

ethiopian kids community



6th annual

summer

July 9, 2011

# meHABer

celebrate • contribute • connect



LETTER FROM THE EKC BOARD CHAIR

# Selam!

A huge Ethiopian three kiss welcome to you. We are happy you and your family are here today. It is amazing to remember that we started 6 years ago with a few hundred people in a park to now over 1,300 people from 17 states and multiple countries. The EKC Summer Mehaber is a place to celebrate our families and our connection to Ethiopia. We often hear how it is a meeting place for travel groups and children to reconnect. What a beautiful community we have.

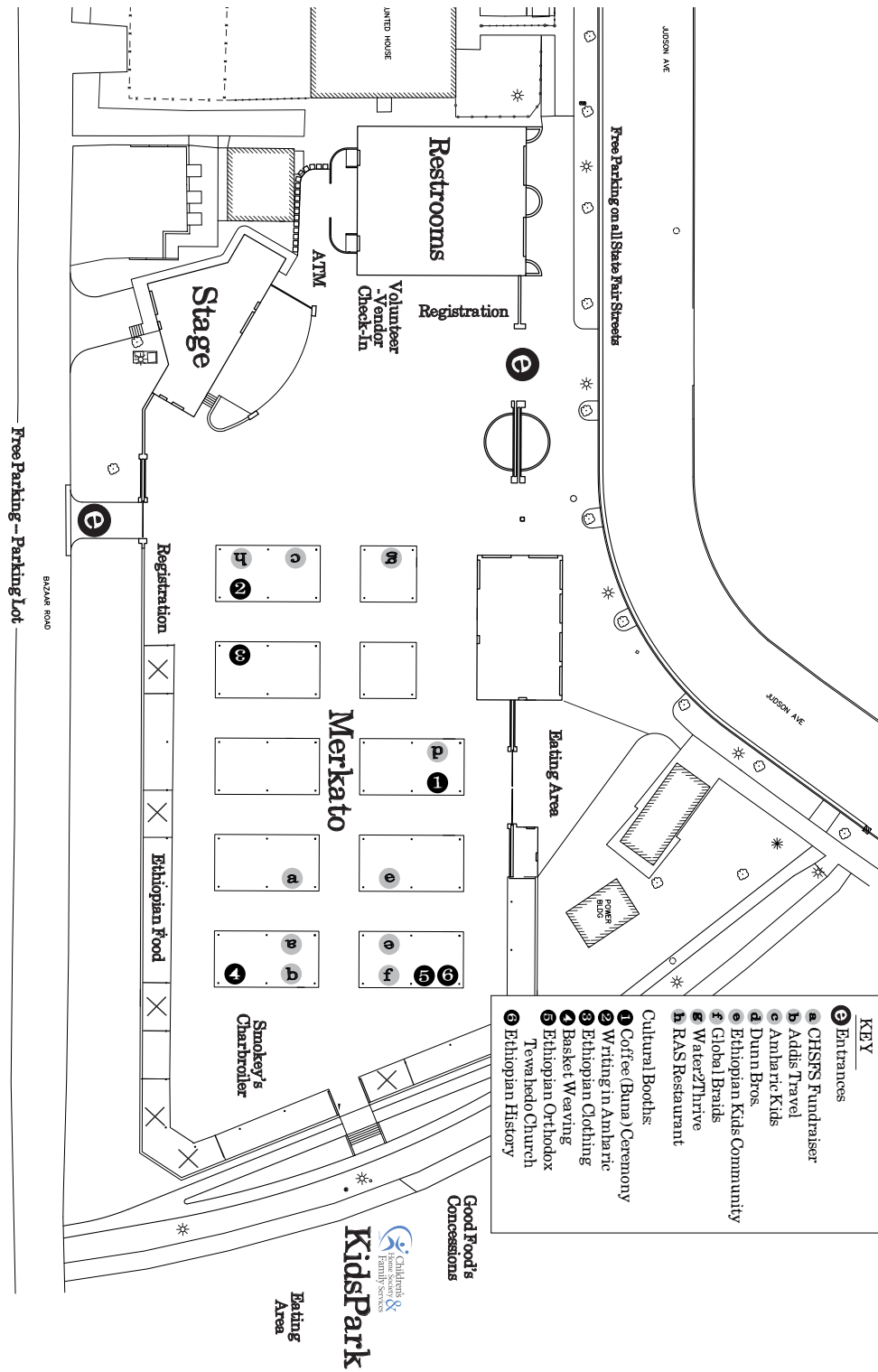
Each year we raise funds for a special project in Ethiopia. We have supplied libraries and playgrounds and more. This year \$20 will buy a child a school uniform. Please visit the CHSFS booth to hear more and donate.

I'd like to give a huge thank you to Amy Runion, this year's event chair. She worked hard and put her incredible organizational skills to work. Thanks Amy!! Amy could not have done it without the Mehaber Committee; a very fun group of individual's who took their area's and ran with it. You guys are stellar!

We hope you are able to celebrate, connect and contribute today.

Stacy Bellward  
Ethiopian Kids Community President

- EKC Board Members: 2011
- Stacy Bellward, President
  - Paul Bellward, Technology
  - Matt Fairchild, Co-Founder, Technology
  - Kathy Griebel, Treasurer
  - Sarah Haraldson, Engage & MNO Coordinator
  - Renee Remde, Vice-President, EKC Dance Class Liaison
  - Amy Runion, Secretary, Summer Mehaber Chair
  - Lizz Sable Stauning, Communications
  - Mark Seignious, Communications





**Ethiopian Kids Community (EKC)**  
 nurtures  
 connections  
 and provides  
 support for  
 families with  
 Ethiopian  
 American  
 children.



**Our Vision:**

- Celebrate Ethiopian culture through education and events.
- Connect families who have Ethiopian American kids.
- Encourage fellowship for families in every stage of the adoption process.
- Provide cultural and adoptive resources.
- Seek opportunities to give back.
- Promote positive self-identity and self-esteem.
- Plan annual EKC Summer Mehaber.

**How to get involved:**

**Stay informed:** Get information about EKC and local Ethiopian events. Sign up at [www.ethiopianskids.com](http://www.ethiopianskids.com) to receive the monthly newsletter.

**Volunteer:** We are a volunteer run organization and depend on your participation. Help plan an event or offer your professional skills. There are many opportunities!

**Upcoming EKC Events**

**EKC Engage:** *Fun for the entire family- Waiting families welcome*

**Saturday, October 8th**  
 Afton Apple Orchard  
 14421 South 90th Street, Hastings, MN 55033

Apple Festival 2011 includes: hayrides, face painting, playground, petting farm, Straw Mountain, Retread Hill, & concessions.



**Mom's (and sometimes Dad's) Night Out (or In)** *Waiting families welcome*

**Saturday, August 13th – 7:00pm**  
 Mom's Night Out  
 W.A. Frost -- on the patio!  
 374 Selby Ave, St. Paul, MN 55102



**Get Connected! Stay in the Loop!**

For full event details and information about other Ethiopian related events, be sure to sign-up for the EKC monthly newsletter at [www.ethiopianskids.com](http://www.ethiopianskids.com)

Also, go to <http://adoption.meetup.com/136> to join Ethiopian Kids Community on MeetUp.com to RSVP for EKC events.



# 2011 Mehaber

All events take place on the main stage

10:30 - 11:30 am Live music by Yohannes  
Ethiopian/Traditional/Jazz

11:30 - 12:00 pm Welcome



**Amhara/Oromo Dance –  
EKC Preschool Dancers**

Preschool Dancers: Mizan, Henry, Zenebech, Lydia, Bettie, Lila, Ray, Efrem, Mintesenot, Tesfaamlak, Malia, Meskele, Angie



**Gurage Dance – EKC Advanced Dancers**

Advanced Dancers: Liz, Nora, Habtamu, Kate, Sara, Elle, Tarikua, Berie

**Ethiopian Dance Performance  
by Dance Instructors**

Dance Instructors: Lelna Desta and Mikiyas Belay

**Let's Dance! Learn and practice  
Ethiopian dance moves together**

12:00 - 12:45 pm Round Table Discussion: Waiting Families

1:00 - 1:50 pm Round Table Discussion: Water to Thrive

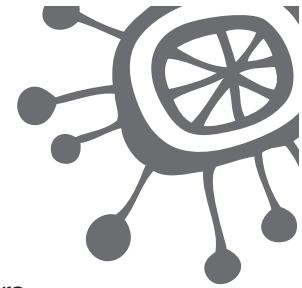
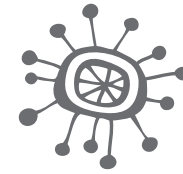
A special thank you to everyone who has made the  
Ethiopian Dance classes a success!

Dance Instructors: Anteneh (AT) Zemedu, Henok Gebremichael,  
Lelna Desta and Mikiyas Belay

Parent Instructors: Kathy Griebel, Jill Weddall and Renee Remde

Parent Helpers: Eric Strum and Donna Andrews

Program Design & Layout by Lizz Sable Stauning  
www.sabledesign.net



2:00 - 2:30 pm

Thank You to our Sponsors

**Tigrinya and Oromo Dances –  
EKC Elementary Dancers**

Elementary Dancers: Isaac, Samaira, Selmanesh, Caleigh, Samara,  
Emma, Solomon, Kiya, Ruby, Lidya, Fantaye, Raina, Silas, Kate, Levi,  
Ivy, Jonah, Shibere

**Amhara Dance – EKC Advanced Dancers**

Advanced Dancers: Liz, Nora, Habtamu, Kate, Sara, Elle, Tarikua, Berie

**Ethiopian Dance Performance  
by Dance Instructors**

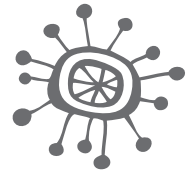
Dance Instructors: Lelna Desta and Mikiyas Belay

2:00 - 2:30 pm

Live Choir  
Ethiopian Orthodox Tewahedo Church

3:00 - 3:50 pm

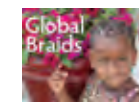
Round Table Discussion: Attachment



Gold Sponsor



Silver Sponsors



# Round Table Discussions

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## **Waiting Families Connection**

**12:00 - 12:45 pm, Located on the stage**

**Facilitator: Jane Steiner and Abby Hendricks**

Jane Steiner and Abby Hendricks, members of the EKC Discussion Group, will lead an open discussion for waiting families. Hear from families who have 'been there, done that' and survived! Topics such as surviving the wait, preparing for your kids, traveling in Ethiopia, what to know about the first weeks home and more are on the table. Bring your questions! In addition, pictures, packing lists, reading lists, etc., will be available. This is an opportunity to connect with other EKC families in all stages of the journey.

## **Water and Health in Rural Ethiopia... Physical and Spiritual**

**1:00 - 1:45 pm, Located on the stage**

**Facilitators: Dick Moeller, Founder & President, Water to Thrive**

Dick Moeller, Founder and President of Water to Thrive (W2T), will host an interactive session on the physical, spiritual and economic impact of water-borne diseases in rural Africa. He will discuss the project strategies used by W2T in rural Ethiopia to eliminate water-borne illnesses. In particular, the results of the first year (of a multi-year program) Health Assessment of Robit will be discussed. Robit is a community of 6,000 near Gondar for which W2T will complete a deep borehole water project to supply clean, safe sustainable water for the whole community.

## **Attachment Issues in Adoption**

**3:00 - 3:45 pm, Located on the stage**

**Facilitators: Grant and Anna Braasch**

Anna and Grant Braasch are back this year to again discuss attachment issues in adoption from their unique perspective. They will share the research and resources they have amassed through their own experience as parents about the challenges of attachment in adoption. This round table is an opportunity to connect with, learn from and find support with other adoptive families struggling with the often painful and misunderstood journey of attachment.

Please come to this roundtable discussion if you...

- ...wonder whether or not you might need to seek therapy
- ...have already seen success with attachment therapy in your own family and have resources or ideas to share
- ...are a specialist in this area
- ...are a waiting parent and want to be prepared for attachment related issues.

## **Pick-up a Passport to Ethiopia & start your journey!**

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Take your passport to each cultural booth (see the map on page 1 for locations) and fill it with stamps to represent your journey as you learn more about Ethiopia and its culture. Passports will be available at the Ethiopian Kids Community booth.

These are the places you will visit:

### **Basket Weaving**

Kids may come and weave a basket from paper with the opportunity to decorate their baskets with Ethiopian stickers. Donations are requested with the proceeds going to help Oromo immigrants as they transition to life in the U.S.

### **Writing in Amharic**

Come and learn to write your name in Amharic under the guidance of an expert. Great for you home decorators or scrap bookers, create your own decoration or the perfect gift for a loved one.

### **Coffee (Buna) Ceremony**

Watch or participate in a facilitated coffee ceremony for kids and adults. Take part in the traditional coffee ceremony as performed in the birth place of coffee! Learn how to roast your own Ethiopian Buna and how to prepare the perfect cup of coffee.

### **Traditional Ethiopian Clothing**

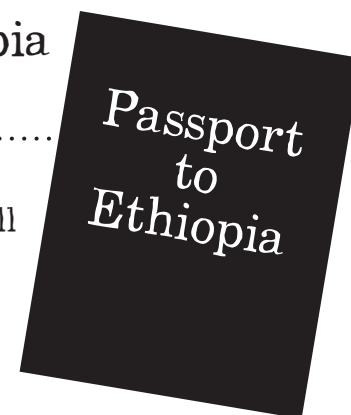
A great opportunity to speak with an expert who specializes in traditional Ethiopian clothing! Learn how different clothes are made, what clothes are worn for different occasions and have the opportunity to a 'hands on' review of over 30+ outfits.

### **Ethiopian History**

Learn about the different regions and characteristics that make Ethiopia unique. Find out about the country's unique cultural history. Hands on experts are available to answer questions, share historical resources and their insight.

### **Introduction to the Ethiopian Orthodox Tewahedo Church**

Spend time learning how and why church is such an integral part of Ethiopian history and life. Speakers will be available to discuss how the church is integrated into family life with opportunities for guests to ask about the history of the Orthodox Church, the church choir, musical instruments and the Church's Sunday school program. Beautiful religious icons, crosses and many more will also be displayed.



# Thank You Sponsors for making this day possible!



## Children's Home Society and Family Services

CHSFS is proud to sponsor EKC's Summer Mehaber. Visit our booth at the Mehaber to learn how your support impacts families in Ethiopia, and contribute to the "Uniforms for Everyone Project." Just \$20 will purchase a bright new school uniform and sturdy shoes for a child at Hossana School. Many children at this school own only a few items of clothing. Their families live in poverty and cannot afford to purchase school uniforms. Our goal: 150 uniforms for children in need. Please help Children's Home provide a new uniform to every child who needs one.

Visit [chsfs.org/icw](http://chsfs.org/icw) for more information.

## Addis Travel Services

Addis Travel Services is committed to bringing the highest quality service and reliability to our customers since 2005. We work closely with all international and domestic airlines which enables us to get you the lowest fare available on the market. We specialize in trips to Africa, Australia, Europe, Middle East, India, South America, and packages to vacation destinations. Please call us at: 651-646-6900.

## Amharic Kids

Amharic Kids gets new products that celebrate and support Ethiopia all the time; like the new Ethiopian Airlines model airplanes and gorgeous recycled metal jewelry made by women with HIV. Our stock of fair trade handicrafts from Ethiopia has exploded. "Friend" us on facebook for new items, news and more. We are proud to be a part of the Mehaber again this year. [www.amharickids.com](http://www.amharickids.com)

## Global Braids Salon

Global Braids Salon is a full hair salon that specializes in natural hair care and services for children. We are centrally located on University Avenue near Hwy280. Visit our website [www.globalbraidsalon.com](http://www.globalbraidsalon.com) for style idea's. Biftu can be reached at 651-646-5854.



## Water to Thrive

Water to Thrive is transforming lives in rural Ethiopia through the blessing of clean, sustainable water. We have just celebrated over 170 water projects, and have more exciting efforts underway! Stop by the Water to Thrive booth to experience the "walk for water" and to learn more about our "500 for 500" transformation project for a rural Ethiopian community, a simple way to provide a complete water well project for 500 people in a rural Ethiopian community that will last 20-25 years. Visit our booth at the Mehaber, and our website at [www.watertothrive.org](http://www.watertothrive.org).

## RAS Ethiopian Restaurant and Lounge

RAS Ethiopian Restaurant and Lounge is a charming Ethiopian restaurant on 7th street in St Paul, Minnesota. We have a large facility to host your group and serve a wide range of Ethiopian food and some western food choices. See our website [www.rasethiopian.com](http://www.rasethiopian.com) for our menu and details about a \$10 off coupon for your next visit. We are proud to sponsor the EKC Summer Mehaber.



## Merkato Vendors

**Adey Designs** provides handcrafted products that fuse the cultural heritage of Ethiopia with modern design. They sell handbags, jewelry, home decor, fashion accessories and apparel. [www.adeydesigns.com](http://www.adeydesigns.com)

**Clinic at a Time, Inc** offering their cookbook *You Can Make Injera* with hourly demonstrations. All profits go to improving health care in Ethiopia. [www.clinicatatime.org](http://www.clinicatatime.org)

**Creative Spirit Custom Art** creating single, double or group caricatures drawn by Carol O'Malley. [caricaturesc@gmail.com](mailto:caricaturesc@gmail.com)

**Dunn Bros Coffee** sampling their new Ethiopian coffee. [www.dunnbros.com](http://www.dunnbros.com)

**Empowering Ethiopian Children By Education** selling cultural items; scarves, crosses, jewelry to raise money to provide educational opportunities to children of economically disadvantaged families in Addis Ababa, Ethiopia.

**Ethiopian Community of Minnesota** <http://ethiomn.org/index.html>

**Global Team for Local Initiatives (GTLI)** helps tribes in Ethiopia lead healthy lives through projects in water, disease prevention, education and income prevention. [www.glti.us](http://www.glti.us)

**Mudula Water Project** selling T-shirts and other fundraising items to fund the delivery of clean safe water to Mudula and surrounding areas.

**Workinesh Spice Blends Inc.** sells quality Ethiopian spices. Call Lemlem @ 952-303-6710 to order.

# For Your Dining Pleasure!

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See the map on page 1 for food vendor locations

## Ethiopian Food:

served by Menigistu of Enat Catering

- Aleecha Kik Wot (yellow split peas)
- Ye'miser Wot (spicy red lentils)
- Tikele Gomen (cabbage, potato, carrot)
- Key Segá Wot (beef stew)
- Doro Wat (shredded spicy chicken stew)

**\$12 for 3 dishes**  
**\$2 per add'l dish**  
*(max of 5 dishes per plate)*  
**\$2 water**

*All meals served with Injera*

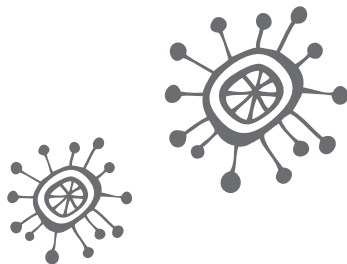
**Cash or check only**

## Good Food Concessions serving:

Cinnamon rolls, ice cream (bowls and cones with toppings), hot dogs, chips, candy and Ethiopian Coffee

## Smokey's Charbroiler serving:

Charbroiled 1/4lb. Angus burgers  
Charbroiled Bratwursts and all beef Hot Dogs  
Alaskan Salmon Burger  
Nachos  
Fancy extra long french fries  
Onion rings  
Spicy cheese stix  
Honey batter corn dogs  
Western style chicken strips  
Grilled chicken breast sandwich  
Pepsi Products and bottled water  
Ethiopian Peace Coffee



# Thank You Mehaber Committee!

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Amy Runion, Mehaber Committee Chair

Absera Abraham, Festival Stage

Bekah Backman, Adoption Agency Coordinator

Paul Bellward, Website / Online Registration

Stacy Bellward, Sponsor Coordinator

Tim Bicha, Cultural Booths

Anna Braasch, Media

Ashley Burt, Marketing

Rae Buzzell, Vendor Coordinator

Kathy Griebel, Treasurer, Volunteer Coordinator

Sarah Haraldson, Hospitality / Area Resources

Nancy Hegdahl, Committee

Abby Hendricks, Round Table Discussions  
& On-Site Registration Coordinator

Steve Lilly, Ethiopian Food Coordinator

Betsy Lundsten, On-Site Registration Coordinator

Sherry Moore, Fundraiser Coordinator

Tanya Oetken, eblast Communications

Lizz Sable Stauning, Graphic Design & Communications

Jane Steiner, Round Table Discussions

## Special Thanks

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Jeff Andrews, Jon Andrews and Ben Andrews – sound technicians.

Information Management Systems for pro bono printing of the signs and program. [www.yesims.com](http://www.yesims.com)

Tom Leonard, Festival Productions, for the huge discount on the sound system. [www.festivalproductionservices.com](http://www.festivalproductionservices.com)

Mengistu for catering the Ethiopian food within the Fair requirements.

Matt Runion for hosting the Mehaber meetings.

All the volunteers who are working a shift or two today – we depend on you and appreciate you so much!

Zeru P. Wontamo for Amharic translation.





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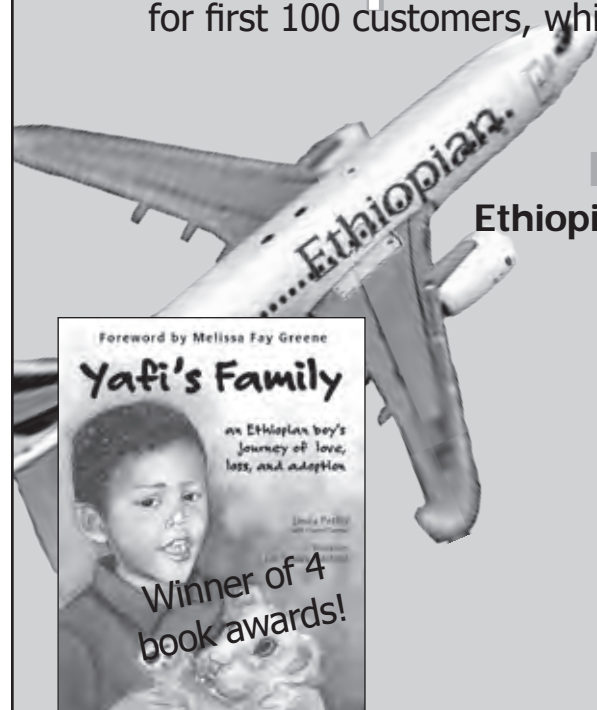
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 Suite # S-143  
 St. Paul, MN 55104

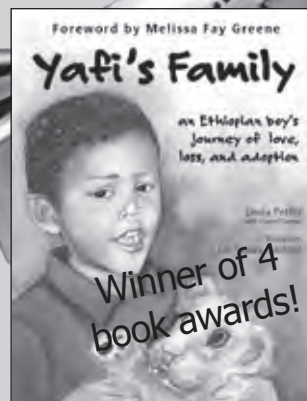


Celebrating &  
 Supporting  
 Ethiopia

**Free Ethiopia Coloring Book**  
 for first 100 customers, while supplies last.



New New New  
 Ethiopian clothes for kids  
 Model Airplanes  
 Jewelry  
 Books  
 Bookmarks  
 Toys  
 Home Decor



Winner of 4  
 book awards!



www.amharickids.com



# Global Braids & Salon

## Service

Kids Braids, Hair wash, take out braids, hair cut, hair braiding classes. We offer 10% - 20% Discounts on shampoo, conditioner, combs, Mannequin heads for practice on.

**We offer 20% discounts for new customers. (hair braiding)**

542 Prior Avenue North  
St. Paul MN, 55104  
651-646-5854

Biftu Merdssa  
Stylist/Owner



H<sub>2</sub>O  
water<sup>2</sup> thrive

## Clean water for Ethiopia!

**Water to Thrive (W2T)** is transforming lives in rural Ethiopia through the blessing of clean, sustainable water. We celebrate more than 170 water projects, with more exciting efforts underway!

**Stop by the W2T booth** to experience the “walk for water,” and learn more about our **500 for 500** transformation project for a rural Ethiopian community, a simple way to provide a complete water well project for 500 people that will last 20-25 years. You can also find information on the project at [watertothrive.org/Mehaber](http://watertothrive.org/Mehaber).

**Join us** for the breakout session “**Water & Health in Rural Ethiopia — Physical and Spiritual.**” W2T founder Dick Moeller will host this interactive discussion on the physical, spiritual, and economic impact of water-borne diseases in rural Africa, and the project strategies used by W2T.

[watertothrive.org](http://watertothrive.org)



**Water to Thrive** is a faith-based non-profit that transforms lives through the gift of clean water. Our vision is of a world where we share our abundance to provide health, hope, and water to all. Our current efforts are supporting rural and impoverished communities in Ethiopia and Sierra Leone. Help us change lives.



## Top 10 perks from serving on the EKC Summer Mehaber Committee this year.

.....

- #1** Dinner provided at each meeting.
- #2** On-site babysitting.
- #3** No committee, no event.
- #4** Growing connections to the Ethiopian and adoption community.
- #5** Post meeting cocktails.
- #6** Tasty sampling of vendor foods.
- #7** Free stuff.  
*Admission for your immediate family, EKC tote bag, t-shirt.*
- #8** Efficiency and impact.  
*Only four all-committee meetings this year.*
- #9** Preview t-shirts to find your perfect fit.
- #10** Invest in a tremendous celebration of our children's first culture.

### We are looking for an event chair for next year.

We need one or two event chairs to join the committee in planning the 2012 EKC Summer Mehaber. There is a financial stipend for the position. If you love events, are organized and want to invest in the Ethiopian and adoptive community, please contact Stacy@amharickids.com. There is lots of support (event planning manual, very experienced committee, etc) to help make it happen.

# RAS

## ETHIOPIAN RESTAURANT & LOUNGE

[WWW.RASETHIOPIAN.COM](http://WWW.RASETHIOPIAN.COM)

Ras Ethiopian Restaurant caters events large or small. This includes:

- Birthdays
- Church Activities
- Family Reunion, Weddings or Honeymoon Party
- Birthday Party
- Adoption Family Gatherings
- Corporate Meetings



Free traditional coffee ceremony upon request.  
Kids under 12 eat free.

Bring this flyer to get

**10%** off food  
and drinks!



**Come and Enjoy!**

**2516 W 7th Street, Saint Paul, MN 55116**  
**651-273-0383 or 651-698-6407**

# You can give a child a bright new uniform - and a great big smile.

Just \$20 will purchase a new school uniform and sturdy shoes for a child in Hossana, Ethiopia.

Many children here own only a few items of clothing. Their families live in poverty and cannot afford to purchase school uniforms.

**Our goal: 150 uniforms for children in need.**

Please help Children's Home provide a new uniform to every child who needs one. Visit our table at Mehaber to donate and learn how your support impacts families in Ethiopia.



**Children's Home is proud to sponsor the EKC Summer Mehaber!**



Visit [chsfs.org/icw](http://chsfs.org/icw) for more information.