



# Straumēni Newsletter

2025 THEME:  
◆  
Latvian Festivals



3X3 in brief:  
Multi-Generational summer camp (up to 16 years  
as a participant)  
7 nights (Sunday to Sunday)  
**27TH JULY TO 3RD AUGUST 2024**  
All generations welcome

## Here's what has happened last year and what's to come!

3x3 Straumēnos is an English language annual Latvian summer camp developed from the desire of English speakers with Latvian heritage to maintain Latvian culture in their families. The first 3x3 Straumēnos was held in 1987. Many who are now running the camp, started as child participants.

Our camp is designed for families to come together, encourage a sense of belonging and learn about Latvian traditions and their identity. Activities include traditional Latvian dancing, singing, crafts, sports, and evening entertainment. We are an English-speaking camp but we introduce children to some basic Latvian language, we pass on the Latvian culture and maintain social links over the year.

### Where are we based?

3x3 Straumēnos is held at the same location every year. We are exceptionally lucky to be able to use the beautiful grounds of Straumēni at Catthorpe Manor, Lutterworth, England.

In 1976 the Latvian Welfare Fund (Daugavas Vanagi) sought a country property where large gatherings could be held and a permanent home for older people could be provided.

Catthorpe Manor was chosen, for its location in the East Midlands, which is easily accessible from many areas of the country (30km from Leicester, 20km from Coventry, 8km from Rugby, 130km from London). Volunteers from all DVF (Daugavas Vanagu Fonds) branches came to help with the restoration of the manor house and its furnishings. On 29 May 1976 the celebratory inauguration of Straumēni took place and at the midsummer festivities that year, 1800 were able to take part on their "own" property.

Many improvements have been made over the years including adding an orchard, a fishpond, bar, café and a play area for children. A building was devoted to the infirm and multiple function rooms have been created including the Swedish Hall and the Baltic Lodge.

The clock tower building has housed the UK Latvian Documentation Centre since 1988.

At 3x3 Straumēnos, participants stay either in twin bedrooms or dormitories. We have use of the Swedish hall, Baltic lodge, café, fields and small woods.

Catthorpe Manor is in a small rural village in Leicestershire, surrounded by rolling hills and English countryside. A 5-minute walk brings you into the village, where you will find a pub and Manor Farm shop, kitchen and campsite.

### In this newsletter you can expect:

What will the week look like

2025 Latvian Theme

What to bring

How it all works

Fundraising

Contact details and much more

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## What will the week look like?

Children participate in classes and a daytime programme, either with children of their own age or as a collective group.

The timetable is flexible, but will include:

- Short Latvian language lessons
- Morning classes with an emphasis on Latvian culture and traditions
- Singing
- Dancing
- Kokle and Orchestra
- Crafts
- Sports
- Workshops

The official closing ceremony follows the concert and the Latvian flag will be lowered.

After the concert we have Balle and a raffle and live music.

Parents/guardians are welcome to join in, especially if it is your first time at camp, or if your child is shy.

Adults support the camp using their skills for activities and classes.

### Evening programme

The evening programme is subject to change, but in 2024 it included a nature walk, treasure hunt, singo bingo, Task master contest and a 3x3 mini festival.

For adults there was also evening talks and singing.

### End of Camp Concert

On the last full day at camp the participants get to demonstrate what they have achieved in just a week in the exhibition and in the Saturday afternoon concert.

The official closing ceremony follows the concert and the Latvian flag will be lowered.

After the concert we have Balle and a raffle and live music.



## 2025 Theme - Latvian Festivals

Each year we set a theme to guide the weeks classes and activities.

Participants will learn the history and tradition behind the main Latvian festivals and folklore.

This is done with structured daily classes, participative activities, creative sessions in the English language led by experienced adults.

## Song



Please familiarise yourselves with the words to the National Anthem, which you can find below – we want to make an impressive start with everyone in full voice.

*Dievs, svētī Latviju,  
Mūs' dārgo tēviju,  
Svētī jel Latviju,  
Ak, svētī jel to  
Kur latvju meitas dzied,  
Kur latvju dēli dzied,  
Laid mums tur laimē diet,  
Mūs' Latvijā!*



## What to bring

To help prepare for camp we've provided a few details about what you need to bring with you and what to expect, however, if there is anything you are unsure about please contact anyone from the Committee (details listed at the end of this newsletter).



## Costumes and fancy dress

**Latvian folk costume** – If you have a folk costume please bring it along (EVERYONE not just children). Also, bring along any spare costumes you might have to lend out for the concert. If you don't have access to a folk costume, a plain white blouse/shirt with suitable trousers/skirt will be fine along with a prievite (woven tie).

**Fancy Dress** – At the 3x3 festival on the Friday evening children are invited to join in fancy dress if they would like. Adults are welcome to dress up too!

**Balle** If you want to get glammed up for the dance on Saturday night remember your glad rags.

**Stationary** such as pencils, pens & a pencil case.

**Donations** for the bingo (boxes of chocolates are great) children's tombola (small toys, books etc) and the raffle/Bradford raffle (i.e bottles, gift sets etc...) on Saturday night.

**Latvian food/drink** contribution for the 3x3 festival on Friday evening

Some adults use their skills to raise funds during the week, if you would like to help in this way, please bring along any equipment /supplies you will need.

**Snacks and drinks** – You can purchase drinks and snacks at Café Riga during morning and afternoon break, however some people like to bring along their own tea and coffee making equipment (don't forget a kettle) and snacks for the evening. Alcohol cannot be purchased within Latvian Camp (apart from at the bar on Saturday night). Please bring your own if needed.

Prescribed **medicines** and basic first aid supplies (if you wish).

**Musical Instruments**, if you play an instrument and would like to form part of the Orchestra this would be welcomed. Please bring any instruments, including kokles.



Don't forget your phone, camera or video equipment and any chargers you might need.

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# How it all works

## Getting Settled

Arrival time on Sunday is from **2pm**, please make your way to the manor house where you will find that rooms have been allocated by Natalie Dzerins.

Please make sure you have provided accurate information about any guests that will be joining you at any point during the week.

Your accommodation has to be paid to Straumeni who have facilities for card payments. Payment for meals and anything you spend during the week, is in cash or by cheque to Natalie Dzerins.

Dinner on Sunday is at 6.00pm (so if you arrive early, bring snacks) followed by a short opening event which includes a procession with the flag and singing of the Latvian National Anthem. This will signify the official opening of camp.

Volunteer participants in full Latvian Folk Costume are required for this ceremony. If you have a costume and wish to be take part in the opening ceremony, please let a committee member know ASAP. We try to make sure that everyone gets a chance to do this, so if you've done it before you may have to wait until next year.



## Meals

Participants receive 3 meals per day. There is a vegetarian option at each meal, so if you are vegetarian or have other dietary needs please make sure you have noted them on your booking form.

The meals are eaten together in the Swedish Room and prior to each meal we sing the following song – if you don't already know it, you certainly will by the time the week is out:

*Met, Dieviņi zelta krustu Pār šo visu istabiņu  
Met, Dieviņi zelta krustu Pār šo visu istabiņu  
Lai paēda kas nav ēdis Lai padzēra kas nav dzēris  
Lai paēda kas nav ēdis Lai padzēra kas nav dzēris.*

## Before Leaving

The Swedish Room has to be completely vacated by 10am, immediately after breakfast.

Your rooms and dorms in the Baltic lodge have to be vacated by 10.30

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We are aware that some families may have financial hardship and we have some funds set aside to enable them to participate. If you are having difficulties, please contact:

Natalie Dzerins [nataliedzerins@gmail.com](mailto:nataliedzerins@gmail.com)

to go through funding options with you. This will be dealt with confidentially.



## Fundraising

You will have noticed this is important to us.

Anything we raise during the year or during the week of camp goes towards keeping 3x3 going, so, to recap, you will be asked to:

- Make donations for the Christmas Fairs if you can
- Chance your luck at Tombola
- Buy a raffle ticket or ten
- Play Bingo

Whilst we are lucky to still receive some funding, it might not always be there. The committee does its best, but we do need to make ourselves as self-sufficient as possible to be able to carry on providing discounts for future participants.





## Rules

Although the main rule is to have fun, we have to have these extra ones too. They are there for the benefit of all participants:

- All participants are required to take part in the activities provided.
- Participants are always the responsibility of their parents/guardians. This includes supervision at sports day and in the evening after bedtime.
- No alcohol must be brought or bought for the consumption of anyone under the age of 18.
- No Smoking rules - It is important for the safety of others that no one who is part of 3x3 smokes or vapes in their room or dormitory. The smoke alarms DO work and if one goes off everyone must evacuate the building.
- Any damage, even if accidental, must be put right.
- Participants must respect the residential areas of Straumēni keeping noise to a minimum and leaving no litter.
- No straying into the hotel boundaries (we will let you know what they are) apart from the raising and lowering of the flag.
- No guests that have not been booked in. Everyone has to be accounted for in an emergency.
- Café Riga will be opened up on an evening, as a cosy environment to take our own drinks and relax after the evening programme. There will be a rota of people to oversee this and the Café area must be respected and be cleaned and tidied at the end of each evening.

## How do I join?

If you are interested in joining the 3x3 summer or you wish to camp please email:  
[goodmorninglabrit@gmail.com](mailto:goodmorninglabrit@gmail.com)

One of the committee members will be happy to discuss the camp and to answer any questions that you may have.

We aim to send out applications forms in April 2025.

**2025 camp dates are  
Sunday 27th July to Sunday 3rd August.**

<https://3x3straumeni.co.uk/>

## Q&A

Please contact the committee with queries you have regarding 3x3 or news you wish to pass on in the next newsletter.

[goodmorninglabrit@gmail.com](mailto:goodmorninglabrit@gmail.com)

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