



Mums & Tots of Warsaw

news

October 2005

WELCOME

Greetings to all. Welcome especially to all newcomers to M&T. We hope that you will be very happy here and make many good friends through the Mums & Tots network.

Autumn has officially arrived! Attention, you must have your car headlights on at all times as from 01 October until 01 March or you risk a stiff fine!

On 31 October remember to turn the clocks back one hour (easy way to remember- "Fall back, Spring forward") and it is also Halloween, a time for dressing-up, trick-or-treating, pumpkins and loads of fun. Enjoy!

Unfortunately we can't always guarantee that the newsletter is published at the beginning of the month, therefore we have printed some of November events in this October edition, this way you will not miss out on anything.

ACTIVITIES

There are quite a few changes to the activities for the autumn months ahead (*as noted in magenta italics*). For more information on dates, hosts and venues on the various activities see page 12

monday playgroup

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

monday baby swim

Baby swimming will be every Monday from *09h30 to 10h30* at AQUA RELAX - ul. Wilczy Dol 4. Ursynow. Please bring towels, swimmers, swimming caps and appropriate footwear. M&T will be advised about baby music - as from now it has temporarily been discontinued.

tuesday playgroup
magic world

ANNE LONG has offered to coordinate the Tuesday arts, crafts and singing.

Thank you Aga for all your hard work it was and is, always very much appreciated by M&T members. *There will be a new play centre with different attractions for children at "MAGIC WORLD" managed by Magdalena Ejsmont from Kids Academy. It is located on the 1st floor, Stara Papiernia Konstancin. The officially opening day was on 01 October 2005.*

Magdalena has agreed to reserve MAGIC WORLD every Tuesday morning from 10h00 to 12h00 for all Mums & Tots & Members.

Our first get together will be 04 October 2005 and entrance fee will be 20PLN per child.

WEDNESDAY coffee

"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 *05 October/02 November/07 December 2005*.

WEDNESDAY play
magic world

Playgroup for children all ages in afternoon at "MAGIC WORLD" - 1st floor, Stara Papiernia - to take place instead of gym and swimming.

Aga will try to organise with Pani Magdalena a starting date, availability and rates for M&T members.

thursday music

Mini Music for mums and tots up to 3 years, takes place in different mums' houses between 10h00 and 12h00 on a voluntary basis. If you're interested and would like to host please contact Anja Fels.

FRIDAY babies

Group for Bumps and Mums with Babies (under 18 months old). The group meets at a different mum's house each week between 10h30 and 12h30. Please contact Lindsey Wislocki for any information on this group.

INFORMATION

PLEASE REMEMBER TO EMAIL AGA AT postmaster@mumsandtots.com IF YOU WISH TO REMAIN A MEMBER OF MUMS AND TOTS AND TO RECEIVE MONTHLY INFORMATION.

See schedules end of Newsletter for details on who is hosting and when. 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

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NEWS

M&T meeting update

The general tri-monthly M&T meeting at Aga's house was successful. 10 mums came along and contributed many ideas and their time and services. A few events were discussed which will be taking place during the course of the year.

M&T HALLOWEEN will take place on **Tuesday 25 October 2005** at Magic World, Stara Papiernia. Please contact Aga if you can donate cakes and refreshments for the children on the day.

M&T CHRISTMAS BAZAAR will take place Thursday 17 November from 10h00 to 14h00 at Restaurant Gosciniec Kolomyja who kindly sponsored the venue - ul. Od Lasu 23, Konstancin (same location as last year). Come and do some early Christmas shopping and also help raise funds for the Dom Dziecka w Pacanowie Orphanage. A variety of gifts will be on sale from Jewellery, Fashion, Linen, Traditional Art, Ceramics, Pottery, Decorations, Homeware, Greeting Cards and lots more. After shopping stay for lunch and enjoy traditional Polish cuisine at it's best.

If any M&T members are interested in selling their own merchandise and would like to rent a table (50PLN) please contact the main organiser, Kasia Witak : **0505 416 007 / kasia_witak@wp.pl**
The M&T group will organise a cake stall. Please contact Kasia if you would like to donate a cake, all proceeds will go to charity. To help advertise the event, posters will be distributed among all ex-pat schools and various communities. Also the Warsaw Insider magazine will publish our event in the November issue.

There will be numerous raffle draws, if you want to buy or can help by selling raffle tickets(10PLN each). To be eligible for prizes you will have to be present on the day at 12h00. Prizes will hopefully be sponsored by all participating vendors & various sponsors.

Please be generous in either sponsoring a cake, prize or buying raffle tickets, this is all for a very good cause - If we all help a little, we can give the children in Pacanow orphanage a Christmas to remember! . **See advert on page 07.**

M&T CHILDREN'S CHRISTMAS PARTY will take place on **Tuesday 6 December** at Magic World, Stara Papiernia. Father Christmas will be in the area to especially visit the children. Information will be emailed to members closer to the time.

Mums Night Out

Join us for another great night out at the next mums night out! We are trying the new Asian extravaganza , known as **Kwai Kuchnia** - ul. Marszalkowska 64 on **Thursday 20 October** at 20h00. Please RSVP Loretta Molloy by 17 October on 601 631166 or email **phil_lorettamolloy@yahoo.ca**

Warsaw Hash Ice Ball

The Warsaw Family Hash is once again organising its charity ball. This year the charities to benefit will be the Talizman and St. John of Jerusalem Foundations. The theme this year is the "Ice" Ball and it promises to be THE **Christmas** party of the season. It will be held at the Hyatt Hotel on 3 December 2005. Tickets selling at 375PLN per person - It will include a superb meal, drinks, dancing, chance to win some fabulous prizes and above all to enjoy a wonderful evening. To reserve a table or inquire about tickets please call Loretta: 601 631 166 / Anne: 604 838 815 or email **theiceball@hotmail.com**. **See advert on page 07.** The next Hash event is on 9 October 2005, everyone welcome. For more information **www.warsawfamilyhash.com**

Sponsorship

Does your husband work for a company that would be interested in making a donation and/or sponsoring the 2005 Hash Ball? We are currently securing sponsorship, raffle prizes and donations for the 2005 Hash Ball. We desperately need contact names for companies you think would be interested in supporting this event - maybe even ask your partner if his company would be interested and if so, whom we should contact. Just provide us a name and we will take it from there please email Lindsey Wislocki with any suggestions - **lindseyw@aukett.pl**

Book Club

Everyone is welcome to come along and support our next get together to discuss the book **Peace Like A River** by **Leif Enger** (available in Warsaw at most American Bookstores). We'll meet on **03 November** at **20h00** at Cecelia's house - ul. Obserwatorow 8. For more details contact the co-ordinator Cecelia Cienska - **cienski@neostrada.pl**

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NEWS UPDATE



Well the weekend of the 23-25 September and our big walk finally arrived. Jane, Karen, Sue & I joined over 2000 walkers in the first ever Weekend to Break Through Breast Cancer to be held in the UK. Actress and Breakthrough supporter Michelle Collins (most British expats may remember her from Eastenders) opened the weekend of walking at Greenwich Park in London as thousands of women and men embarked upon the incredible 60 kilometre (nearly 40 miles) journey to honour the lives of those lost to breast cancer and celebrate those who have survived.

We passed through key London landmarks including Westminster, Hyde Park, Primrose Hill, St Paul's Cathedral and Tower Bridge, drank masses of sports drinks and water, made an unbelievable number of loo stops and consumed vast quantities of food and then on the Saturday night Finsbury Park was transformed into a pink 'tent city' providing camp for the dedicated walkers (sorry we wimped out and went to a very nice hotel in Little Venice!).

The groundbreaking challenge ended on the Sunday (after lots of more food, drink and loo stops) with an inspiring closing ceremony at around 5pm in Greenwich Park, where family and friends were invited to cheer on the all of the walkers as they made their way to the finish. We expected the weekend to be physically demanding but it was also very emotionally draining and we all had a few tears at the end as we were cheered to the finish by supporters including many survivors of breast cancer. Aside from a few nasty blisters and a few aches and pains (all that training certainly helped) we felt great and pleased to have played our own small part in such an incredible weekend.

We would like to take this opportunity to thank once again everyone who supported us and made it possible for us to participate in this fantastic event, an event which raised over £5.1m for Breakthrough's essential breast cancer research and education work. We couldn't have done it without your help.

We hope to continue with the walking but are giving our feet a little rest for the moment.

Thanks again – Melissa, Jane, Karen and Sue

On behalf of all M&T members, congratulations and well done on your fantastic efforts supporting a very worthy cause!

01 - 31 October **Breast Cancer Awareness Month** is an annual international health campaign organised by the major breast cancer and cancer charities. It aims to increase awareness of the disease among both the public and health professionals, raise funds for research into the cause, prevention and cure of the disease, and offer vital information and support to those affected by it. For information about breast cancer, how to diagnose and treat it - visit www.breastcancercare.org.uk

01 October **Turn on headlights** for daytime driving (through to 01 March)

02 October **61th Anniversary of End of Warsaw Uprising**. Last shot fired, 63 days after commencement on 01 August (Capitulation document signed 2am on 3 Oct) - www.1944.pl

09 October **Polish Presidential Election**

09 October **Warsaw Hash "Harries" get together** - www.warsawfamilyhash.com

14 October **Scandinavian Living** - al. Pilsudskiego 21, Konstancin - Interior design and decoration. A special viewing for M&T members, from 17h00 till 20h00 a **15% discount** will be given on all purchases! www.scandinavianliving.pl

24 October **Half-term break for British School** – until 01 November

25 October **M&T HALLOWEEN** at Magic World, Stara Papiernia.

28 October **"Wear It Pink®" Day** - October is Breast Cancer Awareness month. If you would like to support this charity in the UK visit www.wearitpink.co.uk

31 October **Turn clocks back** one hour.

31 October **Halloween** - check out www.halloween-online.com

31 October **Autumn Break for American Schools** – until Tuesday 04 November

01 November **All Saints Day** - Public Holiday

03 November **Book Club Meeting** see details on page 02

11 November **National Independence Day** - Public Holiday. Poland regained its independence in 1918 after 123 years of partitions.

17 November **M&T CHRISTMAS BAZAAR** see details on page 02 & 07

ON the TOWN EVENTS Key Dates

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EVENTS

CONCERTS

www.shortcut.pl

or

www.ebilet.pl

Information on Concert Events

- 03 October **Ronnie James DIO** - Stodola
 06 October **The Nigel Kennedy Jazz Quintet** - Stodola
 06 October **Bill Wyman's Rhythm Kings** (ex-The Rolling Stones) - Sala Kongresowa - 1 Defilad Square.
 06 - 09 October **Old Chamber Music Concerts in Warsaw** - Culture and Science Centre ul. Elektoralna 12.
 11 October **Jan Garbarek & The Hilliard Ensemble** - Kościół Wszystkich Świętych
 29 - 30 October **47th JVC "Jazz Jamboree" International Jazz Festival** - Sala Kongresowa - The oldest and best jazz music festival
 22 October **PLACIDO DOMINGO** in DIE WALKÜRE Richard Wagner - Teatr Wielki - Polish National Opera
 23 October **15th Festival of Ancient Music** - Cultural Event until 27 November. Ancient music performances by established ensembles and soloists. Six concerts with instruments of the period.
 Until 25 October **The exhibition of Jerzy Duda Gracj dedicated to Fryderyk Chopin** - Exhibition Pavilion on Pilsudskiego Sq. The display presents artistic interpretation of Chopin's works.
 28 October **Masters of Shaolin** - Sala Kongresowa PKiN
 02 November **Marianne Faithfull** - Sala Kongresowa
 08 - 09 November **The Manhattan Transfer** - Sala Kongresowa

Film Festival

- 07 - 16 October **21st Warsaw International Film Festival** - promoting Polish films abroad as well as helping young Polish film-makers be recognised. WIFF is recognised world wide. More information - www.wff.pl



- 11 - 31 October **"World of Reptiles"** - Blue City Shopping Mall. The biggest European exhibition of amphibians and reptiles in over 100 terrariums with over 300 animals from the far corners of the globe. More information - www.bluecity.pl / www.world-of-reptiles.de

Art Exhibitions

- Until 09 October **"Socrealizm in Polish Art"** - Ethnographic Museum (ul. Kredytowa 1.) The exhibition presents painting, sculpture, cloth, clipping - Tel: 827 76 41/46
 Until 16 October **"How Far from Here Is Chile?"** - contemporary art from Chile - Królikarnia (ul. Puławska 113A.) Tel.: 843 1586 An art exhibition from Chile.
 Until 16 October **"Warsaw, Autumn 1939"** - The Officer-Cadet School building - The Podchorążówka in Royal Łazienki Park. Photographic exhibition documenting the beginning of the war and Warsaw in the autumn of 1939.

Theatre

www.teatr Wielki.pl

Information on Theatre Events

- 01-29 October. **Dance of The Vampires** - Premiere - Musical Theatre "Roma"
 02-13 October. **Madame Butterfly** - Puccini - Grand Theatre
 23 November **Ballet Black** from London- Sala Kongresowa
 28 November **MADREDEUS** - Teatr Roma



- **Oliver Twist** - Drama by Roman Polanski - starring Barney Clark, Ben Kingsley, Jamie Foreman
- **Bewitched** - comedy by Nora Ephron - starring Nicole Kidman, Will Ferrell, Shirley Maclaine, Michael Caine
- **Flightplan** - Thriller starring Jodie Foster and Sean Bean
- **Creep** - Thriller by Christopher Smith - starring Franka Potente and Sean Harris
- **The Truth About Love** - Romantic Comedy by John Hay - starring Jennifer Love Hewitt, Dougray Scott, Jimi Mistry

- 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 is a multibabykino - special screenings for parents with children under 1

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POLISH CORNER

All Saints Day
Wszystkich Świtych

All Souls Day
Dzien Zaduszny

The 1 November, All Saints' Day (*Wszystkich Świtych*) has been designated by the Roman Catholic Church as the day to pray for the Saints of the church and 2 November, All Soul's Day (*Dzien Zaduszny* or *Zaduszki*) is a day of prayer and respect for all who have died.

Tradition and origin of All Saints' Day and Halloween is the same but these two days are so different in their atmosphere. Although All Saints' Day is celebrated among Catholics all around the world this celebration in Poland has an especially solemn manner.

All Saints' Day in Poland is a holiday for almost everybody except transport and emergency services. In spite of its church tradition it was also celebrated in communist times as a Day of the Deceased. It is also a day with the highest traffic on the roads and streets since everybody wants to go to the family's graves which are often distant from where they live.

All Saints' Day is celebrated by bringing flowers (especially fall flowers like chrysanthemum), wreaths, candles and votive lights (*znicze*) into the cemeteries where graves of family or friends are situated. Even the most forgotten graves are full of candles on that day.

The atmosphere of All Saints' Day is unique. In the evening cemeteries are decorated in glowing and flickering colourful lights of countless candles. They give the cemeteries of Poland a glow that can be seen miles away. Everybody is there to remember and to commemorate by praying for deceased family and friends and to participate in church services. Usually the weather cooperates on this day. It is usually bright and sunny, but with icy, cold winds and a few last rustling of leaves on trees and ground.

This day is also celebrated as a Memorial Day for those who died in the World Wars - especially WW II. The guards in uniforms or scouts are always present at vaults of soldiers.

Unlike the fun atmosphere of Halloween, All Saints' Day is generally a quiet day of reflection and reverence. All Saints' Day is a time for reflection upon life, especially the passing year. It is a time of being close to family members and to especially remember those who have passed away.

RECIPES

HALLOWEEN

Candied Apples



When I think of Halloween, I can't help but think of candied apples! That brilliant red colour, the sharp taste of cinnamon. This is the time to get cooking some treats for those "little monsters" that will soon be knocking on your door!

INGREDIENTS

2 Cup granulated sugar
2 Cup corn syrup
1/3 Cup cinnamon sweets
1 Cup water
3/4 Tsp. cinnamon
1/2 Tsp. vanilla
3/4 Tsp. red food colouring
6 Med apples and wooden skewers

PREPARATION

Remove stems from apples, wash, and pat dry. Insert a wooden skewer into each apple.. Combine sugar, corn syrup, cinnamon sweets, and water in medium-sized saucepan. Cook until the sweets dissolve, stirring constantly. Be careful not to boil. Add cinnamon, vanilla, and food colouring. Mix thoroughly. Boil mixture for approximate 3 minutes or until it reaches 300 degrees

STORAGE & SERVING

Prepare ahead of time a baking sheet with cooking spray. As soon as mixture has boiled, remove it from heat and quickly dip each apple-one by one-into the mixture until it is thoroughly coated. Stand the apples on wax paper to harden. Wait until they are cool before eating.

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USEFUL INFORMATION & TOP TIPS

Melissa's Top Tips

Travel

Shopping

Restaurants

Shopping

Internet Shopping

Swimming Classes

Newsletter

- www.expatsexchange.com – Useful website for anyone living abroad. Has a great weekly newsletter (sent by email) which has had some very interesting articles. For example, a few weeks ago it had one on having a baby abroad. Definitely worth a look!
- Companies that offer guided tours around Warsaw/Poland:
 - www.polish-landscape.com - offers guided tours in Warsaw, Gdansk, Krakow, Bialowieza Forest, Kazimierz, Tatras amongst others.
 - www.visit.pl - A travel agency offering tours, car hire, and package holidays in Poland.
 - **Margareta Tourist Service** offers guided tours in Warsaw and all around Poland for individuals and groups. Email - contact@vip-tourist-service.com or 602 211 574/446 0243.
- **Empik** at Arcadia has an excellent craft/hobbies section. It is great for fun craft ideas for those rainy/cold days and has lots of useful stuff for making costumes for those of you with older kids that will be involved in school plays.
- Great **Toy shop** on ul. Emil Plater (near the Intercontinental Hotel) has locally made wooden dolls houses (not too expensive) and also sells the furniture to go in the houses. Has good variety of wooden toys and puzzles (including some Dora the Explorer ones).
- Two new restaurants to try. Have heard good reviews about **Kwai**, the new Thai restaurant on ul. Marszalkowska 64. Recently, I went to **On-Off** - ul. Zurawia 22, a club, café and restaurant all in one which opened several weeks ago. The restaurant was not that busy for a Saturday night (so not much of an atmosphere) but the food was very good, the service was with a smile, and the club looked very popular.

- **Cukiernia St.Stralkowski** (Tel: 885 4307) - A delightful, new coffee & cake shop on the corner of ul. Wilanowska 37 and ul. Kosiarzy in Wilanow. They make any birthday cake to specification - you just have to bring in a picture of your child's favourite cartoon character and they will gladly make it up for you. They are very professional and they also speak English. Drop in and have a cup of their good coffee and delicious cake.

- Great new shop in Stara Papernia next to Albert - **International Food Store**. It stocks imported foods. Here are a few examples; from AMERICA - Reese's, Herseys, Oats; Syrup, from UK - mint sauce, marmite, weeta-bix; from SOUTH AFRICA - Nando's sauces, Ceres fruit juices, tinned guava and litchis; from JAPAN - Wasabi, oyster and soya sauces; from INDIA - spices, coconut milk, peas and pulses. This is to just mention a few, the selection is small but varied.

- **Lindsey Wislocki** found a new shop in Promenada, 'Sia'. "It is fantastic for children's bits and bobs for their bedrooms - giving the wooden shops a bit of competition!. Height charts, Mirrors, Steps, Drawers, Toy boxes, Hooks, Chairs etc. Happy Shopping" Visit web link: www.siait.it

- www.allegro.pl is the polish "e-bay" version - Although the site is only in Polish it is worth the visit. Most of the toys advertised, for example, are imported, very different and are not sold in most stores. They have a massive range of goods for sale both old and new. You can also login and sell your goods on-line, just as you would on e-bay.

- If you are in need of certain medicines or health related products and cannot obtain them here in Poland then visit - www.expresschemist.co.uk - Express Chemist provide quick delivery of a wide range of products, over 5000, at competitive prices. They can ship to Poland and there are no extra forwarding charge, but obviously postage & packaging prices will occur.

- A terrific class for parents who would like their infants and toddlers to learn how to **swim!** The teachers are world swimming and lifesaving champions - www.aquamaster.prv.pl - **Siona**

- **Kadri** suggested we could add a page each month with photos of children having birthdays. "I think most of the mums would probably like to see a photo of their loved ones!" *Good idea Kadri! All M&T members are more than welcome to send us the relevant information and photos of their children, we would be very happy to publish them - Editor*

CLASSIFIEDS

Mums & Tots of Warsaw
CHRISTMAS BAZAAR



Thursday 17 November 2005 10h00 till 14h00

Restaurant Gosciniac Kolomyja
(same location as last year - new management)
ul. Od Lasu 23, Konstancin

* Variety of gifts will be on sale - Jewellery, Fashion, Linen, Traditional Art, Ceramics, International Goods, Pottery, Decorations, Toys, Homeware, Greeting Cards and lots more.

* Enter 10PLN Raffle draw and stand to win fantastic prizes.
Be sure to be present on the day at 12h00, to be eligible for awards.
Prizes are kindly sponsored by all participating vendors & various sponsors.

* Stay for lunch and enjoy traditional Polish cuisine at its best!

* Table rent contributions & Raffle proceeds donated to Dom Dziecka w Pacanowie
Charity Registration No.: 350-519-890-032

For more information contact: postmaster@mumsandtots.com or www.mumsandtots.com

Les Martin ORIGINAL DESIGN

Not So Serious
WARSAW NSH
Hash House Harriers

ICE BALL

14TH ANNUAL CHARITY EVENT

Saturday 3 December 2005

at
The Hyatt Regency Hotel Ballroom

from
7.30pm to 2.00am

Black Tie

Ticket Price (per person): 375 PLN

For ticket sales & information contact:
Loretta Molloy: 0601 631 166 / Anne Long: 0604 838 815
email: theiceball@hotmail.com

All proceeds donated to
Saint John of Jerusalem Foundation & Talizman Foundation

www.warsawfamilyhash.com

Les Martin ORIGINAL DESIGN

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

CLASSIFIEDS

Dance and Fitness



Start the School Year off on the right foot!

MS. ERIN'S STUDIO OF DANCE AND FITNESS, KONSTANCIN

We offer women and children:

- fitness classes - dance classes - gymnastics and judo
 - private lessons - birthday parties - lessons in English and Polish
- To sign up contact: Erin Dabski - Tel 0508 145 390

Stara Papiernia, II Floor - ul. Wojska Polskiego 3 - Konstancin

Scandinavian Living

Katja & Maria are two Swedish ladies who have started a business "Scandinavian Living" in interior design and decor - al. Pilsudskiego 21, Konstancin. Visit www.scandinavianliving.pl

Friday 14 October 2005, from 17h00 till 20h00 there will be a special viewing for M&T members, a 15% discount will be given on all purchases!

Teacher Wanted

A private preschool is searching for a qualified English kindergarten teacher. EC or teacher's college degree or equivalent is preferred. For more information contact Sylvia on 697 970 244

Sing Gospel Music

Come and learn how to sing gospel music with the Gospel Revolution choir for free at the Dorozkarnia (dom kultury) on ul. Bartycka 18. It's the only international gospel choir in Warsaw, so if you are a gospel enthusiast it worth coming out every Sunday at 5pm!

Cleaning Lady Available

Very reliable cleaning lady, works quickly and well. She's been working for me for 2 years. Speaks little english but understands enough. She is available 3 days a week. Contact Anja Fels for more information: 0609 962 315.

Nanny Wanted

I'm looking for a nanny for evenings on weekends for my 10 month old son. For more information contact Sonia on 0601 613 349, or sonia.da.fonseca@msf.pl

Nanny Available

My nanny, Iwona is looking for more work 3 afternoons per week. She has worked for us since we arrived in Warsaw 2 ½ years ago. She is extremely competent with babies and young children, speaks fluent English and owns her own car. For more information call Tracey: 0691 988 222.

Weekend Holiday

GUY FAWKES AT ULNOWO - Fireworks weekend! 2.5 hours drive from Warsaw. Weekend, 2 nights (4-6 Nov.) including breakfast and celebration dinner 270PLN p/p sharing. Contact Marcin or Justyna Misiewicz: Tel: (089) 647 2294 / 0503 809323 - mm@ulnowo.pl - www.ulnowo.com

Polish Lecturer

New to Poland or just getting round to the language now and want help. Former Warsaw University lecturer available. Flexible hours. Call Wlodek on 0692 116 317 or wlodek.jk@wp.pl

Nanny Available

Experienced, physiotherapy student. Exchange student in the USA. Former volunteer/ nanny for American, French, Spanish children and preschool assistant. Good references can speak English, friendly, energetic and patient. I'm looking for occasional babysitting with reasonable salary. Ursynow, Sluzew, Kabaty area. Contact: 693 269 263 or ipirwitz@yahoo.com

Nanny / Cleaner Wanted

We have recently moved to Warsaw living in Stary Zoliborz and are looking ideally for a cleaner/nanny who can also help with child drop off and collection from school and occasional babysitting. Might suit husband and wife team. Contact Lucy Murphy 0663 757 505

House Available

A SEMI-DETACHED HOUSE FOR RENT - The house is situated in Wilanów .It is 400 square metres with a garden and two terraces. Reasonable price. Contact: 0 501 043 538

Nanny Available

Looking for a job as a nanny. References from American Embassy. English speaking, responsible, hard working, mature, sensitive and loves kids. Can start immediately and can live with the family. For more information contact Danuta Lubanska: 507 941 448 or danuta_lubanska@wp.pl

Cleaner Wanted

Looking for an efficient, reliable cleaner with some knowledge of English for cleaning/ironing one day a week. Please. call Carina: 0508 261 768.

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SCHEDULE

MONDAY

Toddler Playgroup - 10h00 till 12h00

Organiser - **Laura Spindler** - spindlers@neostrada.pl

03 October.....Loretta Molloy

10 October.....Annie Krasinska

17 October.....Morag Milligan

24 OctoberAga Strojna-Rasch

31 OctoberCancelled due to All Saints Day holiday and long weekend

07 NovemberCelia Pozzecco

14 NovemberMelissa Tovell

21 NovemberLoretta Molloy

28 NovemberSarah Brett

05 December.....Laura Spindler

12 December.....Dora Rechnitzer

MONDAY

Baby swim - Organiser - **Oonagh Yeo** - oonaghYeo@yahoo.co.uk

AQUA RELAX - ul. Wilczy Dol 4. Ursynow - 09h30 to 10h30

TUESDAY

Play Group - MAGICWORLD - Stara Papiernia - Konstancin - 10h00 till 12h00

Organiser - **Anne Long** - alex.anne.long@neostrada.pl

WEDNESDAY

Hot Coffee day will take place on the **first Wednesday** of every month at Coffee Heaven - Sadyba Best Mall from 9h00 onwards. Next "**Hot Coffee Wednesdays**" are on **05 October / 02 November and 07 December 2005.**

THURSDAY

Mini Music - 10h00 till 12h00

Organiser - **Anja Fels** - anjafels@gmx.de

06 OctoberAga Strojna-Rasch

13 OctoberOonagh Yeo

20 OctoberAnja Fels

27 OctoberKate van Schuijlenburg

03 NovemberAmelie Erbler (ul. Pilicka 19)

10 NovemberAmelie Erbler

17 NovemberM&T Christmas Bazaar - Restaurant Gosciniac Kolomyja - ul. Od Lasu 23

04 NovemberOonagh Yeo

01 December... ..Sinead Dunne

08 December... ..Kate van Schuijlenburg

FRIDAY

Bumps & Babies Group - 10h30 till 12h30

Organiser - **Lindsey Wislocki** - lindseyw@aukett.pl

07 October.....Oonagh Yeo

14 October.... .Valerie Tattinger

21 October.....Anna Fridvall

28 OctoberKadri Kerik

04 November.....Hedy Aigner

11 November.....Independence Day

18 November.....Clare Sneck

25 November.....Aniko Nemes

CONTACTS

Thank you to everyone who contributed to this month's Newsletter, particularly to Melissa who has so willingly helped and assisted us each month. Also thanks too Siona, Loretta, Lindsey, Cecelia, Kadri and all the various co-ordinators. 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 ■ **Lisa Martin** - lisa.martin@neostrada.pl
■ postmaster@mumsandtots.com