



OCTOBER 2008

# NEWS LETTER



Mums Night Out  
Thursday 9th October



CLOCKS GO BACK  
Sunday 26th October

M & T Charity Christmas Bazaar



We are in need of a good central location for this event and volunteer helpers. Any ideas? Read meeting minutes for contact details if you have a brainwave.

Editor: Gill Boelman  
Email: gilly@xs4all.nl

## Wanted - New Recruits

*Dear Mum's,*

Well it is most certainly Autumn. Time to clean up the wardrobe again and get out the winter woolies. Hat's are now compulsory for the kid's according to Polish folk-law! M&T's is now preparing to bring all activities indoors. Hulakula, Fikoland, Sunday Brunch and all the shopping mall's - here we come!



Anyway, enough chit-chat, let me get straight to the nitty gritty.

M&T's are looking for new recruits.

Here are the job's up for grabs:

**Postmaster**

**Monday Toddler Group Coordinator**

**Mums Night Out Organizer**

Please read the M&T meeting minutes and have a think about the spare time you may have to help out with one of the M&T activities. In order to keep this great organization going we need as many Mum's and Dad's as possible to get involved.

The Christmas bazaar would be a great starting point. As Aga S recently left us, Dominika P and Katia RT have offered to get the 'ball rolling' for the M&T Charity Christmas Bazaar event. They are in real need of helpers. PLEASE get in contact with them NOW.

Thank you to everyone for all their input to this issue. As you will see it is packed full of great tips and recommendations. *Gill*

## OCTOBER HAPPY BIRTHDAY'S

- 1st Carla Muella-Gerold
- 1st Paolo Bruni
- 4th Peter Laursen
- 5th Hanna Holst
- 5th Max Smith
- 6th Anton Matschke
- 7th Timothee Stevens
- 8th Maya Sirotin
- 8th Marton Hanko & Rory Watson
- 11th Arne Kerik
- 22nd Maximillian Cross
- 14th Mats Sels
- 15th Farid Michel
- 18th Camilla Fels
- 19th Julia Wilson
- 22nd Tyler Vuk Tesic Fidelak
- 22nd Clara Romano
- 24th Mia Sophie Radzuweit
- 28th Lily Maria Kundt-Li
- 30th Isabel Fernandez
- 30th Nicola Djokovic
- 31st Ole Schneemann
- 31st Ryan Schaefer
- 31st Henry Buttimer



**HALLOWEEN FUN**  
FRIDAY 31ST FANCY DRESS  
Hulakula & Babies & Bumps



Thank you to Mary P (our treasurer) for taking the minutes of the meeting that took place Tuesday 16th September.

And Thank you to Marjolein vO (retiring Postmaster) for hosting the meeting and serving delicious homemade, warm apple pie and fresh filter coffee.

### Baby Kino Email

I am afraid to say that due to the fact Catherine Long and her family will be leaving Warsaw, there will no longer be translated Kino information sent to your email. If you are interested in the baby kino then please go to the M&T website for a direct link. Thank you and good luck to Catherine & Connor.



# Weekly M&T Groups Update

A big thank you to all of the coordinators and organizers of events.

MONDAY AM: Toddler Group (18months Up ) 10.00-12.00

**COORDINATOR:** URGENTLY IN NEED OF A VOLUNTEER

MONDAY PM: Music Group \*

TUESDAY AM: Odynca Park / from October Hulakula 10.00-12.00

**COORDINATOR:** Dominika Pasterska

TUESDAY PM: Arts & Crafts Group at English Playhouse \*

WEDNESDAY AM: Swimming (see website or below details)

WEDNESDAY PM: Mums time at English Playhouse\*

THURSDAY AM: Mini Music 10.00-12.00

**COORDINATOR:** Cornelia (Conny) Preidelt

THURSDAY PM: Free

FRIDAY AM: Bumps & Babies (0 - 18months) 10.30-12.00

**COORDINATOR:** Heide Matschke

FRIDAY AM: Hulakula 10.00-12.00

**COORDINATOR:** Dominika Pasterska

\*These groups are to be confirmed. Look out for update emails or check the website regularly to find out what is happening with these groups.

## Swimming - Wednesday

If you have questions about swimming pools, swimming lessons or the swimming activity on Wednesday, please contact me, Marie Fahrenholz, at mcmeunier72@hotmail.com. I prefer the SGGW swimming pool for my son because the water is warmer. Ul. Ciszewskiego 10, Ursynow. I speak Polish, so it's not a problem for me to follow the swimming lessons there, but if you don't speak Polish you might want to join the swimming lessons at Klub Pod Orlem, Ul. Bukowinska 24a (Mokotow), 022-847-4980. They show the moves with a baby doll. If anyone knows of other good swimming pool's for small children, or of good swimming lessons (in English), recommendations are always welcome.

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)

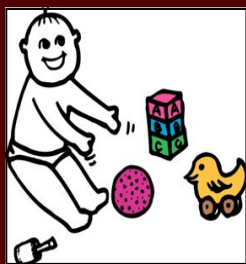
Schedule of Events

# OCTOBER 2008

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4 World Animal Day	5
6 Chippendales in Warsaw	7	8	9 Mum's Night Out	10 Warsaw Int. Film Festival	11	12
13	14	15	16	17	18	19
20	21	22	23	24 United Nations Day	25	26 
27	28	29	30	31 Hulakula Halloween	1st Nov. National Holiday	

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

- 4th World Animal Day
- 6th Chippendales in Warsaw
- 6th-12th CNN Focus on Poland
- 9th Mum's Night Out
- 10th-19th 24th Warsaw International Film Festival. Various cinemas around town.
- 24th United Nations Day
- 26th Clocks go back 
- 31st Halloween 
- HulaKula Fancy Dress
- Bumps & Babies Halloween at Janice Mills
- 1st November All Saints Day. National Holiday
- 11th November Independence Day. National Holiday



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

In order for this group to continue, we are in urgent need of a new coordinator. The group is for children from 18 months upward. Please give it some thought and contact Katia (standing down coordinator) or the Postmaster.

## THURSDAY MINI MUSIC

- 2nd Eithne Gibbons
- 9th Lili Reyels
- 16th Tomoko Taninai
- 23rd Paola Biondo
- 30th Christy Watson

## FRIDAY

### MUMS & BUMPS

- 3rd Alia Radford
- 10th Veronika Harvey (Please bring some toys)
- 17th Host Needed
- 24th Peggy Ferber
- 31st Janice Mills (Halloween Party)
- Email to follow

# MY DAD IS... A TOP CHEF IN WARSAW

We know what us Mums do most of the day, but what do the Dad's get up to in Warsaw? As the 'Brunch season' has started again I thought it would be nice to get a bit of inside information from a couple of our M&T Dads' who work in two of Warsaw's most prestigious hotels. Here is a short interview with Eric Fettke, Hotel Intercontinental and Thomas Preidelt, Hotel Hilton. Thank you both for humoring me with this article.

Hello, My name is Kiera, I am 2 years old.

This is my Dad, Eric Fettke, Executive Chef, and this is where he goes to work everyday.



1. Which Country are you from and how long have you been in Warsaw?

I am from South Africa, and have been here for 30 months.

2. Do you have a favourite supermarket or deli in or near the city?

Alma and Hala Mirowska on Jana Pawa II

3. What is your favourite local (Polish) dish? Can you cook it?

Zurek served in bread, and yes, I can make quite a nice one.

4. What is your favourite dish off of your Hotel menu?

I would have to say the Charloux steak in the Frida, grilled medium rare with hibiscus sea salt.

5. Best Holiday destination?

Thailand. Anywhere sunny with my girls.

6. What is your best and worst experience of the Polish culture?

Best is the way that they treat family and children, worst was insensitivity to foreigners, and not wanting to give change at the supermarkets.

Best physical Polish cultural experience was being part of a Polish wedding and worst has got to be trying to 'negotiate' with a Polish Policeman.

7. Other than your own restaurant, where would you take the family to lunch or dinner in Warsaw?

Kwai and the cosy Italian place on Nowy Swiat, with the wood burning pizza oven, I can never remember the name.



## Sunday Family Brunch

Sunday 12h30 – 16h00

On Sundays we invite to our famous Sunday Family Brunch, which has been awarded "Best set Sunday Brunch" already twice in a row. Children are spoiled with their favourites and superbly entertained whilst their parents enjoy a colourful buffet of many breakfast elements, combined with cold and warm specialties, of which some are freshly prepared at the live cooking station, and a Sushi bar. Live music, Champagne and freshly prepared Margaritas are rounding off this exclusive culinary offer and the amazing dessert buffet, crowned by a chocolate fountain, is fulfilling even the sweetest dreams of our discerning guests.

Hello, My name is Lilou, I am 3 years old and my little sister, Kiara is 4 months. This is my Dad, Thomas Preidelt, celebrated chef and this is where he goes to work everyday.



1. Which Country are you from and how long have you been in Warsaw?

I'm from Austria, Vienna and I have been in Warsaw since October 2006.

2. Do you have a favourite supermarket or deli in or near the city?

As Chef I really like upscale supermarkets like Bomi, Alma or Pawel & Piotr. But my favourite is the Carrefour in Galeria Mokotów – a great variety of products, so if you have problem finding some unusual ingredient, try there.

3. What is your favourite local (Polish) dish? Can you cook it?

You would probably expect me to say pierogi or bigos, but no – what I really like very much is bitki wołowe. I would say they epitomise Polish cuisine – simple but tasty and, with the proper choice of ingredients, really elegant. And what Chef I would be if I couldn't cook them...?

4. What is your favourite dish off of your Hotel menu?

Well, no surprise this time – I'm Austrian, so my favourite and signature dish is the Wiener Schnitzel. You should also try the grilled Prime Sirloin of Angus Beef as it was my idea to bring it to Warsaw.

However, if you are looking for a place to dine with your family a visit at our Sunday Brunch is a must. Great selection of dishes - starting from premium sea food, Polish specialties and international hams to Angus beef, accompanied by Bloody Mary and a selection of wines. Not to mention the perfectly equipped kids' corner with educated staff from the English Playhouse. And of course you have one more advantage – you know the Chef J

5. Best Holiday destination?

Definitely Cuba – it is hard to explain, as it is nothing you can grasp, but I like the general atmosphere and the climate, just perfect for holidays. And I wouldn't be myself if I didn't mention the ethnic food over there, I simply love it.

6. What is your best and worst experience of the Polish culture?

Well, it's hard to write something bad, as you never know if your guys will read it. With a broken heart I have to say the worst thing is punctuality, but the biggest advantages are involvement and sense of humour.

7. Other than your own restaurant, where would you take the family to lunch or dinner in Warsaw?

I really like Papaya – for the food but also for the Teriyaki live cooking station by the Malaysian chef. I always appreciate when I can see how the dishes are prepared, it's not only fun, but you can actually learn some tricks.



*Bringing your family together*

Try the most complete brunch in town.

Enjoy free flow Bloody Mary and premium beers; French, Chilean and sparkling wines; premium seafood, international hams, Polish specialties and roast rib of Angus beef. The best in children's entertainment, whatever their age.



Every Sunday from 12:30, PLN 155 per person  
For reservations please call: +48 (0) 22 356 55 76

  
**Hilton Warsaw**  
Hotel & Convention Centre  
Travel should take you places®

# MUMS' NIGHT OUT

When: Thursday 9th October

Time: 20.00

Where: Restauracja NOMIA

UL. Nowego Miasta 13/15 in the New Town

Cost: A la Carte (no set price)

RSVP: by Wednesday 8th October to

Marie Fahrenholz

mcmeunier72@hotmail.com or call 501-150-549

This is a funky, modern restaurant in the center of town that is getting good reviews. Thank you to Mary P. for the tip.

Hope to see you all there. Marie :-)

# Tip for a NIGHT OUT

HOT TIP - RESTAURANT REVIEW

By Marie Fahrenholz

Portucale, Restauracja portugalska-winiarnia

Ul. Merliniego 5, Mokotow, 022-898-0925

Just opposite Warszawianka swimming pool

[www.portucale.pl](http://www.portucale.pl)



Lawrence and I went to this great Portuguese restaurant earlier this summer, and we are definitely going to go back. Our evening at Portucale was a success from start to finish.

The place was busy, but the service was nevertheless excellent. Our waitress was friendly and helpful; she spoke English, and had a very good knowledge of Portuguese wines.

First we had a glass of nicely chilled white wine (young Portuguese wine, very light and refreshing), then we ordered some delicious starters (filo paste filled with cheese and spinach), after which we had the typical Portuguese grilled meat on skewers served with salad and fries (big portions!). The red wine was again a perfect match for the dish. We were too full to follow with a dessert, but we couldn't leave without having a glass of Port, of course. The place is on two levels, and there's a terrace as well. The décor is subtle. Finally a place that focuses on what really counts: food and service; a rare find in Warsaw. All in all, we had an interesting culinary experience in a relaxing atmosphere. The price was not bad either! I definitely recommend it for the whole family (they have a high chair), but make sure you reserve a table before you go, it can get very busy at week-ends!

## HALLOWEEN FUN FRIDAY 31ST OCTOBER

FANCY DRESS

10.00 - 12.00

TODDLER GROUP (18months+)

To be held at Hulakula

&

BUMPS & BABIES

(Host Janice Mills)

## Girl's Behaving Badly!

If the men can do it, why not us ladies? The infamous 'Chippendales' from New York are in Warsaw. Monday 6th October at the Klub Palladium 7pm. For tickets or info. go to [www.makroconcert.pl](http://www.makroconcert.pl)



# OCTOBER TOP TIPS



Each month it would be really nice to have a top book, top recipe a top shop and a top web tip. Please send me any details of a good book worth recommending, a website or your favourite shop or recipe. So get shopping, surfing, reading and cooking :-)



## Shop: TOP SHOP

First River Island, then Next! Now the British based fashion shop 'Top Shop' will open its doors in Zloty Teras. Definately worth a look. In the UK they have a wide selection of looks at reasonable prices. Not sure how they will transfer in Polish zł. ? The shop also has a similar project to H&M, whereby famous designers are asked to design a collection for sale. Could be interesting to all those who like fashion & accesorizing.

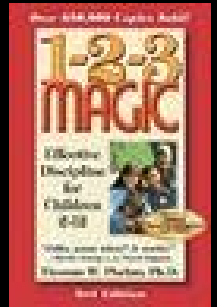
## Cultural Kid's Activities:

Thank you to Dominika Pasterska for this great tip.

If you are at a loose end with your kid's at the weekend why not buy Friday's 'Gazeta Wyborcza'. It has a supplement, 'Co Jest Grane' which has a listing (Imprezy Dla Dzieci) on specially organised events for children at the weekend as well as other cultural events for the coming week in the city. For example: special film-showing / puppet-show / art class / book-reading. It is in Polish, and most events occur in Polish, but with a dictionary and a smattering of Polish we should all get by.

## Book: 123 Parent Magic by Thomas Phelan

Mary P has recommended this book via a few Swedish friends that swear by it. Apparently, although the suggestions are sometimes blatantly obvious, it is still a good idea to read as it can really help keep you calm when your 'terrible' 2 year old is being terrible!



## RECIPE: Upside-down Toffee Cake

The perfect comforting dessert for a cold autumn day recommended to us by Marie F. Thank you for your tip.

### Ingredients for Cake:

1.5 cup flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 3/4 cup milk, 1 egg, 1/4 cup butter (soften butter in microwave a bit), 3/4 cup sugar and 1 tablespoon vanilla extract or zest of 1 lemon



Mix all wet ingredients together. Add the wet ingredients to the dry (Sift dry ingredients together first).

### Ingredients for Toffee syrup:

1 cup muscovado sugar, 1 cup maple syrup, 1 cup water, 1/4 cup butter

Or

2 cups muscovado sugar, 1 cup water, 1/4 cup butter

Mix and heat in a pan until sugar has dissolved.

Pour a bit of syrup in to bottum of a greased deep baking dish (mine dish is glass but you can use a metal one), pour the cake mixture over it. Next pour most of the rest of the syrup on top (put as much as you like, I didn't use it all as it is very sweet).

Cook in oven at 180 celsius for +/- 40 minutes. Turn the cake upside down once cooled and then serve.

Tip: You can put slices of banana, pineapple or other fruit at the bottum of the dish before you pour the cake mixture.

## Book Group

Looking for something to do a couple afternoons a month? Through the International Women's Group, I am coordinating a Polish Literature Group that meets two Tuesdays a month between 1:30-3:00. We read books or stories written by Polish authors- IN ENGLISH. I have found this a very inspiring and rewarding way to learn more about Poland's culture, history and politic. We try and keep the readings interesting and simple (as English is not everyone's first language). Next month we will be reading stories from Nobel Prize winner Isaac B. Singer, a Jewish-Polish author. We rotate between having a biography of the author and then having a discussion about the work. If you are interested please contact Trina Roll at trinaLroll@yahoo.ca or 721 603 372.

## CNN - EYE ON POLAND

CNN will be focusing on Poland for one week. Thank you Mary & Perry AFW for Tip.

Monday 6th-Poland:A New Era Begins

Tuesday 7th-Poland-Strategic Ties

Wednesday 8th-Poland-Booming Business

Thursday 9th-Poland-Springs to Life

Friday 10th-Poland by the Poles

Saturday, Sunday 11th 12th-Eye on Poland

www.cnn.com

# MUMS' & DADS' RECOMMENDATIONS

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

If you wish to privately sell, buy or rent any personal items etc. Please make use of the Mums and Tots web-site, [www.mumsandtots.com](http://www.mumsandtots.com) click 'classifieds'. There are always good offers from other mums etc. Cars for sale, houses for rent and recommendations for babysitters' or housekeepers.

If you are looking for something specific it is also a good place to put a request.

## Butcher (Meat Specialist)

Saska Kepa Le Diplomate -  
Ul. Meksykanska 6 (that in  
between Ul. Saksa and  
Fransuska next to Trasa  
Lasienkowska fly over )

You can call and place an  
order for some Agneau  
(lamb), or boeuf (beef) at  
the following number

+022.616.05.39. The guy speaks French and  
maybe English as he is working for all the  
Muslim embassies in Warsaw. The shop is  
unfortunately not very easy to find! It is on  
the corner next to the supermarket Elea.  
Thank you to Sophie Barbe for this tip.



## Time for Wax

[www.timeforwax.pl](http://www.timeforwax.pl)  
ul. Domaniewska 35a/1 tel.  
+48 22 899 14 52



Forever looking to remove those unwanted  
hairs? I found this shop on one of my many walks  
to Galeria Mokotow. It is a simple salon, the staff  
are professional and some speak English. I have  
never needed an appointment, and most days  
could walk in without a wait. I see they now have  
two salons in Warsaw. They also do manicure and  
pedicure's for a very decent price. This is not a  
pamper-me-up salon, but a great place to get  
'maintenance' quickly and professionally

Thank you to Trina Roll for this recommendation.

## NEED A POLISH TEACHER?

Anne Aleksander recommends:

Joanna Sklodowska

Tel: 022 849 45 42 or Mob: 0691  
374737

Available at home or Office.

Dominika Pasterska recommends:

Ania Kosinska

Tel: 0606 67909

"Very flexible and experienced"