

# Ethiopian Community Mutual Assistance Association

## ECMAA

### Monthly Newsletter

#### FEATURED EVENT

#### ECMAA General Membership Meeting

October 27, 2019 2:30pm, 220 Manhattan Avenue, NYC 10026 (110<sup>th</sup> Street)

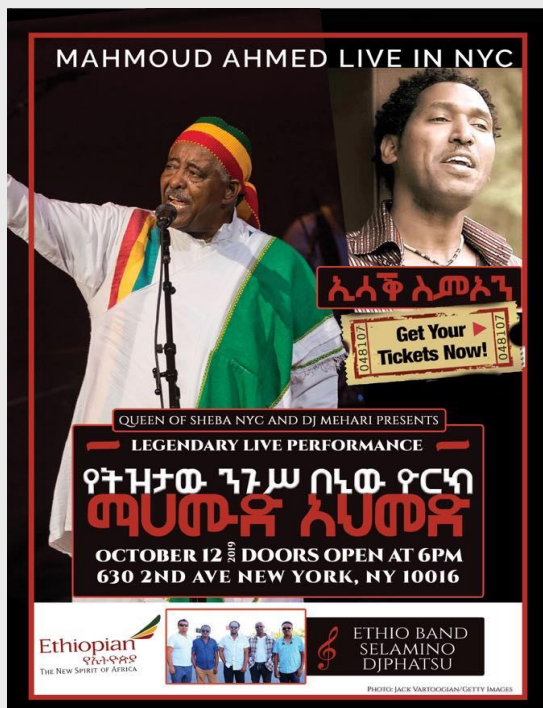
Join us for a discussion of ECMAA's five year plan and membership drive. We'd love your feedback before we finalize our roadmap for the coming years.

#### Events in the Community

#### Mahmoud Ahmed and Isaac Simon

Queen of Sheba and DJ Mehari  
October 12, 2019 Doors Open at 6pm  
630 Second Avenue, NY, NY

The legendary musician is coming to New York. You can buy tickets at Queen of Sheba, Awash, Abyssinia and Buna Café.



#### ECMAA Updates

It's been a busy month! We started at the Medhanealem celebration of the New Year, attended a history discussion with film maker Yemane Demissae, we went to Gracie Mansion, attended Demera the all orthodox church celebration of Meskel, we held our Ethiopian Day Picnic and just this past weekend attended the ESAC family dinner and attended the fantastically organized Mental Wellness program held at Columbia University. We're getting to know the different parts of our community and looking forward to continued work together. Highlights and pictures follow.

#### Picnic



We got together on a beautiful day with the ECMAA board and a team of Volunteers who did a

phenomenal job of providing food, entertainment and opportunity to mingle and meet new friends. We were joined by many new members. The attendance was a reflection of who we are as a community in every diverse way imaginable. There were many of you there with us in spirit, we felt your presence.



If you've not had a chance to become a member or renew your membership, please do so today! You



can complete the form at <http://www.ecmaany.org/membership/>. The suggested contribution of \$30 can be sent by check (sent to POBox 1349, NY, NY 10027) or through venmo to ECMAA NY.



We had games of charades, Semene Work, Circus games, pepsi, some great music and dancing to accompany the day. Join us at Mahmoud Ahmed's concert as we continue festivities on Saturday Oct. 12, starting at 6pm.....





## Andom Gebregiorgis Fundraiser

**Saturday, 10/20/2019 at 1pm**

463 West 142<sup>nd</sup> St, NY, NY 10031

Andom, an Eritrean American is running for Congress. Including as an event in the community to be shared among all.

## Getting Involved

### Board Members

At our General Membership meeting on 10/27 we will hold elections for a Board Member and a Vice President. Put in your name, we need you... particularly to improve representation of the Ethiopian Community and if you're skilled particularly in the IT field, grant writing, marketing, graphic design among other skills. Time commitment varies but involves potentially one to two hours a week with monthly meetings and involvement in self driven projects that line up with ECMAA's strategic Plan. Email us...

### Interns

ECMAA has created great internship opportunities for high school students and recent graduates. We have two vacancies. Website development, photography, proposal writing, resource development, membership management are all areas where we can provide experience to committed members of our community, reliability is key. Time commitment can be flexible. If you know someone ask them to submit a resume to [ecmaany@gmail.com](mailto:ecmaany@gmail.com)... we'll even review it and provide feedback.

### Survey

Last call to complete a survey for upcoming events for this coming year. Please complete by 10/14/2019 so your vote can be incorporated into this year's plans. <https://www.surveymonkey.com/r/SMLCCC2>

### Follow Us

Like us on Facebook (ECMAA) and follow us on Instagram @ecmaany

## ***Together We Can – Building Practices for Mental Wellness in the Habesha Community***

We attended a very powerful event on mental wellness. Organized by a strong group of organizers in collaboration with several sponsors. We heard from four Ethiopian and Eritrean mental health professionals. It was the beginning of a longterm conversation on how we can acknowledge mental illness, cultivate mental wellness and take care of ourselves and each other. Organizers have created a survey for how to best continue the conversation. Send us an email if you're interested in participating. ECMAA will continue to engage in the conversation and looks forward to your support. Attached is the program and below a few take aways:

*Take Care of Yourself:* Pay attention to your body and your feelings (talk about them too), eat well, exercise, find a purpose and ask for help when you need it.

*Take care of each other:* Let go of shame, listen without judgement and attentively, stick to your word, keep each other's confidence.

### Gracie Mansion

We celebrated African Heritage Month at Gracie Mansion. Ethiopia was very well represented, in dress, culture and dance.



### The Shadow King

We listened to Maaza Mengiste talk about the Shadow King, her new novel. Shall we do a book club and discuss with her? She's willing to join us sometime.... email us if you're interested.

Thank you to Awash and Oasis Jimma Juice Bar for their support in pulling off this year's picnic.