

The Lion

The Newsletter of the American Community in Ethiopia: Embassy Edition

Monday February 9, 2015



Greetings Yogis

Come join us for an afternoon where fun, trust and kindness come together in the playful practice of Acro Yoga. Acro Yoga is a combination of yoga, basic acrobatic partner flows, therapeutic flying and the healing art of Thai massage. You don't have to be flexible, and absolutely no yoga experience is required. You can bring a friend or partner if you like, but even that is not necessary as we will all be working together. The only thing required is an open heart and mind, and a willingness to play.

The workshop will be at the Top View studio on **Sunday, February 15th from 1-4pm** and the cost will be 350 Birr per person. Space for this workshop will be very limited so please register early by making a deposit of 200 Birr.

Sale at Gigi's

We have a 20%-40% off on our Pakistani imports and a 5% introductory discount on our new line of beautiful Ethiopian collections!

Our IMD sister store on the 2nd floor is introducing a great curtain selection, 100% cotton made in Ethiopia.

Please come & let friends know about it.

Address: Olympia, at Babis bridge,
next to WFP

Notice for the short-term Chinese Language Program(Beginner& Intermediate)

Confucius Institute at Addis Ababa University is a Chinese Language Teaching Organization and International HSK Test Center, co-hosted by Confucius Institute Headquarters, China and Addis Ababa University, Ethiopia. It aims to serve the needs of Chinese Language learning in Addis Ababa.

The registration of the short-term Chinese Language Program to the international community (Beginner& Intermediate) is now open.

The schedule of the program is as follows:

Class time	8:30am to 10:30am, Every Saturday Morning, From February 28 to June 6, 2015 (15 weeks)
Class venue	Confucius Institute at Addis Ababa University, OCR 204, Sidist Kilo Campus, AAU

All interested, please call **0942 177419** or **0912 643651** for more information.

Registration time: 9am-5pm, February 4 to 6, & February 16-18, 2015

Registration office: OCR 203, Sidist Kilo Campus, Addis Ababa University



Music, Food and Love Valentines at Serenade

The Culinary Delights

Prawns on a bed of couscous, chicken stuffed with walnuts and spinach, home-made pasta tossed in artichokes and pine nuts, the richest chocolate cake and the many more delights in store for you.

The Music

Zema String Quartet will serenade you live with romantic classics throughout the evening.

The Love

It's all about love...write about love, and you can win 2 return tickets to Dubai on flydubai.

On Saturday, 14 February at Serenade (Alliance)
6:30 – 7:30 Cocktails and Hors d'oeuvre
followed by dinner

1500 birr per couple
(including service charge and VAT and complimentary cocktails)

Limited Seating

Purchase your dinner passes at Serenade (Alliance), Lime Tree or Kaba.

For all the ladies
in the house



GET READY

for the 12th edition of WOMEN FIRST 5KM

2015 WOMEN FIRST 5km Run takes place on Sunday 15th March 2015

Registration is now open!

10,000 places are available

Group registration is at Great Ethiopian Run office

Registration fee: 100 birr per participant including VAT

"EMPOWER WOMEN, EMPOWER A NATION"



Head to Toe

Early Learning Center

Jane Pyecha • jane@headtooeaddis.com • 0930 01 23 52
Visit us on Facebook at Head to Toe Addis Ababa

As a part of our school fundraising program, Head to Toe is now offering Four Week Trial **Parent and Me Afternoon Programs** (accompanied children ages 1 1/2 - 3 years of age) beginning the week of February 10th.

- * **Zumbini** will be Tuesdays from 2:30 - 4:00. The four week session is 800 birr for H2T families and 1000 birr for non H2T families.
- * **Parent and Me Activities** will be Thursdays from 2:30 - 4:00. The four week session is 1,600 birr for H2T families and 2,000 birr for non H2T families. The last day to register is Friday, February 6th. Please email info@headtooeaddis.com to learn more.

After School Programs at H2T for students ages 4 - 6. All sessions are four weeks from 3:45 - 4:30 and cost 800 birr for H2T families and 1000 birr for non H2T families. ***Zumba Kids** Tuesdays Feb 10 - March 3rd

- * **Ballet and Traditional Dance Class** Wednesdays Feb 11 - March 4th
 - * **Lego Club** Thursdays Feb 12 - March 5th
- Please email info@headtooeaddis.com to learn more about this fundraising program!

As a part of our mission to provide the best education for our students, families and the community at large, H2T will be offering two invaluable trainings.

- * **Amharic Caregiver First Aid** - Saturday, February 21st from 10am - 1:00 pm. 400 Birr for H2T families, 500 Birr for non H2T families. All proceeds will go to our school beautification fund.
- * **Child Protection Workshop for Parents and Caregivers**. Learn how to protect your child from physical, sexual, verbal and emotional abuse and to spot the signs of each. Saturday, February 28th 10:00 - 12:00. 400 Birr for H2T families, 500 Birr for non H2T families. All proceeds will go to our school beautification fund.

3 on 3 Basketball Tournament

@ The International Community School of Addis Ababa,
February 14, 2015, 9:00AM – 1:30PM



Come and have some fun playing basketball while helping fund a charity organization!

JUST DUNK IT.

If you are planning to participate, then send an e-mail to the contact noted below before Feb 11. The registration forms need to be completed and handed in **with 400Birr on the day of the event.**

Burgers and drinks (sodas and water) will be available for sale. All the profit from these sales will go to charity.
Contact: kedest.mathewos@icsaddis.edu.et

MARTIAL ARTS CLASS AT BRANA PLAY SCHOOL

After School program

- Stating January 16
- Every Friday from 4-5pm
- Instructor: Bezabeh

For more information please call us @ 0118963542 or 0930033536
www.branaplayschool.com



Nanny: Hardworking and trustworthy

Helen worked as a nanny for our family in Bole for 18 months. She is a very honest and reliable and we fully trusted her with our young son. Helen began taking care of our son when he was sixteen months old, and was always patient and affectionate with him, while still being able to discipline him when required. She is very hardworking and also did housekeeping as time allowed. Please call Helen at 0913-311-128. She speaks excellent English. You can email me at astefan@usaid.gov if you need more information.

Nanny: Genet Sedecha is an excellent nanny. Our young children adore her, and everyone is calm and happy while she is around. Genet has taken the child care course at the Embassy and she has also participated in the nanny/child program at Head to Toe preschool. I trust her completely. She also cooked and cleaned for us for a period of time until I started working full-time and needed her to focus on child care. I highly recommend Genet as a nanny. We live in Bole and she is definitely willing to continue working in this area, but she lives in Old Airport and would love to work closer to her house. You can contact her directly at +251 913137590.

Housekeeper/Cook Berhane is a great housekeeper/cook who has worked for me for the past year and has been working for diplomatic families for several years. She is proficient in English (reading and speaking) and she speaks French. She is extremely trustworthy and dependable. I'm frequently traveling and she always takes good care of the house when I'm gone. She works for me in Bole, but would be willing to work in other locations. She will be available part-time until the end of November

and full-time after that. You can contact her directly at 0913748458.

Housekeeper Available Feb 2015

Adsade Nano is a very hardworking, honest, reliable, and sweet person who has been my housekeeper since Nov. 2013. She does all of the cleaning, laundry, and ironing, including windows. Prior to working in my home, she worked 6 years for 2 other U.S. expats and came highly recommended. I recommend Adsade without reservation and trust her completely in my home. She once found a diamond earring that I did not even know was lost. For more information, please email me: suzanne@suzannehoza.com, or call Adsade directly at 0913-817-046, or via her husband Girma at 0913-058-360.

Housekeeper: Birhane Shiferaw is a very thorough housekeeper who has worked for me for four years. She speaks English and has taken the embassy health unit training for hygiene and food safety. She can do laundry and iron, clean, shop, and do basic cooking prep. She is also very good with children as well as caring for cats and small dogs. She is available Monday through Friday in the Bole area as she goes to nursing school at night and Saturdays near Haya Hulet area. Birhanie also has a gentle, quiet personality and can get along with anyone. Please email nterrell@usaid.gov or call 0911 511 434 for a reference or call Birhane directly on her cell: 0921559010.

Car & Driver: While waiting for our own vehicle to arrive, we have been very happy with the services by driver Soloman and his vehicle, a Toyota Vitz. I found him through the Facebook page "Whats Happening, Addis Ababa" and took a chance on him. He is young, but has been very professional and no one else could beat his price.

Prior to owning his own vehicle, he worked as a taxi driver. The car is extremely clean, in great condition, and has seatbelts. He has always been on time and has been able to locate our various destinations. He speaks enough English that we could communicate our needs effectively. He was safe and I trusted him enough to take my daughter-and-nanny to school without me. You can contact him directly at 0910308761. If you have any further questions, you may contact me at StaffordRE@state.gov.

Housekeeper Our on-call maid, Netsa, is seeking a salaried position, either full-time or part-time, in the Bolé area. She has been cleaning at our temporary residence on an as-needed basis. According to her letters of recommendation, Netsa has not only performed general cleaning in prior jobs, but has also washed and ironed clothes, cooked, watched children, pets, etc. He 20-year portfolio includes numerous Americans, ex-pats, and VIPS. She seems very knowledgeable and can work independently. She speaks good English and French. So if you are interested in hiring Netsa, please call her directly at +251 920 730 526.

Masseur If you are looking for an excellent massage, I recommend Frey! Frey has her own table and will come to your home. She is well trained in massage techniques and has a wonderful therapeutic touch. Frey's English is excellent. Her rates are very reasonable! You may contact Frey at 0911 689475



The CLO is actively looking for submissions and story ideas from our community members!
Email the [CLO](#) for details.

Car for Sale

2013 Toyota Hilux for sale. Diesel, 2500 cc , 4WD with PS ABS/AB power options, Double cab, Canopy and bedliner, CD player, radio, AC. Imported new from Dubai in 2013. Only 10,000 kilometers / 6200 miles. Almost like new – perfect running condition. **\$30,000 firm.** For details please email terra_firma2@yahoo.com



2003 Hyundai Santa Fe GLS – 4 door SUV. Silver with gray interior. Equipment: ABS brakes, alloy wheels, auto transmission, CD/cassette and monsoon sound, cruise control power mirrors, rear defroster, sunroof, A/C, cloth seats full roof rack, power locks, power windows, side airbags, traction control. Available 4/30. Cost: **\$11,998.** Low miles. Contact Theresa Everett @ everetttj@state.gov

2008 Honda CRV EX-L for sale – \$18,000

4 WD, 2.4L, 5 speed automatic in excellent condition with only 42,000 miles; back up camera, navigation system, remote start, full winter package, clean and very well maintained.



This is an excellent car for busy Addis Ababa streets and rural Ethiopian roads. Contact leeanneissler@gmail.com if interested.

Miscellaneous

Ladies Soccer Players Wanted. If you are interested in playing ladies soccer on Sunday mornings, please email Kary at hintztate@gmail.com. We already have an established group playing, but would like to invite additional players to join. All skill levels welcome to join the informal fun.

ADOPT CHEEKY THE CAT. Cheeky is a 9-year old male cat, who has grown-up with expats and a dog. He loves to be cuddled and petted and his favorite food is raw lung.



He is an indoor and outdoor cat but has become more of an outdoor cat ever since we added a new rescue dog to the family who is very hostile to him.

Cheeky deserves a better home: a home where he will be free to lie on the drive-way under the sun whenever he likes, join someone on the couch while watching a movie and receive a lot more attention than he is getting now. Ideally, we are looking for a cat-loving family interested in a house cat who will give him a safe home, make him part of their family, and take him wherever they move to.

Cheeky has been neutered and recently received his booster vaccine (November 2014). If interested in meeting Cheeky, please call: 0911512 357

Two Cute Dogs Up for Adoption



Two small female dogs, Bobby and Poppy, are in need of a new home. Bobby is 8 and Poppy is 6. They have lived with a member of

the animal rescue community most of their lives and are both spayed. They are easy to manage and safe around the family - not to mention good guard dogs. Adopt one or both together. If interested please contact Helena at h_norval@yahoo.com or at 0934461877 after February 21



Free Puppy!



We found this beautiful girl on the street near our home in Haya Hulet. She's sweet and very friendly but we already have a dog and don't have the space for both. She's about four months old with a wonderful disposition, handling vet examinations, receiving shots and being given baths very well. She's gotten her first round of vaccinations and deworming by Dr. Dawit Ketema and has the accompanying documentation. She's free to a good home and we'll include a bag of puppy food to get you started. Email wiliam.morrissey@gmail.com, if you'd like to meet her.

We are looking for Mail Angels!
Sign up to be a "mail angel" if you are heading to the U.S. any time soon. It is easy — just email cloaddisababa@state.gov, or sign up in the CLO. Then stop by to pick up the letters before you leave and drop them in a mailbox when you get to the States.
If you have letter mail to send, stop by CLO to see when the "mail angel" will be departing.