

# VMCM Monthly Newsletter



**March 2006**

It said that March is the strangest month in the year, because you never could predict what will be the weather on next day - winter storm or summer hot. (almost like women' mood:) But in VMCM doesn't matter what month or season is and the forecast is always the same – good mood and fun.

**From Bulgaria with love**

The month started surprisingly for the kids in VMCM. On the 1<sup>st</sup> of March Nadia appeared with more than 50 strange bracelets. She called them "martenica" and explained that they are part of very old and specific Bulgarian tradition. "We put this martenica on the first day of March. They are made by red and white threads, because these two colors are symbolize health and pureness and beauty" explained Nadia. "We put them on our friends and families and we wish them a healthy and good life in the year ahead." Bulgarian tradition said also that everybody should wear his "martenica" until he/she saw a stork or swallow. So Nadia put "martenica" to every visitor in VMCM and she was very glad that her home tradition was so well accepted from the kids.



**A sound mind in a sound body**

As every month in March we also had some attractive competitions which brought us a lot of sports tension and emotions. First some of the boys tried their strength with scander fight. As you see from the picture it was hard and competed fight, but at the end "the gladiators" shook their hands in friendship.

Then Tibor organized a tennis table competition which had so many participants that it took one week duration. The final battle of course was most emotional and competed. Two boys - Koleszar Laszlo and Nagy Peter played more than hour before one of them won. But therefore the victory was sweeter. You can see the happy face of Laci in our gallery of monthly winners.

**Πυζζλε ηερε, πυζζλε τηερε**



As we mentioned before puzzles have been one of the most preferable games in

VMCM. Actually the pictures talk about it better, so we decided to make an exhibition of puzzles made in the centre. So far we had 3 big pictures; we hope that soon we will have more.

Brenda Szuper Bulija

Ωηατ δο ψου νε  
εδ ωιτη ψου ωα  
ντ το ηαωε α πε  
ρφεχτ βιρτηδαψ  
παρτηψ? Οφ χου

ρσε ψου νεεδ παρτηψ μοοδ, φριε  
νδσ ανδ α πλαχε λικε ζΜΧΜ. Ι  
φ ψου νεεδ α προωε, ασκ Βρενδ  
α, ονε οφ ουρ ωισιτορσ. Σηε δεχ  
ιδεδ το χελεβρατε ηερ 13<sup>τη</sup> βιρτ  
ηδαψ ιν τηε χεντρε ανδ δεφινιτε  
λψ ιτ ωασ παρτηψ το ρεμεμβερ.

Τηερε ισ σομετηινγ σωεετ ιν τη  
ε φριδγε

It is already a tradition to have a  
cooking day in VMCM. Usually we  
make it in Saturdays, where there are  
more visitors so more people can take  
part in preparing or eating. In March  
we had 2 cooking days in which we  
prepared two new kinds of sweets.  
Nadia shared her Bulgarian cooking



experience  
and we  
had lovely  
cake  
named  
"Zebra"  
and sweets  
called  
"Rocks".

We were also proud that after these  
cooking days some girls shared that  
they make the sweets home and their  
parents were well surprised, where they  
learned it.



Pump your body!

Yes, unfortunately the  
sweets are lovely, but not so  
good for your body. But we  
found a solution for this one  
also: Aerobic in Saturday  
morning. :) There is enough  
place in the centre and the  
only thing we need is  
motivation and energy. So far in  
March we had three times and it was  
more fun than heavy work, we hope  
we aren't going to loose our mood.

Μιδ-τερμ μεετινγ

The time is flying. Nadia can  
approve this one with both hands. 6  
months has already flown for her and  
her project is in the middle. And just  
like she had on-arrival meeting,  
JUVENTA invited her in mid-term  
meeting for few days. It took place in  
Zilina. Nadia met again the other



volunteers in Slovakia and discuses  
with them how the projects going on, if  
there are some problems and etc. She  
said that on the meeting she could  
realized how lucky she is with the  
project in VMCM and all the friends  
she has here.