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HOPE Enterprises

Are you looking for way to help the street beggars without giving them money? Do you feel uncomfortable when someone comes up to you on the street or in your car asking for help, but you have nothing to give them? I have discovered an easy and meaningful alternative – a free meal! Let me introduce you to HOPE Enterprises whose mission is to provide hope for the needy in Ethiopia through holistic human development.

HOPE strives to help individuals in need to help themselves out of hopelessness. They provide a wide range of services but the one I want to focus on is their feeding center. HOPE's main feeding center is located at 155 Churchill Rd, across the street from the Churchill Hotel, where they provide a hot lunch (injera with shiro) to 700 hungry Ethiopians 6 days a week (closed on Sunday). HOPE also feeds 300 women and children at another location nearby. That is 1000 meals per day! They use a meal ticket system whereby donors buy the tickets, give them to the needy in lieu of cash, then the ticket can be exchanged for a meal at the feeding center. The cost of each meal ticket is 1 ETB, which means you can provide a hot, nutritious meal to someone in need for less than 6 cents. That is a bargain!

Curious about how they manage to feed so many each day, I actually visited both feeding centers to see them in action and I was very impressed. The centers are clean and very efficiently managed. They welcome volunteers to help serve the meals and you can get as involved as you want to.

For more info about HOPE Enterprises, check out their website at www.hopeenterprises.org.



ARAT KILO CHILD CARE AND COMMUNITY DEVELOPMENT

Founded in 1978, Arat Kilo Child Care & Community Development (AKCCCD) has been assisting impoverished children and mothers in the area by providing them with basic needs and access to economic and educational opportunities for a better life. AKCCCD established a carpet factory which employs 80 local women, provides training in carpet weaving and the opportunity to lift themselves and their families out of poverty to become productive and self-supporting citizens. Two types of Ethiopian carpets/rugs are available; knotted and woven. All carpets are handmade from the wool of the highland sheep which is hand spun, washed and sun-dried before weaving. The carpets are traditional designs using natural colors and the prices are very reasonable! Their carpet shop is open Monday – Saturday from 8am – 6pm. They are located between Sidhist Kilo and Arat Kilo, but it is probably best to check the map on their website at www.aratkiloccd.org or email them at: enquiries@aratkiloccd.org.

Tips for a Healthier Lifestyle



Stay positive



Eat a well-balanced diet low in saturated fats

Maintain a healthy weight

Get enough sleep



Socialize with family and friends



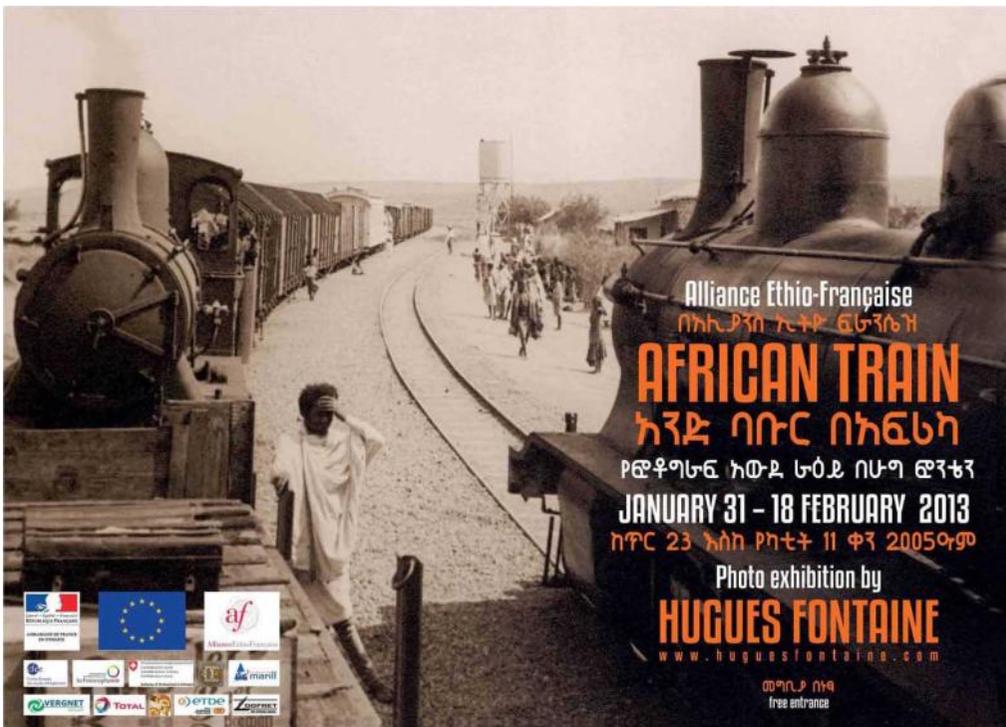
Listen to classical music



Turn the TV off and go outside



Breathe – shallow breathing is not your friend! By practicing deep, restorative breathing techniques, you can improve your concentration, tension, sleep patterns and provide needed oxygen to your cells.



Alliance Ethio-Française
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AFRICAN TRAIN
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JANUARY 31 - 18 FEBRUARY 2013
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Photo exhibition by
HUGUES FONTAINE
www.huguesfontaine.com



መግቢያ በነፃ
free entrance

Toddler Play Groups in Addis

Old Airport Group meets every Friday morning 9.30-11.30 a.m.

Coordinated by Sophie, sophijoye@yahoo.com

Bole Play Groups meet every Thursday:

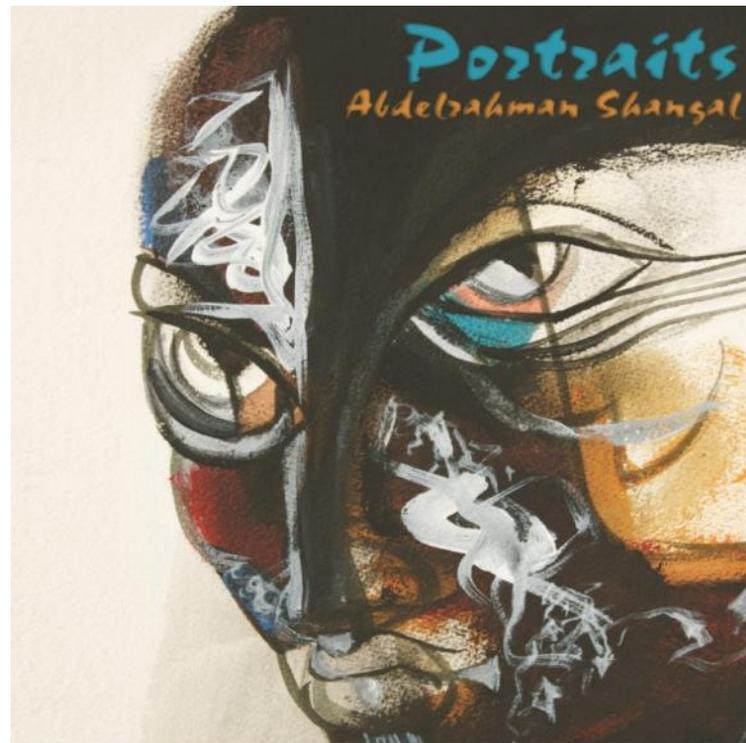
⇒ **0-2 years old from 9:30 – 11.30 am**

⇒ **3-6 years old 3.00 – 5.00 pm**

Coordinated by Vicky, boleplaygroup@gmail.com 0922-111-873.

Meetings are in one of the members' houses.

Venues are announced by email and
it's free to participate.



OPENING Saturday January 26th, 3pm onwards
CLOSING Sunday February 10th 2013
LeLa Ethiopian Contemporary Art Gallery
For direction: www.lalagallery.com or call 0911 300 756

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

Odds, Ends, & Opportunities

Mardi Gras

Friday, February 15

Location- Marine House at the American Embassy

Time- 8:00pm-Midnight

Dress Code- It's a Masquerade!!!

Food Will Be Served

Music by DJ Double **wide** Join Our Facebook Page to
Free Bead Give Aways Enter Contests and Win Prizes!!!

2013

Join us on Facebook for more updates and future events

Facebook.com/
groups/
FourCornersEnt



2 Episodes Every Thursday

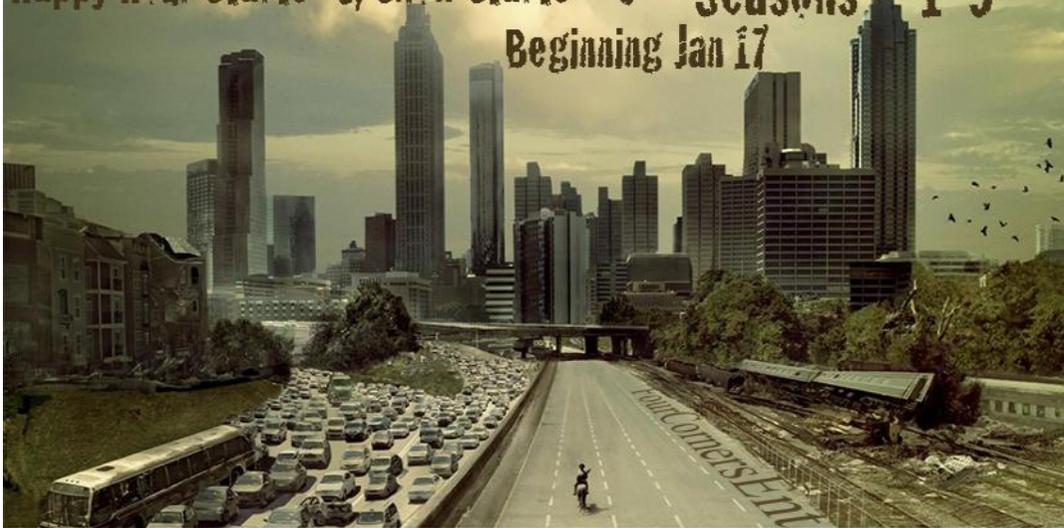
@ The Marine House

HAPPY HOUR STARTS @ 5, SHOW STARTS @ 6

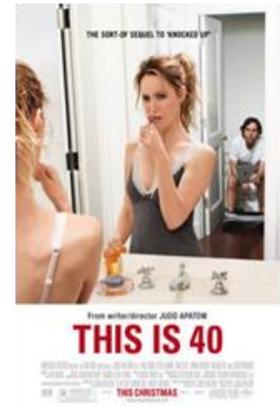
SEASONS 1-3

Beginning Jan 17

THE WALKING DEAD



Now Showing at EDNA Mall :



<http://www.ednamall.net/now-showing.html>

CHARITY BASKETBALL TOURNAMENT

You got game? Put together a team and sign up for the ICS 3-on-3 Charity Basketball Tournament, which will take place on **Saturday February 9 starting at 4 pm**. There are 4 Co-ed divisions: Junior (under 13); Intermediate (13-15); Senior (16-19); and Adult (20 and over). Each team needs at least one female on the court at all times, and one substitute player is allowed. Entry fee is 360 birr for student teams and 500 birr for adult teams; proceeds will go towards an Ethiopian school district in the Somali region.

Register by emailing goitumetswe.pitswane@icsaddis.edu.et by Wednesday February 6. There will be food, music, student performances, and a raffle with NBA gear, restaurant gift certificates, and a roundtrip ticket anywhere Turkish Airlines flies. Hope to see you there!

Classifieds

For Sale

2001 Toyota Rav4L: Great condition, 4WD, automatic transmission, 67,000 miles, silver exterior, brand new tires and brakes included. Imported duty free in 2011. Asking \$10,000 USD. Available April 2013. Please contact MeehlingLA@state.gov.

2001 Toyota Sequoia SR5 (SUV): Great condition, 4WD, automatic transmission, 127,000 miles, black exterior, sunroof, with a set of brand new tires thrown in. Seats 8 comfortably with leather seats. Imported duty free. \$9000 USD. Available May 2013. Please contact davanter@aol.com.

Auto Front Floor Mats For Sale: Tan, Weathertech Classic Premium rubber front floor mats for sale. Very durable and fits many vehicle types – purchased for our Land Cruiser. Never used – ended up with two sets. Asking 900 Birr. Contact Diane – 0911 509 307.

Wanted

Wanted: acoustic guitar: Please call Joyce at 091 311 0058.

Wanted: sewing machine: Please call Joyce at 091 311 0058.

Available

Our female dogs, Ezi and Walter are looking for a good home come June 2013. We will be moving to a post where we'll live in an apartment and simply cannot take our dogs with us. If we could, we definitely would. Both dogs are female, pure-bred mutts, fixed, vaccinated, potty trained, great with kids and the best of friends. Ideally, we'd like them to stay together. Presently, they live with us in Addis Ababa, Ethiopia in a compound, where they spend most of the day outside. They sleep outside as well and do not bark unless they see an animal or someone knocks on our gate. In the evening, they are inside the house sleeping at our feet or chasing each other around the living room. We're hoping for a home where they are part of the family and given plenty of love. If you are interested in adopting them, please email Sara Berner at bernersa@state.gov.

Volunteer needed

Future Talent International Academy (A Private School) is looking for a Volunteer American to teach English to students from Pre – High School.

Interested volunteers please contact Ato Shibeshi Tsige on 091-121-5959 or at shibeshi@hotmail.com

