

Mission Partners

We will be partnering with Doug Millman from Discover the World: <http://www.discovertheworld.org/>
Their sister organization in Kenya is The Shepherd's Home Children's Sanctuary:
<http://www.theshepherdshome.org/>

We will be working with three of these sanctuaries that foster children who have been orphaned by A.I.D.S. Shepherd's Home has three orphanages, one located in a slum in Nairobi, one in the smaller suburb of Sigona and a boy's home in the town of Gilgil near Lake Nakuru (north of Nairobi). We will be working with all three by offering vacation Bible school, sports ministry, teacher support, games, activities and construction/improvements projects in the buildings.

Our hosts at Shepherd's Home are Rev. Dr. & Mrs. Macmillian & Nelly Kiiru, in Nairobi, at:
Tel. (066)-33150 (The Shepherd's Home); Mobile #1: 0735-927724; Mobile #2: 0723-814044
FYI, you own cell phone should work when we're there (see note below). Doug Millman's international cell # is: (626) 485-5556

Team Meetings & Gatherings

Please put the following dates on your calendars.

Team Dinner (optional):

Thursday, March 15th at 8PM

Ngoma Restaurant

5358 Wilshire Blvd.

Los Angeles, CA (cross street is Detroit)

Team Meetings:

The church requires us to have 4 team meetings and one team service project. As part of our team trainings, Doug Millman, will be doing a weekend retreat to train the team. Please do whatever you can to make yourself available for the team meetings/retreat, but if you absolutely cannot make it, please let us know.

Thursday, April 12th starting at 8PM (location TBA)

Thursday, May 3rd starting at 8PM (location TBA)

Team Movie Night (optional):

We'll be watching some movies about Kenya.

Sunday, May 20th at 6PM

Marci's House

1274 North Fairfax Avenue

West Hollywood (just south of Fountain)

Team Training Retreat:

This is an overnight retreat at some cool location that is TBA. We will be training with Doug Millman, **Saturday, June 23rd** around noon (location TBA) through **Sunday, June 24th** around noon.

Team Service Project:

The church also asks that we do one service project together as a team. This will likely only take the morning and you should be done by the early afternoon.

Saturday, June 30th morning to early afternoon

Team Flights

Leaving from LAX

LAX to Nairobi – Sunday, August 5th

United Airlines Flight 20W

Leave LAX at 7:00AM – Please arrive Airport at 4:00AM

Arrive New York City at 3:28PM

Egypt Air Flight 986Q

Leave NYC at 6:30PM

Arrive Cairo 12:25PM

11 HOUR LAYOVER...maybe we'll do a short private tour or something.

Egypt Air Flight 849Q

Leave Cairo at 11:20PM

Arrive Nairobi 4:15AM on August 7th

Leaving from NAIROBI (partial team #1)

Nairobi to LAX – Friday, August 17th

Whitney Cone

Jeremy Davison

Jay DeSchaaf

Ruth Fowler

Brian Mason

Cheris Morrison

Kerri Reed

Egypt Air Flight 850Q

Leave Nairobi at 5:15AM

Arrive Cairo at 10:10AM

OVERNIGHT STAY

Egypt Air Flight 985Q, August 18th

Leave Cairo at 10:10AM

Arrive New York 3:15PM

Delta Airlines Flight 1891T

Leave New York at 8:30PM

Arrive LAX 11:40PM on August 18th

Leaving from NAIROBI (partial team #2)

Nairobi to LAX – Friday, August 24th

Christine Fanous

Angela Garis

Emily Hak

Marci Hill

Travis Hopp

Dinah Hutson

Jason Johnson

Suzanne Lowe

Andrew Lucas

Nicole McAllister
Shannon Meairs
Patricia Mitchell
Marc Stone
Tanya Swanson
Jason Yang

Egypt Air Flight 850Q

Leave Nairobi at 5:15AM
Arrive Cairo at 10:10AM

OVERNIGHT STAY

Egypt Air Flight 985Q, August 25th

Leave Cairo at 10:10AM
Arrive New York 3:15PM

United Airlines Flight 31W

Leave New York at 6:45PM
Arrive LAX 10:08PM on Saturday, August 25th

Accommodations (these bookings are still tentative)

We will be staying in a suburb of Nairobi at Methodist Guest House for 5 nights, then near Lake Nakuru at Lake Elementaita Lodge for two nights, then Gracia Gardens guest house back in Nairobi for the remainder of the time. For those going on the team safari to Masai Mara, we will be staying at Mara Sopa Lodge. The guest houses should be comfortable and have the amenities we will need, two twin beds in each room with bathrooms, international TV and possibly internet access. The Lodges are 4-star accommodations. All websites are below, except for Gracia Gardens.

Methodist Guest House:

<http://www.methodistguesthouse.org/>

Lake Elementaita Lodge:

http://www.lakenakurulodge.com/lake_elementaita_lodge/index.html

Mara Sopa Lodge:

<http://www.africanmeccasafaris.com/kenya/safaris/lodges/marasopa.asp>

<http://www.classicsafaris.com/CampsandLodges/marasopa.htm>

Passports/Visas:

Passports: Please check your passports and be sure that they do not expire during our trip dates: August 5 – 18 OR for 6 mos, after that date!

For those who do have passports, please start the process of getting one now. Here is a link for info:

http://travel.state.gov/passport/passport_1738.html

You should apply for your passport IMMEDIATELY.

Visas: We will need to get Visas to enter Kenya. I would like to get these taken care of by mid-May (if possible). The cost of a visa is \$50 (money order or cashier's check). Each of us will need two passport photos to take to the Kenya embassy. I recommend getting your photos at Costco (or Kinko's)– they do have to be actual passport-type photos, not just photos of you. We will also need copies of our onward/return tickets and yellow fever vaccination certificates. Please have passport photos, checks, and yellow fever certificates by **May 13th**.

Register with the State Department

It is important for safety reasons that we register with our U.S. State Department, which automatically registers our presence with the U.S. Embassy in Kenya. We can easily do that by going online to: <https://travelregistration.state.gov/ibrs/home.asp>

Vaccinations:

Here are the vaccinations that the CDC recommends to go to East Africa...I have ranked them in order of importance. You should probably start getting these now as some of them require multiple vaccinations. These are optional, but highly recommended to get the top three...whatever you decide, please be sure to read up on the material on the website, so that you can make an informed decision.

IMPORTANT:

Yellow Fever (required to get into the country and VISA – you must keep your certificate of vaccination)

Hepatitis A (Get Hep & B combo - only if your insurance covers it)

Typhoid (can take in pill form or vaccination)

FAIRLY IMPORTANT:

Tetanus-diphtheria

OPTIONAL:

Measles/mumps/rubella booster (MMR)

Polio booster

Meningococcal (meningitis)

And I highly recommend getting **Flu & Pneumonia shots** (we will be arriving during their flu season) For more info on vaccinations and health stuff, visit: <http://www.cdc.gov/travel/vaccinat.htm>

If your insurance does not cover shots and they are not cheaper with your own personal doctor, here are two places to get vaccinations:

George Gluz M.D. (contact Frances)

(310) 247-0129 office

Tell Frances that you were referred by Drew Kratz and are part of the Bel Air Presbyterian Mission teams

Office Visit Charges:

\$25 per visit (one time fee)

Vaccinations:

Yellow Fever \$100

Hepatis A -- \$85 per vaccination – must get a series of 2 shots

Hepatis B -- \$58 per vaccination – must get a series of 3 shots

Typhoid (oral tablets) -- \$48

Tetanus-diphtheria -- \$28.75

Measles/mumps/rubella (MMR) -- \$69

Polio booster -- \$28

Meningitis -- \$135

Flu Shots -- \$25

Pneumonia -- \$40

Passport Health:

Phone: (323) 297-0700

E-mail: info@passporthealthla.com

<http://www.passporthealthla.com/index.htm>

Office Visit Charges:

\$45 1st Visit per person

\$15 for every visit after that

Vaccinations:

Yellow Fever \$90

Hepatis A -- \$75 per vaccination – must get a series of 2 shots
Hepatis A & B -- \$145 per vaccination – must get a series of 3 shots
Typhoid -- \$65
Tetanus-diphtheria -- \$40
Measles/mumps/rubella (MMR) -- \$75
Polio booster -- \$45
Meningitis -- \$115
Flu Shots -- \$25

Medications:

Not OPTIONAL

Malarone: Kenya is in a malaria region, so you will need Malarone malaria medication beginning from two days before you leave to go to and for 7 days after you leave the region. If this is not covered by your insurance, the cheapest place to get this is Costco. You will need a prescription from your doctor for this.

Totally OPTIONAL

Cipro: Ask your doctor about getting a small supply of Cipro, which is a strong anti-biotic for intestinal stuff. (If you don't have health insurance, don't bother getting this, if those of us with insurance get it, our whole team should be covered).

Ambien: If you have trouble sleeping on planes or adapted to a new time zone, you might ask your doctor for this sleeping pill. (Just to clarify, that is my advice ☺, not from the church ☺).

Tamiflu: In case of flu.

Allergy medicines: If you need it.

It's also a good idea to bring Advil, Aspirin, diarrhea or stomach medications, etc. **AND lots of hand sanitizer.**

Currency

Exchanging currency in Kenya should be fairly easy at the airport and most banks. Traveler's checks can also be exchanged at most hotels and banks. It is also likely that you will be able to withdraw money from almost any ATM with my debit card (and sometimes with credit cards). You should not plan on being able to use a credit card in most places around Kenya to pay for things, though. Up to 100,000 Kenyan shillings may be taken out of the country. Destruction of Kenyan currency, even in small amounts, is illegal. Visitors to Kenya carrying U.S. Dollars should ensure that the bills are relatively new (the year 2000 and above), as banks in Kenya have been known not to accept older U.S. currency.

The current exchange rate is:

\$1 USA = £70 Kenya Shillings (approx.)

Cell Phones & Computer/Internet Access

Talk to your cell phone service provider as they may be able to set you up to make international calls from your cell phone. We should be able to get cell phone reception throughout Kenya, including at some of the safari game reserves. International text messages are usually about \$.35 cents – long distance calls vary depending on provider.

You will have limited computer/internet access while we are there, but we should keep computer time to a minimum. Marci will collect emails of friends, families and trip donors before we leave to send team updates and journals while we are gone.

Miscellaneous

Kenya time: Pacific Standard Time + 10 hrs (noon in L.A. is 10pm in Kenya)

Kenya electricity is 220/240 v 50hz. Plugs are 3 point square. If you are planning to bring a video camera charger or any other electrical devices, please bring voltage and plug adaptors. They can be purchased at:

<http://traveloasis.com/international-electrical-supplies.html>

<http://www.franzus.com>

<http://www.letravelstore.com>

Kenya weather information: <http://www.weatherunderground.com/global/KN.html>

We will be there during their winter, but it shouldn't be that chilly because they are on the equator. It could rain on occasion. Temperatures range between 60-90 degrees year-round.

Fundraising

Our team is required to raise \$3,200 through Bel Air Presbyterian Church for the trip. It is important that we begin fundraising immediately. The church will begin paying for portions of the mission trip as early as March and therefore will need to start seeing funds coming in by then. We recommend aiming for \$1200 by mid-March, \$2500 by mid-April and the balance of \$3,200 by mid-May (if not sooner). All donations made via Bel Air are tax-deductible.

An important aspect of your preparation for a short-term mission is to recruit a team of people who will commit themselves to stand with you in prayer and financial support. This team may be comprised of family, friends, your church, and others who might be interested in you and the purpose of the mission. Often when people make donations to charities they never get to hear about the outcome of their giving. In this case, your support team will get to hear firsthand how their donation helped and get to live vicariously through you on your overseas adventure. Experience has shown that people are *more than willing* to give under these circumstances. You should also not be shy in asking non-Christians to support your mission efforts.

STEP 1: BRAINSTORM A DONORS LIST

Develop a list of potential sponsors whom you can send your sponsorship letters to. Ask family members and friends for names of their friends and acquaintance that they think might be interested in supporting your mission cause. Bel Air is asking that we email them the list of our potential donors once we have a list put together (if the potential donors attend Bel Air). Email that to Kristen at Kristen@belairpres.org

STEP 2: WRITE (Remember that this about PRAYER and financial support!!!)

You were sent a sample letter via email, feel free to change it how you like. Here are some suggestions of things to include in the letter:

1. Give your letter a specific date.
2. Type your greeting to *a person*—not “Dear Friend.” This is better than handwriting a greeting on a printed letter.
3. Acknowledge your relationship with the reader. What can you say that will help the person identify with you?
4. Bring your reader up to date with what you're doing.
5. Explain what a short-term mission is, the purpose of the short-term mission, why you have decided to participate and what you hope to accomplish.
6. Explain your need. The purpose of your letter is to give your reader an opportunity to help. Make sure you explain exactly what you need.
7. Then involve your reader by asking him/her for specific action, based on the needs you have shared. This can include challenging him to cover part or all of the cost of the STM, stating the deadline you need the money, sharing benefits to you and to the reader as the need is met.
8. Encourage your donors to consider giving more than once and explain that even if they can only give a little bit, every bit counts....and all donations are tax-deductible.
9. Explain how the sponsorship system works: “Enclosed is a support team envelope or link for online donations. If you choose to support me, please fill out the coupon and return it in the envelope provided along with your check made out to Bel Air Presbyterian Church.”
10. Acknowledge your relationship again with an emphasis on thanks, appreciation, gratitude, partnership and commitment. This ties your opening acknowledgement to your request.
11. Close the letter and sign it.

STEP 3: MAIL OR EMAIL YOUR LETTERS

Letters can be mailed and emailed. If you mail your letters, be sure to include at least one (or more) of the Bel Air Outreach return donation envelopes. You can get the envelopes through the Bel Air Outreach office. You should also affix a label to the inside of the donation envelope identifying the Kenya Mission 2007 and your name. Bel Air is highly encouraging online donations, so you should also include the donation link in your letter.

Emailed letters work well because your potential donors can forward them on to other people and you can directly add the link for online donations. With so many people from Bel Air going on missions this year, Bel Air folks may be overloaded with support requests, so you should particularly encourage family members to pass along your support request to their friends, co-workers, etc. People who don't even know you may be interested in giving in order to hear about the outcome and know that their money is well spent. Myspace or any other friend/family connecting website, are also great places to fundraise.

The direct link for fundraising through Bel Air's website is:

<http://my.serviceu.com/public/openPayments.asp?orgID=1660>

Or go to www.belairpres.org and click "Online Contributions" → "2007 Mission Trips Contributions"

STEP 4: CALL OR EMAIL

You may want to make a "follow-up" phone call or emails to some of your potential sponsors. Here are some reasons why:

1. Most people suffer from "Information Overload." It's easy to ignore or forget. A follow-up phone call or email takes the burden of response off them and puts it on you.
2. You have a lot of money to raise in a short period of time. A follow-up phone call or email will help you get decisions as quickly as possible.
3. Courtesy to your sponsors. Many people will want to help you but won't unless you call or email to answer any questions and to get their decision.

STEP 5: THANK YOU

Send a thank-you notes as soon as possible once you are notified that a donation has been made. Also, be sure to keep a record of all of your donations (name, address & email). It is also important that you send follow-up letters to your donors after the mission is over. Many of them may be giving for the purpose of finding out how the mission goes and how their money helped. It is also a good idea to send out messages or postcards to donors while you are in the country, if at all possible, while your experience is still fresh in your mind. Be sure to bring family, friends and donor addresses with you when you travel.

SAMPLE LETTER IS ON THE NEXT PAGE.

Dear _____,

Greetings to those of you I know and to those I do not know, but in whose hands God has placed this letter. Thank you for taking time to read about my upcoming mission trip to Nairobi, Kenya in East Africa. I am excited to report that on August 5th, 2007 I will be traveling to Kenya with a mission team from Bel Air Presbyterian Church partnering with Shepherd's Home Children's Sanctuaries. We will be working with three of these sanctuaries that foster children who have been orphaned by A.I.D.S. Shepherd's Home has three orphanages, one located in a slum in Nairobi, one in the smaller suburb of Sigona and a boy's home in the town of Gilgil near Lake Nakuru (north of Nairobi). We will be working with all three by offering vacation Bible school, sports ministry, teacher support, games, activities and construction/improvements projects in the buildings.

While writing this letter, I am reminded of how blessed I am to be living in our wonderful country of America. It is in the spirit of this appreciation that I look forward to sharing my blessings and gifts within this mission trip. Likewise, the team that has been assembled from Bel Air is one of great spiritual joy and enthusiasm. This is a mission sponsored in love. I ask in this spirit of love, recognition, and appreciation that you support me in one or both of the following ways:

1. By holding our team in prayer that we will have a powerful impact on the lives of the Kenyans that we meet. Pray that we will share in community with the kids and teachers there in a way that will bring joy and God's love into their lives.
2. By contributing financial support to our mission. The travel costs of each mission member are approximately \$3,200. This amount covers travel, housing, food, supplies and miscellaneous expenses. I am seeking to raise this full amount in tax-deductible donations. While some people can make a lump sum contribution, others of you may choose to make a series of contributions. Either is fine and appreciated.

Tax-deductible donations can be mailed (see address below) or simply given to one of my immediate family members. Checks should be made out to **Bel Air Presbyterian Church**. Please be sure not to write my name on the memo of the check, just note that the donation is for my mission trip on the envelope that you send.

You can also make donations easily online, by visiting www.belairpres.org. Click on "online contributions" on the left side and then click on 2007 Mission Contributions. Please be sure to choose the "**Kenya August**" trip and put my name in the appropriate place.

The direct link is: www.myserviceu.com/public/openPayments.asp?orgID=1660

Additionally, I have about \$500 in other expenses that I need to raise to cover the cost of vaccinations and malaria medications for the trip. These expenses are not covered by the church funds we raise and would not be tax-deductible. I would so appreciate any amount that can be donated to me personally to cover these costs.

I want to thank you so much for your generosity, prayers and support. I know that when donating to charity it is both important to know where your donations are going and very satisfying to see the results of your generosity. For those of you making financial contributions, I will be sending to you a correspondence summary of the mission trip and what we experience and achieved. Thank you once again for taking the time to read about this mission.

With love and blessings,

(Your name)

Please mail checks to:
Bel Air Presbyterian Church
Attn: Global Outreach
Kenya August 2007 for (Your name goes here)
16221 Mulholland Drive
Los Angeles CA 90049