

what's out addis

2022, May



GUESS WHAT TIME OF THE YEAR IT IS

THE BAG SHOW IS HERE,
THIS TIME BIGGER & BETTER

FOOD | CITY | PEOPLE | ARTS & CULTURE
HEALTH | SHOPPING



**MIDROC
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NMiC, a member of the MIDROC Investment Group, with long experience in Ethiopia's manufacturing of dimensional stones mainly producing marble, granite and terrazzo tiles and blocks of different sizes, thickness and colors. It supplies quality standard materials for local and international market.



**NANI BUILDING, NEAR GHION HOTEL, ADDIS ABABA, ETHIOPIA
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Dear Friends

Welcome to the May edition. We are delighted to highlight the very popular annual Bag Show highlighting the best Ethiopian bag designers and this month the show will also feature other African bag designers.

We profile an artist whose specialty is calligraphy and another artist who focusses on and celebrates the strength of women. We have an interview with the new chef of the Oriental Restaurant at the Hyatt and an article on St George's Day and that the patron Saint is celebrated in many countries not just in Ethiopia!

*Have a great month!
Team What's Out*

3	FEATURE STORY
5	FASHION
7	SPOT LIGHT
9	FOOD
11	ARTS & CULTURE
13	WHAT'S NEW
25	NEWS
29	HEALTH
33	RECIPE
33	DID YOU KNOW

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THE BAG SHOW 2022

BY GILLIAN OKOMBO

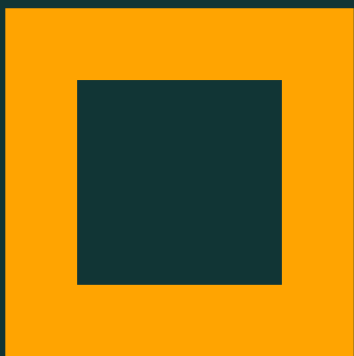
This year, we will be hosting both local and other African leather bag designers.

Ladies and gentlemen, it's time to dust off your favorite clothes and shoes to dress up; the Bag Show 2022 is here!

Over the past several years, the Bag Show, has given a platform to both the old and the upcoming top leather bag designers in Ethiopia, to push the envelope in-terms of creativity and to showcase their latest bag collection. This year, we will be hosting both local and a few other African top leather bag designers.

If you are unfamiliar with the Bag Show, it's an event that raises funds to feed local children from a charity organisation called Our Father's Kitchen. The funds are raised through bringing top leather bag designers to one platform where they showcase their work. The event starts with a fashion show and then a pop-up shop takes place where you can purchase the leather bags.

The Bag Show will take place at the Sheraton Addis Ababa on the 3rd of June 2022 from 6pm followed by the pop-up show which will be open. This will be a show you definitely do not want to miss!



SUPPORT OF LEATHER SECTOR BY ITALIAN AGENCY FOR DEVELOPMENT COOPERATION

Since 2016 the Italian Agency for Development Cooperation (AICS) has supported the leather sector business in Addis Ababa. UNIDO implemented the “Technical Assistance Project for the Up-Grading of the Ethiopian Leather and Leather Products Industry” which aims to increase the competitiveness of Ethiopian small and medium enterprises (SMEs) operating in the sector in Ethiopia.

The initiative stems from the results achieved by two previous projects that contributed to the establishment of the governmental Leather Industry Development Institute (LIDI) center and the creation of 4 leather clusters composed of more than 380 SMEs, one of them only managed by women.

The activities brought forward so far, among other achievements, have facilitated technical training – mainly focused on innovative product design, improvement of working conditions of employees, provision of state-of-the-art machinery, and the creation of links between enterprises and micro-credit institutions. Partnering leather businesses from the four clusters have also participated in national and international fairs to share their experiences and build relations with international buyers. Approximately 326 SMEs were involved, and 64 women entrepreneurs benefited from project activities. 1740 new jobs were created, and 3241 jobs were retained. In addition, the SMEs saw an increase in their total production by 52%, a reduction in the production costs of each unit by an average of 45%, and an increase in the average profit margin by 26%.



Among the results achieved, it is worth mentioning the establishment of the Creative Hub (www.creativehub.et), a common space for enterprises, start-ups and designers. Having a strong focus on gender, the project supported the creation of a platform of women entrepreneurs operating in the leather sector in Ethiopia.

The project has seen the partnership of relevant actors, such as UNIDO, the Italian NGO CVM, the Ethiopian Ministry of Trade and Industry, the Leather Sector Development Institute, and the Ethiopian Enterprise Development Agency.

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HISTORIC ANBESSA/ LION PHARMACY

In Ethiopia, Lions have been used as a symbol of strength, pride, excellence, freedom, and even as a nickname for generations. Ethiopian Airlines, Anbessa Bus, Ethiopian Telecommunications, and Meta Beer are a few examples of where Lions still remain as company logos, aiming to emulate greatness and strength.

In this article, we will look at a lion who raised the emblem quite early to save lives: Anbessa Pharmacy. Established in 1950 by the German Chemist and Pharmacist Kurt Hildebrandt, this historic Pharmacy laid the foundation for pharmacy and modern medicine for our country. In a time when most Ethiopians preferred traditional remedies on top of modern medication, Kurt travelled to Ethiopia at the request of Emperor Haile Selassies advisor, Mr.Itali to establish a modern drugstore. The current two story building was constructed by Italy during the Italian era of 1935-1941. The Italians used this building as a chemical laboratory and various chemical _ materials were discovered at the warehouse. Later, during the Derg, the materials were discarded. It is said that the upper part of the building was occupied and used as a residence by Italian officers.

Standing up to its name, Anbessa Pharmacy has been tirelessly providing medical and surgical supplies to various hospitals and individuals, including anaesthetics. The Lion has kept its strength and prestige for the past 77 years. Update: According to Heritage Watch, there is a current government plan to demolish this historic building – hopefully this decision can be overturned.

Source: Mrs.Fasika Kebede, General Manager and Pharmacist of Lion Pharmacy

Text and Photos by Michael Metaferia
[instagram.com/mickey.251](https://www.instagram.com/mickey.251)



PH

RE

CO

PH

ARMACY



INTERVIEW

1) Tell me a little bit about your background

My name is Lertnapa Maowong, also known as Chef Pondy. I have a wide-range of experience as a chef for the last 12 years. I have worked for different hotels and also ran my own restaurant in India called Ruen Thai but had to close it during Covid-19. In 2020, I began working for the Hyatt Corp, and in 2022 I moved to Hyatt Regency Addis Ababa.

2) When did you decide to become a chef?

I started cooking when I was only 7 years old, after watching my mom cook. I decided to become a chef at around 24 when I started working in the kitchen.

3) What is your signature dish? ...

I love to cook food from my village like salads or noodles, northern style Vietnamese dishes.

4) Tell us about the new menu at The Oriental

We recently added lamb to our menu, as well as Massaman curry and various selections of Thai food that guests can enjoy, if they do not wish to order beef or chicken.



Q&A

I started cooking when I was only 7 years old, after watching my mom cook.

M. Lertnapa
Sous Chef

5) What makes Thai food so exciting?

I think Thai food is amazing because it balances different flavors. The charm of Thai food is that within one dish you can have six flavors – sweet, sour, spicy, salty, creamy, and bitter. So, for me I love plating and decorating my dishes.

6) How do you describe your overall cooking philosophy?

Whenever I cook, I always think I am cooking for my family, and so I do it with love.

7) Name the three kitchen tools you can't do without?

Obviously, the knife is a chef's weapon, plus a good ladle and thermometer.

8) What would you be doing if you weren't a chef?

I would be a restaurant owner or a farmer because I love growing organic vegetables and to have my own garden.



INSPIRED ORIGINAL
ART, PRINTS AND
MERCHANDISE.

AIDA B CREATIONS

My personal connection to art inspired me to create AidaB Creations. My creative abilities stemmed from grade school in Ethiopia. My art celebrates the strength of women. 90% of my paintings focus on women, which is a reflection of myself and the strong women with whom I have shared my life with. My mother, rest her soul, was the biggest advocate for my passion. She encouraged me, she believed in me when I did not believe in myself and she blessed me with her creative qualities.

My story began when I finally realized that my art was worth showcasing. My first show was April 27, 2001. Although I had several shows in the past, I still had difficulty parting with my sold paintings. Each painting has a story behind it, and for me, parting from a painting is the equivalent to giving unlimited access to my world. When I create a painting, I paint my happiness, my sorrow, my passion, my weakness, my strength, my failure, my accomplishment, my inner struggle, my insecurity, my thoughts, my life. I have told myself that my paintings could not have a price tag because I was not ready to share myself with the world.

I believe everything unfolds at the right moment. Now I am ready to share all of my paintings with the world and be at peace with parting from my creations. My mission is to share my art with those who are hungry to take in the lines, colors, textures, and depth of my art pieces. I hope that my art will give them the same satisfaction that I gain out of creating it.

AidaB Creations is at your service delivering my original art, prints and merchandise. Decorate your home or office with an original art piece. Wear our form fitting T-shirts that are not only comfy but also share a powerful image. Use our eco-friendly, chic, and spacious tote bags. Whatever art moves you, don't hesitate to embrace it. As a black woman, what moves me and what I stand for is equality, opportunity, strength, passion, standard, liberating mindsets, and empowerment. Liberate your mind by owning an art piece today!

website: aidabcreations.com
Instagram: [aidabcreations](https://www.instagram.com/aidabcreations)
facebook: [aidabcreations](https://www.facebook.com/aidabcreations)
email: aidabeshah@gmail.com



MAY 2022



YOTOR CLEANING SERVICE

Yotor cleaning service started in 2014 with the desire to create a clean and safe environment with a vision to become the leading cleaning service provider in the country. As the business involves different sectors including providing cleaning materials and cleaning services, production of detergents, waste management and recycling, the company is dedicated to provide multiple services in the area of cleaning.

First and foremost, a successful business requires some basic skills so as to achieve success. The Yotor cleaning service team have a strong passion for cleanliness. As customers have demands for daily services, we have established a good rapport with clients with our good interpersonal and communication skills.

Secondly and critically important thing is the cleaning task itself. The service involves professional janitors and cleaning machines. Machines which will aid the cleaning of window panes, floors, sofa sets and mats and more in order to enhance efficiency and quick provision of the cleaning services and ensure our customers trust our services.

Finally, it is crucial to work on providing continual and wide publicity of the business. As the technology focuses on the internet and various social media platforms, this is the best method of reaching our clients (e-mail, facebook, Instagram, Telegram, WhatsApp Tik Tok etc.) as well as posters and banners which will cover any area.

Yotor cleaning service
Phone+251118883498
Mobile +251913771704/+251902413214





Fresh Coffee

Great coffee from a great source and everything "hot" in between- served purely for your pleasure and experience.

Tasty Breakfast

Breakfast is the most important meal of the day, if not among the most satisfying. Chaka Coffee, using only the freshest ingredients, we proudly serve traditional and modern, healthy breakfast for you.



+251911202888

www.chaka-coffee.com / info@chaka-coffee.com



**ቆንጅ ቁርስ
ከቆንጅ
ቡና ጋር !!!**

Starting From 7:00 AM in the Morning !!!

ከጠዋቱ 1:00 ሰዓት ጀምሮ ቀንዎን በጥሩ ቁርስ ይጀምሩ !

@chaka_coffee

@Chaka Coffee

Chaka Coffee



FASIL GIORGHIS.

Fasil Giorghis is Chair of Conservation of Urban & Architectural Heritage at the Ethiopian Institute of Architecture Building Construction & City Development (EiABC) in Addis Ababa, Ethiopia. He has been researching the preservation of Ethiopia's architectural heritage for over 25 years.

Most widely held works by Fasil Giorghis

*The city & its architectural heritage: Addis Ababa 1886-1941 = La ville & son patrimoines architectural by Fasil Giorghis (Book)

2 editions published in 2007 in English and held by 13 libraries worldwide

*The city & its architectural heritage = La ville & son patrimoine architectural: Addis Ababa, 1886-1941 by Fasil Giorghis (Book)

1 edition published in 2007 in English and held by 2 libraries worldwide

*Ethiopia and the horn by Fasil Giorghis (Book)

1 edition published in 1997 in English and held by 1 library worldwide



RESTAURANTS

AMERICAN STYLE/CASUAL DINING

ANGLA BURGER
091-206-0505
Morning Star Mall 1st floor,
Known for: Fast Food and Burgers
7 days a week

BURGER SHACK
093-215-5531
Around Wosen loki Kidus Michael Buildign 1st floor
Known for: Burgers
Closed Wed

G - BURGER
+25184706001
Behind Sheger building
Known for: Burgers
7 days a week

LEMON BAR & GRILL
(Golden Tulip Addis)
+251 11 617 0740
Ext: 1405
behind Berhane adere building
Known for: Roasted Chicken
7 days a week

OPIUM ADDIS
+251983341261
Bole in front of Desalgn Hotel Rakan Building
Known for: Tex-Mex
7 days a week

PARKDALE BURGER
093 975 7575
Bole Rd | behind DH Geda Tower
Known for: Fast Food, Grills
7 days a week

RODEO BAR AND RESTAURAN
0911246320
0911212103
Bole opposite Shoa Supermarket
Known for: BBQ
7 days a weekand

ROOMIE BURGER
0115504727
Piassa Churchil Area
Known for: Burgers and Pizzas (24/7)
7 days a week

SAVOR ADDIS
011 667 0656
Bole Atlas, behind 2000 Habesha Restaurant
Known for: Wood Fired Pizzas, Grilled Burgers and Sunday Brunch
7 days a week

SISHU
092-006-1063 / 093-003-4150
Opposite Kera, behind Worke's Promise Building.
Known for: Burgers and desserts
Closed Mon

SOSHA RESTAURANT
0933424242
Medhanialem towards to millinium
Known for: Vegan sandwich Bole
7 days a week

ASIAN

CHINA BAR & RESTAURANT
011-551-3772
Next to Ghion Hotel
Known for: Being one Of the oldest restaurant in addis
7 days a week

SAKURA JAPANESE RESTAURANT
0911057030 / 0984873551
Around Rwanda Embassy
Known for: Japanese Food
7 days a week

THE ORIENTAL
(Hyatt Regency)
251 115 17 1234
Meskel Adebabay
Known for: Western BBQ, Asian bites

BRAZILIAN

FOGO NO CHAO (RAMADA HOTEL)
011 6393939
Bole Road/10th floor
Known for: Brazilian Churrascaria and rich vegetarian option
7 days a week

CAFE

BAKE AND BREW CAFE
091 015 1248
Namibia St, Addis Ababa
Known for: Dine-in Curb side pickup · Delivery
7 days a week

BILO'S PASTRY
0960403052
locations Lancha; Arat Kilo; Gurd Shola; Old Airport
Known for: Delicious cakes
7 days a week

BOLE MINI
0116639898
Near airport
Known for: Burgers, fresh fruit juice, waffles & donuts and homemade dabo colo
7 days a week

BUNATERA MULTI ROASTER COFFEE SHOP
0118546018
0923570449/ 0974053030
Olompia around greek school or around bole shewa dabo or Wello sefer at nigus boutique hotel
Known for:

multi roaster coffee shop
7 days a week

COFFEE COLOGY
092 769 3071
Kenenisa Ave, Addis Ababa
known for: Dine-in · Takeaway
7 days a week

CUPCAKE DELIGHTS BAKERY
+251 91 262 5271
Bole - opposite Beer Garden
Known for: cup cake
7 days a week

CUPCAKE
Delights Bakery
+251 978020270
091 121 4645
Bole - opposite Harmony Hotel
Known for: Breakfast/Brunch,
7 days a week

CREMINO CAFE
094 406 3338
Dabi Complex-Ground floor
Known for: stake and cheese chicken Mayo
7 days a week

EXCLUSIVE 0929446238
[bole medhanialem],
Known for: Stake House
7 days a week

ENRICO'S PASTRY
(One of the Oldest Pastry Shop in Addis)
011 557-1490
Off Churchill Road
Known for: Millefeuille and cream puffs
7 days a week

GALANI CAFE
0911 200186/011 645-6008
Around CMC next to Jacross inside the MOPLACO coffee factory
Known for: Coffee, Music & Art
7 days a week

GRAB & GO
(Golden Tulip Addis Ababa Hotel)
011 6170740
Medhanialem area, next to Mama's Kitchen,
Known for: caffè pastries and bread
7 days a week

HILTON PASTRY & COFFEE SHOP
011 517-0000 Ext 839
Known for: Spectacular Cake
7 days a week

KALDI'S COFFEE
(Various locations)
0113714258
6 main locations: 2 around Bole Medhanialem; Old Airport; CMC Olympia; Kaliti and

many others 7 days a week	delicious pastries 7 days a week	AMSTERDAM BAR & RESTAURANT 0911 516178/ 0118681725 Bole behind Friendship supermarket Known For: European Food 7 days a week	HILL BOTTOM ADDIS 0118964670/69 Ayat Roundabout Known for: Brick oven pizza and child friendly environment 7 days a week
LIME TREE 011 663-0872 0911 200072 1/Kazanches Nigist building 2/Torhailoch inside Queens 3/Ghion inside Queens, Known for: Healthy food and drinks, National and Continental Cuisine 7 days a week	TILLA CAFÉ 0946 701125 Kazanchis (across the street from Bambis) Known for: Sandwiches, Smoothie bar with Healthy Food 7 days a week	BELVEDERE RESTAU- RANT 0912 639280 Between Bob Marley's former roundabout and the new stadium plus Deli in Kassanches (side road to ECA) Known for: Italian, European and Mediterranean Closed on Mon	KORMA GRILL 090 588 8888 0905787878 Bole Rwanda Embassy around Ankober Guest House Known for: Grilled Stake Closed Wed
LA PARISIENNE (Various locations) 0911-514944/ 0118-681799 Bole Medhanialeml; Bole Airport ; Meskel Flower Known for: French style bakery and cafe 7 days a week	TRYST CAFE, RESTAURANT & LOUNGE 0944 061818 Olympia Rd & Atlas in front of Shebta Lounge Known for: Deli- cious Sandwiches and Great Coffee 7 days a week	CHANOLY SMOOTHIE & NOODLES 092 734 9509 behind bole medhanialeml in front of yego church right turn from Frenship hotel Meskel flower road near to Laparianian restaurant known for:Noodles 7 days a week	LES ARCADES (Sheraton Addis) 0115171717 Ext.6604 Known for: Gourmet Cuisine Closed Sun
MAMOKACHA COFFEE 0116685792 EU road across from Alexandria Known for: Great Coffee and Waffles plus Brunch 7 days a week	TOMOCA (Various locations) 011 111-2498 Off Churchill Road, on the same road as Book- World and Sarbet across from Canada Embassy Known for: Variety of coffee to buy or to drink 7 days a week	MAMA'S KITCHEN 0911222133 0930099356 Behind Birahane Adere building and Welo safer Dani Plaza building 1st floor Known for: Grills 7 days a week	OAK RESTAURANT 01114-674000 Dreamliner Hotel Meskel Flower area Know for: European, Continental 7 days a week
MOYOS CAFÉ 0920242442 Around Atlas Hotel across from Yoly Hotel Known for: Breakfasts and fresh juices 7 days a week	CONTINENTAL	CENTER POINT REVOLVING RESTAURANT (InterContinental) 0115505066 Kazanchis Known for: Buffet European Cuisine set price menu 7 days a week	PEACOCK BAR AND RESTAURANT 0911222637 Opposite side of old peacock Behind bole printing press Known for: Beef and Chicken stake 7 days a week
MUNCH GERMAN BAKERY (Various locations) 0911 218534 Opposite Canadian Embassy, Sarbet; Kasanchis; Known for: German style bakery and cafe 7 days a week	ALL DAY DINING (GetfamHotel) 011-667-3175/78 Buffet Breakfast and A la Carte International salads, starters, soups, pizzas, pastas & Grills 7 days a week	CHOMA GRILL 090 206 0708 Sare Bete in front of Besrat FM Open 11AM Closes 9PM 7 days a week	TEMPTATIONS (Sheraton Addis) 011 517-1717 Ext.6067 Known for: International cuisine 7 days a week
NATANI CAFE 011 662-4753 Bole Road across from Millennium hall next to Savour Known for: Cheesecake 7 days a week	THE CANTEEN 0904149676 Dutch and Continental Cuisine and Vegetarian Gabon Street (behind Waterfall Hotel) near Meskel Flower Call for Opening Times	FIVE LOAVES BISTRO AND BAKERY 0913 576818/ 0911222976 Aware round about, towards Meganagna Known for: Deli, pastries and sandwiches and Sunday Brunch Closed Tues	SUMMER FIELDS (Sheraton Addis) 011 517-1717 Ext.6089 Known for: Hamburgers, buffet and ice creams 7 days a week
PURPLE CAFE 011 551-8886 On Bole Road, at Olympia Known for: Ice cream 7 days a week	LUCY LOUNGE & RESTAURANT 0911947115 Next to National Museum Known for: National and Con- tinentall cuisine 7 days a week	GAZEBO (Hilton) 0115170000 Ext 953 Outdoors dining beside the pool Known for: All Week dining plus Sunday Brunch 7 days a week	SKY STEAK HOUSE 011 467-4000 Dreamliner Hotel Known for: Steak 7 days a week
RAIZEL CAFE 0911 222043 Next to Cinema Empire Known for: Cakes and Sandwiches 7 days a week	VERRES EN VERS RESTAURANT (Radisson Blu) 0982-0921-82 /0115-157-600 Kazanchis business district 7 days a week	GOJO RESTAURANT 0911202821 0115-521099 Bole Dembel Building 1st fload Known For: Eroupean food Closed Sun	SKY STEAK HOUSE 0116511573/77 0911100155 Up the hill from Megenagna Roundabout,
THE MARKET (Hyatt Regency) +251 115 171 207 Grab your freshly brewed Ethiopian coffee, tea,	ADDIS ABABA GOLF CLUB 0921734176/ 0911-573872 Old Airport opposite Swiss Embassy Known Known for: BBQ on weekends 7 days a week		

Sunday

SUNDAY BRUNCH

The Oriental, Hyatt Regency
Addis Ababa, 11:30AM to 3:00PM

INTERNATIONAL

LABOUR DAY to honor
the work of laborers and
the working classes

1

SUNDAY BRUNCH

The Oriental, Hyatt Regency
Addis Ababa, 11:30AM to 3:00PM

WORLD ACADEMICS-Internation-
al Conference On Mathematics,
Statistics, Education & Law
(ICMSEL) Bahir Dar, Ethiopia

8

SUNDAY BRUNCH

The Oriental, Hyatt Regency
Addis Ababa, 11:30AM to 3:00PM

WORLD ACADEMICS-Internation-
al Conference On Healthcare And
Clinical Gerontology (ICHCG)
Bahir Dar, Ethiopia

15

SUNDAY BRUNCH

The Oriental, Hyatt Regency
Addis Ababa, 11:30AM to 3:00PM

BORED CELLPHONE ART EXHIBITION '01

Ethiopian Skylight Hotel
at 09:00 am

22

SUNDAY BRUNCH

The Oriental, Hyatt Regency
Addis Ababa, 11:30AM to 3:00PM

**THE INTERNATIONAL DAY OF
UNITED NATIONS PEACEKEEP-
ERS**, May 29, is "a day to pay
tribute to all the men and women
who have served and continue to
serve in United Nations

29

Monday

**ASAR-INTERNATIONAL
CONFERENCE** On Science,
Engineering & Technology
(ICSTE) Addis Ababa, Ethiopia

**WORLD ACADEMICS-INTERNA-
TIONAL CONFERENCE** On
Polymer Chemistry (ICPOLC)
Bahir Dar, Ethiopia

2

WORLD ACADEMICS-Internation-
al Conference On Mathematics
And Geometric Analysis (ICMGA)
Bahir Dar, Ethiopia

**ASAR-INTERNATIONAL
CONFERENCE** On English
Learning And Teaching Skills
(ICELTS) Addis Ababa, Ethiopia

9

**INTERNATIONAL MEDICAL
TRADE FAIR**, addis ababa
exhibition center,

SCIENCE SOCIETY-International
Conference On Physical
Education For Children And
Youth With Visual Impairments
(ICPECYVI) Dire Dawa, Ethiopia

16

IIERD-WORLD CONGRESS On
Soil And Water Sciences (WCSWS)
Bahir Dar, Ethiopia

30



**Treat Mom to a special Mother's Day
Brunch at The Oriental.**

Book your table early and be one of the first
to enroll into a unique added experience.

Sunday May 8

11:30AM to 3PM

for reservation please call

+251 11 517 1234

**THE
ORIENTAL**

Tuesday

ASAR-INTERNATIONAL CONFERENCE

On Health And Medicine (ICHM)
Addis Ababa, Ethiopia

INTERNATIONAL CONFERENCE

On Wireless Sensor Networks,
Ubiquitous Computing And
Applications (ICWSNUCA)
Bahir Dar, Ethiopia

3

ASAR-INTERNATIONAL CONFERENCE On English
Historical Linguistics (ICEHL)
Addis Ababa, Ethiopia

WORLD ACADEMICS-International Conference On
Mathematical Applications
(ICMATAP) Bahir Dar, Ethiopia

10

SCIENCECITE-INTERNATIONAL CONFERENCE On Medical,
Biological And Pharmaceutical
Sciences (Icmbps) Addis Ababa

SCIENCECITE-
Health Care Reform, Health
Economics And Health Policy
(ICHCRHEHP) Addis Ababa,
Ethiopia

17

WORLD SCHIZOPHRENIA DAY
Schizophrenia is a serious mental
illness affecting more than 21
million people worldwide
according to the World Health
Organization.

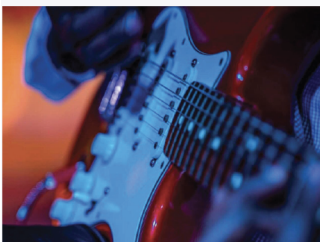
24

WORLD NO TOBACCO DAY
World No Tobacco Day (WNTD)
is observed around the world
every year on May 31.

31

Afro-Jazz Night

Mark your calendar for
Afro- Jazz Thursday's on
May 19 at Metro.
Doors open at 6PM



Wednesday

ASAR-WORLD CONGRESS

On Medicinal Plants & Natural
Products Research (WCMPNPR)
Addis Ababa, Ethiopia

WORLD ACADEMICS-World

Conference Entrepreneurship In
High-Potential Economies In The
Digital Era (WCEHPEDE)
Bahir Dar, Ethiopia

4

ASAR-INTERNATIONAL CONFERENCE On Social
Movements (ICSM) Addis
Ababa, Ethiopia

WORLD ACADEMICS-INTERNATIONAL Conference On Arts,
Education, And Business
(ICAEB) Bahir Dar, Ethiopia

11

INTERNATIONAL MUSEUM DAY

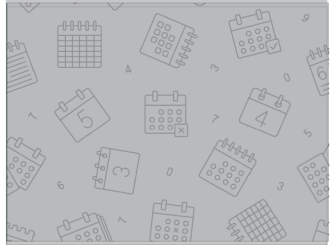
Museums help to preserve the
world's culture and history. Their
role of collecting objects and
materials of cultural and historical
importance helps us to better
understand our heritage.

18

INTERNATIONAL PLASTIC FREE DAY

International Plastic Free Day
is a call to action and brings
attention to the plastic we
use every day.

25



Family + Friends BBQ at The Kitchen

Every Sunday
Starting from 12PM

Thursday

ASAR-INTERNATIONAL CONFERENCE On Global Economy In Business, Management, Social Science And Humanity Perspective (ICGEBMS-SHP) Addis Ababa, Ethiopia

IIRD-INTERNATIONAL CONFERENCE On Advance Education (ICAE) Bahir Dar, Ethiopia

5

INTERNATIONAL MEDICAL TRADE FAIR, addis ababa exhibition center,

WORLD ACADEMICS-International Congress On Education And Learning (CEL) Bahir Dar

SCIENCE SOCIETY- On History Of Philosophy (IHP)Dire Dawa, Ethiopia

12

WORLD INFLAMMATORY BOWEL DISEASE DAY

During the month of May, World Inflammatory Bowel Disease Day brings awareness to the chronic disease affecting five million people world wide.

19

INTERNATIONAL BUILDING, Construction Industry Trade ShowMillennium Hall, Addis Ababa

IIRD-INTERNATIONAL CONFERENCE On Nanotechnology And Smart Materials, Design Artificial Intelligence, Manufacturing And Engineering (ICNSMDAIME) Bahir Dar, Ethiopia

26

Friday

ASAR-INTERNATIONAL CONFERENCE On Pollution Control & Sustainable Environment (ICPCSE) Addis Ababa, Ethiopia

IIRD-INTERNATIONAL CONFERENCE On Social Science, Arts, Business And Education (ICSSABE) Bahir Dar, Ethiopia

6

INTERNATIONAL MEDICAL TRADE FAIR, addis ababa exhibition center,

WORLD ACADEMICS-International Conference On Social Movements (ICSM) Bahir Dar, Ethiopia

13

BORED CELLPHONE ART EXHIBITION '01

Ethiopian Skylight Hotel at 09:00 am

WORLD BEE DAY

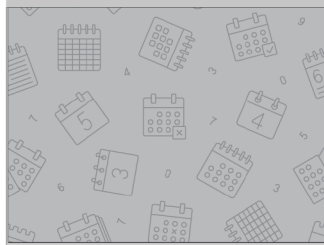
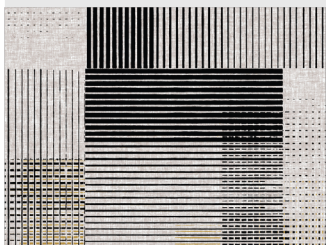
The purpose of the international day is to acknowledge the role of bees and other pollinators for the ecosystem.

20

INTERNATIONAL BUILDING, Construction Industry Trade ShowMillennium Hall, Addis Ababa

THE BIG 5 CONSTRUCT ETHIOPIA Millennium Hall, Addis Ababa
IIRD-INTERNATIONAL CONFERENCE On Peace, Humanitarian Aid And Service (ICPHAS) Bahir Dar, Ethiopia

27



Yenegew Bazaar

Visit Yenegew Bazaar for an elevated shopping experience! Join us at Metro on 22nd of May yenegew bazaar



Saturday

ASAR-INTERNATIONAL CONFERENCE On Information And Education Innovations (ICIEI) Addis Ababa, Ethiopia

IIERD-INTERNATIONAL CONFERENCE On Anthropology And Sustainability (ICAS) Bahir Dar, Ethiopia

7

WORLD ACADEMICS- International Conference On English Historical Linguistics (ICEHL) Bahir Dar, Ethiopia

SCIENCE SOCIETY- International Conference On Recent Challenges In Cardiology (ICRCC) Dire Dawa, Ethiopia

14

BORED CELLPHONE ART EXHIBITION '01 Ethiopian Skylight Hotel at 09:00 am

WORLD DAY FOR CULTURAL DIVERSITY The day is often referred to as Diversity Day.

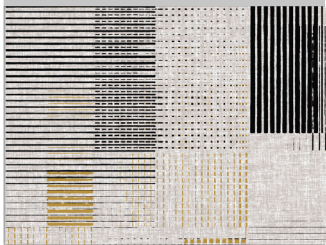
21

INTERNATIONAL BUILDING, Construction Industry Trade Show Millennium Hall, Addis Ababa

THE BIG 5 CONSTRUCT ETHIOPIA Millennium Hall, Addis Ababa

IIERD-INTERNATIONAL CONFERENCE On Future Businesses (ICFUBUS) Bahir Dar, Ethiopia

28



**what's
out
addis**

May
20
22

MONTHLY EVENTS

Every month we will be featuring upcoming events. These calendar events will include:

- Art Exhibitions and Gallery events
- Festivals
- Expos
- Fashion Shows and Gala events
- Camps for kids
- Conferences
- Food events
- Seminars and much more!

There are always things going on in Addis Ababa and if you have a cultural or other event that you would like highlighted please send an email by the 15th of the preceding month to

info@whatsoutaddis.com

Open-Air Cinema

Metro, Hyatt Regency
Addis Ababa
May 8, Doors open
from 6:00PM



Scan here to learn more
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**HYATT
REGENCY**
ADDIS ABABA

Asmara Road Known for: Pasta/ Continental dishes 7 days a week	GERMEN	On the way to Moenco Known for: South Indian dishes 7 days a week	RESTAURANT (Hibir) 0116620922/23 Bole in front of Alem Building Known for: Burgers 7 days a week
VERRES EN VERS RESTAURANT 011 515-7600 Ext. 3427 Known for: Buffet and à la carte dishes French Brasserie style 7 days a week	BEER GARDEN INN RESTAURANT 0116182595/91/ Behind Edna mall Known for: Home brewed beer and European Dishes Closed Mon	OM INDIAN BISTRO 0944 443344 Mohan Plc, Mohan Block Off Zimbabwe Street Known for: Vegetarian Indian food 7 days a week	MAMA MIA ITALIAN RESTAURANT & BAR 0929002218 Beside Meles Foundation Ka- zanchis Known for: Home made Pasta Closed Mon
ETHIOPIAN	GREEK GREEK CLUB 0115530485 Off Olympia Road, further down from Greek School Known for: Moussaka, Souvlaki 7 days a week	SANGAM'S (Oldest Indian restaurant in Addis) 0911214183 0953407297 Behind Bole Printing press Known for: Indian food 7 days a week	DOK RESTAU- RANT 0912 50 3281 Cameroon St Known for: Italian live music 7 days a week
2000 HABESHA CULTURAL RESTAURANT 0116-182253/58 behind Bole Mini known for: food & traditional dance 7 days a week	ICE CREAM	SHAHEEN (Sheraton) 011 517-1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	GUSTO RESTAURANT 0963101010 0973101010 old airport inside old kaldis Kasanchis side of Elilly Hotel Nigist Building 1st floor Known for: Italian food 7 days a week
DASHEN TERARA TRADITIONAL RESTAURANT 0932 513395 / 0115541437 Aware, across from Meles foundation compound Known for: Beyanetu 7 days a week	EMBWA CREAMERY 0911209838 Kera in Sishu compound & Carl Square 7 days a week	ITALIAN	LINDA RESTAURANT 0911219729 Inside Juventus club Meskel square Known For: Italian Food Closed Mon
EROS ADDIS FUSION RESTAURANT & LOUNGE 011 6684444 Cape Verde Street/ Mikey Leland Street 3rd Floor Rakan Business Center Known for: Fusion, Ethiopian, African 7 days a week	FUNLICIOUS ICE CREAM DISTRIBUTORS 0944 739463 0984 715264 Dembel City Center Basement 7 days a week	ANDIAMO PIZZA AND PASTA RESTAURANT 093 036 2586 Fikremariam Aba Techan St, Addis Ababa known for: Pizza 7 days a week	SAVOR ADDIS 0116670656 Bole -near Atlas Behind 2000 Habesha Known for: Pizza and home made pasta 7 days a week
MITMITA RESTAURANT 0978197800 millennium apartment hotel road, known for: local dish 7 days a week	GELATERIA ICE DREAM 0929 902810 Lebu Commercial Center Known for: Using ingredients from Italy and Vegan Icecreams 7 days a week	ANTICA BAR & RESTAURANT 0116634841 0116615815 0911225019 Off Bole Road, near EU Delegation Known for: Brick oven pizza 7 days a week	M.C. WINE BAR GRILL & PIZZERIA 0911 253265 In the Juven- tus Sport Club, Meskel Square area Known for: Brick Oven Pizzas, Steaks, Salads 7 days a week
YOD ABYSSINIA RESTAURANT 011 661-2985 / 011-372-0607 Bole Medhanialem behind Brass Hospital and Old Airport known for: traditional Food and dancing Closed Mon	IGLOO ICE CREAM 0944100323 2 locations: Olympia and Japan embassy 7 days a week	AVANTI ITALIA RESTAURANT 0911 522660 Bole near Millennium Hall behind Ambassador Hotel Known for: Italian food Closed Sun	MIDDLE EASTER/ MEDITERANEAN
FRENCH	TUTTO GELATO 092 9923503 0944349495/96/9 7/98/99 Bole Atlas, Sare bête, Guredshola centery mall, CMC Michael & DZ kuriftu Known for : Ice Cream 7 days a week	CASTELLI 011 157 1757 011-156-3580 Off Piazza Arada Road, opposite Mahmoud Music Known for: Pasta, grilled fish, chicken and salads Closed Sun	FUSION BISTRO 0910-005151 Bole across from Saro Mara Hotel Known for: Med- iterranean and Asian Dishes Closed Sun
LOUVRE HOTEL RESTAURANT CONTINENTAL 097-180-0000 Togo Street, On The Road Below British Embassy, Across From Misrak Technical School. Known For: French Food 7 days a week	INDIAN	CLUB JUVENTUS 0115516464 0911219729 Behind Meskel Square Known for: Ital- ian, European 7 days a week	ALADDIN RESTAURANT 011-661-4109 Off Bole Road. Near Japanese Embassy Known for: Grilled meat, hu- mus, taboulleh Closed Sun
	JEWEL OF INDIA 0911 20-0230/ 011 551-3154 Off Bole Road from Olympia, towards Meskel Flower Hotel Known for: South Indian food and Indian sweets 7 days a week	GARDEN COURT BAR &	
	NAMASTE ADDIS THE INDIAN RESTAURANT AND BAR 0904139838 0926102455 Behind Bole Med- han Alem		

BATI AL MANDI 0911518903 Mikey Leland/ EU Street - across from Yoli Building Known for: Middle Eastern food 7 days week	Mediterranean, Turkish, Middle Eastern 7 days week	HOTEL	
		ADOT TINA HOTEL ADDISSINIA HOTEL	011-4673939 011-662 3634
KATEGNA RESTAURANT 0913552762 0911126460 Bole medhanialem intrance building ground floor known For: kuwanta firfer and tibs 7 days week	RELIANCE HOTEL APARTMENT 011 667 2024	ALEXANDRIA HOTEL	0911103857
		ATLAS HOTEL	011-6187432/34
PEPPER & SPICE RESTAURANT 0115184600 Known for: Mediterranean cuisines 7 days week	THE KITCHEN (Hyatt Regency) +25115171205 lknown for: Middle Eastern food 7 days week	BEST WESTERN PLUS ADDIS ABABA	011-6671414 011-6675235
		BOLE AMBASSADOR HOTEL	011-6188284
PIZZA	PIZZA	CAPITAL HOTEL	011-6672100 011-6192000
		DAMU HOTEL 011-5509828/29/35	
BELLA PASTA & PIZZA 0911380606 Bisrate Gebriel Infron of South Africa embassy Known for: Pizza 7 days a week	MOKODO PIZZA 091 143 9524 Bole Airport Next to aviation School Known for: Pizza Closed Tue	DESALEGN HOTEL /ATLAS/	011-6624524
		DESALEGN HOTEL /BOLE/	011-6183030
ROMINA 0911 214335 Arat Kilo Known for: Pizza 7 days a week	ROMINA 0911 214335 Arat Kilo Known for: Pizza 7 days a week	DIAMOND HOTEL	011-6160916 0967141414
		DREAMLINER HOTEL	011-4674000
EFOOII 0118493647 Mikey Leland Street (and various other locations including Kasanches and Sarbet) Known for: Unique styles of pizza Late night 7 days a week	EFOOII 0118493647 Mikey Leland Street (and various other locations including Kasanches and Sarbet) Known for: Unique styles of pizza Late night 7 days a week	GRAND ELIANA HOTEL	011-1262600
		ELILLY INTERNATIONAL HOTEL	011-5587777 011-5586402
YUMMY PIZZA 0911472598/0911220100/ 0911602639 On Bole Road to Japan Embassy Known for: Home delivery (around Bole) 7 days a week	YUMMY PIZZA 0911472598/0911220100/ 0911602639 On Bole Road to Japan Embassy Known for: Home delivery (around Bole) 7 days a week	ETHIOPIAN SKYLIGHT HOTEL	011-6 818181
		FRIENDSHIP I NTERNATIONAL HOTEL	011-6 670202/04 0911 713 396
TURKISH	TURKISH	GHION HOTEL ENTERPRISE	011-5513222
		GOLDEN TULIP HOTEL	011-6183333
ISTANBUL RESTAURANT 0910174728 Bole Edna mall near Ukraine Embassy Known for: Turkish food 7 days week	ISTANBUL RESTAURANT 0910174728 Bole Edna mall near Ukraine Embassy Known for: Turkish food 7 days week	GLOBAL HOTEL	011-4664766
		GETFAM HOTEL	011-667-3175/78
PAMUKKALE TURKISH RESTAURANT 091 096 4530 Behind Millennium Hall Known for:	PAMUKKALE TURKISH RESTAURANT 091 096 4530 Behind Millennium Hall Known for:	HARMONY HOTEL	011-6183100
		HYATT REGENCY	011-5171234
ASABET 0116671268 Lucky Building, known for: Sea Foods 7 days week	ASABET 0116671268 Lucky Building, known for: Sea Foods 7 days week	HILTON HOTEL	011-517-0000 0911238457
		HOLIDAY HOTEL	011-661-2081
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	HOTEL LOBELIA	011-6673850 0911182463
		INTERCONTINETAL ADDIS HOTEL	011-5180444 011-5505066
NIGHT LIFE BAR	NIGHT LIFE BAR	JUPITER INTERNATIONAL HOTEL	011-557 1078
		KALEB HOTEL	011-6622200
ASABET 0116671268 Lucky Building, known for: Sea Foods 7 days week	ASABET 0116671268 Lucky Building, known for: Sea Foods 7 days week	KZ HOTEL	011-662-1677 011-6611206
		MADO HOTEL	011-6393044
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	MARRIOTT EXECUTIVE APARTMENTS	011-5184600
		PANORAMA HOTEL	011-6616070
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	PLAZA HOTEL	011-6612200
		QUEEN OF SHEBA HOTEL	011-6180000 011-6188281/82
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	RADISSON BLU HOTEL	011-5157600
		RAMADA ADDIS	011-6393939
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	RAS AMBA HOTEL	011-122-8080/81
		RIVIERA INTERNATIONAL HOTEL	011-4197755/ 41/46
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	SABON HOTEL	0116 39 35 35
		SAREM INTERNATIONAL HOTEL	0111262076/ 86/88
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	SHERATON ADDIS	0115171717 011-122-8080/81
		TIRAR INTERNATIONAL HOTEL	011-5577152 011-5 577154
CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	THE GRAND PALACE ADDIS SUITES HOTEL	0980626262
		UGBAAD HOTEL	0116393793 0116393345

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ETHIOPIAN TEENAGER LIGHTS UP HIS VILLAGE.

A 14-year-old boy is being hailed for generating electricity from biogas, lighting up several homes in Borana zone, southern Ethiopia. Adan Hussein Dida, who charges each home in his village \$0.87 per month, supports his family with the money he raises from his electricity project. Dida, a grade eight student at Tula Web Primary School, says he embarked on the project to ease the suffering of villagers who lack basic services such as roads, hospitals and electricity, local media reported. He started the project started from the backyard of his parents, using decomposing animal waste in a two-metre deep hole. He started the project to reduce the suffering of his fellow villagers with no basic services like roads, hospitals or electricity. He began his business by being able to generate enough electricity for 8 houses. According to the BBC Africa report, his teacher, Boru Sora, says Dida is expanding his project to more houses in the village despite bad roads making it difficult for him to go to towns to purchase the equipment he needs. Dida said his dream is to pursue engineering at the newly established Borana University in Yabelo.

Ethiopia has abundant renewable energy resources and has the potential to generate over 60,000 megawatts (MW) of electric power from hydroelectric, wind, solar and geothermal sources. Dida is very proud of what he has achieved this far and that he has saved people from the cost of batteries and torches and that children can now read at home at night instead of having to rely only on daylight.

Source: BBC News Africa

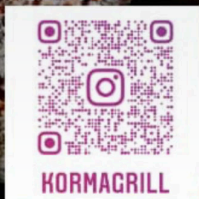




Lime Tree



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NEJAT AHMED: ISLAMIC CALLIGRAPHY ARTIST

Nejat Ahmed is a full-time working mother, whilst also pursuing her interest and the skill she has developed in the art of Islamic calligraphy. Through her calligraphy, she enjoys and contributes to the world of Islamic art.

Nejat explains that the art of Islamic calligraphy is a lifelong journey where you don't just learn how to write the letters but you also study different aspects of human experiences such as humility, patience, self-discipline, or "adab".

Her interest in Islamic art started at a young age that she developed over time through practice which has enabled her to participate in major exhibitions today. Calligraphy is a very important art form in the Islamic world and Nejat adds that working on the Islamic calligraphy gives her inner peace and connects her deeply to the religious practice itself. Nejat works mostly on canvas and wood creating attractive background designs to display the calligraphy writing.

Telegram: Alif Art
Instagram: Alif_Calligraphy_Art



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HOW YOGA REACTIVATES OUR LIFE FORCE ENERGY.

By Heran Tadesse

Our life force energy flows through you and everything natural. It plays a central role in our health and it is recognized in many cultures.

The concept of life force energy first emerges in the hieroglyphs on the ancient pyramid walls in Kemet (Egypt), Nubia (Sudan), Kush (Ethiopia) and along the entire Nile Valley Civilization. This area is also referred to as the land of Punt and extends deep into Somalia, Kenya, Tanzania & Uganda. Our African ancestors were well aware of this subtle life force energy.

This life force is something we are born with and is replenished from a substance in the air that the Indians call Prana, and the sages of Kemet called Ankh. This substance is the force called Vital in Latin and that God breathed into the clay after forming it into the shape of a human being. In Japan it is called Ki and the Chinese refer to this as Chi.

Yoga movements and postures place primary emphasis on the control of the breath in order to move and circulate the life force. Healing and regenerative yoga systems provide tons of benefits to your body, mind, and soul. Each inhalation of the breath should cause energy to rise up the spine and connects to the crown of the head.

Each exhalation should send energy through the arms and legs into the hands and feet. In this manner the entire being is inundated with life force. In the same way land was flooded with the waters of the Blue Nile, we can revitalize our being with life energy.

Yoga can be restorative, energizing and strengthening; it helps build flexibility, health, alignment and contributes to mind/ body integration. Yoga activates the production of mood altering and consciousness raising hormones, bio-chemicals and neurotransmitters in the brain. The mental skills yogic breathing improves are concentration, patience, self-love and critical thinking.

Chi energy is like a bridge between your form (body, thoughts, emotions, sensations) and the formless (essence, consciousness and awareness). To return to our center, yoga is a great tool.

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HERBED CHICKEN

Smothered in low-calorie sautéed mushrooms and sun-dried tomatoes, this dish is both healthy and satisfying. A little bit of butter goes a long way in the sauce—just a touch adds creamy richness.

- Level: Easy
- Total: 35 min
- Active: 35 min
- Yield: 4 servings

Four 4-ounce boneless, skinless chicken breast cutlets

Kosher salt and freshly ground black pepper

1/3 cup whole wheat flour

1 1/2 tablespoons extra-virgin olive oil

3/4 cup low-sodium chicken broth

1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced

1/2 teaspoon finely chopped rosemary

10 ounces white button or cremini (baby bella) mushrooms, sliced

1/3 cup sweet marsala wine

2 teaspoons unsalted butter

1 to 2 tablespoons roughly chopped flat-leaf parsley

1. Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3-inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.

2. Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.

3. Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.

4. Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.

Cook's Note

This recipe uses regular whole wheat flour, but for a slightly more refined coating, whole wheat pastry flour can be substituted.

RECEIPTS



ETHIOPIAN SAINT GEORGE.

Possibly the most celebrated name day in the country, St George's Day, is a public holiday that takes place on 6 May every year. St George is one of Ethiopia's most important saints. Mark Simpson, co-founder of Black History Studies: "The small town of Lalibela, Ethiopia, is home to one of the world's most sacred Christian sites – 11 rock-hewn churches, each carved entirely out of a single block of granite with its roof at ground level. The most spectacular church in Lalibela is Bet Giorgis (St George's). Bet Giorgis is believed to be the largest monolithic church in the world, and is often referred to as the eighth wonder of the world.

Saint George's bravery and dedication has touched the hearts of millions of Christians around the world. George is also regarded as a patron saint for soldiers, archers, cavalry,

farmers, field workers, riders, saddlers, and in recent years, scouts. Due to St George's bravery, paintings of him were taken into numerous battles ahead of the Ethiopian army, with the belief it would give them victory.

In 1896, a cathedral was built as a token of thanks to the saint, whose relic was carried to the Battle of Adwa, a conflict fought against invading Italians. The Ethiopians won the battle which is the only time an African army defeated Europeans in a major encounter.

Simpson added: "St George is as important to Ethiopians as he is to English people, because they both regard him as an important saint. And not just Ethiopia and England, but many countries around the world claim St George as their number one saint.

<http://www.voice-online.co.uk/article/can-real-st-george-please-stand>



DID YOU KNOW

ገናኑ የድኅና!



Ambo, become clear on responsibilities

What would you do when arriving home after an all-consuming day? Looking to reset, relax and enjoy? The ultimate refresh, Ambo introduced its new pack to encourage the young generation who are enthusiasts and passionate about the world around them to take time to reset and refresh. In a bid to create responsible and recyclable packaging Ambo introduced its clear plastic bottle.

In a bid to help boost the recycling of their plastic bottles, Coca-Cola Beverages Africa Ethiopia announced an initiative of evolving the light blue colour packaging into clear ones as clear plastic is much easier to recycle. Recyclable plastic bottles from light blue to transparent bottles are part of the CCBA Ethiopia World Without Waste goal of collecting and recycling the equivalent of every bottle or can it sell by 2030.

Enjoy the Ambo as it brings you the ultimate refreshment with a clear bottle.

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

CULTURAL INSTITUTIONS		MUSEUMS	
ALLIANCE ETHIO-FRANCAISE 011 1 569893/92	COLOR ART STUDIO 0911 927525 0913 841406	MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)	0 011 1231068
BRITISH COUNCIL 011 6620388	DAWIT GERESSU ART STUDIO 0911729608	THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER	0111221469
ETHIOPIAN VISUAL ARTISTS ASSOCIATION 0911 646862 0911 711369	ETHIOPIAWE ART STUDIO 0911 888783		
DEPT. OF FINE ARTS & DESIGN (AAU) 011 1232834	DESTA HAGOS ART STUDIO 011 5537823 091 1206868	CLASSES ENLIGHTENMENT ART ACADEMY	091 1209246 091 1214892
FRENCH CENTRE FOR ETHIOPIAN STUDIES 011 1234767/68	ERTALE ART STUDIO 091 1687256 091 2728888	EALLAZ INTERNATIONAL DANCE STUDIO BOLE REWANDA	011 6638198 091 1412171
GOETHE INSTITUTE 011 1242345/46	FEKADU AR STUDIO 091 1428490		
INSTITUTE OF ETHIOPIAN STUDIES 011 1119469	GEBRE KRISTOS TRADITIONAL ART GALLERY 091 1634755	HIOWT PIANO CMC ROAD	0911 218053
ITALIAN CULTURAL INSTITUTE 011 1113655 011 1553427	GENNA ART STUDIO 0911823300	GUITAR PRIVATE LESSON	0911 461025
RUSSIAN CENTRE FOR SCIENCE & CULTURE 011 1551343	GIGI'S AFRO-ASIAN DESIGN 011 5155588 0912200437	LATINO DANCE CLASSES ROCK BOTTOM GYM	091 1639332
BIRHAN CULTURAL CENTER 0911 507304	GOSHU ART GALLERY 0911 214352	MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU	091 1606479
CINEMAS	HARMONY ART STUDIO 091 1106119 091 1645699	MELODY MUSIC SCHOOL MODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS	091 1409012 011 1579130
ALEM CINEMA 011 6636718	IMAGE AFRICA STUDIO 091 1658371		
AMBASSADOR THEATRE 011 5537637	JO ART STUDIO 091 1645699	PIANO LESSONS BY TIGIST	091 1639241
CINEMA EMPIRE 011 1565029	LAPHTO ART GALLERY 0939-712314	PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU	091 1629739 011 6189732
EDNA MALL 011 661 6278 661 6869	LELA ART GALLERY 0911 30 07 56 011 6535506		
THEATRES	MEDI STUDIO & GALLERY 091 1613196 0911 234265	PIANO AND MASINKO CLASS BY SARON GETTIYE	091 447998
CHILDREN & YOUTH THEATRE 011 1128603	MESMER ART STUDIO 091 1646862	SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ	091 188 2287
CITY HALL 011 1119820	MAKUSH GALLERY 011 552-6848 011 5526855		
HAGER FIKER 011 1569189	NETSA ART VILLAGE 091 1941678 0911760963	VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE	091 2075115 011 6183738
MEGA AMPHITHEATRE 011 5518870	OMNA ART GALLERY 0911 65 52 39	TULSI YOGA BEHIND RAS AMBA HOTEL	0930-033414
NATIONAL THEATRE 011 5514577 011 5514500	PANACHE ART GALLERY 0912-200444	HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR	0913280088
NOHE THEATRE 011 1112175	PALETTE ART GALLERY 0912 485342 0977092291		
NESIR THEATRE & PROMOTION 011 6630908	SAL INTERIOR & GALLERY 091 1238696		
GALLERIES	SALEM JEWELRY 0116 185604	USEFULL TELEPHONE NUMBERS	
ABESHA ART STUDIO 091 1415258 091 1469371	SEIFU ART STUDIO 0911 711369	FIRE BRIGADE TELECOMMUNICATIONS INFORMATION	912
ADAM ART STUDIO 0911632620	ST.GEORGE INTERIOR DECORATION & ART 011 5510983 8103 091 1201097	INTERNATIONAL CALLS	994
ADDIS ABABA ART STUDIO 091 1116531	SUZANNE'S GALLERY 091 1616814 011 3724581	MOBILE THEFTS	0115506010
ADDIS ART STUDIO 091 1619416 091 1888783	TADESSE WOLDE AREGAY ART STUDIO 0938 543813	WAKE-UP CALLS	999
ADDIS FINE ART 0913 426553 0966913222	TALISMAN GALLERY 0946 650680	ELECTRICITY TECHNICAL SERVICES	905
AFRO SUN ART STUDIO 091 1147156	YACOB ART STUDIO 0911398787	WATER + SEWERAGE AUTHORITY	011 1116334 011 1550922
AMANUEL ART STUDIO 091 1672479	TENESHUA ART STUDIO 0912202218 0965199332	POLICE INFORMATION CENTR	991
ARTISTIC GLASS CENTRE 0115518400 ext.632 091 1203965	YEGNA ART STUDIO 091 1711692	RED CROSS	0115150608 0115159074
ASNI GALLERY 0111233244 0911206697	YONAS MILLION ART STUDIO 0912600780	AMBULANCE CLINICS	907
BB BEHAILU ART STUDIO 0911401308	ZOMA CONTEMPORARY ART CENTER 0911 249374	ADDIS TANA HIGHER CLINIC ADWA CLINIC	011 8630661 011 1563085
CHILOTA STUDIO 011 5170000 0911227294		AIRLINE	AREA CODES
		BMI EGYPT AIR EMIRATES ETHIOPIAN AIRLINES FLY DUBAI KENYA AIRWAYS LUFTHANSA QATAR AIRWAYS TURKISH AIRLINES YEMENIA	011 6620815/16 011 1564493/4 011 5181915 011 6656666 011 06670154 011 5518400 011 5515666/75 011 6627781/82 011 5515076
		ADDIS ABABA DEBRE ZEIT DERSIE DIRRE DAWA AND HARAR GONDAR JIMMA MEKELE MOBILE HAZARETH SHASHEMENE	011 011 033 025 058 057 034 091 022 046

HEALTH SERVICES

CLINICS			
AFRICA HIGHER CLINIC 1		011 2751360	Betel Funeral Arrangements 091 120 5731
AMERICAN MEDICAL CENTER		0116678000 /04/07 0919198287	Lebeza psychiatry Consultation Dr Asmeret Andebirhan (MD, Psychiatrist) +251-1183522929 +251-911348373 +251-947406511
BETHZATHA CLINIC		011 5514470 011 5533453	GENERAL / INTERNAL MEDICINE
BLUE & WHITE CLINIC		011 6616229	Dr. Akeza Teame, US Board Certified Internal Medicine & Infectious Disease Tele: 0116678000/04/07 St Yared Hospital: (011) -645-4697/04 CMC road around Daminafro Buiding
BROOK CLINIC		011 5513435 011 5515151	Dr. Abebe Desta, Internist: Brook Clinic Sar bet: - 011-3725861
CHILDREN'S CLINIC		011 3711515	Prof. Kebede Oli, Cardiologist & owner of Landmark Hospital Land Mark Hospital 011-552-5463
CHRISTINA CLINIC		011 5152020	PEDIATRICS
DR JONATHAN BANES CLINICAL PSYCHOLOGIST		0910 0716 84	Dr. Alan Karibian, Senior Pediatric Consultant (speaks Amharic well) Pediatric clinic:- (011) 551-4696 Dreamliner hotel.*Near Mulushewa Sega Bete.
ETHIOPIA HIGHER CLINIC		011 1550088	Dr. Mulu Abrham, M.D., General Pediatrics Biham Clinic: - , 011-4160 053, 011-476 0411
FUTURE INTL CONSULTING		011 2770064	Dr.Yodit Enkossa- MD, General Pediatrics The Cure Hospital: -011-124-5404
ICON CENTER OF SPECIAL SURGERY (DR. TEWODROS)		0911-864672	OBSTETRICS/GYNECOLOGY: Dr. Mekonnen Bekele, M.D., OB/GYN ADDIS MATERNITY AND CHILDERN HOSPITAL 011-124-5345 OR 48
INTERNATIONAL CLINICAL LABORATORIES		011 5529252	Dr. Samia Ibrahim, MD, OB/GYN Kadisco General Hospital Tele: -0116-298904 /02
MARTI SPECIAL DENTAL CLINIC		011 6181262	DENTISTRY
SAINT GABRIEL GENERAL HOSPITAL DENTISTRY		0911-31-6012	Dr. Tolu Duresa, Tolu Clinic (Haile Gebresillasse Road) 011-662 00 31
PEDIATRIC CLINIC		0921 787120 0115514696	Dr. Tadesse Melaku - Ethio-Swiydesh Dental Clinic - Bole Road Awash Bank (NOVIS) building 1st Floor Office: -011 661 4932
RANK CLINIC (DERMATOLOGY)		091 1237410 011 5536074	Dr. Yahya Seid - Gojeb Dental Clinic - Piazza 0111 56 6521/ 156 6296
SANTE MEDICAL CENTRE		0115535530	GENERAL SURGERY
SENAI CLINIC		0114668629	Dr. Abraham Asnake, General surgeon Kadisco General Hospital, Medical director Tele: -0116-298904 /02
SUN OPTICS SPECIAL SUISSE CLINIC		0111567576 011 4672047 011 4161649 011 3710768	Dr.Tewodros Messele Gedebou, General, Plastic and Reconstructive Surgeon and Reconstructive Microsurgery, Trained in US (Yale, UCLA), Certified by American. Board of Surgery ICON Center of special surgery. Around Imperial Hotel, 2 blocks past the NOC.gas station, turn left, tall building on the right. Tele:-011- 8693194/0930 109751
SUNSHINE CLINIC		011 112198	OPHTHALMOLOGIST
T/HIMANOT HIGHER CLINIC		011 1572435	Dr. Fekade Mengistu, Ophthalmologist- Bole Eye Care Center: - 011-663 9405
TESFA MAJOR POLY CLINIC		011 1570232	Dr. Tliiksew Teshome, Ophthalmologist and retinologist- Biruh Vision specialized Eye clinic 0116463977
WGGA SPECIALIZED VISION CLINIC		0931 52 09 52 011 618 01 86	on CMC Road in Ethiopian Athletics Federation Building, 1st Floor
ANIMAL CLINICS			Dr. Wondu Alemayehu, Ophthalmologist Office phone- 0115159863 Located at the Dembel building.
BETHEL VET CLINIC		0911 665830	DERMATOLOGIST
CASA-INCIS CLINIC		091 1210204	Dr. Fuad Temam, Dermatologist, Fellowship in US, Director of ALERT hospital Kadisco hospital: - 0116-298904
HAPS		011 6544756 091 1683002	ENT SPECIALIST
SHALOM VET CARE CLINIC		011 6291877 091 1247335	Dr. Es-hak Bedri, MD., ENT-Surgeon, Onthorio clinic: - 011-850-2473
OLD AIRPORT CLINIC		091 120 9993	PHYSIOTHERAPIST
MOBILE VETERINARY CLINIC		0911247355	Dr. Theodros W. Gebriel Doctor of Physiotherapy (US board Licensed) Medical Director/General Manager Paragon Physiotherapy & Sports Medicine Specialized Higher Clinic Paragon #1. 0116461108/22 or 0118608993 Paragon #2. 0113722829/30 or 0118623626 Fax: 0116461220
P.S. HOME TOWN VETERINARY		0910 58 58 55	ORTHOPAEDIC SURGERY
DR PATRICK'S ALL NATURAL PET FOODSTREATS &SUPPLEMENT		0946 799399	Dr. Eric Gokcen, MD - US Board Certified Orthopaedic Surgeon The CURE Hospital 011-124-5404
HOSPITALS			Dr. Richard or Daldner E Pearson MD - fellow of the American Academy of orthopaedic surgery MCM (Korean) Hospital 011-629-5729
BALCHA		011 5513205	ORTHOPAEDIC AND TRAUMATOLOGY
HAYAT		011 6624488	Dr. Elias Ahmed Associate Professor. Fellow of College Surgeon of East, Central & Southern Africa. Dip. SICOT Hayat Hospital 0116 624488
MCM MEDICAL CENTRE		011 6295420/28	Lebeza Mental health consultation office 01183522929
ST GABRIEL		011 6613622	
YEKATIT 12		0116623439	
ST. YARED		0116454697 /04	
INTL CARDIOVASCULAR		0114424680 /81	
LAND MARK HOSPITAL		0115525719	
ADDIS SPECIALIZED		0911243274	
CARDIAC		0116634720	
KADISCO GENERAL		0116298904/02	
MCM KOREAN		0116-29-5421-27	
GOVERNMENT HOSPITALS AND CLINICS WITH AMBULANCE SERVICE			
BLACK LION HOSPITAL		0115511211	
MENILEK II HOSPITAL		0111234272	
YEKATIT 12 HOSPITAL		01115530 65/68	
ZEWDITU HOSPITAL		0115518085	
ST.PAUL HOSPITAL		0112750125	
AMANUEL HOSPITAL		0112757715	
GENERAL INQUARIES: AFALAGI		8123	
TULSI, AYURVEDIC MMASSAGE, YOGA AND WELLNESS CENTER, KEBENA, BEHIND RAS AMBA HOTEL,		0930 033414	
PHARMACIES			
ABBAY PHARMACY		011 3713298	
GHION PHARMACY		011 5518606	
GISHEN PHARMACY		011 6611717	
LION PHARMACY		011 1551893	
PELICAL PHARMACY		011 552 1790	
RAAMCO PHARMACY		011 896 2925	

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