

OCTOBER 2007

## REMINDER:

Time Change

Sunday 28th October

Yippee! We gain 1 hour in our weekend.

Mums Night Out  
Thursday  
11th  
October

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# NEWS LETTER

## GOODBYE & THANK YOU HELLE

Dear Mum's

Welcome to the October edition of the M&T Newsletter. Firstly I would like to start by saying a big thank you to Helle.

Helle has been doing a wonderful job on the NL and I for one will miss her very much. I am sure you will agree, her 'favorites' were very informative and will be worthy visits. Goodbye and good luck Helle.

Secondly, Hello from me! Now that Abigail is 18 months I thought I could manage something more

than just trips to the park nappy changing and cooking. However when someone mentioned a 'deadline' I suddenly thought why on earth didn't I take the position of Treasurer instead! Oh well too late now, so here we go. I hope you enjoy the Newsletter and its newspaper style layout. I look forward to passing on as much interesting and useful information to you. However, without YOUR support and recommendations the news letter would be very dull. I know sometimes it's

nice to keep your favorite shoe shop, language school, manicurist or hairdresser a secret in fear of mass demand, but remember back to your arrival in this city. There are always Mum's lost and the smallest offer of help is essential to get by here. [So email me all HOT Tips.](#)

This month, due to the cooling temperature, a bit of info on "Brunch Time" and "Indoor Play/swim" should be quite useful. Its time to go inside and keep warm. Enjoy - *Gill*

## OCTOBER HAPPY BIRTHDAY'S

1st Carla & Paola  
4th Axelle & Peter  
5th Hanna & Max  
7th Timothee  
8th Marton, Maya  
11th Arne  
12th Maximillian  
15th Farid



18th Camilla  
17th Sawa  
19th Julia  
21st Ludmilla  
22nd Clara & Tyler Vuk  
24th Mia Sophie  
28th Lily Maria  
31st Ole, Ryan & Henry

# ITS BRUNCH TIME IN WARSAW!



All of the Hotels and Restaurants have great Sunday Brunch foods with special Kid's buffet and Kids Play Areas. They are all supervised areas and some will organize a babysitter for you if you reserve and request in advance.



Here are a few of Warsaw's best Indoor Play areas for kids that have been recommended by Mum's. For more addresses please look at the WarsawTour website; [www.warsawtour.pl](http://www.warsawtour.pl)

Click on Warsaw for Children. If you know of any other worth a visit please let us know. Email the postmaster or Editor.

Have Fun !

## Hotel InterContinental

Ul.Emili Plater 022-3288888  
Open 1200-1600  
Cost ZL.135, Children 0-2 yrs  
Free 3-15yrs 50%  
(Recommended by lots of You)

## Hotel Marriott

Al. Jerozolimskie  
022-6306306 Open 1200-1700  
Cost ZL. 145 Children 0-6yrs FREE 7-14yrs 50%

## Sheraton Hotel

Ul.Prusa 022-4506100  
Open 1230-1630 Cost ZL.140  
Children 0-6yrs FREE 7-12yrs 50%

## Le Royal Meridien Bristol

Ul.Krakowskie Przedmiescie  
022-5511000 Open 1230-1630  
Cost ZL.145 Children 0-6yrs FREE 7yrs up 50%  
(The kids corner has recently moved to a location further from the Brunch room. )

## Hyatt Regency Warsaw

Ul.Belwederska 022-5581234  
Open 1230-1630 Cost ZL.135  
Children 0-6yrs FREE 7yrs up 50%.  
Sushi highly recommended.

## Hilton Hotel (New in Town)

Ul.Grzybowska 022-3565555  
Open 1230-last Guest Cost ZL.145  
Children 0-6yrs FREE 7yrs up ZL.70  
(SeaFood Recommended)

## Restaurant 'Blue Cactus'

Ul.Zajaczkowska 022-8512323  
TexMex Food Open 1200-1500  
Cost ZL.72 Children under 10 yrs ZL.10  
Excellent for the kids. Playhouse and Clowns.  
Margaritas are excellent for the adults!

## Boathouse

022-6163223, Ul.Wal Miedzeszynski  
From SUNDAY 7th OCT.  
Open 1200-1700 Cost ZL.129  
Children 0-6yrs FREE 7yrs up 50%  
Great outdoor kids facilities.

## AleGloria

(Modern Twist/Polish Cuisine)  
Pl.Trzech Krzyzy 022-5847080  
Open 1200-1700 Cost ZL129  
Children 0-7yrs FREE 8-12yrs 50%

# OUT OF THE COLD - INDOOR PLAY

## HULAKULA, 022-5527467

Ul.Dobra 56/66  
Www.hulakula.com.pl  
A big favorite with M&T's.  
Cost:: Mon-Fri ZL.15 Sat/Sun ZL.25

## FIKOLAND, Galeria Mokotow

022-5413485  
www.fikoland.webpark.pl

## FANTASY PARK,

Sadyba Best Mall  
022-3317090  
www.fantasypark.pl

## HOCKI-KLOCKI, Leclerc

Ursynow Shopping Mall,  
0609529009,

www.hockiklocki.pl

## EDUKADO, Domoteka

Targowek Shopping Centre  
Ul.Malborska 41 022-3310058  
Www.edukado.pl

Looks small on entering but there is another room at back for bigger kids to paint./draw etc.

## BAJLANDIA, Targowek Shopping Centre, Ul.Glebocka 15 022-3313590

www. Bajlandia.clubai.org

## ARKADIA Play Area,

Arkadia Shopping Mall. Open Mon-Sun 1000-2200 Cost: M-F 4zl. Per 1/2 hour Sat/Sun 5zl. Per 1/2 hour. 3yrs -8yrs

Under 3 must be supervised by parent.

## SMYKOLANDIA, Smyk

Toy Shop, Al.Jerozolimskie City Centre. From 3yrs Cost:: Mon-Fri 5zl. 1 1/2 hours Sat/Sun 5zl. 1 hour. Under 3 must be supervised by parent.

## INCA PLAY, Blue City

Shopping Centre, Al.Jerozolimskie 179, 022-3117511 www.incaplay.pl

## KAMELOT, Wola Park

Shopping Mall, Ul.Gorczevska 124, 022-5334000,



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)

# OCTOBER 2007

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4 World Animal Day	5	6	7 Nike run 5k / 10k
8	9	10	11 Mums night out	12	13 Poland football	14
15	16	17	18	19	20	21 Polish election
22	23	24	25	26	27	28 Time change
29	30	31 Hallow- een	1st Nov. All saints day			

## Schedule of Events

Sunday 7th : Nike Run

Thursday 11th: Mums Night Out

Saturday 13th: Something for the Men! Poland V Kazakhstan. Euro 2008 qualifiers.

Sunday 21st: Polish Elections

Sunday 28th: Spring forward, fall back! Don't forget to turn your clocks back 1 hour.

Wednesday 31st: Halloween. This is not celebrated in Poland. However, some shops and bars do try to capitalize on all events, so there will be a bit of pumpkin madness during the last week of October. Some Mums are keen to organize something for this day. Please email the Postmaster if you have any suggestions.

Thursday 1st: All Saints Day. A national holiday in Poland and other countries.

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



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

1st Oct  
Katia Roman  
8th Oct  
Jagna Badurowicz  
15th Oct  
Eeva Suomalainen  
22nd Oct  
HOST NEEDED  
29th Oct  
HOST NEEDED

### THURSDAY MINI MUSIC

4th Oct  
Cornelia Preidelt  
11th Oct  
Eeva Suomalainen (Beata)  
18th Oct  
Anu Bovelan Joskitt  
25th Oct  
Mariselle Fettke  
1st Nov No Group

### FRIDAY MUMS & BUMPS

5th Oct  
Mary Puczynie  
12th Oct  
Sony Brown  
19th Oct  
Alia Radford  
26th Oct  
Peggy Ferber  
(SVP bring a toy)

# Swimming pools and swimming lessons

1. Le Soleil, Ul. Na uboczu 18, Ursynow/Natolin, 022-649-00-87

Lessons for babies and small children

All lessons last 30 mins.

Saturdays and Sundays

30zł each time or 125zł for 5 times (karnet)

Call a few days ahead to reserve a place. [www.lesoleil.pl](http://www.lesoleil.pl)

2. OSiR- Żoliborz, Ul. Potocka 1, Żoliborz

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

022-832-46-00 [www.aquamaster.met.pl](http://www.aquamaster.met.pl) [www.osir-zoliborz.waw.pl](http://www.osir-zoliborz.waw.pl)

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

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

For babies and children. Centrum Mama, tata i ja" organises the lessons there and in other swimming pools, 022-498-34-90 [www.mamatataija.pl](http://www.mamatataija.pl)

SportGames also organises lessons at this same pool

Cost: 12 times 30 minutes, 260zł

4. Pingwin, Ul. Oławska 3a, Bemowo

SportGames organises the lessons. Cost: 12 times 30 minutes, 260zł

[www.sportgames.pl](http://www.sportgames.pl) [www.naukaplywania.waw.pl](http://www.naukaplywania.waw.pl)

5. SGGW Swimming pool (the same place we have the Wednesday swimming activity)

Ul. Ciszewskiego 10, Ursynow, 022-593-12-83

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

300zł for 12 lessons

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

6. Ul. Bukowinska 24A (the one I went to) Mokotow, 022-847-49-80

Sat 16.45-17.15 (2 lessons)

30zł per individual lesson or 250zł for 10 times

Possibility of joining almost any time if there are places.

No English, but all exercises are clearly demonstrated. I went there with Hugo and loved it.

Thank you Marie F for all the above tips :-)

# MUMS NIGHT OUT



October Mums' Night Out

September's Mums' night out was a great success. Let's hope

the October one will be even more popular; the more the merrier!

Join in the fun at Maharaja, a friendly, cosy Indian restaurant in the center of Warsaw.

When: Thursday  
October 11, 20.00

Where: Maharaja, Ul. Marszalkowska 34/50 (upstairs)

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

RSVP by Wednesday  
Oct. 10

[mcmeunier72@hotmail.com](mailto:mcmeunier72@hotmail.com)



## Looking for Family Friendly Fitness ?

Tip from Jagna Budurowicz. Thank You



Regarding mums' friendly gym, just wanted to add that FITNESS PARK, Warszawianka Water Park ul. Merliniego, has classes for:

- Pregnant women (Aktywne 9 miesiocy) - currently on Mondays, Wednesdays and Saturdays at 12:30
- Mums with babies (Klub Aktywnej Mamy) – currently on Tuesdays, Thursdays and Fridays at 12:30
- But check the Schedule at [www.fitnesspark.pl](http://www.fitnesspark.pl) as it may change

I have attended both classes, and now I am back at the class for pregnant women and they are fantastic - light workout with relaxation.

In the class for Mums with babies, it is really possible to workout in those classes with your baby, because everybody there understands if you are late, or have to stop to breastfeed, etc unlike in the yoga classes where you have to concentrate, can't talk etc. There are also some exercises that you do with your baby (like massage, rolling on a big ball, lifting, etc)

Last but not least, Fitness park is much cheaper than Gymnasium, it is only 19.50zł per class or you can buy a month ticket (but I don't remember the price)

# 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:

Georgio 'Armani'

Nowy Swiat

\$\$\$\$\$ OK it is on the pricey side and not exactly for burping the baby in! But its well worth a visit. The shop exterior has been fully renovated and looks beautiful. The clothes are stylish and timeless.

## Book:

'A Spot of Bother' by Mark Haddon

Very funny big family drama. Just the kind of thing to make your family life feel 'normal'.

I am a very slow reader, but found this easy and a good laugh.

## Website:

[www.reallyworried.com](http://www.reallyworried.com)

I read in 'Marie Claire' that us women worry approximately 5 years and 4months of our lives. This website works on the basis, a probelm shared is a problem halved! You really can air ALL your questions or fears on this site. It is worth a visit, if anything just to see how simple life really is.

## RECIPE: Lily's Scones (tip from Marie F)

Taken from How to be a domestic goddess, Nigella Lawson

Many of her books, and other cook books in English, are available at the American Book Shop and also at the very trendy furniture and decoration shop Red Onion (together with some of her kitchen wear collection).

500g plain flour

1 teaspoon salt

2 teaspoons bicarbonate of soda

4 1/2 teaspoons cream of tartar

PS: If you don't have any cream of tartar, you can replace both the bic. of soda and the cream of tartar by 2 1/2-3 tablespoons of baking powder

50g cold unsalted butter, diced

25g Trex, or use another 25g butter

300ml milk

1 egg, beaten, for egg-wash

1 glass

1 baking tray, lightly greased

Preheat oven at 220C

Stir the flour, salt, bic. of soda and cream of tartar (or baking powdermix briefly. ) into a large bowl. Rub in the fats till it goes like damp sand. Add the milk all at once, Knead lightly to form a dough. Roll out to about 3cm thickness. Stamp out as many scones as possible with the glass. Roll the dough again to make a few more. Place on the tray close together. Brush with egg-wash. Cook in oven for about 10 minutes, watch out, they cook quickly!

Makes 12

I personally use wholemeal flour (1/4 of the total amount) together with the plain flour. You can add 75g of raisins, or the same amount of dried cherries, with or without the zest of 1/2 an orange. For cheese scones, add 75g of grated cheese (Nigella suggests mature Cheddar). **Bon appétit!**

# ADVERTISING / RECLAME

## Advertising/Reclame:

Please note that the monthly Newsletter Advertising board is for businesses relevant to Mums & Tots. A small fee will be charged for this opportunity.

If you wish to privately sell, buy or rent any personal items etc. Please make use of the Mums and Tots website, [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.

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WHERE KIDS COOK IN WARSAW!

Looking for an original and super fun birthday party idea  
for your child (and maybe yourself too)?  
The choice is no longer a wrecked house or inside playgrounds!

**How about a Little Chef Cooking Birthday Party!**

Children ages 4-16 cook delicious food,  
sweet or savory,  
learn lots and have an amazing time.

To reserve call Katia at +48 501 09 3691  
or email [littlechef@littlechef.nazwa.pl](mailto:littlechef@littlechef.nazwa.pl)

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

