

THE OLMALAIKA TRUST
TO LIVE. TO LEARN. TO LOVE.



Karibu – Welcome in Swahili

We want to share a little bit about the Trust with you to help familiarize you with your surroundings.

The Olmalaika Trust consists of:

- The Olmalaika Home is a safe haven for young girls all the way down to newborns who have endured trauma in their lives. That can include female genital mutilation, childhood marriage, rape, incest, abuse of any kinds, abandonment etc.
- "Healing Hearts" – we take in your ladies that have endured GBV and simply need a safe place to begin healing.
- The Olmalaika Trust Dental Clinic which provides consultations, xrays, cleanings, fillings, root canals and extractions – free to all in need.
- The Olmalaika Days for Girls (DfG) – is where our staff sew fabric menstrual kits and sell them to raise funds for the Trust
- Our multipurpose building is used by DfG and as needed, to provide education/activities such as sewing classes, wildlife and computer education during school holidays.

The Trust is located on the very edge of the Maasai Mara National Reserve which is probably the most famous and most visited Reserve in Kenya. It offers breathtaking views (as seen in the film "Out of Africa", much of which was filmed here), an extraordinary density of animals including "the Big Five" (lions, leopard, elephant, buffalo, rhinoceros) and many varieties of plains game. An impressive feature is the annual migration of wildebeests, (over 1.5 million of them migrate) zebras and gazelles from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara's grasslands from late June, tracked by predators: lion, leopard, cheetah, and hyena, and circled by vultures as their journey unfolds. Their dramatic river crossings are a reality for tourists visiting in early July-October. Apart from the seasonal migration, game viewing is excellent year-round. Game includes elephants, black rhino, buffalo, plains zebra, giraffe and more plus the big cats. The rivers are home to hippo and crocodiles. 452 species of birds, of which 53 of which are raptors.

It is not uncommon to hear hyenas laughing and lions roaring or grunting during the night. The birds and the chatter of the girls as they walk to school will become your morning wake up call. The Trust has been created as a place of healing and restoration for those that call it home and for all who visit. Our hope is that while here your heart will be refreshed, and that when you leave, your heart will always hold a part of Kenya in it.

Kim DeWitt
Co-Founder/Director of The Olmalaika Trust

Guest Coordinators:

Faith – will help you with ANYTHING you need and check on you often. If she is on her leave either Maureen or Purity will fill in for her. Faith lives in the girls home and can be found there or at the multipurpose building.

Simon – oversees the property and security. If there are any fresh herbs you would like please ask him. Let him know if you would like a fire in the evenings. Simon lives in the gate house and can be found there in the evenings or out working in the yard during the day

Lawrence – is the head gardener – please ask him if there are any fruits or vegetables you might need. If they are available, we would be glad to share.

Francis – is our maintenance guy

Mr Pug & Lola – are our dogs - they are still young and a bit naughty. If you leave the door open, they are typically very quick to come in and make themselves at home. Please do not feed them ANYTHING or leave your food rubbish where they could get into it.

Kamunge – is a co-founder of the Trust and Administrator of the Girls Home. He is only here occasionally. Kamunge and Kim are also certified professional Kenyan safari guides and own African Springs Safaris LTD which provides funds for the Olmalaika Trust.

**The staff carry radios — if you need someone or something just ask any staff with a radio to help you out.*

Our Facilities:

WIFI – is NOT available at the Olmalaika Trust

Lodging Options:

There is no cost to stay with us – of course donations are always appreciated – but never asked for.

Dental Guestroom: Two twin beds, a small kitchenette and washroom (shower, toilet, sink), private veranda with outdoor fireplace

Permanent Tent: 2 twin beds, outdoor hammock and firepit area, washrooms are not attached.

SM East and West: Two large rooms with their own washroom (shower, toilet, sink) that share a kitchen area. SM West has 2 twins beds and one bunk bed plus a verandah. SM East has two bunk beds and 1 twin bed. Both SM East and West are attached to the end of the Olmalaika Home.

Cottage: One bedroom with two twin beds, full kitchen, dining area and sitting room/living room, washroom with sink, toilet and shower. Your own private yard, veranda with a fire pit.

Camp area: Terraced area, some with fire pits where you can pitch your own tent(s). Three washrooms with shower, sink, toilet.

We use ONLY solar:
Please do not use hair dryers, irons of any sort – including ones for your hair, heaters, transformers, or any items that have a heater component. Items you CAN charge are: Computers, phones, camera The power is 240

Drinking water:
Please use your own bottled water or the filtered water from the girls home kitchen – you can however brush your teeth with faucet water.

Dish Soap:
There is a "wine" bottle near the sink that has dish soap. Please do not use it for washing clothes.

Laundry:
We do not provide laundry services. Clothes dry fairly quick on the line. There are outdoor sinks and buckets for you to use to wash clothes. (You will need your own laundry soap)

Hot shower:
The water is heated in a small tank outside the washroom. When you turn on the hot water the gas flame comes on and heats up the water as you use it. If you try to adjust the water with cold – the pressure could shut off the water heater, and you will just have cold showers. If it is too hot or not getting hot, please let us know so we can adjust it.

Doors:
Please keep screen doors closed to keep out unwanted "friends".

SNAKES: Please be aware that there ARE snakes that live everywhere in Kenya and we ARE in Kenya. We do not kill ANYTHING here at the Trust other than flies and mosquitos. If you see a snake day or night, please keep at a safe distance and call for help. DO NOT GET CLOSE, DO NOT TRY TO CATCH IT – we do have spitting cobras. Some rooms have a whistle that you could blow, but most people don't carry the whistle around outdoors – but if you yell loud enough someone should come. If you WOULD like to see a snake and we happen to catch one while you are here, we are more than glad to show you.

SAFARI ANTS/DRIVER ANTS: During certain seasons we have a lot of safari ants. They move in groups and there are thousands of them. As long as you do not disturb their path, they simply keep moving. Once someone has disturbed it, they spread everywhere and can climb up your leg very easily without you even knowing. They have big pinchers and seem to all once let you know their location on your body! They are not poisonous– it just does not feel great.

When you leave: Please make sure your dishes are washed. We can put them away. Leave the bedding, towels etc where they are – we will come and do all the cleaning. Please let us know if anything is broken -

SIGNS – please respect the "private" signs/areas on the compound/property

ACTIVITIES at the TRUST

Girls Home:
You are welcome to come to spend time with the girls and babies at the home anytime. Please note that the girls or babies should never leave the home area. The school girls leave for school around 7:45 am M-F and return home around 4:30pm.
Dinner for the girls is at 6pm
Worship every evening: Saturday – Thursday 6:30pm – 6:40pm and Friday 6:30 -7:00pm
Bedtime is at 8pm every night but Saturday
Make Chapatis: Friday at 4:45pm – you are welcome to join in

Days for Girls: We can always use your help in DfG – which could include sewing, cutting out fabric, packing up kits. They work Sun thru Friday 8am – 1pm and 2 – 5:30pm

Evening Fire
Please ask Simon or Mwangi if you would like a fire at your place of lodging or up at the outdoor kitchen and let them know what time you would like it. If it is our dry season weather wise and windy we might not be able to provide a fire due to a spark catching something extra on fire.

Massage
We do have our own massage therapist and massage tent. If you would like one you can book it thru Kim or the office. The cost is $50 per hour.

Walking around at night:
Please always use your torch (flashlight) after sunset. When leaving during the day the worker at the gate will let us know when he opens it – just so we are aware you have gone out. You will not be allowed to walk outside the gate after dark – we do have buffalo, leopard, lion, elephants here.

Nite Sounds: Because of our proximity to the Maasai Mara National Reserve, we do have a lot of wild animals around us. Some smaller nocturnal animals frequent our property at night – you might see/hear them crunching on something from your window or the veranda: White-Tailed Mongoose, Silver-Backed Jackal, Genets etc and during the day occasionally a baboon might try his luck getting over the wall. When evening comes you will probably hear cows, dogs, people, hyena, jackal and possibly lion, jackals or elephants.

ENJOY YOUR TIME HERE WITH US –

Our Garden:

We do our best to grow as much as possible here at the Trust to have healthy and fresh food as well as save money. We do not use pesticides. If you would like something from the garden, please check with Simon or Lawrence – if we have extra, we are more then glad to share it.

VEGETABLES

Lettuce
Cucumbers
Tomatoes
Sukuma (Kale)
Spinach
Sweet Bell Peppers
Chili Peppers (Red/Green)
Plantains
Butternut Squash
Terere (Greens)
Managu (Greens)
Celery
Avocado
Green Beans
Cabbage
Green Onions
Spring Onions
Radishes
Beets
Sweet Potatoes
Asparagus

FRUITS

Mango
Oranges
Lemons
Limes
Grapefruit
Rhubarb
Guava (Pink)
Strawberry Guava
Raspberries
Blackberries
Mulberries
Strawberries
Plums
Loquats
Bananas
Dragon Fruit
Papaya
Pineapple
Grapes
Kiwi
Passion Fruit
Purple Granadilla
Pomegranate

HERBS

Lemon Grass
Oregano
Basil
Thyme
Dill
Tarragon
Peppermint
Rosemary
Lemon Grass
Ginger
Garlic
Turmeric
Parsley
Chives
Coriander

MISC

Coffee
Honey
Lavender
Neem
Moringa

How can I get involved and impact others?

We have several programs/projects that we would love for you to become a part of.

We provide **"Giving Safaris"** three times a year in March, June and September where we take groups (students, professionals, families, retirees) out to areas that are remote or needy to provide medical and dental care. Our Dental equipment for the Giving Safaris is all portable, so we are able to provide restorative (including root canals) right under a tree! The safaris are mixed with culture, wildlife and giving back.

Olmalaika Trust Dental Clinic provides free care and is only open when we have volunteer dentists here – so are always grateful for dental volunteers.

"FOSTER" an Angel Program

*__F__riendship, __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:

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!

"Healing Hearts"

Is a very special program for girls and young ladies who have endured trauma - including sexual abuse (rape, defiled, fgm, childhood marriage) and assault.

A structured 4–6 month healing program that goes beyond basic shelter and provides medical, dental, psychological, spiritual and social support that has the ability to make a real difference in the lives of young girls and women.

It's an opportunity to begin the journey of healing, to realize I am worthy & valuable and find the inner strength to become survivors instead of victims.

What is provided:
Medical / Dental Care
Professional Counseling/Therapy
Social time - sports, walks, sharing time, prayer/reflective/nature volunteering/giving back, meals and good sleep
Education/School Opportunity

*Young girls have the possibility of attending school during their time here, so they don't fall behind
*Ladies would have the option of learning how to sew - being taught how to make simple clothing enabling them to possibly get a job when leaving us or start their own small business

Donors can provide a life changing opportunity for a girl or young lady.

"Save a TOOTH"

We would love to share with you about our "SAVE a TOOTH" project.

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 do 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 a 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. 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

How to give:

Option A: (501(c)3 in the US)
Write your check(s) to THE OLMALAIKA (earmark it "Foster" an Angel or SAVE a TOOTH)
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)

Option D:
Mpesa – 0713 010092 or directly to our NCBA account (ksh)

For FINANCIAL questions email: theolmalaika@gmail.com or visit our for more information simply visit our website www.theolmalaikatrust.org

Thank you for enabling lives to be changed!

Things to take NOTE of:

***The Olmalaika Trust requests that any photos or videos taken of children that show their faces are not posted online. We take the privacy of each child in our care very seriously and ask that you respect this policy. If you are visiting, you may take pictures of and with the children for your personal use/memories. Thank you for your support!**

*We ask that when you spend time with the children, you not allow them to handle personal items including your phone, hat, sunglasses etc. In fact, we would prefer that you put your phone away and just enjoy time with them.

*Please do not give them candy or gum etc.

*We are a 501(c)(3) in the US – THE OLMALAIKA INC

PLASTIC BAGS ARE ILLEGAL IN KENYA and as of June 2020 there is a ban on Single Use Plastics in all Conservation areas.



Things to do outside of the Trust

Market Day every Tuesday in Sekenani where you can pick up all sorts of items. Its an open air market – with veges, fruits, clothes, shoes and all sorts of other random things for sale. You would need to have KSH to purchase items.

Beats of Beads -Beats of Beads' is a non-for-profit trust that built an art-center and a Beads Museum just next to Sekenani gate of Maasai-Mara. The art-center empowers Maasai women through beading and provides them with a friendly working environment. It's a great place to visit, have a cup of coffee/tea, make a bracelet, shop for bead work without being hasseled. There is a cost for the museum.

The Village – is the best restaurant in Sekenani. They have a Texas Barbeque area, a pizza area, bar/lounge and snack time items, with milkshakes, smoothies, hot drinks etc – like a little coffee shop. They do do deliveries if you would like. PH #0797434001

Visit a Maasai Home - we prefer for you to visit the "real" Maasai home not something that costs or is set up for tourists. Its always nice to bring some tea and sugar for those who live in the home you visit. Let us know if you would like to do that.

Safari -
We have a safari company called African Springs Safaris Ltd and the Olmalaika Trust benefits each time you book via them. www.africanspringssafaris.com If you would like to do a safari while in Kenya or visit the Maasai Mara we can set it up for you. Currently Park fees for the Mara are $100 per person (Jan – June) and $200 per person (July – Dec) per day. Plus, vehicle and driver cost. Private vehicles are not allowed in the reserve.

Contact Information:

Phone: Kenyan +254 713010092 (You can also use this number for whatsapp)

Phone: US (989) 413-3364 (whatsapp only)

Email: theolmalaika@gmail.com or kimydewitt@gmail.com

Website: www.theolmalaikatrust.org/

Facebook - https://web.facebook.com/theolmalaikatrust

Instagram - https://www.instagram.com/olmalaikatrust/