. Costs 12 PLN for the morning (for M&T members) or purchase a discount card costing 100 PLN for 10 sessions. Please note that this discount card is only valid for 2 months, from date of purchase.
- **Stonoga play centre**, ul. Zielona, Piaseczno from 10h30. A number of mums meet at Stonoga an alternative to Kangurek. Costs 10 PLN for the session. First tea/coffee is free!

PS: Tuesday 21 June -M&T Warsaw Zoo Morning Outing - Meet at entrance at 10 am.

wednesday play group

Play group for mums, tots and babies every Wednesday from 10h00 until 12h00 at different mums' houses. If you are interested and would like to host please email postmaster@mumsandtots.com

mums & tots gym

Gym class (with big balls, steps, banks etc) for mum and tot at 16h00 in the fitness room at AQUA RELAX, Ursynów - Kabaty ul. Wilczy Dól 4 (entrance from ul. Pod Strzecha!) and at 17h00 there's an Aqua class for mum and tot in the pool. Those of you interested can do both or just one activity. Either way you pay only 20 PLN. For more information contact: Aga Strojna-Rasche - Tel: 855 4250/0604 497 000 - email: agastefanmv@yahoo.com

thursday mini music

Singing group for tots up to 3 years which takes place in different mums' houses between 10h00 and 12h00 on a voluntary basis. If you are interested in hosting, Cecelia Cienska our mini-music coordinator needs hosts for July onwards.

friday bumps & babies

Group for or mums-to-be and mums with babies (under 18 months old). The group meets at different mum's house each week between 10h00 and 12h00. The co-ordinator for this group is Kate van Schuijburg.

morning in park

Informal get together, weather permitting, from 10h00, for all mums & tots at Mood Café, Park Jordanowski, ul. Odynca.

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NEWS mums & tots meeting



morag
milligan
postmaster



aga
strojna-rasche
new postmaster

See schedules end of Newsletter for details of who is hosting and when. Full contact details of co-ordinators and hosts can be found in the M&T contact list. Please email postmaster@mumsandtots.com if you need the contact list at any time. Feel free to contact the appropriate coordinator if you would like to host - go on it will be fun!

The Mums & Tots committee meeting was held at Morag Milligan's house on 11 May. Thank you to all of you who turned up and particularly to those of you who volunteered to help out. We are pleased to say that we have now filled all of the positions. On behalf of all the mums at M&T, I would like to say a BIG thank you to all the volunteers, we really appreciate all the hard work and time and effort. Good luck and enjoy. Listed below are all the new co-ordinators.

Monday Baby music - Oonagh Yeo is replacing Dora Rechnitzer as coordinator as from 11 May.

Tuesday Playgroup - Aga Strojna-Rasche to continue as coordinator.

Wednesday Playgroup - Laura Spindler to replace Morag Milligan as coordinator as from 10 July.

Thursday Mini-music - Anja Fels to replace Cecelia Cienska as coordinator as from July.

Friday Bumps & Baby group - Kate van Schuijlenburg is to continue as coordinator.

Social Secretary - Loretta Molloy is replacing Tracey Bull from beginning of May.

Newsletter - Sinead Dunne and Christine Ashton to replace Melissa Tovell and Sarah Brett after the July/August issue. Lisa Martin will continue to look after the desktop publishing

Webmaster - Sharon Fishchli to replace Lindsey Wislocki over the coming months.

Postmaster - Aga Strojna-Rasche to replace Morag Milligan at the end of June. Sansanee Wozniak who only joined Mums and Tots in May has agreed to be our postmaster as from December.

update

weekend to breakthrough breast cancer

by melissa tovell

May has been a quiet month for us in terms of events but we have reached 77% of our target of £6,000. Check out the official website at www.breakthroughweekend.org to see our progress (or make a donation), just go to "sponsor a participant" and type any of our names, Melissa Tovell, Jane Sahota, Karen Loughran or Sue Elliott. Funds have been raised so far through donations from family and friends, the Grand Cru wine tasting, a cookery demonstration and from selling Lisa Martin's hand made greetings cards (thank you so much for all your efforts Lisa). We also have a few things going forward.

Charity Card Sale & Coffee Stop - On the 6 June - Lisa Martin and Christine Ashton have kindly offered to host a coffee morning and card sale at Christine's house - ul Wrobla 41 - and donate 10% of the proceeds from the card sales to the Breakthrough breast cancer charity (we really appreciate this Lisa & Christine). If you need to stock up on birthday or Father's day cards - come along from 10am onwards and support our cause at the same time.

Cookery demonstration - After the successful Indian cookery demonstration by Priya Patel we have decided to organise a similar event, this time the theme will be canapes and hors d'oeuvres. The date has yet to be fixed but details will be circulated in early June.

Mums & Tots Jumble Sale on the 17 June we will be running a refreshment stall selling teas, coffees, juice, cakes and biscuits and all proceeds will go to the breast cancer charity. We look forward to seeing you there. If you can lend a hand by making a cake or two then please call Melissa - 603 634 002.

We continue to train hard and usually do a long walk (at least 9k) every Thursday and Sunday morning as well as lots of little walks in between. Give me a call if you would like to join us on one of our walks - we don't walk too fast and you'll see so much more of Warsaw.

births



Congratulations to my Co-Editor Sarah and her husband Tim on the birth of their third child Frederick, Edgar, Francis Brett on the 18th May 2005. Little Frederick who was born at St Sophia hospital (ul. Zelazna) weighed in at 3.1 kg (just under 7lbs), measured 53 cm and has lots of dark brown hair. William and Elsie seem very pleased with their little brother and I can report that he is absolutely gorgeous.

Our new social secretary organised a mums' night out at the Greek restaurant Lithos - ul. 50/52 Wilcza - Tel. 623-02-53. It was very well attended and a great evening was had by all.

One minor incident - we almost had to call the fire brigade out when one mum who shall remain nameless (*it was Loretta!*) set fire to her menu. Thanks must go to Karen Loughran for putting the fire out so speedily before too much damage was done. The dads also had a night out at the Cinnamon Bar courtesy of their new social secretaries (Will Eggerton-King and Phil Molloy). Any dads who would like to receive details of these dads' nights out should email - Phil_LorettaMolloy@yahoo.ca

mum's & (dads') night out

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ON the TOWN

CALENDAR

EVENTS

concerts

upcoming events &
on-line booking:
www.shortcut.pl
OR
www.ebilet.pl
tel.: 622 0060

05 June-Sept. 25 . **CHOPIN CONCERTS** in Royal Lazienki Park **every** Sunday, call the concert department on 826 6549 or 827 5471 for details. Performances are twice every Sunday (at 12h00 and 16h00). The series encompasses a total of approximately 45 concerts with an average attendance of 3,000-4,000 listeners. Concerts feature the best Polish and foreign pianists, including young scholarship holders and winners of international competitions. Chopin Concerts are well-known cultural events enjoyed by Varsovians as well as visitors to Warsaw and are a frequent item on the agenda of governmental delegations and special visitors to Warsaw. Admission is free.

13 June **CHOPIN FESTIVAL** Kevin Kenner one of the world's most distinguished Chopin pianists will be delivering an extensive recital at the Philharmonic Hall - www.fiharmonia.pl

June 15 - July 26 .. **XV Mozart Festival**, Wolfgang Amadeus Mozart gala. Operatic, symphonic and chamber music performances. For more info.: Tel.: 628 3096 - e.mail:ticket@wok.pol.pl - www.wok.pol.pl

15 June **MOBY** at Torwar stadium 9pm (entrance from 6pm), Warsaw, tickets cost 125, 110 PLN - www.ebilet.pl

18 June **"WIANKI 2005" Traditional Folk Event - Open air concert** at The Old Town - Podzamcze, near Royal Castle, Warsaw. For more information: Tel.: 849 3286 /website: www.estrada.com.pl

24 June-25 July **XIII WARSAW SUMMER JAZZ DAYS** in Zamkowy Square, an event conceived and organized by Mariusz Adamiak - has been a fixture of the capital's cultural program since 1992. The festival aims to present and promote the most creative currents.

Full details at www.adamiakjazz.pl / www.warsawvoice.pl

One for the diary...

05 July **U2 Vertigo Tour**, Slaski Stadium, Katowice - www.ebilet.pl

There's plenty going on at the Opera Narodowa this month - here is a selection but check out the website for a full schedule:

01 June **Mister Marimba** - Marta Ptaszynska (children's opera)

04 June **Korper** (bodies) - Sasha Waltz and guests (dance theatre from Berlin)

12 June **Ballet** evening of the Roman Turczynowicz State school

24 June Gala Final of the 12th **Eurovision Young Dancers Competition**

Slaska Noc Swietojanska (Midsummer's Eve), wreathes with candles on the Wisla River, ending with fireworks - Wisla River on 21 June 2005

Salvador Dali: Illustrator - 21 April to 19 June 2005

National Muzeum - al.3 Jerozolimskie - Tel.: 629 3093 - www.mnw.art.pl

The National's second Spring exhibition presents a smattering of works by mustachioed Spanish artist, Salvador Dali. Here you'll find some gems from the Neumann/ Reumann collection in Stuttgart, emphasizing the artist's skill as an illustrator. Drawings, prints, books, sculptures and more will be on show. A must for Dali fans.

Waltera Liggesmeyera - born 1938 - German artist, poet and writer.

Art exhibition is on at Galeria Zapiecek, ul. Zapiecek 1, until the 3 June 2005.

For more information www.zapiecek.com/galeria2005/liggesmeyer.html

The next book club is 14 June 2005 at 20h00. The Book being reviewed is Shadow of Son by Kapuscinski. Everyone welcome. For more information call Jess mulligan-0693 041 085

midsummer's eve

art exhibitions



book club

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KEY DATES

- 01 June..... **WARSAW FOR CHILDREN**, Zamkowy Square, for more info on the event www.estrada.com.pl
- 06 June..... **Charity Card Sale & Coffee Stop** (details page 2 & 9)
- 11 June..... **American & British Schools Soccer Club Fun Day**, starts at 10am, ul. Limanowskiego, Sadyba - www.abssc.tk - for more details.
- 11 June..... **American School of Warsaw - Annual Spring Fair**, 12-4pm. Food, fun & games for everyone. Sporting events, bouncy castle and face painting.
- 12 June..... **Spring Festival** (12h00-19h00) – A family fun day in support of Polish children at Centrum Promocji Kadr, ul. Glowackiego 3/2, Konstancin-Jeziorna, tickets 100PLN. (See details page 6)
- 13 June..... **Hot Coffee Morning** - Coffee Heaven - Sadyba Best Mall from 09h00
- 17 June..... **M&T Baby & Toddler Goods 2nd Hand Sale**
- 18 June..... **"WIANKI 2005" - Traditional Folk Event** (details page 3)
- 19 June..... **Father's Day (UK, America)**
- 21 June..... **Slaska Noc Swietojsanska (Midsummer's Eve)** (details page 3)
- 21 June..... **M&T Warsaw Zoo Morning Outing** - Meet at entrance 10 am
- 23 June..... **Father's Day (Poland)**



- **Star Wars: Episode III - Revenge of the Sith**
Hayden Christensen, Natalie Portman, Ewan McGregor. After three years of fighting in the Clone Wars, Anakin Skywalker begins his journey towards the Dark Side of the Force, putting his friendship with Obi Wan Kenobi and his marriage at risk
- **Kingdom of Heaven**
Orlando Bloom, Eva Green, Liam Neeson. An epic adventure by Ridley Scott about a common man who finds himself thrust into a decades-long war. A stranger in a strange land, he serves a doomed king, falls in love with an exotic and forbidden queen, and rises to the knighthood. Ultimately he must protect the people of Jerusalem from overwhelming forces – while striving to keep a fragile peace.
- **The Jacket**
Adrian Brody, Keira Knightley, Daniel Craig. A psychological thriller about a military veteran who returns to his native Vermont suffering from bouts of amnesia. When he is accused of murder and lands in an asylum, a well-meaning doctor puts him on a heavy course of experimental drugs, restrains him in a jacket-like device, and locks him away in a body drawer of the basement morgue. The process sends him on a journey into the future, where he can foresee his death (but not who did it or how) in four day's time.
- **War of the Worlds**
Tom Cruise, Dakota Fanning, Tim Robbins. In a contemporary retelling of HG Well's classic, this sci-fi adventure thriller by Steven Spielberg focuses on the story of an ordinary man (Cruise) and his daughter (Fanning). Along with the entire population of Earth they must survive an invasion by aliens.
- **The Assassination of Richard Nixon**
Sean Penn and Naomi Watts. Bleak and compelling drama based on a true story. Sam Bicke (Penn) is a frustrated little man whose life is falling apart. His wife (Watts) has left him, his kids don't care, and his job as a salesman is depressing as hell. As America fights in Vietnam and President Richard Nixon lies from every TV screen he sees, Bicke begins to unravel, hatching a plan to fly a plane into the White House...
- **A Lot Like Love**
Ashton Kutcher and Amanda Peet. A romantic comedy about destiny, connection and the frequently fuzzy line between chance friendships and happily ever after. Traces the relationship of Oliver (Kutcher) and Emily (Peet) who met on a flight from LA to New York seven years ago - each of them declaring that they couldn't be more wrong for each other.

websites

- www.silverscreen.pl - website Polish/English and can order tickets on-line
- www.kinoimax.pl - website in Polish only
- www.multikino.pl - website in Polish only but easy to follow times etc; Wednesdays there

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USEFUL INFORMATION & TOP TIPS

shops

- **New Ethnic Food Shop - UK Himalaya** sells original Himalayan and oriental herbs and spices, ul. Na Skraju 52 (entrance from ul. Hipolitowej). Thanks to Bianca Morriss for this tip.
- **Marks & Spencer** – Pleased to see that the Marks & Spencer at Arcadia (2nd floor) has just started selling some food stuffs, basically the things that have a long shelf life. You can pick up great ready made pasta sauces and curry sauces, there's a great selection of different salad dressings, various crisps and dips, salad cream, nice crackers for cheese, jams, a selection of cereals, mini chocolate fingers and lots more! Go and check it out and treat yourself.
- Last month we mentioned the deli shop Samira. This month's hot find is **The Libyan shop Aisha** located in front of the National Library on al. Niepodleglosci stocks amongst other things pitta bread, great olives, humus, marinated eggplants and dolmas
- **Book Store - A.B.E. Marketing** - ul. Grzybowska 37A - Tel. (48 22) 654-06-75 e.mail: info@abe.pl, www.abe.pl - specializes in importing and distributing mainly English-language books from the United States of America, the United Kingdom, Germany and France.

miscellaneous

- **Photo Storage** - Lots of people keep asking me for the Kodak website that I use to store all my photos. You can invite friends/family to view your photos by email and Kodak will deliver any photos that you want developed to Warsaw or anywhere else - www.kodakgallery.co.uk
- **Cycling** – If you don't own a bike (and find it too much hassle to buy one) why not hire one and get out and enjoy this lovely weather. You can rent bikes from Local Rent a Car Poland Ltd - www.LRC.com.pl - e-mail: info@LRC.com.pl - tel: 22 826 71 00 - rent of bike starts at 14,50 Euro (as little as 6,50 Euro a day if you rent for at least 6 days) and they will provide helmets and child carriers free of charge. There are some great cycle routes to choose from. Why not try the one which runs parallel with the Vistula river (it starts from Kampinowski Wood and ends up at Powsin Park) and is a mere 37 km.
- **City tours** - LRC - www.LRC.com.pl - also provide private city tours of Warsaw (the city, the outskirts, Chopin's Warsaw, Jewish Warsaw), Kazimierz, Majdarek, Kozlowka, Cracow and Gdansk – tour includes driver, transportation and guide. Prices start from 120 PLN per person. Check out the website for details.
- **CHEAP FLIGHTS TO POLAND** - www.polandbyair.com
If you want to fly to Poland on a low-cost airline, it's a perfect place for you! "Polandbyair" list all possible low-fare connections to Poland. All essential links to airline websites are provided here.

article on colic anne alexander

- A friend in the UK sent me this article and I thought it was fascinating and perhaps useful if any moms over here who might have a colicky baby and are trying to breastfeed.
"The cure for colic When Oliver James's newborn son got colic, he and his wife prepared themselves for the horror of sleepless nights. Then they attended a breastfeeding clinic"
For more details on the techniques described here, see Breastfeeding (2004, Celestial Arts) by Renfrew M, Fisher C and Arms S. Copyright Guardian Newspapers Limited. To see this story with its related links on the Guardian Unlimited site, go to www.guardian.co.uk

fathers' day history

Sonora Dodd, of Washington, first had the idea of a "father's day." She thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Sonora wanted a special day to honor her father, William Smart. Smart, who was a Civil War veteran, was widowed when his wife died while giving birth to their sixth child.

Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910. President Calvin Coolidge, in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day. President Richard Nixon signed the law which finally made it permanent in 1972. In Poland this day is celebrated on 23 June and to all father's and father's-to-be a very happy father's day.

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POLISH CORNER

spring festival

12 June 2005 Spring Festival (12h00 - 19h00) - A family fun day in support of Polish children at Centrum Promocji Kadr, ul. Glowackiego 3/2, Konstancin-Jeziorna. Tickets 100PLN.

According to the website www.springfestival.pl, the fun starts at 12h00, at 13h00 the children will be served lunch. This will be followed by live music performances for small and grown-ups. Artists include - Brian Allan, Jazz Band and Ewa Kuklinska.

There will also be the following attractions - A lottery draw - War Hammer Championships - Bouncy attractions for the kids - Arts corner - Tournament of unusual competitions (sack racing, horse-shoe, egg throwing and lots of other surprising activities) - Boule - Pony rides - Board games corner - Team games led by the MC - Rope bridges - Beauty consultancy - Presentation of kitchen utensils for amateur cooks and Wine tasting for true gourmets

In addition to the above there will be live music, plenty of food from all corners of the globe, beer, wine and much, much more. The ticket proceeds will support Polish children - one event ticket sold will buy a meal for one child for a total of seven weeks.

Warsaw
for children

The youngest tourists will certainly not complain about monotone. The best way to fully enjoy the first encounter with the city is going for a thirty-minute ride in a little train around the New and the Old Town. Young passengers are accompanied by a guide informing about the most interesting buildings and statues. If Vistula's water level is high enough, you can make a cruise in a White Fleet boat, and watch city's panorama. On holidays you can go for a ride in a vintage tram which leaves from Plac Starynkiewicza (Starynkiewicza Square). It is indispensable that you ascend to the 30th floor of the Palace of Culture and Science to a terrace with the view of Warsaw.

The Old Town is a place treasuring traces of the most beautiful Warsaw's legends, i.e., Mermaid's Statues or Ostrogski Palace, where, in the cellars, a golden duck lived. Another attraction is a ride in a gondola, in the pond of Lazienki Park, and feeding swans. More exotic animals wait for you in the zoological garden, open every day till dusk. On rainy days, take advantage of in-doors attractions like the three-dimensional Imax cinema or three theatres for children - Baj, Guliver and Lalka, which invite the youngest audience to puppet shows and theatre performances. Concerning active leisure, sports institutions offer children's alleys - always numerously attended by young bowlers. Moreover, many horseback riding centres offer a ride. Finally, swimming pools are quite an attraction - some of them, apart from swimming lanes, offer slides, geysers, Jacuzzi, artificial rivers and paddling pools.

something
for dads

Can it only be 4 years since the last British & Irish Lions tour? Where does the time go? The greatest spectacle in Rugby is back! It's New Zealand's turn again, a tour which generally produces some of the best rugby you'll see on a Lions tour. Below is a fixture list. The Pink Bar at the British Embassy will be open for all Saturday matches. Please call the British Embassy - (22) 311 00 00 - if you intend to go along to confirm that the bar will be open.

british & irish lions
tour of new zealand

NEW ZEALAND

4 Juneopponent - **Bay of Plenty**kick-off...**09:10**
8 Juneopponent - **Taranaki**kick-off...**09:10**
11 Juneopponent - **NZ Maori**kick-off...**09:10**
15 Juneopponent - **Wellington**kick-off...**09:10**
18 Juneopponent - **Otago**kick-off...**09:10**
21 Juneopponent - **Southland**kick-off...**09:10**
25 Junekick-off...**09:10** - **1st Test**.....kick-off...**09:10**
28 Juneopponent - **Manawatu**kick-off...**09:10**
2 Julykick-off...**09:10** - **2nd Test**.....kick-off...**09:10**
5 Julyopponent - **Auckland**kick-off...**09:10**
9 Julykick-off...**09:10** - **3rd Test**.....kick-off...**09:10**



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USEFUL
INFORMATION
& TOP TIPS

publications
international

publications
local

websites

If you want to keep up to date with what is happening in the news and if you miss having a newspaper to read, try the following publications which can be delivered to your door. You might get the news a little bit late but at least you will be in the know eventually:

- **The Week** - a digest of British and foreign press - costs approx. £65/year www.theweek.co.uk/front_website/index.html
- **The Weekly Telegraph** - the best of the Daily & Sunday Telegraph - cost £72/year www.weeklytelegraph.com
- **The Guardian Weekly** - a digest of The Guardian and The Observer with pieces from The Washington Post and Le Monde - costs approx. £50/year www.guardian.co.uk/guardianweekly - see also the Guardian's Daily wrap, a news email delivered daily.

A reminder of the useful Warsaw publications:

- **New Warsaw Express** - English language newspaper e-mailed to you weekly, free of charge; subscribe by sending an email to local@new.com.pl
- **Warsaw Insider** - Monthly magazine - cost: 8PLN. Home delivery: 33PLN /6 months. This one is probably the most useful for details on restaurants, cinemas and restaurants and generally what is going on in Warsaw.
To subscribe: www.warsawinsider.pl
- **Warsaw In your Pocket** - Bi-monthly magazine - cost: 5PLN, or free at some restaurants/hotels.
- **Warsaw Voice** - Weekly magazine - cost: 10PLN. Home delivery: 128PLN/6 months.
To subscribe: www.wvmarketing.pl - Website: www.warsawvoice.pl
- **Poland 'What, Where, When' & 'What's Up in Warsaw'** - Free monthly and bi monthly from hotels, American Bookstore, etc. Website: www.what-where-when.pl
- **Contact International Business Voice** - The British Chamber of Commerce produces a free bi-monthly English Language magazine.
To subscribe contact Anna: media@bpcc.org.pl or phone: 654 5971.
- **The Visitor** - Free monthly guide in English and Polish available in many of the hotels and restaurants in Warsaw. It has some great tours to try out with your visitors, including one covering historic Warsaw and another on the squares and parks. Website: www.thevisitor.pl.

Websites about Poland and/or Warsaw

- Address listings only, **What's Up in Warsaw** - www.whatsup.pl
- Official Polish Government site - www.poland.gov.pl in English and www.polska.pl in Polish, port for all internet information about Poland.
- www.culture.pl - Cultural events in Poland in English
- www.e-warsaw.pl - Official website of Warsaw in English - great overview of the different Warsaw districts, good information for anyone moving to Warsaw
- www.warsaw-life.com
- General tourist information at:
 - www.explore-warsaw.com
 - www.warsawtour.pl
 - www.warszawaonline.pl - events, restaurants - Polish only
- General travel information at:
 - www.leisure-heritage.com
 - www.travelpoland.com
 - www.staypoland.com
 - www.visitpoland.com
 - www.poltravel.com
 - www.travellingpoland.com
 - www.point.travel.pl - To visit **Kraków**. Book yourself on a pre-arranged tour Everything done online or e-mail: point-i@point.travel.pl

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CLASSIFIEDS

Please note, inclusion of an advert in this Newsletter does not imply endorsement of goods or services by the Mums & Tots Group

cleaning lady
available

Halina, my cleaning lady has been working for us for the last three and a half years and is now looking for work as we are unfortunately leaving Warsaw. Not only is she an excellent cleaner, she is happy to look after children and prepare meals (she makes very good soups!). Halina is a warm and kind person and is extremely reliable (in the past 3 years I have known her to take only 2 days off sick!) She also speaks quite good English. Halina currently works 3 full days a week and would be looking for something similar. She will be available for work from the end of July. Please contact Bianca Morriss on 605457094 if you would like further information or speak to Halina directly on Mon., Wed. or Fri. on 8448454 (between 9am-4pm).

cleaning lady
available

Our Konstancin based cleaning lady will be available every Monday, Wednesday and Friday from 4 July. She has worked for us for 2 years and has proved to be hard working, trustworthy and reliable. No English. 12 pln per hour.
Please call Teresa direct on 754 6717 or Sarah on 756 4721 for more information

moving sale

- **Ikea computer desk** - large corner desk with curved edge to front, wooden top and metal legs. Very good condition. Price 260PLN.
- **Ikea office chair** - mid-blue swivel chair, adjustable height, very good condition. Price : 180PLN
- **Futon** - small double futon in terracota patterned fabric. Price 180pln

To buy these items or for more information and digital photos, please call KJ Bell on 642 8694 or 0609 779 282 or e.mai: thebells@wp.pl

want to buy

I am looking to buy second-hand baby travel cot. If you have one which you no longer use and wish to sell it, please contact Anna on mwmb@wp.pl

nanny position
wanted

My name is Dana. I am looking for a job as a nanny. I have good references and speak english. I can live with family. Only serious offers. I am available immediately. For more information please call Dana on 507 941 448 or e-mail : danuta_lubanska@wp.pl

driver wanted

We are looking for an english speaking driver. If anybody can recommend one with good references, please call Balaji at (22) 692 2040

cleaning lady
/nanny available

Pani Ela has been working for us (Mari Victor) for 3 years and is an excellent cleaning lady. She is responsible and trustful. She is as well very kind and speaks well English. She is also our babysitter when we go out at night (we have 3 little ones). She loves children. She is available immediately, Monday, Tuesday and Friday afternoons and week-ends. Please call Pani Ela: 0502 252 061

nanny wanted

I'm looking a for a part-time babysitter for my 5 months old cute baby. Preferably english speaking and with good references. Please call Mileja at 698255587.

stairgates wanted

I am looking to buy 2 second-hand stairgates. If you have any you no longer use and wish to sell them, please contact Kate at andre_kate_vsich@hotmail.com

contacts

Thank you to everyone who has contributed to this month's Newsletter, particularly Anne Alexandre. Please remember that this is your Newsletter, send 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 to date. Your input is always welcome, just send everything by email to one or both of us.

Melissa - andytov@msn.com or Sarah - sarah.brett@neostrada.pl
M&T - e-mail: postmaster@mumsandtots.com website: www.mumsandtots.com

Mums & Tots of Warsaw

news

June 2005

CLASSIFIEDS

Nanny Express



We give our best care and education... Because children are the most important! "Nanny Express" offers full time and part time nannies, hiring of your nanny through our agency (payroll service) and a monthly invoicing system for our clients. All our nannies;

- have teaching background and pedagogical experience
- speak at least English or another foreign language
- make sure your children receive a healthy diet
- play a music instrument, can draw and paint

We offer you the possibility to hire our nannies per hour or per month. In case of absence of your nanny, we guarantee a substitute nanny. For more information contact: Gosia at Tel/Fax. 022 893 38 50 - Mob. 0 691 023 523



We are relocating to Sweden at the end of June and will be moving into an apartment as a result most of our furniture and household goods have either been stored or we've had to sell. The goods are in very good condition and relatively new. For further information to view goods please contact: **Sandra at 0695 777 712**
e-mail: Sandrichka@aol.com

• **FURNITURE** - Rocking Chair w/footstool-Great for Moms! Off-white slipcover (denim blue underneath). From USA - **300PLN**

• **GYM EQUIPMENT** - Bench Press/Weight Machine - Inc. weights w/2 bars. From USA - **900PLN**

• **FREEZER** - Arco 6 drawer freezer - Less than 2 years old - **700PLN**

• **CHILD'S HIGH CHAIR** Martinelli - Collapsible / adjustable - **150PLN**

• **KETTLESWING** set with 2 person glider, swing & basketball hoop - **600PLN**

• **IKEA BUFFET** - original price 1550PLN - now **500PLN**

• **CLOSETS** - Full IKEA closet system. Mirrored doors, shelves, pull out drawers, hanging racks. Different types of units - call for information **40% of cost**

• **SWING** - Canopy (for adults) - original price 1595PLN - now **700PLN**

• **WOODEN GARDEN FURNITURE SET 1** - High quality / very sturdy -

• **Crescent Bench** - orig. price 1529PLN - now **750PLN**

• **Lounge Chair** - original price 659PLN - now **300PLN**

• **Chair** - original price 609PLN - now **275PLN**

• **WOODEN GARDEN FURNITURE SET 2** - High quality / very sturdy

• **Lounge Chair** - original cost 599PLN - now **275PLN**

• **Lounge Chair w/wheels** - orig. cost 599PLN - now **300PLN**

• **Table/4 chairs/cushions** - orig. cost 2165PLN - now **950PLN**

• **Loveseat** (matches table and chairs) - Original cost 619PLN - now **300PLN**

• **LAWNMOWER BOSCH** Rotak 34 - original cost 799PLN - now **400PLN**

• **WEED TRIMMER** - original cost 179PLN - now **90PLN**

• Also for **SALE** are **carpets, curtains** and other items all in very good condition.



Lisa Martin Original Designs & Hand-Crafted Cards

Tel.: (22) 651 7220 Mob.: 0691 956 455 e-mail: lisa.martin@neostrada.pl

Every card is individually handmade, so each one is unique and made from high quality, imported materials. They measure 15cm x 15cm, and come with a white envelope to match the design. The cards are incredibly good value for money, priced at 10PLN each. I take great care to ensure that each card is beautifully crafted. You will not have seen these designs anywhere else, particularly the ones of Warsaw. Because they are such distinctive items, they are a perfect way of communicating your feelings to your friends and family for all those special occasions.

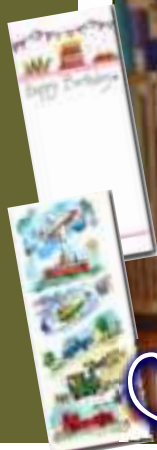
I use different techniques on my cards, from applique, collage and use of original, unique photos - specially enhanced with computer graphics.

The inside of the card will always be left blank, so you can include your own message.

If you need a special card or simply wish a card to be personalised, please contact me to arrange this. I am also happy to accept commissions such as wedding/birthday invitations or corporate/personal requirements for any occasion.



NOT JUST CARDS...



CHRISTINE'S CARDS

Come and browse through lots of gorgeously colourful **Cards** and high quality **Gift Wrap** imported by me from the UK for sale at great prices - just 7pln each or 6pln each for 10. There are cards for every occasion; new babies, new homes and even new drivers! I've got cards with the ages on for kids' and adults' birthdays too. Not just cards - choose from Fairy and Pirate **Posters**, Birthday Chart Posters or even Colouring-In Posters. If you're planning a party, stop by to see the lovely **Invitations** and **Thank You** cards for children and adults. My trendy **Writing Paper** and **Note Cards** for kids and adults make lovely gifts too.

Come and see the lot at my **Showroom at Wrobla 41**, off Wilanowska every Thursday 14h00 - 16h30 and Fridays 09h00 - 11h30. Or simply call Christine on 0606 942517 to pop round another time or to arrange for me to bring you a selection and a catalogue. (Catalogue order delivery is usually within 7-14 days.) Selected products are also for sale at the **British School Reception** on Dabrowskiego and the **Montessori School** on Krolewicza Jakuba.





Mums & Tots of Warsaw news

June 2005

SCHEDULE

monday

M&T Hot Coffee Morning - Monthly

Every 2nd Monday in the month, mums meet from 09h00 onwards at Coffee Heaven - Sadyba Best Mall for an informal get together. Mums with tots, babes or even those mums whose kids are older are welcome to come along and meet other mums over a coffee.

Next meet up dates **13 June 2005 and 11 July 2005**

monday

Toddler Group - 13h30 till 15h30 - last play group is on the 3rd of July.

On Monday afternoons 13h30 - 15h30 we meet at the Pre-Nursery at the British School, ul. Dabrowskiego 84/90 Mokotow. **How to get there:** ul. Dabrowskiego 84, is a one way street, enter from Niepodleglosci. The school is on the right hand side. Please avoid parking on the grass verge immediately outside the school - instead park in parking bays before and after the school on the left or right side of the street. Enter the school through the left-hand gate - you will need to press the buzzer to be let in by the guard - explain you are attending the M&T playgroup in the Pre-Nursery classroom. If you have problems finding the school please call Laura Spindler/Sarah Brett.

monday

Baby Music: 1st and 3rd and 5th Monday - 10h00 till 12h00

Organiser - **Oonagh Yeo - OonaghYeo@yahoo.co.uk**

13 June.....Oonagh Yeo

11 JulyHost needed

27 June.....Host needed

25 JulyHost Needed

monday

Baby Swim: 2nd and 4th Monday - 11h30 till 12h30 at Aqua Relax, Ursynow – Kabaty, ul. Wilczy Dol 4 (entrance from ul.Pod Strzecha).

tuesday

Play Group: Park Dreszera on ul. Odynca/Kangurek/Stanoga - 10h00 till 12h00

Organiser - **Aga Strojna-Rasch - agastefanmv@yahoo.com**

07 JuneOdynca/Niepodleglosci

14 JuneOdynca /Niepodleglosci

21 JuneWarsaw Zoo - Meet at entrance 10 am

28 JuneOdynca/Pulawska - opposite to Cafe Zielnik

wednesday

Mum, Baby & Toddler Group - 10h00 till 12h00

Co-ordinator - **Laura Spindler - spindlers@neostrada.pl**

01 JuneMorag Milligan

22 JuneLisa Martin

08 JuneMorag Milligan

29 JuneLisa Martin

15 JuneHost needed

wednesday

Mum & Tot Gym and Aqua Class - 16h00 till 18h00 at AQUA RELAX, Ursynow - Kabaty - ul. Wilczy Dól 4 (entrance from ul. Pod Strzecha!

Organiser - **Aga Strojna-Rasch - agastefanmv@yahoo.com**

thursday

Mini Music - 10h00 till 12h00

Organiser - **Cecelia Cienska - Cienski@neostrada.pl**

02/09 June.....Kathy Robinson

30 JuneAga Strojna-Rasche

16/23 June.....Anne Long

7/14/21/28 July..Lisa Martin

friday

Baby & Bumps Group - 10h00 till 12h00

Organiser - **Kate van Schuijlenburg - andre_kate_vsch@hotmail.com**

03 JuneOonagh Yeo

24 JuneValerie Colloredo

10 JuneKatja Roman

15 JulyRuta Bergman

17 JuneM&T 2nd Hand Jumble Sale

1/8/22/29 July.....Hosts needed