



INSIDE

Movember & Classifieds	1
World Diabetes Day	2
Out and About	3
Odds, Ends and Opps	4

The *Lion* is a publication of the Community Liaison Office at the US Embassy in Addis Ababa, Ethiopia.

CELEBRATE MOVEMBER!

DID YOU KNOW THAT 'MO' IS AUSTRALIAN FOR MUSTACHE?

Movember is an opportunity to raise awareness for men's health issues, specifically cancers. Men grow their 'mos' during Movember to inspire conversations and awareness throughout the month. Did you know that the incidence of prostate cancer (at 156.9) is higher than the incidence of breast cancer among women (at 120.4) per 100,000 individuals?

Classifieds

Car: Toyota HIGHLANDER 2010: Immaculate Condition, 3.5L V6 engine, Automatic transmission 4WD/AWD, 6/CD Changer, Side/Curtain Airbags, Stability Control, Third Rear Seat, Fold Away Third Row, Full Roof Rack, Traction Control, Alloy rims, Alloy rim spare tire, All-weather floor mats, 29,500 miles only, City Driven ONLY, Rear Air Conditioning, Traction Control, Horsepower 270 horsepower @ 6200 rpm, Torque 248 torque @ 4700 rpm. Duty free to eligible buyers. 31,300. Call: 0911 509 309

2011 Land Rover Discovery : The most awarded 4WD ever! 4 / LR4 TDV6 3.0 diesel auto duty free. Full leather interior; 7 seater; dual zone climate control a/c; etc. With 1 yr balance of warranty; around 20,000 kms driven. Excellent as-new condition; \$46,000. Contact Peter +251 (0) 911 523 545 or pduncanj@gmail.com

Couch: custom made in Bangkok. L shaped, very comfortable. Heavy wood base on bottom. Email KimW2008@gmail.com for pictures. Asking \$2,000.

Coffee table/2 end tables: custom made in Bangkok; solid teak wood-some cracking due to weather. Email for pictures: KimW2008@gmail.com. Asking \$300.

Selling lots of household goods/consumables including food, personal, baby and dog items. Please email me for excel spreadsheet, KimW2008@gmail.com

From the Health Unit

WORLD DIABETES DAY: WEDNESDAY, NOVEMBER 14, 2012

Diabetes is a illness in which the body is unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream — causing one's blood glucose (sometimes referred to as blood sugar) to rise too high.

There are two major types of diabetes. In type 1 (formerly called juvenile-onset or insulin-dependent) diabetes, the body completely stops producing any insulin. Insulin is a hormone that enables the body to use glucose found in foods for energy. People with type 1 diabetes must take daily insulin injections to survive. This form of diabetes usually develops in children or young adults, but can occur at any age.

Type 2 (formerly called adult-onset or non insulin-dependent) diabetes results when the body doesn't produce enough insulin and/or is unable to use insulin properly (insulin resistance). This form of diabetes usually occurs in people who are over 40, overweight, and have a family history of diabetes, although today it is increasingly occurring in younger people, particularly adolescents.

In some cases, there are no symptoms — this happens at times with type 2 diabetes. In this case, people can live for months, even years without knowing they have the disease. This form of diabetes comes on so gradually that symptoms may not even be recognized.

Diabetes can occur in anyone. However, people who have close relatives with the disease are somewhat more likely to develop it. Other risk factors include obesity, high cholesterol, high blood pressure, and physical inactivity. The risk of developing diabetes also increases as people grow older. People who are over 40 and overweight are more likely to develop diabetes, although the incidence of type 2 diabetes in adolescents is growing. Diabetes is more common among Native Americans, African Americans, Hispanic Americans and Asian Americans/Pacific Islanders. Also, people who develop diabetes while pregnant (a condition called gestational diabetes) are more likely to develop full-blown diabetes later in life.

There are certain things that everyone who has diabetes, whether type 1 or type 2, needs to do to be healthy. They need to have a meal (eating) plan. They need to pay attention to how much physical activity they engage in, because physical activity can help the body use insulin better so it can convert glucose into energy for cells. Everyone with type 1 diabetes, and some people with type 2 diabetes, also need to take insulin injections. Some people with type 2 diabetes take pills called "oral agents" which help their bodies produce more insulin and/or use the insulin it is producing better. Some people with type 2 diabetes can manage their disease without medication by appropriate meal planning and adequate physical activity.

Poorly managed diabetes can lead to many long-term problems — among these are **heart attacks, strokes, blindness, kidney failure, and blood vessel disease that may require an amputation, nerve damage, and impotence in men.**

People with diabetes frequently experience certain symptoms. These include:

- being very thirsty
- frequent urination
- weight loss
- increased hunger
- blurry vision
- irritability
- tingling or numbness in the hands or feet
- frequent skin, bladder or gum infections
- wounds that don't heal
- extreme unexplained fatigue

ART EXHIBITION LeLa Art Gallery



you are cordially invited to the opening of the exhibition:

BEYOND / □ □ □ □ "

featuring recent works by BEHAILU BEZABIH

Opening Saturday, November 10, 2012 from 3pm onwards.

VISIT US AT:
www.lलगallery.com

Running Dates:

- Entoto Marathon (42.2 km)
 - Saturday, 15 December 2012
- Langano Olympic Distance Triathlon (1.5 km swim, 40 km bike, 10 km run)
 - Saturday, 15 December 2012

runninginaddis@gmail.com

Designers & Artisans

bazaar Vol. 18



"made in Ethiopia"

Saturday December 1, 2012 from 10 am – 5 pm
Sunday December 2, 2012 from 10 am – 5 pm

Unique art and craft work from more than 100 artist/producer groups. A diverse selection of food to satisfy children and adults will be available all day. Families are welcome.

"Floral Tropical Gardens"
Near Central Park (Peacock Park)
Off Bole Road

Entrance fee: **30 ETB per adult; children under 12 - free**
****Free Parking****

Disclaimer

The CLO does not verify or guarantee any claims, and no endorsement of products or services is implied in the written articles, announcements, or classifieds.

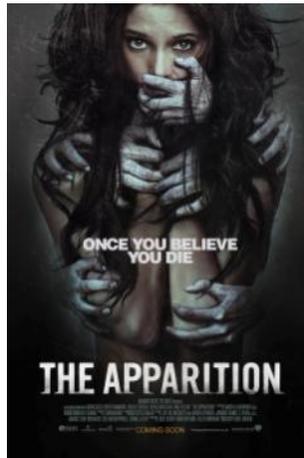
To say it another way, the CLO hopes that you will use the ideas from *Out and About: Community at Large* to get out of your house and explore the city. However, CLO cannot be held responsible for any of the content details of the included announcements. Feedback is always encouraged!

Odds, Ends, & Opportunities

Online Resources:

- <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://www.expat-blog.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
- <https://www.facebook.com/#!/groups/387580667979185/> Another Facebook page to keep up with events in Addis

Now Showing at EDNA Mall :



For more information & show times please call 011-661-6278/6208 or visit
<http://www.ednamall.net/now-showing.html>

JOB VACANCIES

- Program Agent in the U.S. Centers for Disease Control and Prevention (CDC) Office in Ethiopia. (All interested candidates / closes Nov. 14th)*
- Peace Corps seeks experienced professional trainer to work in the areas of HIV/AIDS, Community Health, Conservation, Environmental Education, Food Security and English language Education. (All interested candidates / closes Nov. 14) *
- Data Entry Clerk in the U.S. Centers for Disease Control and Prevention (CDC) Office in Ethiopia (All interested candidates / closes Nov. 14)*
- Program Agent in the U.S. Centers for Disease Control and Prevention (CDC) Office in Ethiopia. (All interested candidates / closes Nov. 14)*
- Voucher Examiner in the Financial Management Office of the Embassy (Internal candidates only / closes Nov. 19th)*
- Regional Environmental Specialist in the Regional environmental Office of the Embassy (All interested candidates / closes Nov 19th)*

*Amharic Required

http://ethiopia.usembassy.gov/job_opportunities.html

