

# ECMAA Newsletter

MARCH 2022



by Jesse Brais <https://dribbble.com/shots/9517561-Limu>

## FEATURED EVENTS

### ECMAA Presents: Enkokilish

**Saturday, March 27, 5:30pm  
via Zoom**

Join us for a relaxing and interactive Saturday night. Grab a teammate or take on the challenge on your own. We have gathered a list of Ethiopian riddles that will sure make you think and laugh all night. Register [here](#)!

### Financial Literacy workshop

**Saturday, April 2, 2022 via  
Zoom**

Join financial experts as they discuss building a strong financial foundation and how to have proper protection for your wealth. Other topics that will be discussed include Medicare, social security and how to increase your cash flow. Visit the link here to register for the event.

### Soccer and Fitness Day **Coming April 2022 ...**

## From the Board

In March, we observe Women's History Month and National Colorectal Cancer Screening Awareness. What does Women's History mean to you? Please take a moment to reflect on contributions that women have made in the past to make our lives a little easier today. Did you know that African Americans are more likely to develop colorectal cancer? Please talk with your loved about making an appointment for colorectal cancer screening as that can lead to early prevention.

A special thank you to everyone who attended ECMAA's first event of the year: The Remembrance of The Battle of Adwa and Yekatit 12. Many gathered via Zoom to hear from Professors Getachew Metaferia and Ayele Bekerie. We applaud the hosts, organizers and speakers of the event, your hard work made for a successful day.

We have many projects we are working on behind the scenes and we are also happy to announce a list of internship [here](#) and educational opportunities [here](#) or check the ECMAA website. We urge everyone to share with students so that our community can take full advantage of all the free services. Please email any information you have relevant to children and/or young adults to [ecmaany@gmail.com](mailto:ecmaany@gmail.com) so we can update our resources.

We would be remiss to not acknowledge the ongoing conflict in Ukraine and therefore, extend our thoughts to refugees around the world, the families and homes they have left behind and the journey that lies ahead. ECMAA was founded forty years ago to provide a community for people that recently left Ethiopia, making the U.S. and New York their new homes. As ECMAA members, we strive to promote togetherness while maintaining our Ethiopian heritage. We aim to provide a supportive environment for the Ethiopian diaspora in the tristate area, especially during critical times. We look forward to future days where we can safely meet in-person as a community and build and maintain our connections. Until then, we wish you all well.

ECMAA Board

[WWW.ECMAANY.ORG](http://WWW.ECMAANY.ORG)

# Colorectal Cancer Screening Awareness

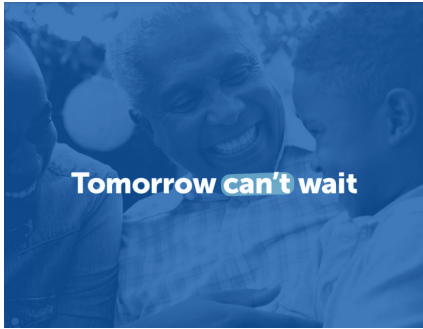


Image Source:  
[Colorectal Cancer Alliance](#)

In honor of National Colorectal Cancer Screening Awareness, observed in March, we are raising awareness on the importance of screening for this cancer, which can lead to early prevention.

Compared to whites, African Americans have a 20% higher incidence of colorectal cancer. African Americans are more likely to develop colorectal cancer at younger ages, be diagnosed further along in their illness, and are more likely to die of their disease. African Americans have the lowest five-year survival rate for CRC of any racial group in the US.

## What is colorectal cancer?

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control.

## How can colorectal cancer be prevented?

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (Task Force) recommends that adults aged 45 to 75 be screened for colorectal cancer. The Task Force recommends that adults aged 76 to 85 talk to their doctor about screening.

## What are the risk factors for colorectal cancer?

While most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regularly, you may need to be tested earlier than 45, or more often than other people, if you have:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

## Colorectal cancer screening

Colorectal cancer screening tests may be covered by your health insurance policy without a deductible or co-pay. For more information about Medicare coverage, visit [www.medicare.gov](http://www.medicare.gov) or call **1-800-MEDICARE (1-800-633-4227)**. TTY users should call **1 (877) 486-2048**.

Check with your insurance plan to find out what benefits are covered for colorectal cancer screening.

For additional screening options, visit the [Colorectal Cancer Alliance](#).

Sources:

[Centers for Disease Control and Prevention](#)  
[Harvard Health Publishing](#)

***Make an appointment today. Because, tomorrow can't wait.***

# Amharic Corner

We include Amharic content in order to connect to all our readers. Please submit any Amharic stories or anecdotes you'd like to see featured in future newsletters to [ecmaany@gmail.com](mailto:ecmaany@gmail.com)

From the book: Ethiopian Amharic Proverbs written by Fisseha G Demoze and William H. Armstrong

ንጉስ አይክሰስ: ስማይ አይታረክ

n'gus ay'kases, semay aytars

One cannot sue a King or plow the sky.



ፍርድ አያውቅ ዳኛ: ተገን አያውቅ እረኛ

f'rd ayaw'q danna, tegen ayawq 'renna.

A judge who does not understand justice is like a shepherd who does not understand the care of his flock.

## AMHARIC MEDIA

### The Fig Tree

In honor of Women's History Month, view the story of an Ethiopian-Jewish teenager, Mina, as she tries to save her Christian boyfriend from being drafted during the civil war. The film will be available **March 18, 2022** at [this link](#).



# Amharic Corner: Poetry

## ዶ/ር በድሉ ዋቅጅራ

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## GET INVOLVED

Visit our website [www.ecmaany.org](http://www.ecmaany.org) for ongoing updates and to become a member. Follow us on [Facebook](#) and [instagram](#) for the most up to date information on what's going on between the newsletters.

Feel free to circulate information you receive and to encourage others to join. We also welcome volunteers.

For high school and college-aged students, check out this [link](#) for internship and volunteer opportunities!

Finally, if you or those you know need immediate food and other assistance click on the links based on where you live [New York](#), [New Jersey](#).

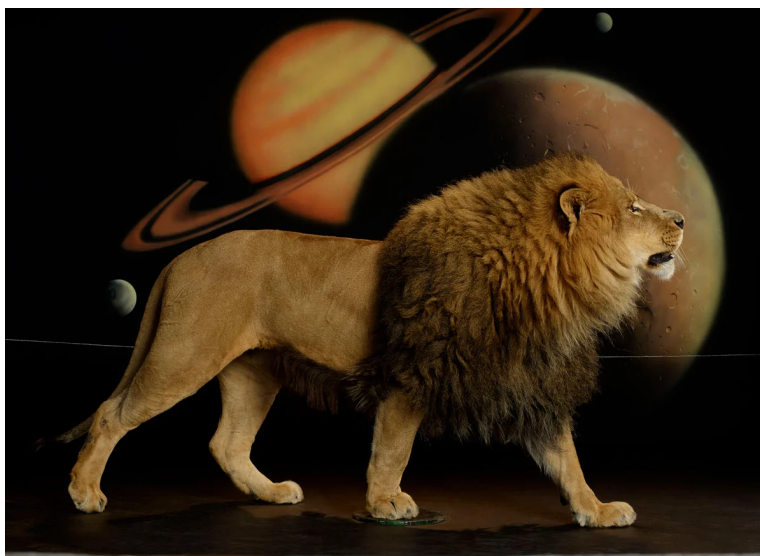
For more general COVID related assistance, go to [ACCESS NYC](#).

## ARTS SPOTLIGHT

We'll be featuring arts and culture events by and about the Ethiopian Community around the tri-state in the newsletter. Send us information you would like featured. Let us know if you'll join us on our next outing at [ecmaany@gmail.com](mailto:ecmaany@gmail.com).

### Awol Erizku: *Memories of a Lost Sphinx*

New exhibition from LA-based Ethiopian artist Awol Erizku on display at [Gagosian, 821 Park Ave, NY, NY, Tue-Sat 10am to 5:30pm](#)  
[Now through April 16, 2022](#)



Awol Erizku, Lion (Body) I, 2022. ©AWOL ERIZKU/COURTESY THE ARTIST AND GAGOSIAN

## SUPPORT SMALL BUSINESSES

We'll be featuring small Ethiopian owned businesses in this corner every month, please send information to [ecmaany@gmail.com](mailto:ecmaany@gmail.com).

Grand Opening! Nunu Traditional Coffee, Clothing and Products Inc.  
March 19, 2022, 9am-9pm, 2100 Amsterdam Ave, New York, NY  
(917) 472-7187; (917) 250-0242



# Gomen Recipe

Gomen, or collard greens, is a popular dish in Ethiopia and known as a super food for its many health benefits, including cancer prevention and being rich in vitamins and minerals. Gomen goes well as a side dish, with or without ingera. **Tip:** don't overcook the gomen for better taste. Add cranberries and walnuts, and watch as the flavor comes to life.



**Prep:** 15 mins  
**Cook:** 50 mins  
**Total:** 65 mins  
**Servings:** 7

## Ingredients

Gomen (3 bunches fresh or 1 large bag see pic on right)  
1 large onion  
Ginger (1 tablespoon, minced)  
Garlic (1 tablespoon, minced)  
Salt  
Ginger powder  
Olive oil



## Directions

**01**

**In a large cooking pot, bring water to a boil and add the gomen.**

Cook for about 8 minutes, until the gomen is tender.



**02**

**Chop onions finely and sauté over medium heat in a large skillet.**

Add 2 tablespoons of olive oil, stirring frequently. Once onions are cooked through, add minced garlic and ginger.



## Gomen Recipe (Continued)

03

**Once the gomen is boiled, remove from heat and strain.**

When gomen has cooled, take small hands of it and squeeze to remove any excess water. Then, chop finely.



04

**Sautee the gomen in the skillet with the onion mixture for 5-7 minutes, stirring frequently.**

Onions will start to brown. Enjoy! Gomen pairs well with roasted carrots and potatoes, and baked chicken thighs.

