

Ethio-KW Volunteer's Corner



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Summer Safety Tips

The summer season is here, and we are excited to soak in the sun and enjoy a carefree lifestyle! Here are some quick and essential safety reminders to keep in mind:

1. **Sun safety:** limit direct exposure to the sun, especially between 10 a.m. and 4 p.m. when UV rays are strongest. When you are out, protect the skin and eyes from sun damage by applying sunscreen, wearing protective clothing, a hat and sunglasses.
2. **Extereme heat:** keep cool and hydrated. Drink plenty of water even if you don't feel thirsty. Stay in an air-conditioned space. Many of the community

centers across the region are open as cooling centers. Pools and splash pads are also available. Stay informed of weather alerts.

3. **Bug safety:** apply bug spray when outdoors. Ticks are also a concern as they can transmit Lyme disease to humans. Check yourself and your family members carefully after being outdoors.
4. **Eat well & exercise:** fresh fruits and vegetables are abundantly available during the summer months. Also, it is easier to exercise in warmer weather and extended daylight.

Board Updates

We are halfway through 2022, and it has been a busy few months for the Ethiopian Association. Our membership is growing. We have over a hundred families participating in our events and programs. We are also actively engaged in various regional and municipal level initiatives representing our community and enhancing collaboration with organizations that serve our community, such as Adventure for Change, Family and Children Services of the Waterloo Region, and participating in the Resilience Project.

In January, we held a post-secondary education and career planning information session for high school students to ask questions and hear from them on what matters most.

In February, our community participated in a Family Day celebration in collaboration with Bring on the Sunshine and Highland Stirling Community Group at Mill Courtland Community Centre.

We held our first Adwa celebration event on March 5, 2022, at the Country Hills Community Centre, where over a hundred attended. Attendees enjoyed a theatre, and children participated in a play and painting.

The association ran weekly indoor soccer practice sessions for children and youth in the community from April 8 to May 28 through a neighbourhood matching grant from the City of Kitchener. We had over fifty children registered and attending.

In May, the community attended the Waterloo Region Upstream Fund engagement sessions—communicating the needs of our community and participating in the co-design discussion with the Region of Waterloo Diversity, Equity, and Inclusion team and leaders of other established African associations in the region.

In June, we participated in the 2022 Leadership Waterloo program information session along with other African associations in the region.

The association also supported community members by answering questions ranging from passport renewal and social support services to support letters and funeral-related questions.

The Role Community Plays

Community associations play a crucial role in bringing people together, providing a sense of belonging, advocating for members and supporting them with social, cultural, and safety needs. Studies show that those connected and involved in social circles have greater resilience and well-being and are happier. Community associations provide opportunities to develop social and leadership skills through volunteerism. Moreover, it helps us to have a united and a strong voice on issues common to all of us as a community. In the words of author and educator Helen Keller: “Alone we can do so little, together we can do so much” indeed, we can do so much!

*“Alone we can do so little,
together we can do so much.”*

Helen Keller

Activities Last Month

1



First Community Hike

A group of 30 enjoyed a beautiful day of hike and picnic at the Huron Natural Area on June 4, 2022. We are already planning the second hike trip for August. Stay tuned to our Viber page.

2



Indoor Soccer Wrapped Up

Kids' indoor soccer practice sessions were held weekly between April and May, with over fifty children registered, which was made possible through the City of Kitchener Love My Hood matching grant.

3



Responding to Ethiopian Passport Renewal Questions

The Ethiopian Association receives a number of calls regarding passport renewals. We have learned that an application is made available to download using mobile phones. The App is called Digital Invea and is available on www.digitalinvea.com

4



City of Kitchener Bike Festivities

Community members participated in a free cycling event in Kitchener hosted by several organizations, including the Ethiopian Association KW, Cycling into the Future, Bike Mayor of Waterloo Region, and Red Racoon Bike Rescue.

Upcoming Events

FUNDRAISING MATCH
KW ABYSSINIA VS ETHIO STAR
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TICKET PRICE **\$15**
RBJ SCHLEGEL PARK
1664 HURON RD. Kitchener, ON
JUNE 18, 2022
2:30PM-8:00PM

We will be selling food & beverages.

Friendly Match
ETHIO KW KIDS SOCCER TEAM
COACH DENNY VS ASHENAFI GIRMA SOCCER ACADEMY
COACH ASHENAFI

A Special Thank You to our sponsors and guests:

- The Ethiopian Association KW
- Muya Ethiopian Restaurant
- Yared Geneme Real Estate
- Mike Wolde-Michael Real Estate
- Lightweight Boxer Dereje Dessu (special guest)

2022 Events in Planning

June 11 to August 27, 2022

Kids Soccer Practice (weekly Saturdays)

July 23, 2022

Basketball Tournament

August 7, 2022

Second Community Hike

August 27, 2022

Run For Ethiopia
September 10, 2022

Ethiopian New Year

October 1, 2022

Habesha Conference

November 12, 2022

Post-secondary Info Session

Upcoming Events



Kids Soccer Practice
Every Saturday 5:00 to 6:30 PM
Fisher Park/Forest Heights

Save the Date
Ethiopian New
Year
Celebration

September 10, 2022
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Save the Date
Run for Ethiopia - 5k Run/Walk All Ages
August 27, 2022

2021 - 2023 Board Members

Chair: D. Aschenaki

Treasurer & Secretary: A. Mekuria

Member at Large: B. Daniel (Events & Programs), D. Debssou (Fundraising), E. Hailu (Communications), H. Tafere (Partnerships), Z. Admasu (Outreach)

Community Program Coordinator: Z. Addisu

Volunteer with us!

We are looking for committed volunteers to help with membership drives, events coordination, program planning, website design, social media and communications to strengthen our association. If you are interested in volunteering, please contact us via email at ethiokwvolunteers@gmail.com.

Contact Us via Email

Get in
touch

EthioKWVolunteers@gmail.com

If you have a story to share, we would love to hear from you!

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