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A Giving Safari

October 12 - 23, 2023

In partnership with
THE OLMALAIKA (USA)

THE OLMALAIKA TRUST WELCOMES YOU TO KENYA

Kenya is a warm and inviting country – the people are amazing! When you leave, a part of your heart will stay behind. You will have made a difference and in turn your life will be changed.

TUMAINI provides information in detail about the “Giving Safari” – including clinic information, lodging, the schedule, what to wear and more. Please keep in mind that we are all guests in another country where the culture, food and a variety of other experiences will be different than what you might be accustomed to.

WHO WE ARE

THE OLMALAIKA (USA) & THE OLMALAIKA TRUST work hand in hand to provide a safe haven for young girls under the age of 10 all the way down to newborns who have experienced trauma in their lives such as female genital mutilation, childhood marriage, assault, rape/defilement and abandonment as well as provide free dental care through our dental clinic.

We provide four “giving safaris” each year in March, July, October and December – creating opportunities to give care to those with insufficient access to health and dental care as well as volunteer at the Trust. The focus on each safari is not on how many patients are treated or the number of teeth extracted/restored, but instead on building relationships and enabling hope. Each safari is unique and gives you the opportunity to experience the culture, see the countryside, make new friends, and enjoy the amazing wildlife.

Our Passion

To advocate for those in need.

Our Values

Show kindness and compassion, promote education and growth, respect and protect the environment, and foster healthy relationships.

Our Dream

End Female Genital Mutilation (FGM) & childhood marriage, enable healing and create opportunities for self-sufficiency.

Kim DeWitt

Co-Founder & Director

Office in the USA

8712 N Ridge Ave, Berrien Springs MI 49103

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Office in Kenya

PO Box 505001 - 0010

Nairobi, Kenya

East Africa

OPPORTUNITIES TO MAKE A DIFFERENCE

Most donations are tax-deductible and no matter how large or small – they enable lives to be changed. When you donate to THE OLMALAIKA your funds go to help cover the following needs/projects.

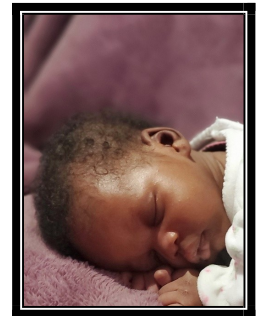
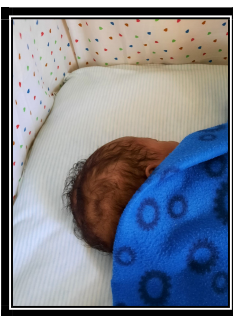
“Foster” an Angel Program: Enables you to connect with the girls at the Olmalaika Home and provides them with the opportunity to go to school, get medical/dental care, and provides for their needs in general. *Please see details at the back of the journal.

General Fund – donations go to help where needed, including purchasing supplies and food as well as helps to cover salaries for 19 staff.

Special Projects – included here is building projects, field trips/excursions for the staff and/or girls or possibly for selected projects out in the areas we provide clinics at. One of our hopes/dreams it to be able to purchase the land above the Trust should we have the funds, in order to be able to expand the Trust

The Olmalaika Trust Dental Clinic – provides free care to all and is funded through donations, both financial and actual supplies.

The Olmalaika Days for Girls – is one of our self-sustaining projects where we sew fabric menstrual kits that can be purchased and donated to schoolgirls. In Kenya many girls miss school each month due to having their periods with no supplies. Each kit purchased helps provide funds for the home and we are always grateful for donations of fabric.



**Approximately 15% of donations go for administrative costs – without administration there would be no home for the girls or babies, not dental care and no “Giving Safaris”

The world is a book, and those who do not travel read only a page.



Life in Abundance Guesthouse

WED, OCTOBER 11, 2023

Departure from “home”

THUR, OCTOBER 12, 2023

Arrive at Jomo Kenyatta International Airport (Nairobi)

Dress

Comfortable clothes

Tonight’s Lodging

Life in Abundance Guesthouse, Karen

Reminders for Packing/Travel

- ✓ Passport and ticket
- ✓ Visa
- ✓ Pack copies of your passport in your carry-on
- ✓ International immunization record (if you have one) & COVID Immunization or PCR Test
- ✓ Pack any personal medications in your carry-on
- ✓ Any liquids in your carry-on must be 3.4 oz (100ml) or less and be in a clear quart size bag
- ✓ Pack your camera in your carry-on for safety purposes
- ✓ Pack a couple of pens in a handy place
- ✓ Label your luggage
- ✓ Pre-weigh your luggage (Stay at least one pound under what is allowed – check with your airline for weight limits)
*Be sure to keep enough clothing and personal items in your carry on to survive should your luggage not arrive with you.

NAIROBI

Nairobi is Kenya’s capital city. In addition to its urban core, the city has Nairobi National Park, a large game reserve known for breeding endangered black rhinos and home to giraffes, zebras and lions. Next to it is a well-regarded elephant orphanage operated by the David Sheldrick Wildlife Trust. Nairobi is also often used as a jumping-off point for safari trips elsewhere in Kenya.

With a population of just over 5 million it is a very busy city. Nairobi was founded in 1899 by colonial authorities in British East Africa as a rail depot on the Uganda-Kenya Railway. The town quickly grew to replace Mombasa as the capital of Kenya in 1907. After independence in 1963, Nairobi became the capital. During Kenya's colonial period, the city became a centre for the colony's coffee, tea and sisal industry. The city lies in the south-central part of Kenya, at an elevation of 1,795 metres (5,889 ft).



KAREN

Karen is a vibrant residential suburb of Nairobi characterized by big mansions, many trees, tranquil atmosphere, and plush gardens. It is generally considered that the suburb is named after Karen Blixen the Danish author of the colonial memoir “Out of Africa” her farm occupied the land where the suburb now stands. Blixen declared this in her later writings that "the residential district of Karen" was "named after me," although it has never been formally recognized.

Blixen's home has since become a museum and is still standing and is a local tourist attraction, other tourist attractions are the Giraffe Center, the exclusive Giraffe Manor and the Ololua Nature Trail.

"To be without a friend is to be poor indeed"

-Tanzanian Proverb



THE OLMALAIKA TRUST

FRIDAY OCTOBER 13, 2023

Today's Schedule

- 6:15 am Breakfast/Orientation
- 7:00 am Bring luggage to the vehicles
- 7:15 am Leave for THE OLMALAIKA TRUST
- *Stop along the way at curio stores to shop and use the washroom
- 1:00 pm Lunch at the Trust
- R&R
- 3:00 -6:30 pm Afternoon safari in the Maasai Mara
- 7:15 pm Dinner

Dress

Comfortable clothes, shorts and sleeveless shirts are ok
Hoodie or jacket

Bring

Personal items for two days

Day Pack

Camera/binoculars/spending money
Water bottle/sunglasses/hat/sunscreen/hoodie

Tonight's Lodging

THE OLMALAIKA TRUST, SEKENANI

Activities

The day will begin early with breakfast and a short orientation. Then we will load up and head to the Trust for the weekend. You can leave everything you need for the rest of the time in Kenya here at the LIA Guesthouse as we will be back on Sunday. Don't be late as we need to get as early a start on the day as possible and you don't want to miss orientation time which will be during breakfast. Time

is of the essence this morning as traffic will be heavy and we want to be at the Trust in time for lunch and a little relaxation before heading out into the Mara. There will be an opportunity for a couple of bathroom breaks along the way, and IF time permits you will be able to do a little shopping at each stop. We will travel through the Great Rift Valley today.

THE GREAT RIFT VALLEY

The view of the Great Rift Valley is one of the wonders of the world. The ground suddenly disappears into a huge expanse, stretching 3,000 miles from Syria to Mozambique. The elevation ranges from 1,300 ft below to 6,000 ft above sea level. The valley is characterized by uninhabitable desert, fertile farmland, flat arid plains and steep escarpment

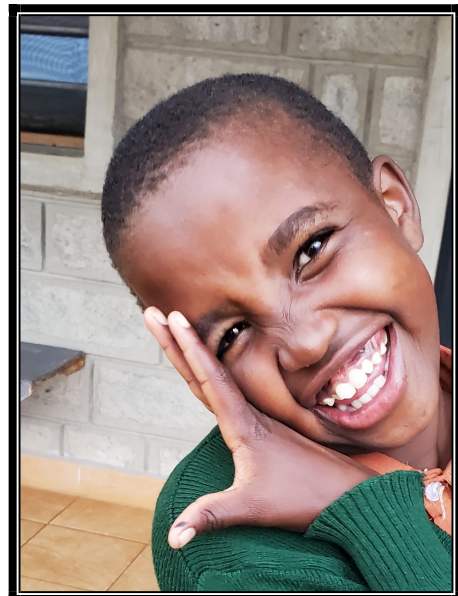
THE OLMALAIKA TRUST

THE OLMALAIKA HOME had been just a dream for years, and in July of 2013 we opened the Home, and girls moved in. We recently were able to purchase our own land and built the Trust. The home is a very special place that is filled with little girls, babies, giggles, hugs, love, schoolbooks and uniforms!

(malaika means "angel" in Swahili)

MAASAI PEOPLE

The Maasai people live in both Tanzania and Kenya and are one of the few tribes in Kenya that have resisted the ways of the westerner. Polygamy and female genital mutilation are still a part of the Maasai lifestyle. For more information on the Maasai people see the back section of the journal.



"To travel is to learn."

–Kenyan Proverb



Leopard in the Maasai Mara National Reserve

SATURDAY OCTOBER 14, 2023

Schedule

- 8:00 am Breakfast
- 9:00 am Game drive (optional)
- 12:00 pm Picnic lunch in the Reserve
- 6:45 pm Arrive back at the Trust
- 7:15 pm Light dinner/fruit/hot drinks
- 7:30 pm Enjoy sitting by the fire out under the night sky

Dress

Comfortable clothes, shorts and sleeveless shirts are ok
Hoodie or jacket

Bring

Day Pack

Camera/binoculars/water bottle
Sunglasses/sunscreen

Tonight's Lodging

THE OLMALAIKA TRUST, SEKENANI

Activities

Goodmorning!! You will have the option of sleeping in and having a little extra R&R today. It will be a much slower paced day with a game drive out to the Mara River followed by a picnic lunch in the reserve. If you would prefer to enjoy a quiet day at the Trust, you are welcome to pass up on the game drive and stay at the Trust all day. If the night sky is clear tonight, take some time to look up at the stars. You will be amazed at the African sky! Try it with your binoculars – it's even more amazing!

NOTES

MAASAI MARA NATIONAL RESERVE

The Maasai Mara National Reserve is probably the most famous and most visited reserve in Kenya. It offers breathtaking views (as seen in the film, *Out of Africa*), an extraordinary density of animals including "the big five" (lions, leopard, elephant, buffalo, rhinoceros) and many varieties of plains game. Apart from the seasonal migration, game viewing is excellent year-round. Game includes elephants, black rhinos, buffalo, zebras, hartebeests and big cats—the Mara is known for having the largest prides of lions of any park in Africa. The rivers are home to hippo and crocodiles. Bird life is abundant with over 452 species, 53 of which are raptors. Daytime temperatures run at 85 F maximum and at night drop to around 60 F or a little lower.

MARA RIVER

The Maasai Mara Reserve takes its name from the Mara River which flows through Kenya and Tanzania. Filled with hippos and crocodiles (measuring over 20 ft long and weighing close to a ton), the Mara River lies across the migration path of the wildebeest.

WILDEBEEST MIGRATION

The animals migrate between the Serengeti and Mara savannahs in Tanzania and Kenya respectively, in search of grass and water. It is estimated that over 1.5 million of these animals are on the move during the annual migration between June and October. The wildebeest migration phenomenon is so huge that satellites miles away in space are able to capture the surge as a black moving mass of wildebeest on the plains of East Africa. Wildebeest will amass in their thousands at the banks of the Mara River which is rife with the dreaded Nile crocodile and raging currents. Over 250,000 wildebeests die from drowning, being stampeded or from crocodiles and other predators every year. The deaths during migration are replenished by the over 400,000 births a year.

"He who learns, teaches

- Ethiopian Proverb



Rosy Breasted Long Claw

SUNDAY, OCTOBER 15, 2023

Today's Schedule

8:00 am Breakfast

9:00 am Leave for Nairobi

Stop on the way for lunch

4:00 pm Arrive at Life in Abundance Guesthouse

7:15 pm Dinner

Dress

Comfortable clothes, shorts and sleeveless shirts are ok

Hoodie or jacket

Bring

All personal items

Keep handy

Camera/spending money

Water bottle/sunglasses/hat/sunscreen

Tonight's Lodging

Life in Abundance Guesthouse, Karen

Activities

Then we will pack up everything and head back to Nairobi. As we near Karen we will pass the Kibera Slums on our left – seeing it should be a reality check on the blessings you have back home. Once back at the guesthouse you will want to organize yourself for tomorrow, then after dinner you will want to get some good sleep as tomorrow, we will be up bright and early and in the vehicle most of the day.

KIBERA SLUMS

Today as we drive through the outskirts of Nairobi, we will pass Kibera slum, the largest in Sub-Saharan Africa, plus one of the largest in the world with over 1 million people living in it. It is estimated that there are 2,000 people per 2.47 acres.

NOTES



"A friend is someone you share the path with"

-African Proverb



Taita Hills Safari Resort & Spa

MONDAY

OCTOBER 16, 2023

Today's Schedule

6:45 am Breakfast

7:30 am Load Luggage and leave for Taita-Taveta

*Lunch along the way

3:00 pm Arrive at Taita Hills Safari Resort & Spa
R&R

7:30 pm Dinner

Dress

Comfortable clothes, shorts and sleeveless shirts are ok
Hoodie or jacket

Bring

All personal items

Keep handy

Camera/spending money

Water bottle/sunglasses/hat/sunscreen

Tonight's Lodging

Taita Hills Safaris Resort & Spa

Activities

Once again, we will rise and shine early! Today we will spend a lot of time in the vehicle(s). Our hope is to get through the Nairobi traffic in good time and be on our way to Taita without any issues. On our way you will want to keep an eye out on your right for Mt Kilimanjaro – the highest freestanding mountain the world. The main road cuts in half Tsavo East and Tsavo West National Parks so you might see elephant, kudu, zebra etc. along the way. Once we get to the lodge we will check in and you will have the rest of the day to simply relax, swim, read a book etc.

NOTES

TSAVO EAST/WEST NATIONAL PARKS

The joint mass of Tsavo East and West National Parks forms one of the largest National Parks in the world and covers a massive 4% of Kenya's total land area. Tsavo East is the larger of the two parks and offers a vast and untapped arena of arid bush which is washed by the azure and emerald meandering of the Galana River and patrolled by some of the largest elephant herds in Kenya. The parks are known from the book "Man-eaters of Tsavo" and the movie "Ghost in the Darkness." The Tsavo River, which we will cross, is known for its man-eating lions around 1898 during the building of the Kenya-Uganda Railroad.

TAITA WILDLIFE CONSERVANCY

Taita Wildlife Conservancy is a privately owned wildlife sanctuary in the district of Taita-Taveta. The sanctuary covers an area of 280,000 acres and elephants, lions, cheetah, buffalo, plus many other grazers freely roam the area.



Taita Hills Safari Resort & Spa

"To the world, you may be one person, but to one person, you may be the world."

Heather Cortez



The mountains in Taita

NOTES

TUESDAY, WEDNESDAY, THURSDAY OCTOBER 17, 18, 19, 2023

Today's Schedule

- 6:30– 7:15 am Breakfast
- 7:30 am Leave for clinic
- *Sack lunch
- 3:00 pm Clinic ends
- 3:30 pm Leave for the Taita Hills Safari Resort & Spa
- R&R
- 7:30 pm Dinner

Dress

Scrubs/long pants and shirts with sleeves
Hoodie/lightweight jacket

Bring

Camera /pen/water bottle
Sunglasses/hat/sunscreen/hand sanitizer

Tonight's Lodging

Taita Hills Safari Resort & Spa

Activities

Today and the following few days we will have the same schedule. Following breakfast, we will leave for the clinic site. Once we arrive everyone can help unload the supplies and set up. As soon as each station has translators we will start. When it is time to eat you will be released from your work area for lunch. Please eat as quickly as possible if there are long lines so we can care for as many people as possible. When the clinic is done Kim will let you know that its time to put things away – and we ask that you not treat, give any medications or see any patients after that point. Once we are all packed up, we will help back to the lodge to relax for the rest of the day.

PEOPLE OF TAITA

The territory of the Taita is in the southeastern end of Kenya, in the Taita-Taveta district of the Coastal Province. For more information see the back section of the journal.



LUMO COMMUNITY WILDLIFE SANCTUARY & LIONS BLUFF LODGE

LUMO Community Wildlife Sanctuary is community owned wildlife and located near Mwatate in Taita-Taveta County. It covers an area of 48,000 acres. The sanctuary is formed by the Lualenyi, Mramba Communal Grazing Area, and Oza Group Ranch, hence the acronym "LUMO". Lions Bluff Lodge is a very special eco lodge, secluded and exclusive, within Lumo Community Wildlife Sanctuary. It is an amazing place to stay. The Olmalaika Trust partners up with both organizations each March/October to provide medical and dental care.

<https://lionsblufflodge.com/>

“Patience attracts happiness; it brings near that which is far.”

– Swahili Proverb

NOTES



FRIDAY

OCTOBER 20, 2023

Today's Schedule

7:00 – 8:45 am Breakfast

9:00 am Load up the vehicles and leave for Tsavo West National Park

Check in to Serena Kilaguni Lodge

Lunch

R&R

Late afternoon game drive to Mzima Springs

7:30 – 9:00 pm Dinner

Dress

Comfortable clothes, shorts and sleeveless shirts are ok

Lightweight jacket

Bring

Camera/spending money

Water bottle/sunglasses/hat/sunscreen/hand sanitizer

Tonight's Lodging

Serena Kilaguni Lodge, Tsavo West National Park

Activities

This morning we will head out on safari – with our first stop by Tsavo West National Park. Once inside the park we will slowly meander the dirt road looking for wildlife, birds and simply enjoy the view. Keep your water bottles with you. Once we arrive at the lodge we will check in and have lunch. Then there will be a little time to relax before we head out to enjoy Mzima Springs and the Shatani Lava flow. There is a watering hole in front of the dining area that you will enjoy both day and night – with wildlife frequenting it.

TSAVO WEST NATIONAL PARK

From the sight of fifty million gallons of crystal-clear water gushing out of from the under parched lava rock that is the Mzima Springs to the Shetani lava flows, Tsavo West is a beautiful, rugged wilderness. The savannah ecosystem comprises of open grasslands, scrublands, and Acacia woodlands, belts of riverine vegetation and rocky ridges including the Poacher's Lookout where visitors can see the teeming herds in the plains below. Tsavo West offers some of the most magnificent game viewing in the world and attractions include elephant, rhino, Hippos, lions, cheetah, leopards, Buffalos, diverse plant and 600 bird species including the threatened Corncrake and near threatened Basra Reed Warbler



To be without a friend is to be poor indeed

~ Tanzanian Proverb



SATURDAY OCTOBER 21, 2023

Today's Schedule

7:00 – 8:30 am Breakfast Buffet
8:00 am – Leave for Amboseli National Park
Check in at Serena Amboseli Lodge
Lunch
R&R
Late afternoon game drive
7:30 – 9:30 pm Dinner Buffet

SUNDAY, OCTOBER 22, 2023

Today's Schedule

7:00 – 8:00 am Breakfast Buffet
Morning game drive
Lunch
R&R
7:30 – 9:30 pm Dinner Buffet

MONDAY, OCTOBER 23, 2023

Today's Schedule

7:00 - 9:30 am Breakfast Buffet
9:00 am Leave for Nairobi
Lunch at the mall
Leave for the airport

Dress

Comfortable clothes, shorts and sleeveless shirts are ok

Bring

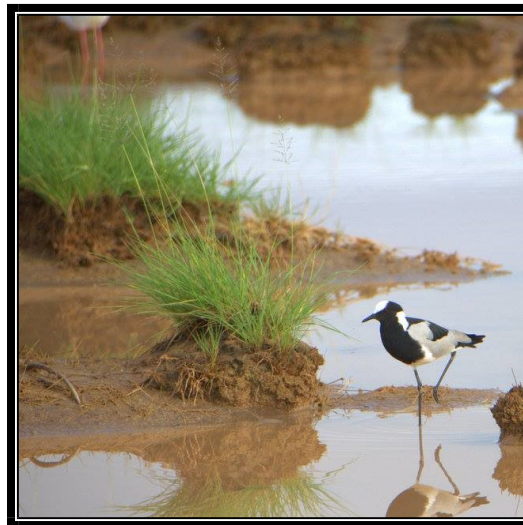
Camera/water bottle
Sunglasses/hat/sunscreen

Lodging

Serena Amboseli, Amboseli National Park

Activities

On Saturday we will head out to Amboseli National Park and hopefully you will be able to get some great pictures of Mt Kilimanjaro – the highest freestanding mountain in the WORLD – which seems to jut right out of the park. It's a great place for birding and there are plenty of elephants to enjoy. We will spend the final weekend in the shadow of the "big" mountain. Enjoy your last few days!



AMBOSELI NATIONAL PARK

Home of the African Elephant! Crowned by Mount Kilimanjaro, Africa's highest peak, the Amboseli National Parks is one of Kenya's most popular parks. The name "Amboseli" comes from a Maasai word meaning "salty dust", and it is one of the best places in Africa to view large herds of elephants up close. Nature lovers can explore five different habitats here ranging from the dried-up bed of Lake Amboseli, wetlands with sulfur springs, the savannah and woodlands. They can also visit the local Maasai community who live around the park and experience their authentic culture.



"A goodbye isn't painful unless you're never going to say hello again."

~Author Unknown

THANK YOU ~

Even though our "Giving Safari" is over – it is our hope that you will never forget what you experienced while here in Kenya. Once you are home it is easy for the memories of the safari to fade, but we hope your lives will have been forever changed, and that those you touched while here in Kenya will stay forever embedded in your hearts.

You have made a difference by giving – you have given the gift of hope to those in Kenya. The gift of serving others, shaking hands, holding a child close, listening to someone share their story, holding the hand of an old man, touching an old mama's wrinkled face -

Those are gifts of hope that each of you gave, and we thank you from the bottom of our hearts for being willing to step out of your comfort zone and serve those who needed to be served.

With gratitude,

Janet E.

Ashley B.

Enock R.

Kamunge I.

Ed G.

Shalom N.

Kim D.





The picture above shows the instruments used to circumcise (FGM) seven young girls. The knots in the string represent each child circumcised and the knot above the tie represents the one girl that had not yet been circumcised. Once a young girl has been circumcised she is then ready to be married off in exchange for cows.

Key facts about Female Genital Mutilation (FGM)

- FGM includes procedures that intentionally alter or injure female genital organs for non-medical reasons.
- The procedure has no health benefits for girls and women.
- Procedures can cause severe bleeding and problems urinating, and later, potential childbirth complications and newborn deaths.
- An estimated 100 to 140 million girls and women worldwide are currently living with the consequences of FGM.
- It is mostly carried out on young girls sometime between infancy and age 15 years.
- In Africa an estimated 92 million girls from 10 years of age and above have undergone FGM.
- FGM is internationally recognized as a violation of the human rights of girls and women.

FGM comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons. The practice is mostly carried out by traditional circumcisers, who often play other central roles in communities, such as attending childbirths

The causes of female genital mutilation include a mix of cultural, religious and social factors within families and communities.

- Where FGM is a social convention, the social pressure to conform to what others do and have been doing is a strong motivation to perpetuate the practice.
- FGM is often considered a necessary part of raising a girl properly, and a way to prepare her for adulthood and marriage.
- FGM is often motivated by beliefs about what is considered proper sexual behavior, linking procedures to premarital virginity and marital fidelity. FGM is in many communities believed to reduce a woman's libido, and thereby is further believed to help her resist "illicit" sexual acts. When a vaginal opening is covered or narrowed the fear of pain of opening it, and the fear that this will be found out, is expected to further discourage "illicit" sexual intercourse among women with this type of FGM.
- FGM is associated with cultural ideals of femininity and modesty, which include the notion that girls are "clean" and "beautiful" after removal of body parts that are considered "male" or "unclean".
- Though no religious scripts prescribe the practice, practitioners often believe the practice has religious support.
- Religious leaders take varying positions with regard to FGM: some promote it, some consider it irrelevant to religion, and others contribute to its elimination.
- In most societies, FGM is considered a cultural tradition, which is often used as an argument for its continuation

"FOSTER" and Angel Program

Friendship, **O**pportunity, **S**haring, **T**eaching, **E**ncouraging, **R**espect

"Fostering" enables all the children at THE OLMALAIKA TRUST to begin healing and attend school. You will receive photos and updates about the child you choose and will be able to write letters to them.

If you would like to 'foster' a child/baby, you can choose from three different tiers

Tier 1 (\$25/month)

Tier 2 (\$50/month)

Tier 3 (\$100/month)

A 'foster' commitment runs from January to December and can be renewed at the end of each year.

Communicating with the girls:

Mail your letters to:

The Olmalaika Trust

8712 N. Ridge Ave, Berrien Springs MI 49103

OR

Scan to our email:

theolmalaikatrust@gmail.com

Ideas for writing about or sending:

- A personal letter - keep it simple. The key is to encourage them to do their best.
- Printing is better than cursive.
- Pictures of yourselves, family, pets etc
- Do not include contact info: surname, email, mailing address or phone number
- Please do not send money to the child.

You are NOT obligated to send a letter! Just the fact that you are helping to provide for their education is more than enough!

How to give:

Option A: (501(c)3 in the US)

Write your check(s) to THE OLMALAIKA (earmark it "Foster" an Angel)

Mail to:

8712 N Ridge Ave

Berrien Springs MI 49103

Option B:

Use a credit card via paypal on our website: www.theolmalaikatrust.org

Option C:

Bank transfers either to our US Bank (BOA) or to our Kenyan Bank (NCBA)

Thank you for enabling lives to be changed!

"Save a TOOTH"

Dental Care in Kenya

The dentist to population ratio in Kenya is approximately **3:100,000**

**Meaning more than 33,000 people for every ONE dentist in Kenya.*

**In the USA for example there is ONE dentist for every 1,600 people. (60:100,000)*

Majority of the Kenyan dentists practice in the major cities with 30% alone just in Nairobi.

Government hospitals which offer cheaper oral health services do not offer comprehensive oral treatment - *the majority doing mostly extractions.*

For restorative treatment those that have the money or dental insurance go to private clinics and hospitals.

**The majority of Kenyans do not have dental insurance and would have to spend out of pocket which they simply don't have. A mama would suffer in pain and let her tooth/teeth rot and end up being extracted before using the little money she has for dental and letting her children go hungry.*



The Olmalaika Trust Dental Clinic is located right on the edge of the Maasai Mara National Reserve on the side of a hill overlooking a small center called Sekenani. We are registered Trust in Kenya and a 501(c)(3) in the US. There are 45,000 adults and children spread out over miles of open savannah, brushland and hills, in small villages and communities around us— most have never seen a dentist in their lifetime.

Our clinic provides – consultations, oral health education, cleanings, x-rays, restorative care (root canals, fillings) and if there is no other option, extractions. We even have portable restorative units that we pack up three times a year and head out to a variety of areas that are either so remote there is no care available, or people simply can't afford it. All of our care is provided **FREE** – that's right, no charge at all. The people simply don't have the funds and don't understand the importance of oral health. Dentists and hygienists from around the world including Kenyans sign up to come and give of their time here. Not charging people is our way of educating communities on the importance of oral health and taking care of their teeth.

It's incredible to think that "SAVE a TOOTH" project has the ability to provide dental care for approximately 45,000 adults and children – and TOOTH be told, we need help to make this happen. We are looking for individuals, offices, churches, companies and businesses that want to join us in providing that care.

Here's how "SAVE a TOOTH" Project works.

An individual, office, church, club, office, business picks one of tiers below and makes a commitment to donate that amount monthly.

Tier 1 (\$25/month)

Tier 2 (\$50/month)

Tier 3 (\$100/month)

- Then those donations are used to purchase supplies, instruments, equipment and more.
- Commitments run from January to December and can be renewed at the end of each year.
- If you would like we can send you regular updates and pictures

General Information about Kenya

Kenya's Population – Estimated just over 53 million (making it the 27th largest country in the world population wise)

Size of Kenya - 581,309 sq. km or 224,445 sq miles (47th largest country in the world in terms of pure land mass)

Life Expectancy – Adult is 63 years.

Time is Elastic – The Kenyans have a very relaxed attitude about punctuality. In general, Kenyans are tolerantly amused by the Western obsession with punctuality.

Respect for Kenya – Kenya fought a bitter battle for its independence and holds both its flag and national anthem in high regard. In deference to the Kenyan flag, visitors should be silent and stand when it is either raised or lowered.

Protection of Nature – It is illegal to purchase or take out of the country shells, rocks, feathers, coral, ivory, any undomesticated animal's skin or teeth, etc.

Mt. Kenya – is the second highest mountain in Africa and you can climb to 16,400 ft without ropes.

How many bird species – in Kenya there is 1154 confirmed bird species. A fabulous place for birders.

Photography – Always ask people permission to take their picture, particularly in rural areas where superstition still suggests that the camera is a stealer of souls.

Body Language and Gestures – Kenyan males are often seen holding hands, which has nothing to do with sexual orientation and everything to do with fellowship. Pointing with your finger or beckoning someone to come with your finger is considered very rude.

How many languages are spoken in Kenya – over 60 different dialects.

Official languages are – Swahili and English

- Hello: jambo/ hujambo/ salama, poa
- How are you? habari gani.
- Fine (response): nzuri.
- Goodbye: kwa heri/ kwa herini (more than one person)
- See you later: tutaonana.
- Nice to meet you: nafurahi kukuona.
- Goodnight: lala salama.

The Taita People

The Taita people are a Bantu tribe living in the Taita Hills in southwest Kenya near the Tanzania border. The Taita Hills consist of three main hills; Dawida, Saghala and Kasigau. Dawida is by far the most massive fertile and densely populated area.

Culture and Lifestyle

Taita people have assimilated with many western values and most of their traditional cultures have faded away. Traditionally one of the most important aspects of Taita tribal culture was male circumcision. It was considered a ritual in training young boys normally aged 7 -11 to take on more adult responsibilities. This no longer takes place in most parts of Taita as many parents opt to have the operation done in the hospital.

One of the unique aspects of the culture is the respect for the dead. In the past when a person died, they were buried for a period of about one year, at which time the body would be exhumed, the skull would be severed from the rest of the body and taken to a sacred cave where it would be left with the skulls of other ancestors. While this is no longer practiced today, the caves can still be found with skulls in them and are treated as sacred in many parts of Taita.

Faith and Religion

Most Taita people are Christians. The traditional religion revolved around the spirit of the ancestors. While Taitas believed in one supreme god, Mlungu, this god was only called upon and given sacrifice for the appeasement or thanksgiving in times of calamities and misfortune. In normal times sacrifices were made to the ancestors or household gods. Only a small number of Taitas still practice the traditional religion.

Gemstone Mining

Primarily done in the drier parts of Taita, large deposits of precious stones such as ruby and garnet can be found.

Economic Activities

Being an agricultural society in a fertile land, most Taitas practice agriculture as their main economic activity. Taita also rear dairy cattle and produce most of the milk supply for the Kenya's coastal province. Coffee is also grown in some areas.

Diet

The traditional diet consists of bananas, pumpkins, cassava beans, sweet potatoes, cowpeas, and millet. Occasionally this diet would be supplemented with the game meat hunted on the plains. However the Taita started growing maize (corn) and after the government restricted hunting, ugali and vegetables became their staple diet. Kimanga (a mashed combination of beans and either cassava, sweet potatoes, pumpkin or bananas) is still a traditional delicacy prepared during special occasions. It is often accompanied by Mbangara, a traditional Taita drink made of sugarcane, corn or cassava.

Music

Taita people have always enjoyed expressing themselves through music. They have many interesting forms of traditional dance. The most fascinating is "the people spirit-possession" dance is called mwazindika. For the most part the traditional dancing has died off and now is performed mostly for national holidays. The late Fadhili Williams was a Taita and made "Malaika" a hit song.

The Maasai People

The Maasai live in Kenya and Tanzania. They herd cattle, and live in huts made from mud and cattle dung. Maasai gender roles are very distinct, with the men (warriors) protecting the people, and the women doing the household work. Though primitive in our eyes, they have a very interesting culture and way of life. They speak Maa.

Faith and Religion

The Maasai god is called Enkai. Enkai is seen as male and female at the same time. Enkai is believed to manifest in many forms, including in mountains, colors and the moon. A religious leader of the Maasai is called a Laibon.

Economic Activities

The cattle are the center of all Maasai culture. Wealth is measured in cows, and the majority of the Maasai diet is made from what they can get from their cows. They eat the meat, drink the milk, and on occasion will also drink the blood collected from the live cows. Their entire way of life revolves around the care of their herds. They drink the cows' milk, use the dung to cover and seal their homes. If a cow dies, the horns can be used for containers, the hides for shoes, clothing, ropes, bed coverings, and the hooves and bones are made into ornaments.

Culture and Lifestyle

The role of the Maasai Warrior is a big part of the Maasai culture, which is a period of life all men go through between boyhood and when they finally become elders. A Maasai warrior is responsible for protecting the herds of cattle, as well as the villages themselves. The steps to becoming a warrior involve a number of age-based rituals and ceremonies, including circumcision. Living first apart from the rest of the tribe for many years, the role of the warrior changes as they finally get to have a wife and family, before then moving to the role of elder. A warrior can have more than one wife, providing he has enough cattle to feed a large family. The Maasai women build and take care of the home, cook, carry the water and firewood from long distances, make clothing and take care of the children. Maasai houses are made from sticks and grass, which are held together with a mixture of mud and cow dung. Between the ages of 8-14 (sometimes earlier, depending on the group), Maasai girls have sexual freedom to enjoy relations with junior warriors, so long as they don't become pregnant. Upon their circumcision, however, they are considered to be adult women and are promptly married (sometimes the same day) often to a man much older than themselves. Their status in society as wives isn't particularly high although they are respected as mothers, and will be members of the same age-sets as their husbands. Often women will maintain close ties, both social and sexual, with their former boyfriends, even after they are married, in keeping with the unusual practice of 'wife-lending,' whereby a wife remains free to have sexual relations with a member of her husband's age-set. Any resulting child is still considered by the husband to be his own, and is not treated any differently from biological children. Death is the inevitable end of a Maasai's life journey. Maasai traditionally mourned their dead, and then left the body in the wild for animals to eat. The common practice now is to hold a small ceremony, after which a grave is dug and the body buried. Stones are then piled upon the grave, without tombstones or markers.

Education

The Maasai have resisted modern education. In Kenya, Maasai literacy rates are below 20%, and fall as low as 5% among clans pursuing a purely nomadic lifestyle. Due to their semi-nomadic ways, it is not easy to provide essential services such as safe drinking water, healthcare, education facilities, electricity and telephone. But some have taken with relish to mobile telephone, so well suited to their mobile ways.

