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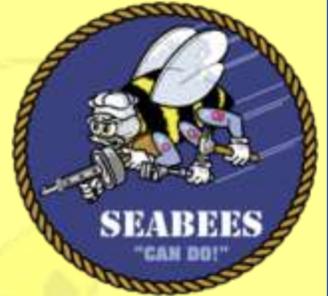
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## HAPPY 70<sup>th</sup> BIRTHDAY, SEABEES

On March 5, the U.S. Navy Seabees celebrate their 70<sup>th</sup> birthday. Well into their seventh decade, the Seabees of today continue the hard work of their predecessors from World War II, the Korean War, Vietnam, Desert Storm, Somalia and Bosnia.



Seabees were created by the Department of the Navy in 1942 as a response to the Department's need to have among its ranks construction workers and engineers, who, if required, could defend themselves in a combat zone. To this day, these sailors perform construction and maintenance work (from constructing airfields and roads to providing basic needs such as water and power) as well as conduct combat-related missions.

Although coined from the initials Construction Battalion, the word Seabee has long since attained independent status as a word. Their official motto remains to be *Construimus, Batuimus: We build. We fight.* A second motto "CAN DO" reflects the Seabee work ethic and attitude towards challenges, be they small or large.

Seabees currently serve in combat zones in Afghanistan and Iraq, while at the same time provide aid and assistance in the aftermath of global crises such as earthquakes and hurricanes, work with refugees, and support humanitarian missions.

Seabees also support the State Department at US Embassies and Consulates worldwide. Working at Engineering Services Centers and Offices, Seabees provide technical support to their OIC. Their enthusiasm, professionalism and continuous support are unmatched.

To find out more, please visit:  
<https://www.seabee.navy.mil>

## Eight Ways to Stay Healthy and Prevent Disease

OVER HALF of all serious disease could be prevented with healthier lifestyles. By following these eight lifestyle recommendations, you can lower your risk of cancer, heart disease, stroke, osteoporosis, and diabetes. Before you know it, you'll also have more energy and get a boost to your mood.

So take control of your health, and encourage your family to do the same. Choose one or two behaviors to start with. Once you've got those down, move on to the others.



1 Maintain a healthy weight >>

2 Exercise regularly >>

3 Don't smoke >>

4 Eat a healthy diet >>

5 Drink alcohol only in moderation, if at all >>

6 Protect yourself from the sun >>

7 Protect yourself from sexually transmitted infections >>

8 Get screening tests >>

For more information, please visit  
<http://www.yourdiseaserisk.wustl.edu/hccpquiz.pl?lang=english&func=show&page=way2#two>

Thanks to everyone that  
Donated Blood!



## Out and About: Community at Large

### Attention Singers

The Motley Choir is a group of people who come together weekly sing. The Motleys put on usually 2 concerts every year.

Betty Chang who has been the lead conductor for the past few years is leaving Ethiopia. The Motley are looking for someone who has experience in leading choirs to take over from September 2012.

Diane at BrandtDN@state.gov  
if you are interested



to

Zumba at Ker Fitness is cancelled until further notice. Classes at Emily's studio will continue - Every weds 6.15-7.15pm 100birr, please email to reserve your spot!

Contact Kim for more information  
092-478-0113 / kimbo76@hotmail.com

### Online Resources:

- [oddsinaddis@googlemail.com](mailto:oddsinaddis@googlemail.com):

Odds and Sods in Addis Ababa - An email listserv that gives updated listings of classifieds, inquiries, etc... for the ex-pat community. Email them to be placed on the list.

- <http://groups.google.com/group/addis-diplo-list?hl=en> :

Addis Ababa Diplomat Google Group similar to Craigslist for diplomats here in Addis Ababa. Join the group by using a Google account.

- <http://www.facebook.com/#!/pages/Abyssinia-Eventoch/181024277444>  
FaceBook page for events in Addis
- <http://addisrubble.com/> Comings and goings around Addis
- <http://www.expatsblog.com/en/classifieds/africa/ethiopia/addis-ababa/> Expat life blog from Addis Ababa
- <http://www.pj.dk/> like Amazon, but for people on diplomatic orders

### Invitation to Lions Clubs International Addis Ababa Host Gala Night

Enjoy a gala night of national dishes, fun, music, cultural displays and fundraising.

### Sheraton Addis, Lalibela Ballroom

Friday, March 9th at 7pm

Entrance Fee is 400 ETB per person

All proceeds from the fundraising will go to the implementation of a tree planting and educational development project to benefit school children of Ethiopia.

For more information, contact  
Ramendra H. Shah at 0911-512-550

## Out and About: Community at Large

### The Great Ethiopian Run Presents:

- Every One Races in Hawassa: Sunday, May 6, 2012. Non-elite and elite half marathon, children's races and 7K run.
- 
- 6.00am: distribution of timing-chips
- 6.30am: start of non-elite half-marathon (max 300 participants)
- 7.20am: children's races (1-2km)
- 8.05-8.10am: start of elite half-marathon races (men & women)
- 9.30am: start of 7km run



The Haile Resort is already full but you can visit

[http://www.ethiopianrun.org/index.php?option=com\\_content&task=view&id=267&Itemid=85](http://www.ethiopianrun.org/index.php?option=com_content&task=view&id=267&Itemid=85)  
for an updated list of other hotels and phone numbers.

### Now Showing at EDNA Mall :



For more information & show times please call 011-661-6278/6208

or visit

[http://www.ednamall.net/show\\_time.html](http://www.ednamall.net/show_time.html)

## Amharic Tips of the Month



### Common greetings

Səlam- Peace (use to greet someone you don't know very well)

Səlam nəw? - Is everything at peace? (It is less formal; good to use to people you are comfortable to say "Hi")

Ṭəna yeshəlleññ. May God give you health (Use it in a formal settings)

### Cultural tips

**Three things that Ethiopians consider culturally inappropriate to do while dining with people:**

- Leaving the dining table or room before everybody finishes eating
- Passing or receiving items at the table using left hand while the right hand is free.
- Licking fingers, spoons, forks, etc while eating or after eating

## Green Tips

- Bring your own cloth or fabric bags when you shop! If you grocery shop once a week, in 5 years you'll have kept 250 to 1,000 grocery bags out of the landfill. When one ton of plastic bags is reused or recycled, the energy equivalent of 11 barrels of oil is saved!!!!
- Change the font in the documents you print. Different fonts require different amounts of ink to print. Tests show Century Gothic uses about 30% less ink than Arial. You could be use new printer cartridges less often.
- Think outside the box when washing clothes. Using the smallest amount of soap or detergent (heck you can even use vinegar...or the ceramic balls can be purchased on Amazon) will save money and natural resources. Washing clothes in cold water saves energy and colors.

# Classifieds

## Vehicles: For Sale

98 Toyota Land Cruiser: 7-seat, sun roof, leather seats, stereo/CD, impeccable inside and out, 99,800 original miles, excellent tires, automatic, gasoline, \$15,730. Protective mats throughout vehicle. Spare parts included. Available late July 2012, vehicle has 04 CD plates. Contact: ARoecks@attglobal.net

## Miscellaneous: For Sale

Sony Bravia LCD Color TV: 40 inch (40 EX 500), Multi System, High Definition, Multi Media, must sell to someone with duty free privileges. \$1500. Available late July 2012. ARoecks@attglobal.net

## Miscellaneous: Wanted

Puppy Wanted: I am looking for a female puppy (large breed). Please contact Dr. Carmela Green-Abate at Green-AbateCR@state.gov

## Domestic Help

Day Guard Available: Akililu, our substitute day guard, is looking for a permanent position. Akililu is reliable, has received his Embassy security check, and speaks excellent English. Contact him at 0911760217, for reference contact Warren at x6756

## Housekeeper / Nanny Available

Working in Cairo up until before the Arab Spring, Sara Legesse has 13 years' experience as a housekeeper for several international (including American) families and has also worked as a nanny. Sara has excellent English language proficiency, is timely, thorough with tasks, bright and is an affectionate and skilled nanny. References available. She can be contacted at 0913 339 392.

Car and Driver Recommendation: I would like to recommend a driver name Leake (LAKKA). I hired him because I need a car that had a seat belt and was safe. I paid 500birr for driver, car and gas BUT I had him for over a month. He is very respectful and honest. Always on time and very

good driver. He can be reached at 0921424400. Recommended by Sara Dodd

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## Services

### Massage in your own home:

Fere has her certificate in massage therapy: Swedish, Shiatsu, hot stone, aroma therapy massage, and reflexology. She brings her own massage table. She has been serving the American Community for many years. Contact Fere at 091 168 9475 Recommended by Diane Corbin.

Personal Tailor: I highly recommend **Wendie's tailoring services**. Wendie does not have a store front, but comes to his customers! He procures all the necessary materials and brings samples with him. I was especially impressed with my suit, as many tailors cannot quite manage to make feminine suits. Wendie is skilled and charges a fair price. Contact Wendie 0913.241.733 [wondesenof@yahoo.com](mailto:wondesenof@yahoo.com) or Brendan Wheeler if you need a reference – 0911200628.

### Addis Ababa Equestrian Society:

AAES offers horse back riding lessons, trail rides, and pony rides for all levels of riders. Contact stable manager Kasahun for appointment or information: 0911-196-818. Recommended by Laura Holbrook.

Dance Instructor: Nuria is an EXCELLENT dance teacher. She has taught my 8 year old daughter dance for the last year. I highly recommend her. She is available for after school lessons on Mon, Wed and

Friday. She comes to your house. She is a member of the Adugna dance company and performed with the Ballet Boyz in Addis recently. Please call her at 0911 432 073. Recommended by Liz Hume and Richard Reithinger.

Framer Recommended: Chinese Frame Shop. They are located at the end of Tele Bole, near the Ring Road. If coming from the Ring Road, turn up Tele Bole, and take the first street on the right. Then take the first street on the left, (there is a sign on the corner). It is a couple of doors up on the right. Recommended by Diane Corbin.

Framer Recommended: Sami Photo Frame Work. Store is on the corner of Gen. Wingate st and Mundy st. You will see Mega Book Store near to framing store. Across of them is a pizzeria and Pastry Enrico. 011-157-3706 // 011-277-0109 // 0911-376-342

Furniture Maker Recommended: Gigi designs and sales furniture and has a German trained carpenter to produce it. The furniture was very cool – modern pieces, some retro-style, that could fit in well at any upscale furniture store in the U.S. Storefront is located on third floor of building beside the Family restaurant near the Greek Club. 0930-000-075. Recommended by Bob Post.