



# Mums & Tots of Warsaw

MAY 2008

## NEWS LETTER



REMINDER  
POLISH  
MOTHERS'  
DAY  
Monday 26th  
May

Mums'  
Night Out  
Thursday  
8th May  
MELODIA

- CONTENTS:
- LETTER FROM EDITOR
  - CALENDAR
  - SCHEDULE
  - HAPPY BIRTHDAYS
  - TOP TIPS
  - RECOMMENDED

10th May  
Zamkowy Sqaure  
United Buddy Bears  
Go see 180 teddy bears wearing the national colours of all countries of the world.

Editor: Gill Boelman  
Email: gilly@xs4all.nl

## MAY I have your attention !

*Dear Mum & Dad,*

I would like to take this opportunity to say a big THANK YOU to Mariselle Fettke for all her hospitality whilst coordinating the Mums & Bumps group over the past year. Well done! Secondly, another big THANK YOU to Heide Matschke for taking over this coordinator role. Good Luck.

May has been a difficult month to find useful tips for the newsletter.

I have to say it is a big surprise to me, and even bigger one to my husband, that I have not

caused many a traffic accident during the past weeks whilst trying to read all the billboards next to the road! I am always on the look out for something interesting to pass on. However, I am coming to the conclusion that the Poles do not like to organize events and promote them in advance. Usually they let us know a week before - this is of course too late for my (very important) deadline!

One thing I can figure out myself, is that the warmer weather is well on the way

and now is the time to be seen sitting out on the many terraces in town. I am looking forward to sipping cocktails in the early evening and of course taking my laptop to get on with the final newsletter before the summer break.

Any tips for June, let me know. My tip is NEVER go out without your sunglasses (the bigger the better) and sun-screen (the higher the better). Enjoy this month's letter. *Gill*



## MAY HAPPY BIRTHDAYS

- 1st Rasmus Boegh-Hansen
- 5th Mai Cianciara-Banka
- 8th Noel Sadziak
- 8th William French
- 9th Alex Wilson
- 10th Noah Alsterind
- 10th Moritz Ferber
- 14th Filipa & Victor Hedland
- 14th Sara Sanne
- 15th Angele Puharre-Renault
- 16th Roza Waruszewska



- 16th Csongor Biro
- 17th Viktor Auboiroux
- 20th Jung Hyuk Baek
- 21st Lucia de la Villa
- 25th Maja Bresgen
- 26th Beatriz Oliveira-Lopes
- 26th Sophie van Lieshout
- 27th Max Lafon
- 29th Russell Farrales
- 30th Julius Luebke-Hunckel

# Chopin in the Royal Park

## Chopin Museum

Address: Okolnik St., 1  
Phone: 48-22-827-54-71



Sundays' in May to September

The annual Chopin Memorial Concerts

Every Sunday at 1200 and 1600

Royal Lazienki Park

The concert takes place by the Chopin Memorial Statue.



## 2nd May Flag Day

Not an official holiday, but pretty much all workers take the day off and leave town to the coast or country.

## 22nd May

## Corpus Christi

Christian holiday in honour of the Holy Eucharist. Poland, being a strong catholic country recognizes this day as an official holiday.

Hooray its that time of year again, the Chopin concerts in the park.

Enjoy a stroll before or after one of the 2 concerts, eat an ice cream, take a rug to sit on or be early for a space on a bench! Also take a hat, sunscreen or umbrella. Weather depending, you are vulnerable to all the elements! The trees will give you a bit of shade, but most people are sitting in the full sun.

The concerts are held at the famous 1926 art deco memorial to Fredryck Chopin. The piano is played by Poland's finest Pianist's.

Chopin, one of the world's most popular composers, was born in 1810, 50km west of Warsaw in Zelazowa Wola. By the age of 8 he had already performed in Warsaw and at 12 he returned to study. In 1829



he visited Vienna. This was a great success. Unfortunately the following year he was not so well received so he moved on towards Paris. Whilst in Stuttgart he learned that the Russians had invaded Poland. He never saw his beloved homeland again.

He became very popular in Paris. And spent many years with the authoress Amandine Aurore Lucie Dupin (Published under the name George Sand). They split up in 1840 and shortly after touring Britain, Chopin died in Paris of chronic lung disease.

His heart is now encased in a pillar of Warsaw's Church of the Holy Cross.

He is remembered for his solo masterpieces, ballades, scherzos, preludes and nocturnes. He also paid homage to his home routes in his polonaises as well as four sonatas, the second for piano was the famous Funeral March.

In his memory, the Warsaw Fryderyck Chopin Society runs a museum here in the city centre. The exposition contains the composer's music scores, correspondence, paintings, exercise books, possessions and other objects related to Chopin and his life. Among the most interesting exhibits of the museum is the award that 14 year old Chopin received for good behavior at school.

If you are still in this part of the world in 2 years, then get ready because the city of Warsaw is preparing for celebrations of Chopin's Year. In 2010 the city will commemorate the 200th year since the composer's birth.

# 1st & 3rd



## Swieto Pracy

Panstwowe / Labour Day (1st May) is an annual holiday celebrated all over the world. It is a result of the efforts of the labour union movement ca.1840 and is to celebrate the economic and social achievements of workers.

## Swieto Narodowe / Constitution Day (3rd

May) This constitution is generally recognized as Europe's first modern codified national constitution and also the second oldest in the world. The USA being the first. It is celebrated with Soldier parades, historical performances and an 'open day' in Parliament. You can visit the Belvedere building.

# Museum Night



Do you never get the chance to go out to a museum because of the kid's? Or maybe you have a baby that cries all night unless they are walked in the pram, or maybe you are just an insomniac! If any of the above apply, then WAW Museum Night is for you. Saturday 17th May is the 5th year of the Museum Night. The event is growing in popularity. It started with around 11 Museum's participating, last year there were 90 and this year 100 +

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

# MAY 2008

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 HOLIDAY	2 FLAG DAY	3 HOLIDAY	4
5	6	7	8	9	10 Schuman Parade	11
12	13	14	15	16	17 Museum Night	18
19	20	21	22 CORPUS CHRIST	23	24	25
26 Mothers' Day	27	28	29	30	31	1st June Warsaw for Children

## Schedule of Events

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

Every Sunday May-Sept Chopin Memorial Concert in Lazienki Park

1st Labour Day, National Holiday

2nd Flag Day

3rd Constitution Day, National Holiday

10th Schuman Parade, 12.30 sets off from plac. Bankowy. Finale in Nowy Swiat. Educational activities, quizzes, games and music.

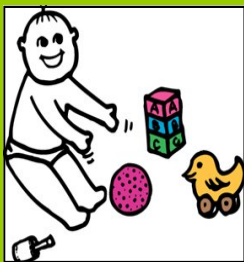
17th Museum Night (see page 2 for more info)

22nd Corpus Christi, National Holiday

22nd-25th DHL Wroclaw Golf Open (see page 5)

26th Polish Mothers' Day

1st June Warsaw for Children, A festival for children at the Old town Market square



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

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

### MONDAY TODDLER GROUP

5th If the weather is good - Park Pole Mokotowskie Play area

Contact Gill for info.

12th Host Needed

19th Host Needed

26th Host Needed

### THURSDAY MINI MUSIC

1st NO MEETING

8th Tomoko Taninai

15th Eithne Gibbons

22nd NO MEETING

29th Mariselle Fettke

### FRIDAY MUMS & BUMPS

#### Attention

NEW CoOrdinator

HEIDE MATSCHKE

2nd NO MEETING

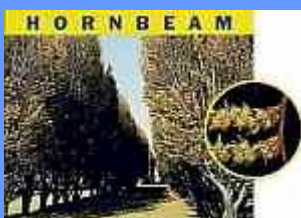
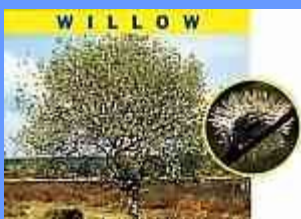
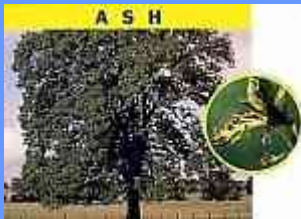
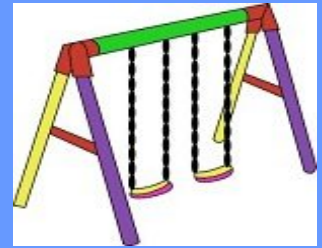
9th Heide Matschke

16th Catherine Long

23rd Irina Jakob

30th Christy Swankie

# Time to go outside: Eating & Playing



## RESTAURANTS

**Biosfeera:** al.Niepodleglosci 80, 022 8980155 (Park Ordynca) This is a great café for lunch after the kids have exhausted themselves in the park. I say lunch, as it does not serve alcohol, and lets face it, by the end of the day-we need a drink! It is also vegetarian and non-smoking. It has a hip interior and staff are friendly. You can also order to take away.

**Pub Lolek:** Ul.Rokitnicka 20 (Park Pole Mokotowskie) Tel: 022 8256202 This is a outdoor polish bar/restaurant that serves food BBQ style. You get up and buy your drinks from the bar and order your food at the grill. Polish sausage is the specialty and is very good. It is great for children, as they have a play/sand area. It is very relaxed and child friendly. There is live music everyday and at the weekends (+/- 3pm they have clowns and activities for kids') Combine a relaxing stroll through Warsaw's 'central park' then enjoy a good, reasonably priced meal.

**The Boathouse:** Enjoy a Sunday lunch with your family at this restaurant on the river bank. Lots of space for your children to play outside (inflatable castle, swings, play house and slide etc.) whilst you overlook and enjoy a good glass of wine and nice food in a relaxing chair and setting. A Sunday brunch is available from 12.00-17.00 at 129zł per person, children up to 6 eat free. They also do winemaker's dinners' and special tastings for the wine cone sour. For more info and directions [www.boathouse.pl](http://www.boathouse.pl)

**PARK** - Once again it seems, [Park Jordanowski](#), otherwise known to most mum's as Ordynca Park, has come up as our favourite park in town. Lots of fun and safe activities for children of all ages. You can have a coffee or lunch at one of the café/restaurants or enjoy an ice cream with your child. In the same area, just opposite Ul.Kazimierzowska, you will find [Park Dreszera](#). Recently re-landscaped, it has a nice fountain and walk area with a closed off play area for smaller children. Finally, [Park Pole Mokotowska](#), is a great park that caters for all (dogs too). But did you know that recently they have fenced off the play area for children, refilled the sand pit and up-graded the play equipment. Jeff's American Diner is in the park as well as the above mentioned Lolek Bar. Both cater for children.

**HAY FEVER** - I am afraid to say it's that time of year again. We all jump for joy when spring arrives, well all except the hay fever sufferer! My husband is one of them. As soon as the first tree shows it's pollen or a lawn mower starts up-his sneezing fit begins. All the drugs in the world can not help, a sea breeze is about the only solution. However, the sea is a bit too far away from Warsaw, so he swears by the tablet Zyrtec. Homeopathic remedies are also available at the apteka. Unfortunately, hay fever, can get our kid's too, and there is little we can do. Look out for the sneezing and itchy red eyes. Drink plenty of water and try to find out which pollen it is that You/Your child is allergic to. We love our parks and gardens with the array of trees, but it is these trees (shown on this page) that are blossoming during April and May and cause allergic reactions. The obvious other is Grass, So next time is rains, don't be too mad, the hay fever sufferer can breath for a few hours before the next sneezing fit! Anyone with useful soothing tips, please let us know.





# MUMS' & DADS' RECOMMENDATION'S

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

### A very 'Happy Mama'...

I recently visited a beauty and hairdressing salon that also provides care for the little ones while you enjoy a treatment. I was so impressed with what they had to offer and the service that I received that I felt it my duty to pass on the details to all other Mums and Tots members out there.

Happy Mama is a place for families, where they offer to take good care of each member of the family. Everybody can find something relaxing for himself or herself, have a great time, slow down or chill out from the everyday chaos that we are all accustomed to.

They offer free child care with an experienced minder in their specially designated area full of toys and fun. Your little ones are professionally looked after whilst you use whichever of the Happy Mama facilities you desire.

These facilities include: Hair stylist, Manicure & Pedicure, Massage, Cosmetics, Personal development workshops, Psychologist sessions, Diet consulting, Stylist and visage consulting, Laundry services and last but not least a Coffee place

They combine high quality services with well known top-of-the-range products. In addition, their centre is equipped with the highest quality equipment:

- Reviderm - crystal micro dermabrasion
- Habbys - massage table and cosmetics
- Della Corte - Italian coffee machine

And to boot, they serve the best coffee in Wilanów where you can relax on their cosy chairs or sofa.

They are open from Monday till Friday 9.00 - 21.00, and Saturdays 9.00 - 16.00. There is plenty of parking close to the salon and a bus stop only a short walk away. Although their website is only in Polish, if you call there will be someone there who can speak English and help with your enquiry.

I highly recommend that all Mums and Tots members treat themselves to a little excursion to Wilanow to sample what Happy Mama has to offer.

Happy Mama [www.happymama.pl](http://www.happymama.pl)

Miasteczko Wilanow

888 508 508

Regards, Lauren Brown

This page is now dedicated to 'Recommendation's' made by YOU.

If you have found the perfect playgroup for your child, let me know, I can pass it on. If the food /service was fantastic at a special Restaurant, let me know, or if your Hair-dresser/manicurist speaks English let me know. Do you have the best handyman in the world, let us know. Any secrets you have to make our decisions here easier - LET ME KNOW!

### Play and Learn



Mama Marta's Toddlers Centre  
English speaking play and learn  
group in Old Mokotow.

Dedicated for 16 months to 3 year  
old infants.

Offers a gentle introduction to  
nursery education.

For further details, please contact  
Marta Cross on +48 607 704 396

or e-mail at  
[marta.cross@neotrada.pl](mailto:marta.cross@neotrada.pl)

### BABY MASSAGE



Maybe you have already seen Oonagh's email about her Infant Massage Course, if not, and you have a baby between 1 month and 10 months (or not crawling) then get in contact with her now. She needs 6 volunteers (parent & baby) to help her complete the final stage of her IAIM course. This is a great opportunity to strengthen the bond with your baby and enjoy the relaxation moment yourself. I (Gill) also did massage with Abigail and I really feel it was a great boost to our natural bond. Contact Oonagh Yeo on: Tel 0698 425 442 email: [oonaghyeo@yahoo.co.uk](mailto:oonaghyeo@yahoo.co.uk)