



# THE MEDIEVAL TIMES

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## SCHOOL STARTS ON AUGUST 21st!

FOR those of us who have children who attend the International School of Estonia, the summer break is winding down. Week after next, it's back to teachers and back to books. Hopefully, the children of the Embassy's newest families will find their way easily to their classrooms and will make friends from the very first day.

International schools offer unique opportunities for boys and girls to mix with youth of countries they wouldn't necessarily get to interact with in their home communities. The student body of the ISE, though not as culturally varied as an international school at a larger post, is populated with children from all over Europe, the United States, and handfuls of other nations.

Having children in a multicultural environment also gives us as parents opportunities to discuss important topics that arise when cultures clash. We have to deal with issues as diverse as differences in clothing styles, communication barriers, manners misunderstandings, and what to do when we see prejudice unexpectedly creep in. That doesn't always come in the form of racial issues.

One way that parents can make a real differ-



ence in the school year for your children is to volunteer in any number of the positions available both in and out of the classroom. Possible options are in the PTA or school board, hosting an after school activity, being a room mom or dad, reading stories, or taking time to help your child's teachers. The school is also in need of substitute teachers who would work on an as-needed basis.

For more information on how you can help at the ISE, take time to talk to director Sharon Sperry. The school's phone number is 666 4380 and their web address is [www.ise.edu.ee](http://www.ise.edu.ee).

### ISE'S CALENDAR FOR 2007-2008

- 21 August:** First day of school (Half day)
- 15-19 Oct:** Fall Break
- 17 Dec—6 Jan:** Christmas/Winter holiday
- 7 Jan:** Back to school
- 25-29 Feb:** Ski Week
- 21-25 March:** No school (In-service training)
- 28 April—4 May:** Spring Break
- 6 June:** Last day of school





The interior may be crumbling, but the altar of the Kaarma Church of Sts. Peter and Paul on Saaremaa Island still boasts some of the most beautiful stained glass windows you will find. This altar was donated to the congregation in 1547. Though slightly off the beaten path, the Kaarma church is worth taking time to visit during a weekend trip to the island.

There have been several product and food recalls in the news lately for items which many of you may already have in your homes. Here are a few websites you can go to for relevant information: Thomas & Friends Wooden Railway items, [www.cpsc.gov/cpsc/pub/prerel/prhtml07/07212.html-6k](http://www.cpsc.gov/cpsc/pub/prerel/prhtml07/07212.html-6k); Castleberry food items, [www.castleberrys.com](http://www.castleberrys.com); Fisher Price toys with lead paint, [www.service.mattel.com/us/recall/default.asp?recall\\_id=52430](http://www.service.mattel.com/us/recall/default.asp?recall_id=52430).



## How Important is Your Information?

Your answer to this question will determine what actions you take. One of the most important things you can do to protect your information next to having current anti virus software is backing up your information. Most personal computers purchased today have a recovery disk which restores the operating system, applications, and device drivers. The one thing this doesn't restore is your documents. There are several ways to backup user data. I will go over 3 ways to provide quick backup and restoration of your personal data.

The first way to back up data is through a "Thumb" or flash drive which plugs into a USB port on your PC. This method is a fairly cheap method of backing up data and offers great flexibility in moving it from place to place. It can also easily be stored in a lock box or fire safe. To back up data to the flash drive, simply place the portable drive in the USB port and copy files to the drive. You can also use the backup feature for Windows XP under Programs, Accessories, and then System Tools. This option can be used for all three types of media used and can be scheduled to regularly back up data. You can also purchase "thumb" drives with biometric security, meaning they only work with your fingerprint, or with password protection. Flash drives come in many varieties; most importantly they offer a quick, reliable method of backing up data.

The second method is to use a recordable CD or DVD to store information. This works the same as a flash drive to backup data and offers many of the same advantages. They too can be easily stored and transported from place to place. The only disadvantage to this method of backing up is that a CD can be scratched if not handled properly. Using this method I find it a good idea to make two copies and it should probably be used for less important information such as pictures.

The last method to discuss is a removable hard drive. The removable hard drive works the same as a flash drive but offers much higher capacities. A flash drive generally goes up to about 4GB of data where a removable hard drive can store hundreds of Gigabytes of data. This method works very well on scheduled backups as it is constantly connected to the computer. This method generally isn't used for off site storage and would be fairly difficult to store in a fire safe.

I would recommend using at least two of these methods to provide redundancy. I would also recommend keeping the most important information - such as scans of birth certificates, passports, marriage certificates, household inventory and similar documents - in a fire safe or off-site location. The last key is making sure information is backed up on a regular basis to ensure all of your information is available.





## CHILD SAFETY: BACK TO SCHOOL SAFETY

- Teach your child to follow the directions of their driver. The driver's goal is to see that children are transported safely.
- Teach your child to leave only with a designated pick-up person if you can't pick your child up from an after-school activity. Over 75% of abductions are carried out by an acquaintance of the victim.
- Even older children require some supervision after school. If you cannot be home when they arrive, take extra steps to supervise them from afar. At a minimum children should be instructed to lock doors behind them and have a set time to call a parent to report their safe return.

More information on this topic can be found at the following websites:

[http://www.kidsave.com/child\\_safety\\_information.html](http://www.kidsave.com/child_safety_information.html)

<http://www.aap.org/advocacy/releases/augschool.htm>



## Grilling Safety



Gas and charcoal grills caused an average of 900 structure fires and 3,500 outdoor fires at residential properties in 2002, resulting in property losses of \$30 million. To make sure your next barbecue doesn't go up in flames, remember the following warnings:

1. Inspect gas grills for leaks and breaks which are the leading cause of nearly half of gas grill fires.
2. Only use charcoal and gas grills **outdoors**. Indoor use allows carbon monoxide to build up and can kill.
3. Do not grill on an exterior balcony or unenclosed porch.
4. Do not place combustibles close to the heat or leave cooking unattended since these are the two most common causes of structure fires from charcoal grills.

Beware that structural members or framing, wall coverings, exterior trim, and plants are the items most often ignited first in home structure and outdoor charcoal grill fires.





## BULLETIN Board

*SALSA LESSONS ARE NOW AVAILABLE!*

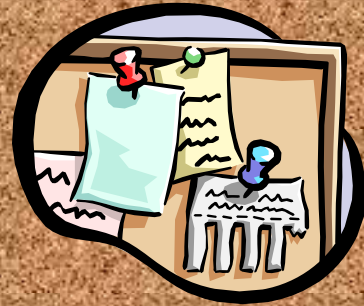
*WHEN: EVERY WEDNESDAY (19:00 TO 20:30) AND EVERY SUNDAY (18:00 TO 19:30) IN AUGUST*

*COST: 50 EEK*

*EVERYONE IS WELCOME TO ATTEND!*

*FOR LOCATION DETAILS, SEE WEBSITE.*

[WWW.ESINDUS.EE/KURSAKAS.PHP?](http://WWW.ESINDUS.EE/KURSAKAS.PHP?KURSUS=SALSAGERARDO&MENYY=2)  
[KURSUS=SALSAGERARDO&MENYY=2](http://WWW.ESINDUS.EE/KURSAKAS.PHP?KURSUS=SALSAGERARDO&MENYY=2)



*THE MERITON HOTELS IN TALLINN ARE FEATURING A SPECIAL AMERICAN MENU IN THEIR RESTAURANTS AND BARS DURING THE MONTH OF AUGUST. THE COST OF A LUNCH BUFFET IS ONLY 250 EEK PER PERSON. AN ALA CARTE MENU IS ALSO AVAILABLE.*



## AROUND Town: Viljandi

The drive alone is worth the trip to the south central Estonian town of Viljandi. A relative pup among the towns of Estonia, Viljandi was founded sometime before 1283, and somewhat more recently was the site of the first political newspaper in Estonia, *Sakala*, begun in 1878 by Carl Robert Jakobson. (Check a 500 EEK note for more on him.)

Winding down the Viljandi tee, you pass through Rapla and Turi with delightful sights along the way such as a totem-like 20-foot carved wooden tree trunk, a massive old coal-fired locomotive, and a charming tin-roofed Orthodox church next to the road. But if you're going in late July and the annual Folk Music Festival ([www.folk.ee](http://www.folk.ee)) is at the other end, the journey is definitely not to be missed. Without much advance planning, and in two hours of wandering from kabob stands to leather goods and cotton candy machines, we heard at least 4 different kinds of music: Estonian folks music, a full brass band, Irish jigs from the main stage set amid the castle ruins (top photo) and a street-corner player on the didgeridoo (bottom photo).

We lucked into striking weather two Sundays ago: the long northern summer light was falling on the façade of the town church, offset by hovering dark clouds from a leftover rainstorm. From the moment we arrived, we notice a decidedly relaxed feel to the town, even when teeming with thousands of festival-goers. Viljandi was a wonderful respite from (comparatively) bustling Tallinn, and there's no better time to go than when the bands are playing.

The ruins of Viljandi Order Castle overlook the lake from a hill in the castle park, just south of the town center. This view is breath-taking. A suspension bridge crosses the moat built in the 14<sup>th</sup> century. Follow the park's walking paths to enjoy the beautiful grassy slopes, the large trees, and, when it is not festival weekend, relish the quiet and peacefulness of the area.

Take a few minutes to see the unique paintings in the Museum of Naive Art, in a small building close to Castle Park

We also suggest climbing to the top of the unique historical Viljandi water tower (no longer used for water storage) for a birds-eye view of the uptown historical district. There is a small en-

trance fee to see this restored structure.



# THE Lending Library

World War II: A Military & Social History

Professor Thomas Childers,

University of Pennsylvania



As impossible as it would seem that the 20<sup>th</sup> century's defining conflagration could be covered in just 15 hours, Prof. Thomas Childers does an impressive job trying. Although millions of pages of print have been devoted to this epochal conflict, Dr. Childers' account in 30 short lectures does not leave you feeling that any major aspect has been short-changed or left untreated, from the looming geo-political origins of the war in the 1920s and 30s, to the industrial, cultural and social changes wrought across the globe during six years of struggle.



While not missing any major campaign, Childers is keenly aware that many histories of WWII focus exclusively on pre-war German politics, and the battles waged in the European and Asian theaters. He covers these in detail, but also spends a significant amount of time (about 1/3 of the course) on human stories such as the plight of British civilians enduring the London Blitz of 1940, the impact the war had on women's roles in the workplace, the indignities suffered by African American soldiers who fought bravely for their country but were still treated (in one sobering example) with less respect than German POWs, and many others.

Childers reads extensively from letters written home by GI's - some of whom had been killed in battle before their letters arrived - and from contributions sent by troops at the front to papers such as *Stars and Stripes*, and from post-war memoirs. He also lets the Russian and Japanese soldiers speak in their own words, not just the Americans of Normandy, whose stories have been so well documented.

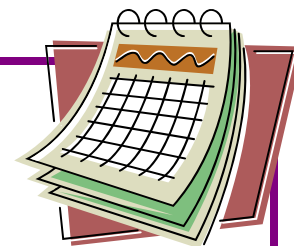
That said, Prof. Childers' account of the military events of the war is gripping and authoritative. He recounts the tense moments of May-June 1940 during France's unprecedented and utter collapse under the onslaught of German armored divisions racing almost unhindered to encircle Paris. He shows how fateful was the decision by Admiral Nagumo, the Japanese commander at Pearl Harbor, not to order a second, follow-up attack for fear of exposing his fleet to an American retaliation. As a result, he left the critical fuel storage depot untouched, and the U.S. fleet lightly enough damaged that it was repaired in just a few months. We learn how Gen. MacArthur's dogged insistence on fulfilling his "I shall return" promise to the Philippines probably cost an unnecessary loss of lives; and how FDR's choice of Eisenhower to lead the D-Day landings came as a surprise to Churchill and Stalin - both of whom would have preferred the man FDR refused to let go from his side, George C. Marshall.



When Prof. Childers recounts the course of the war in the air, on land and at sea you are there. You are in the freezing cold, un-pressurized bomb bay of a B-17 Fortress over Regensburg, Germany. You are struggling through ankle-deep volcanic ash on the shores of Iwo Jima, where nearly one-third of all U.S. Marine casualties in the Pacific fell. You are in the thousands of homes and villages across America and Europe awaiting news from loved ones at the front half a world away in the North African desert, or the lunar icescape of Stalin-grad in January 1943. And you are in the cockpit of a Douglas SBD Dauntless during the 15 minutes over Midway that literally turned the tide of the Pacific war.

No corner of the planet emerged untouched by the events of 1939-1945 - even those that saw no fighting - nor can any return to the world that existed before then. Few can give such a complete understanding of the Second World War as Prof. Childers, in such a short time, but as we see from the slogans and assumptions about that era which are still commonly cast around today, this conflict is a part of our past which we can never afford to ignore.

## UPCOMING Events in Tallinn



**SUNDAYS IN AUGUST:** Yu-Gi-Oh Summer Cup Tournament. Kesklinna Mega-game, Tartu mnt. 7. Entrance fee 25 EEK. For more information, see [www.megagame.ee](http://www.megagame.ee).

**AUGUST 9-19:** Birgitta Festival 2007. Birgitta Convent ruins, Pirita. One of the cultural highlights of the year in Tallinn. Featuring evening concerts and delicious snacks on the Summer Terrace. For a full listing of artists and concerts, see [www.birgitta.ee](http://www.birgitta.ee). Tickets available and Piletilevi and Piletimaailm outlets, [www.piletimaailm.com](http://www.piletimaailm.com).

**AUGUST 18-31:** 8th International Contemporary Dance Festival. Kanuti Gildi Saal, Pikk 20. For more information, [www.saal.ee](http://www.saal.ee).

**OCTOBER 13:** Hillsong in Tallinn. Largest worship event ever in the Baltics. Kalevi Spordihall, 18.00. Tickets on sale now through Piletilevi outlets. [www.piletilevi.ee](http://www.piletilevi.ee).

## TALLINN on the World Wide Web



International School of Estonia:

[www.ise.edu.ee](http://www.ise.edu.ee)

ISE's PTA Welcome Information:

[www.ise.edu.ee/pta/info\\_packet\\_wholeframe.html](http://www.ise.edu.ee/pta/info_packet_wholeframe.html)

For local movie listings:

[www.superkinod.ee](http://www.superkinod.ee)

For local restaurant information,  
Including online menus and ordering:

[www.toit.ee](http://www.toit.ee)

For a listing of local concerts:

[www.concert.ee](http://www.concert.ee)

For tourism info:

### USEFUL TALLINN-RELATED WEB SITES

[www.tourism.tallinn.ee](http://www.tourism.tallinn.ee)

For a schedule of fairs at the Convention Center complex:

[www.fair.ee](http://www.fair.ee)

Local Golf Course:

[www.egcc.ee](http://www.egcc.ee)

Local businesses and other listings:

[www.inyourpocket.com/estonia/tallinn/en](http://www.inyourpocket.com/estonia/tallinn/en)

[www.1182.ee](http://www.1182.ee)

International Women's Club:

[www.iwct.ee](http://www.iwct.ee)

Hash House Harriers Running Club:

[www.hot.ee/harriers](http://www.hot.ee/harriers)

For local bus, tram, & trolley schedules:

[www.tak.ee](http://www.tak.ee)

American Chamber of Commerce:

[www.acce.ee](http://www.acce.ee)



# COMMUNITY Activities: Body, Soul, & Spirit

There is an Expat Women's Prayer and Fellowship Group which meets one Tuesday each month in the Kristiine area of Tallinn. Contact Wendy Mason for more information. Call 654-4428 or email her at [wendy.mason@pobox.com](mailto:wendy.mason@pobox.com).



The International Women's Club of Tallinn sponsors a toddlers & babies playgroup every Wednesday from 10:00 until 12:00. All parents of preschool-aged children in Tallinn's international community are invited to attend. There is no charge to participate and it is open to children aged 1 day to 6 years old. For more information, contact Rachael Peters, [rapeters@yahoo.co.uk](mailto:rapeters@yahoo.co.uk).

## Places of Worship

- **Eesti Baptist**, Kentmanni 3a, in the lecture room. Services in English and Estonian on Sundays at 11:00 a.m. Additional events throughout the week, including youth activities on Friday nights. Call 5 373 7569 for more information. [www.estonianbaptist.net](http://www.estonianbaptist.net).
- **Eleva Vee Kogudus (Living Waters Church)**, Merivalja tee 3 (Pirita). Tel.: 645-7677. Services Sunday mornings at 11:00 in English with Estonian translation. Classes for children and youth are offered. [www.EVK.ee](http://www.EVK.ee).
- **Estonian Jewish Center**, Chief Rabbi Shmuel Kot, 16 Karu Street, Tallinn, 10124 Estonia. Ph: 372-662-30-50, Fax: 372-662-30-01.
- **International Community Church of Estonia**, Ravala Pst. 3, Radisson SAS, 2<sup>nd</sup> Floor (Kesklinn). Services in English every Sunday at 11 a.m. [www.churchofestonia.org](http://www.churchofestonia.org). Classes for children are offered. Home cell groups are also available.
- **Mustamäe Linnakogudus (Mustamäe City Church)**, Laki tn. 14A (Mustamäe). Tel.: 683-7810. Services Sunday evenings at

17:00 in English with Estonian translation. Classes for children are offered. [www.mmlk.org](http://www.mmlk.org).

- **Pühavaimu Kirik (The Holy Ghost Church)**, 2 Pühavaimu (Old Town). Tel.: 644-1487. Lutheran. Anglican services in English every Sunday at 15:00.
- **Religious Society of Friends (Quakers) Tallinn Worship Group**. Meetings for Worship in a member's home, every other week, usually on Sunday at 14:00. Contact: Anna-Leena Vierumäki at [anna-leena@vierumaki.com](mailto:anna-leena@vierumaki.com). Everyone welcome!
- **Rooma-Katoliku Kirik (Peter and Paul Roman Catholic Church)**, 16 Vene. Tel.: 644-6367. Roman Catholic services available in Estonian, Polish, and Lithuanian. An English service is held every Saturday 18:00.
- **The Tallinn United Methodist Church**, Narva mnt. 51. Estonian service, Sunday 10:00; Russian service, Sunday 13:00. Tel.: 668-8477. <http://www.bmk.ee/tumc/index.htm>.
- **United Pentecostal Church**, Tulika Poik 4-228. Services are on Sundays at 3:00 p.m. Call Pastor Rick Reynolds at 5 362 5711 for more information.

# THE TROUBLE WITH LEMONS



Proceed with Caution!

## A Limoncello Update

You may remember that the end of May issue of the newsletter ran a recipe for limoncello. It took a while to solve the issue of finding something in which to make the limoncello (I bought a 5 liter enameled dutch-oven at the Central Market for 120 EEK), but once I did I was excited to make myself a batch of what is, by all accounts, a sure-fire crowd pleaser.

Making the limoncello turned out to be the easy part. Scrubbing and zesting 20 lemons, placing the pile of zest in the enameled pot, dousing it with a liter of vodka, and covering the pot was about a 45 minute project which left the house filled with a heavenly scent. I stood back, ready to be proud of myself only to realize that I now had a pile of 20 stripped lemons with all their juice intact. Being positively weak for lemons, I hauled out my cookbooks with the intention of not letting a drop go to waste. Four hours later, I accomplished my goal...

It turns out that working with lemons always seems to leave you with some leftovers. Lemon curd used about 3/4 cup of the four cups of juice the lemons yielded. So I made lemon meringue pie. That used another 1/2 cup of juice. By this point I not only had 2 3/4 cups of lemon juice left, but five egg whites and enough pastry for a second pie. The final yield was: 1 batch of lemon curd, 1 lemon meringue pie, 12 chocolate filled pastry rolls, 2 batches of lemon flavored meringue cookies, and two pitchers of lemonade. Oh, and enough days of lemon-flavored delight to soften the blow of waiting 80 days for the finished limoncello!

If you still think you'd like to try your hand at this, here are a couple of the recipes that will put your leftovers to good use.

### Lemon Curd \*

- 3 eggs
- 3 egg yolks
- 1/2 c sugar
- 2 tsp grated lemon zest
- 3/4 c fresh lemon juice
- 1/2 c butter, at room temperature, cut into tablespoon-sized pieces

In a medium bowl, beat the eggs, egg yolks, sugar, lemon zest, and lemon juice together. Place the bowl over a pan of barely simmering water and whisk until the mixture thickens, about 10 minutes. Remove from the heat and whisk in the butter, 1 piece at a time.

#### Notes:

Lemon curd is a delicious spread on toasted bread for a morning snack or enjoy in spread on crepes filled with sliced kiwi fruit.

Source: Pappas, Lou Seibert. *Crepes; Sweet and Savory Recipes for the Home Cook*. San Francisco: Chronicle Books LLC, 1998.

### Aunt Rose's Meringue Cookies

- 2 egg whites
- Pinch salt
- 1/2 tsp cream of tartar
- 3/4 c sugar

Preheat oven to 375 degrees F. Whip egg whites, cream of tartar, and salt to soft peaks. With beaters running, add sugar in a slow stream. Continue whipping until egg foam holds in firm peaks.

Drop on parchment-lined cookie sheet. Place cookie sheet in pre-heated oven and immediately turn oven off. Leave in oven overnight.

#### Notes:

- Add 1/4 tsp of the extract of your choice for delicately flavored meringues.
- 3-4 drops of food coloring make pretty pastel meringues suitable for parties
- Add 8 oz. of mint-chocolate chips for a lunchbox ready treat
- Meringues hate high humidity. On damp, overcast days, bake meringues at 250 degrees F for 30 minutes, then turn off oven and leave overnight.

